

Canby Herald

College spotlight: Canby grads make their impact at next level

By: Alex Tam
8/17/2010



Photo: Courtesy Central Washington University

Men's basketball

College spotlight: JC Cook

Junior | Central Washington University
Graduated from Canby: 2006

J.C. Cook was named the Great Northwest Athletic Conference Newcomer of the Year this past winter for the Central Washington University men's basketball team.

J.C. Cook has turned himself into one of the top basketball players from Canby since graduating in 2006.

Cook excelled in his first and only season at Central Washington University last winter, averaging a team-high 14.5 points, along with 3.4 rebounds and 2.0 assists per game.

He helped lead the Wildcats to an appearance in the NCAA Division II Men's Basketball Championship, where they fell to top-seeded Western Washington, 84-70, in the first round.

Cook scored 11 points off 3 of 14 shooting, along with a team-high eight rebounds in the contest.

Central Washington finished 16-11 overall, taking third place in the Great Northwest Athletic Conference. The Wildcats made the postseason tournament for the third straight season, and seventh time out of the past 12 years.

Cook was named the GNAC Newcomer of the Year. He was ninth in the conference in scoring and was eighth in three-pointers made per game (50 of 136) en route to being

named an All-GNAC second-team selection.

He had a season-high 27 points off 10 of 18 shooting in a 100-73 victory over Walla Walla (Wash.) at home on Dec. 9, 2009.

After the season, the 6-foot guard transferred to Eastern Oregon University in La Grande to play in the NAIA Division II level.

EOU finished second in the Cascade Collegiate Conference en route to a Sweet 16 appearance in the national championship tournament.

Before his one season at CWU, Cook was a standout for Clackamas Community College, leading the Cougars to the 2009 Northwest Athletic Association of Community Colleges championship.

He was named the South Division MVP and a NWAACC all-tournament second team selection during the 2008-09 season.

In 2007-08, Cook averaged a team-high 22 points per game, was a South Region first-team selection, runner-up for the MVP award and was named the team's MVP.

At Canby, Cook had a stellar four-year varsity career and was the co-player of the year in the Pac-9 Conference his senior year after averaging 16.5 points per game under coach Dane Walker.

Cook helped the Cougars to three league championships his final three seasons.

Cook signed with Western Oregon University when he graduated from Canby, but suffered a season-ending broken ankle injury before transferring to CCC.

Cook is the son of John and Andrea Cook.

EJ MANLEY

Men's basketball

Sophomore | Clackamas Community College

Graduated from Canby: 2007

After not playing his freshman year in college, EJ Manley got a walk-on offer for a spot on the Clackamas Community College men's basketball team.

This past season, he made the most of it.

Manley was the starting guard for CCC (25-5 overall), which won its second straight NWAACC championship, and third in its past four years.

Manley played in all 30 games, averaging 6.7 points, 4.2 rebounds and 1.7 assists per game. He shot 43 percent from the field (73 of 168) and played the third most minutes on the team. He had a season-high 19 points this season.

In Clackamas' 72-49 victory over Lower Columbia in the NWAACC championship game, Manley had seven points, seven rebounds and two assists in 31 minutes.

“Through lifting weights, playing a lot and working on his offensive skills, he made himself into a solid player on this year’s team,” CCC coach Clif Wegner said. “CCC coaches appreciate that he works hard and is a fearless rebounder. He is a good shooter who is also progressing defensively. As he gains playing experience at the college level, he should become a dependable asset in the Clackamas arsenal.”

Manley was named to the NWAACC All-Tournament second team.

During the 2008-09 season, he played in 26 games for the 2009 NWAACC championship team. Manley did not compete in the 2007-08 season.

At Canby, he saw limited playing time as part of the 2007 Pacific Conference championship team led by Clint Chapman, who is currently playing for University of Texas.

Manley is the son of Ed and Shelly Manley.

— *Photos, mug shots and information courtesy of Central Washington University and Clackamas Community College*

Editor’s note: This college spotlight represents just one of several athletes playing collegiate athletics who graduated from Canby High School.

If you know a former Canby High School athlete playing at the collegiate level for the next edition of the collegiate athletes update, e-mail sports editor Alex Tam at atam@canbyherald.com. Send in the name of the athlete, what school they attend and what sport they play.