

sports

Indoor activity approved for all

By Kelly Laughlin
Of The Print

Racing indoors after the first onslaught of rain, the defeated fitness nut, decked out in sweats and his new 'Nike' shoes, sits down for an afternoon of solitude.

Many of the community's sports enthusiasts may have experienced a similar incident already, with the advent of chilly autumn air, and soggy playing fields... they need not be discouraged.

Part of the Community Services program at the College is available, and "geared at getting together as many programs as possible for use by College students and the entire

community," said Paul Fiskum, community recreation supervisor.

During the entire school year, everything from badminton to basketball is available not only to the athletically inclined, but to the youngster as well, who, for the most part, is still developing into America's future superstar material."

Currently, indoor sports have become the craze, with adult recreation, reserved for Wednesday nights. Basketball, and volleyball are available between 7 to 9 p.m. extending through Dec. 13.

Open recreation, which Fiskum says elicits the greatest turnout, 50 to 60 participants

in the course of each evening, offers some Thursday evenings during the fall term for open play: Recreational Sunday, another attractive community time slot, begins Dec. 3, and runs two more consecutive Sundays, and will begin again in January.

The time schedule for Recreational Sunday, runs from 1 to 6 p.m. At 1 p.m. until 3 p.m., badminton and volleyball facilities are open, and the remainder of the day is reserved for basketball. The same day, between 1 and 6 p.m. the sauna and weight room are available for use. These same facilities are also open Mondays, Tuesdays and

Thursday evenings from 6 to 9 p.m.

Though Fiskum says the largest turnout is, of course, people of all categories, the group that seems to create the most attention are the youngsters. He explained a rather scary incident when "a little kid was swimming underneath the whirlpool and the suction caused his hair to get caught in the bottom." Fiskum had to have policy adjustments made.

The problem started, according to Fiskum, when someone signed in, and left, leaving the door open. It was then that Fiskum knew these supervision adjustments had to be made as

well. "We changed the policy after that, and now have someone monitoring the sauna at all times," he said.

Additionally, children cannot be unsupervised if under 12 or 13 years of age. "A lot of it is pure subjection," Fiskum said. "Many times we have junior high school wrestlers and football players coming in. Most of the time they know how to handle themselves."

Persons wanting to tone muscles for the cold winter months or just looking for a good time should look to the Community Recreational program for help. Fiskum can be contacted at 656-2631, ext. 211.



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Cougs win national berth

Led by Lisa Nickel and Leandra Barinaga's one-two finish, the Clackamas women's cross-country team gained a berth in the nationals by defeating second place Central Oregon, 21-37, Saturday in Coos Bay.

Nickel posted a first place time of 18:00 and was followed closely by Barinaga at 18:07 over the three-mile course.

Coach Roger Smith seemed happy with the effort but cited a need to improve in certain areas.

"I was pleased with the overall effort of the team," Smith said, "but I still have my reservations. Our group running still needs work."

Although Smith felt the team ran well, he did not think it achieved its potential.

"I don't think we ran totally up to potential," Smith said. "There are a few people on the team, who, in my estimation, have not performed up to what they are capable of doing. But we think this will change by Saturday."

The meet was not one full of surprises but Smith did have some comment on the effort of Rhonda Weidman, who finished seventh overall.

"Rhonda ran an exceptionally great race," Smith said, "she never ceases to amaze me. She just ran very well. Lisa (Nickel) also ran an exceptional race."

Sally Arthur and Mary Hanson, who finished 6 and 7, respectively for the Cougs, have not been running up to par according to Smith.

"In my opinion, Sally and Mary are the third and fourth best runners in the region," Smith said, "but they have yet to show it. I just hope we see it in the nationals."

Some of the other finishers for the Cougars included Susie Morehart, 10th, Barbara Rost, 12th; Vickey Paddock, 13th; and Barb Young, 14th. Smith expects a good effort out of this field of talent in Champagne, Ill. on Saturday.

"All I can say is we'll do our best," Smith said. "We'll go 110 percent and see what happens. I think we'll run exceptionally well. We have something to prove because we are the national champions."

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