

Intramural director happy with position

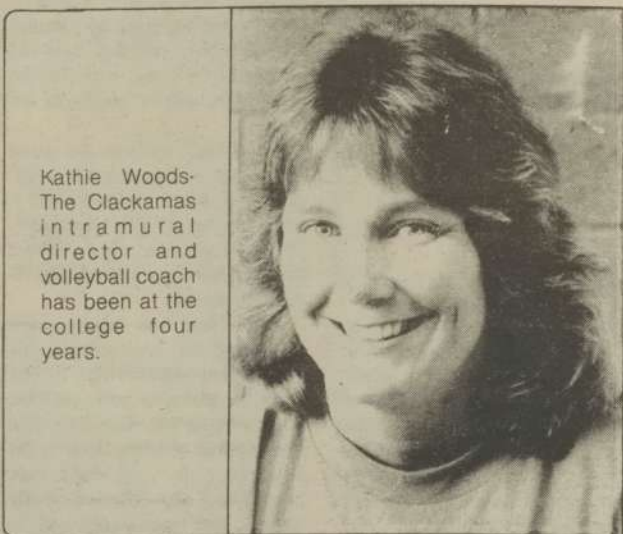
by Steven Ziolkowski
Staff Writer

"I wouldn't trade my job for anything. I like Clackamas College and feel fortunate to be doing what I do best," says Kathy Woods, Intramurals Director.

"The philosophy behind intramurals is a chance for all people to enjoy physical activity with a little competition," Woods adds with a smile. She explains that intramurals are ideal for anyone that doesn't have time to travel, or doesn't make a team, but still enjoys a sport. Intramurals give an opportunity for everyone to compete for fun.

As Woods describes the program her blue eyes shine and her tan face breaks out with another smile. "We had 156 participants this spring," she reads proudly from a clipboard. Sports offered this spring included softball, fun runs, tennis, raquetball and maybe swimming - depending on the turnout. In the fall term there will be flag football, fun runs, the "turkey trot," raquetball and swimming.

When there is interest then there is also volleyball, 3 on 3, and basketball. Some sports



Kathy Woods - The Clackamas intramural director and volleyball coach has been at the college four years.

Photos by Beth Coffey

Woods thinks might be possible to have are frisbee and pickleball. "If there is enough interest, it's possible to have different kinds of competition," she says. "I post events on the intramural board across from my office in the lower level of Randall - and I post signs around campus, notices in the 'Today' bulletin and the 'Print.' Things change, so check the board," she adds. Intramural Director is not the

only hat that Woods wears. She is also Volleyball Coach and a PE Instructor. "I like the variety. I'm glad that I have teaching along with coaching, but I like the different people I get to meet in intramurals. I guess I'm known mostly as a volleyball coach," she states describing her job

Woods smiles again when she talks about volleyball. She says that a lot of people don't realize the complexity of the sport. The

challenges are varied from speed to good eye-hand coordination, the ability to jump, quick reactions, endurance, agility and power. This is the first year that there has been a professional women's league in the U.S. "I like to see the guys involved in volleyball. Someday I'd like to see men's collegiate volleyball. It's already starting at the high school level," she says

Woods doesn't think that teaching and intramurals bring out the competition the same way that volleyball does, but, "You've got to be the best you can be. If you do that you're a winner."

In the fifth grade she played in the Junior Olympics and that fired up her competitive spirit. "I grew up and went to school in Dallas," Woods explains. In college she played volleyball and softball. "Oregon State was a good school for me. I got to know the instructors and I got involved in the program," she adds.

She liked Oregon State so much that she went back to get her master's in education. She accepted an assistantship her first year in the recreation department as a supervisor. In her second

year she worked in intramurals.

"When I heard about the position at Clackamas, I knew it was the perfect job for me," Woods says. "I had been here through the league as Linn Benton Volleyball Coach. I saw that there was a strong athletic department here, with high quality competition, and particularly good volleyball and track teams. A sound program in all."

But Woods doesn't seem to believe that it all comes easy. While she says that Clackamas is an excellent school she also says that there are high demands on the instructors, "And that puts demands on the students, but that's what makes a good quality academic environment."

Woods has been at Clackamas College about four years. She says that she enjoys her classes, the friendly environment and the supportive staff. "I've always wanted to be a coach and a PE teacher. I'm one of those lucky people that never changed their minds," she says. Judging by her enthusiasm and the attendance at intramurals events, we're pretty lucky at Clackamas College, too.

Benefit tournament sponsored by Cougars

by Steven Ziolkowski
Staff Writer

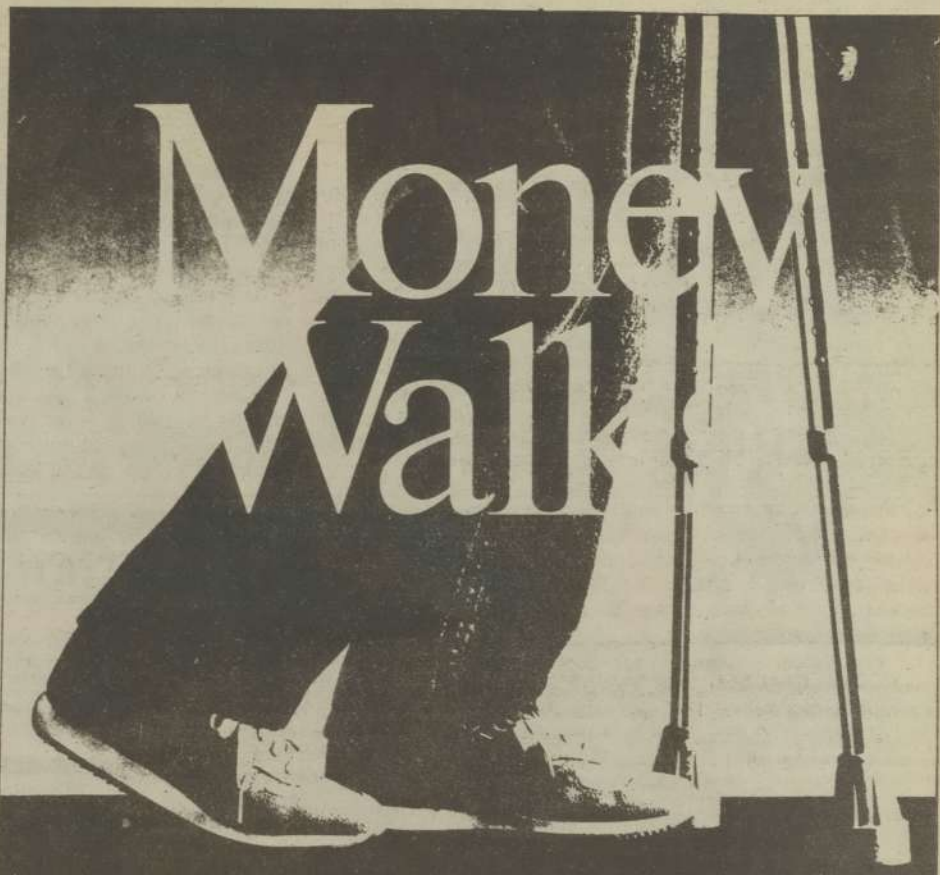
A benefit tournament sponsored by the Cougar Wrestling Club, Pitt Wrestling Club and Lake Area Wrestling is scheduled for 10 a.m., June 6, in Randall Hall on the Clackamas Community College campus.

There will be freestyle bracketing and entries for age groups 9-10, 11-12, 13-14, Cadets, Juniors and Open. "Anyone from nine years to any age is welcome," said Norm Berney, Cougar Wrestling Coach. "The \$4 entry fee goes to support the team for the nationals and other expenses," he added.

This year Cougar wrestlers, Doug Harper (118) and Jr.

Taylor (150), will compete for Clackamas on the Oregon College Exchange. College Exchange teams will meet in Hungary and East Germany on their tour this summer. "We had to fight to get the two year colleges on-board as representatives," said Berney, "but the coaches approved the petition unanimously."

"This College Exchange is one of only three tournaments of this quality held in Europe each summer," said, "and we'll be wrestling the Russian Olympic 'A' Team." More information is available on the Wrestling Benefit Tournament or Oregon College Exchange program by contacting Coach Berney at the Cougar Wrestling Club or other Tournament sponsors.



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