

Classes rid students of freshman 15

By Mandie Gavitt
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It is not uncommon for diet and exercise to go downhill when starting college. For many college students, mom no longer cooks meals and budgets require you live off of Noodles and Top Ramen. With the work school entails, grades become more important than a workout routine. Thus, you begin on a path that is a slippery slope leading to the dreaded "freshman 15."

However, whether you believe it or not, a college student can avoid those unwanted 15 pounds. Even athletes that have lost the battle begin to fight back to rid themselves of the freshman 15 once again. Clackamas Community College is here to help, armed with classes just for that objective.

Clackamas offers a variety of sports classes for students of all athletic levels and abilities. These classes include an assortment of sports: track and field, volleyball, baseball, basketball, wrestling and cross country, to name a few. There are also classes that are designed to teach general sports technique and fitness, which may not pertain to a specific sport, such as: total body boot camp, self-defense and swimming.

During the classes you will not only learn the technique of the sport but also do physical conditioning to reshape.

"No matter how well you know technique, if you aren't strong enough, you won't be good enough," said

Kristiana Baraku, who is currently taking the self-defense class.

While physical classes can be a reprieve from the academics, students should not expect it to be easy. Keoni McHone, one of the school's health and PE instructors, says students can expect to work out hard. He also recommends that students make sure that they are healthy before signing up for a sports class.

Robin Robinson, who has taught several sports classes and is the baseball coach, said that sports classes are especially rewarding for both teachers and students. Robinson said that he enjoys watching students become physically better and more confident.

"You get to watch a student's personal development," he said.

While there are many lower-level sports classes for students who may not be athletes, there are classes designed specifically for students who are. These classes are more physically challenging and expect a higher level of skills and knowledge of the specific sport. They are geared toward students who play on a competitive team and want to improve their skills and sportsmanship.

According to volleyball coach Kathie Woods, students can expect to learn how to raise their skill level.

Sports classes offer students a chance to escape their academic classes a few times a week. They give students a chance to work out in a group rather than alone. Students can take sports classes if they desire to learn more about a sport, get in shape, or lose that ever-lingering extra weight.



Kelby Evans practices his long jump on Nov. 12 at the Clackamas Community College field. He is preparing for the upcoming track and field season.
John Petty Clackamas Print

In the words of the Bengals' Chad Ochocinco, 'Kiss the baby!'



By Robert Morrison
Sports Editor

"Kiss the baby!"

This is a famous saying by the Cincinnati Bengals' own Chad Ochocinco, originally Chad Johnson. He uses it as something of a catchphrase. Ochocinco has one of the biggest egos in football, and it just so happens that he plays with another player with a big ego: Terrell Owens, or T.O.

These two players are known for their complaining when things don't go the way they want them to. They both have countless touchdown celebrations and even have their own reality shows. Both played a part in the NFL deciding to restrict on touchdown celebrations. With two egos on one team, the team is bound to explode. After all, there is only one football to throw.

Matching the egos of "T.O.cho" is the famed tight end Moss. Moss has played for three different teams this year: the Patriots, the Vikings and the Titans. Moss went from the Patriots to the Vikings to the Titans, and no one saw coming. He apparently got into a caterer's case when food was brought to the locker room. His time with the Vikings ended for a grand total of four games before he was waived and claimed by the Titans. Each time Moss felt it was OK to be critical of his team. This year and in years past, it has been his way or the highway.

Athletes with egos don't just hold a place in football but in most sports in general. They can be found from professional players to college players. Players will often holdout for a new contract because they feel they are that good. Many play-

ers feel they are the best at a certain position and want to be the highest paid player at that position. Rarely are these players "team players."

The famed Allen Iverson is among basketball players to have a big ego. These past few years, he has held back from playing for a team because he feels that he could hold out for more money. He ended up making a return to the 76ers for a cheaper price than demanded. He just wasted time. This year no one wanted him because of his injuries, price tag and - for many teams - because of his ego and baggage that he brings. He ended up going to play for a Turkish team this year.

Egos don't stop there. Players like to demand trades when they don't get their way or don't feel they have had the appreciation they deserve. There are way too many players than I can remember to name that have demanded a trade. This isn't a thing that starts late, though; athletes usually develop egos early on.

Many college players get called good and then get a big head on their shoulders. They become cocky and feel that they need big money when they get into the pros. Some of these players fail to even meet their college level of play.

Some players develop an ego when they fail to lose. Some players will win so often at the high school level that they feel they can't be beat. But any team can beat any other team on any day. It's called an underdog people.

Sometimes having an ego is just having confidence in oneself or one's team. Confidence is often a part of sports but shouldn't reach the level of Moss, Owens or Ochocinco's in any sport.

"I don't think I will have very much competition. The team shouldn't have very much competition this year," said Tyrell Fortune.

Fortune is Clackamas Community College's 285 lb. wrestler. He is a confident of his own athletic ability as well as that of the CCC wrestling team. This is how an athlete should control confidence, not letting it get out of hand and turning into a massive ego.

Egos can always get worse, and a player needs to be able to control how he acts on and off the field. A little ego can always turn into a big one. Both individual players and teams as a whole need to know that, even though they may have the name, it doesn't mean they're better than the others. We all must learn to lose with respect someday.

Robinson: heart, soul of Cougars' sports

By Harley Jackson
The Clackamas Print

Experience: knowledge or practical wisdom gained from what one has observed, encountered or undergone. This is exactly what baseball Head Coach Robin Robinson has. He is a man of experience, and he has a flood of it.

Robinson has had an expansive career as a baseball coach. He coached 10 years at the high school level before moving up to the college level. He is currently in his 21st year as Clackamas Community College head baseball coach, which gives him an unprecedented 31 years as a coach and resident expert of all things baseball.

Robinson developed an appreciation for the game early in life. "I was born and raised playing baseball. It's a good way to learn a lot about life," he said.

Robinson played primarily as an outfielder throughout his high school and college years due to him being a southpaw. It wasn't until he played a few seasons in the semi-professionals that he got to examine the life of a left-handed catcher, and he thought that was very unique.

"My preference would have to be catcher, if I was right-handed I would have been a catcher," said the coach.

His favorite part about the game is the personal growth and development of his players. "He's a great coach. He tries to help our mistakes and look for ways to make us better," said Blake Mulholland, a freshman pitcher for the team.

"He doesn't babysit us. He's very down-to-earth and knows

when to be serious," said Sean Moran, another freshman pitcher.

To say that Robinson is a one-trick-pony is laughable. In fact, he seems to be a jack of all trades. Not only does he coach baseball, but he is also the school's swing dance aficionado and karate enthusiast, both of which he instructs.

"I have quite the agenda on a daily basis. I teach swing dance in the morning, followed by karate/self-defense, then conditioning and finally baseball," said Robinson.

His love of swing dancing began about 18 years ago when he was enjoying a meal. The restaurant he was attending offered free swing lessons. He saw it and he had to do it. He had only been practicing it for about 10 months before he was proficient enough to teach.

Robinson has had many pupils in his dance class who have gone off to become competitive dancers. Many join to burn off stress, but the majority of his students join for the entertainment. He encourages everyone to take up swing dancing, even his baseball players.

As for karate, Robinson started practicing it years ago and started training from style to style to help him learn some personal development. "I trained in nine styles and rank in seventh with two black belts three browns and so forth," he said.

He would try something for a couple years then they try something different, just for the experience and personal growth. He has been teaching martial arts since the early 1980s.

Robinson is a very experienced and cultivated man whose knowledge knows no bounds. If you are interested in baseball, dancing or martial arts, look him up; you just might learn something.