

Fall sports teams coming together at IVHS, LBMS

By
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It's that time of year again. Summer is sadly coming to an end and the sounds of crunching helmets and shoulder pads and cheering fans will soon be heard.

But football players aren't the only sports group coming together this fall.

Cheerleading practice began on Mon., Aug. 19. From 7 to 9 a.m., the team did conditioning drills, which included stretching, strength training and balance training. After an hour break the team came back and started to learn the cheers that will help pump up the fans in the stands during games.

The teams were set to tryout for positions with either the J.V. or varsity teams early this week.

Bobbie Loyd is this year's cheerleading coach.

"I wanted to encourage kids and help them reach their goals. Cheering is just one way that helps with self-

esteem, confidence, and allows them to achieve certain goals," Loyd said.

"This is my first year coaching cheerleading but it's a lot of fun and hard work. I'm excited to see how the team will improve throughout the season," Loyd said.

Loyd has big plans this season for the cheer squad. She would like to see the team go to at least one competition if not more. She would also like to see the team perform dances during games.

The team will be cheering at the first pre-season game at Hidden Valley Aug. 31.

The cheerleaders are not the only ones working hard; the varsity and J.V. volleyball teams are working on basic skills and conditioning as well.

"There are seven seniors this season which is great. The teams are looking good and working hard," said Erica Butler, head coach for the varsity squad.

The varsity and J.V. teams practice together honing in on conditioning, which consisted of ab work-outs,

running, and sprinting; skills work, which help improve techniques, such as blocking, passing and digging; and taking everything learned and putting it on the court.

Along with Butler, Corinna Culbertson is the J.V. head coach and the assistant coach for the varsity team. Culbertson has coached volleyball for Boys and Girls Club in previous years and Lorna Byrne last year. Butler also coached the J.V. basketball team last year.

"We are excited this year and looking forward to a great season," Butler said.

Both teams have approximately twelve players with two girls that play for both teams.

This year Butler hopes that she and Culbertson can work with the Lorna Byrne and Boys and Girls Club volleyball teams in hopes of preparing the girls for what will be expected once on the high-school team. It is a good way to also help get the coaches at the lower levels to teach the girls some of the same drills, techniques, and warm-ups that the high school

uses. Once the girls reach the high-school volleyball team, the coaches are then able to teach the same techniques but at a deeper level. They are able to focus more on the techniques and not have to really worry about having to do "refresher courses" during practices.

The teams are set to travel to Hidden Valley and participate in a jamboree Aug. 29-30. The first official games of the season will be Sept. 3 at Del Norte.

Butler and Culbertson have great parent support, but hope this season to see more community support. The public is encouraged to come and watch the games and learn a little more about the game of volleyball.

Meanwhile, Lorna Byrne's seventh- and eighth-grade football team is looking strong after just practicing together one week. The team's first practice was Mon., Aug. 19. All week, they have been conditioning, trying out for positions and learning plays.

A team is only as good as its

coaches and this year's coaching staff is strong. Tony Hess is the head coach and offensive coordinator along with coach Dugas. The defensive coaches are Coach Culbertson and Coach Becker.

All four coaches are tough on the team, but each has an underlying understanding that the players are still seventh- and eighth-graders learning the game. The coaches take the time to instruct each player as needed or to further instruct on any confusion with drills or plays.

With the first game just around the corner, the team is on schedule as far as learning plays and proper tackling techniques.

"We are finding that we have a lot of 'weapons' to use against the opposing teams this season," Hess said.

The Vikings first game is scheduled for September 11 against Rogue River.

With the first week of sports underway, the high school is bustling with teams practicing and conditioning.

City League Softball updates & schedules

Tuesday 20

Tree House v. Misfits, 0-21 Tree House
Greenhorns v. Rita's Rebels, 6-18
Rita's Rebels
Rock-n-Soil v. Balls Out, 17-21

Thursday 22

Rita's Rebels v. Balls Out, 7-22 \
Rita's Rebels
Good Earth Organics v. Green Horns,

0-16 Good Earth Organics
Rock-n-Soil v. Misfits, 5-28 Rock-n-Soil

Weeks seven and eight of softball schedules & games are as follows:

Tuesday 27

Good Earth Organics v. Rita's Rebels @ 6:00pm
Balls Out v. Misfits @ 7:30pm

Green Horns v. Tree House @ 9:00pm

Thursday 29

Green Horns v. Misfits @ 6:00pm
Tree House v. Rita's Rebels @ 7:30pm
Good Earth Organics v. Balls Out @ 9:00pm

September

Tuesday 3
Misfits v. Green Horns @ 6:00pm

Rock-n-Soil v. Rita's Rebels @ 7:30pm
Good Earth Organics v. Tree House @ 9:00pm

Thursday 5

Good Earth Organics v. Rock-n-Soil @ 6:00pm
Tree House v. Balls Out @ 7:30pm
Misfits v. Rita's Rebels @ 9:00pm

<p>Arts Red Garter Lavender Blue Aug. 30, 31 & Sept. 1 9 p.m. to Close</p>	<p>Auzzie Mark, Acoustic Australian Fun Friday, August 30 @ 5:30 p.m. Taylor's Country Store</p>	<p>Wild River HANDCRAFTED FOOD & ALE Gruppipy Sat., Aug. 31 @ 6 p.m. Every Wed Open Mic. Night From 6-8 p.m.</p>	<p>Chateau at the Oregon Caves Arthur Pons Piano Aug 30, 7 p.m. Carol Valentine All Ages Sing-Along Lyric Sheets Provided Aug 31, 7 p.m. Gary Eby Pop Piano Sept 1, 4 p.m.</p>	<p>Kate's Redwood Bar and Grill Tuesday to Sunday Noon to Close Happy Hour 3-5 Stop in and see Kate and Mamie Today!</p>	<p>Altered States Friday Aug. 30 @ Mc Grew's of Course</p>
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