

SPORTS

Seahawks' Coach Holmgren Debuts

By MARK JEWELL
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CHENEY, Wash. (AP)—The Seattle Seahawks got a quick introduction to Mike Holmgren's practice philosophy at Sunday's opening of training camp.

Rather than allow the team to ease into camp the first day, Holmgren interrupted proceedings midway through a morning session and explained to the entire team what he expects to see in first-and-10 situations.

The chat session illustrated the new Seahawks' coach's emphasis on detail and his willingness to take time out from practice to discuss his philosophy.

"I want to explain to them what the drill was. I want to explain to them what I expect of them," said Holmgren, whose predecessor, Dennis Erickson, typically took a more hands-off approach in practice.

According to All-Pro defensive end Michael Sinclair, Holmgren has made a strong early impression on Seahawks players.

"When we first came to camp, he explained his philosophy," said Sinclair, starting his ninth year with

the team. "He just said, 'We're going to pay more attention to details. Because if you can't do the little things, then you can't play for me.'"

Added Ricky Watters, "With coach Holmgren, we're going to be very disciplined."

But, Watters said, Holmgren's discipline also has a soft side.

"Coach Holmgren is always positive," the running back said. "Even when something goes wrong he's still positive about it."

Holmgren, the former Green Bay Packers coach who took over in Seattle after Erickson was fired following an 8-8 season, is trying to get the Seahawks to the playoffs for the first time since 1988.

He liked what he saw Sunday. "This was a good day. This is fun," he said. "You see a little bit of the rust, but you also see great enthusiasm and great effort."

For Holmgren, seeing his players take the field was a reward for the months of preparations leading up to camp.

"Once we get out on the field, there's not a lot of paperwork," he said. "It's just football, so it's fun."

Portland State Football Family Fun Day Scheduled For August 21st

The second annual Portland State Football Family Fun Day will take place on Saturday, August 21, from 1-3 p.m. at Civic Stadium. This event is free and open to the public, and will be followed by a team practice, which will also be open to the public.

Football Family Fun Day is designed as an opportunity for families to come out and meet the Portland State football team in a fun atmosphere, get autographs and pictures, and play a little football, too. Stations will be set up on the field for kids to play catch with a Viking player, attempt a field goal kick and try on some of the football equipment and uniforms, with Portland State football players and coaches as the host at each station. Parents can take advantage of this opportunity to chat with players and coaches about the upcoming 1999 season.

Portland State football posters will be given away during Family Fun Day, and everyone in attendance will have a chance to get their posters

autographed. There will be a portion of the field set aside for autograph tables with all-big performers Orshawante Bryant and Charles Dunn, Head Coach Tim Walsh and many others holding court.

The entire Portland State football team and coaching staff will be in attendance, along with the 1999-2000 Portland State cheerleading team and school mascot, Victor Viking.

Portland State opens the 1999 football season on the road at Fresno State on September 4. The Vikings home opener is September 11 vs. Western Washington.

Isiah Thomas Purchases Majority Interest in CBA

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PHOENIX — NBA great Isiah Thomas is buying a majority stake in the Continental Basketball Association for about \$10 million and plans to overhaul the league.

"We're very excited about this opportunity," said Thomas, who led the Detroit Pistons to consecutive NBA titles in 1989 and 1990 and is former co-owner and general manager of the Toronto Raptors. "The

CBA has always had huge potential, but we look forward to helping the league realize its full potential."

The CBA's nine teams are organized as an association with approximately 40 owners. Thomas said he plans to reorganize it into a single entity league with the nine franchises reporting to the league.

The NBA will continue to use the CBA as its developmental league and provide both financial and professional support.

Jefferson Democrat Football '99

By RODERICK EDWARDS

This year the Jefferson Democrats Football team plans on having a productive season. Last season the Democrats had a pretty good record of 5-3 going into the 1st round of the playoffs as the 4th seed. Having to play the defending champion McNary Celts wasn't going to be an easy task, and it wasn't. The Demos ended up losing that game after a great first half of football. The second half determined the rest of the game.

"We hope to go further in the playoffs this year if we keep our heads on straight," says returning Defensive End Sadiki Stone.

With the returnees that the Demos have this year the season is looking very promising. First string Quarterback John Lee, and Running back Palmer

Butler will be expected to lead the team.

"This could be the best Quarterback, Running back combination in the state." Says recently discovered back up Quarterback and Defensive Back Brandon Branch.

The only thing that the Democrats will be missing this year is the big linemen that graduated with the class of '99'. As far as speed, athletic ability, and strength goes, the Demos have that covered from the Linebacker positions in Jesse McCoun and Dale Casey to Wide Receivers Isaih Jackson and John Clark.

All the Demos need this season is a commitment from all the players to be students first, football players second, leadership from the seniors, and hard work.

As far as preparing for the season the Jefferson Demos have been going to

Passing Leagues from Salem to Milwaukie Oregon. Mondays, Wednesdays, and Fridays from 5:30p.m. to 7:00 p.m. at Jefferson High School the Demos hold Workouts in the Weight Room and a little field workout afterwards. Although there's not a big turnout, the core group of players are there working out. Some of the players like Dale Casey and Jesse McCoun went to the UofO Football Camp. While John Clark, John Lee, and Palmer Butler attended the UCLA Football Camp.

Daily Doubles start on August 23, 1999. These workouts aren't a cakewalk, but if you are willing to give it your all and stick through it, you will be the one that benefits.

All that comes to watch the Demos go head to head with the opponent will be in for a real treat. So come support our 1999 Jefferson Democrats.

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