

SPILYAY TYMOO
SPORTS

Coaching the female athlete

Part 1
By Coach Cathy Benedetto

There is a difference between coaching girls/women versus boys/men. Those differences are both simple and direct as well as complex and far reaching. It can involve just one individual girl's attitude within your team, or society's attitude on a national scale. These differences must be talked about, researched, recognized and applied to your individual coaching technique. To deny they exist is not only asking for problems but also admitting your own ignorance.

I don't have all the answers to be sure. But in this issue of **Courtside** I would like to share with you some of my observations based on years of experience gained while coaching girls and women, at the high school, AAU, Small and Large college levels. My ideas are in a constant state of transition to meet the on going changes in both society and the world of sports.

Most coaches want to establish a well-disciplined program, complete with mandatory practices, pre-season conditioning programs, and the understood dedication required to be successful. Yet some coaches struggle with hair appointments that have priority over practice and dates with boy friends that interfere with just about anything. Every coach who has ever coached girls has been faced with those dilemmas. What to do?

It begins with your first team meeting, where you sell yourself and your ideas to your players. They must believe in you if they are to believe in and live by the rules of your program. It also begins with a letter to parents which communicates those same beliefs, followed by a function for the parents so they can meet you and hopefully give you their full stamp of approval. The parents are the heart of your program. They vote on school levies, serve on school boards and control funding for athletics. to ignore them is to doom yourself to failure.

The next step is to provide



Going through warm-up drills the Seattle University girls basketball team.

your girls with proper role models. Taking them to see the Sonics maybe a treat, but your money would be better spent watching a quality women's team. This allows your girls to see women performing the tasks you are teaching, and subsequently realize that if young women can shoot jump shots, hook shots, take the charge and rip rebounds, so too, can girls. Take your team to a college practice and have them watch just how hard women are capable of working, how disciplined and attentive, how serious and committed. What's okay for men to do, isn't necessarily acceptable for girls to do. But what is okay for women athletes is more apt to

be understood and appreciated and emulated by your players.

The final step regarding the well-disciplined program is to stand firm when you are challenged. Don't back down from your beliefs. Maintain your respect by following through on the appropriate discipline. You don't have to wield a hammer, doing as much damage as you are good, but you do have to live up to your own expectations and do what has to be done.

There are other problems that plague the coaches of girls and women athletes. In the next issue of **Courtside** we will discuss some trouble spots and include more suggestions on how to deal with them.

Boxers claim three championships

Traveling to Longview, Washington for a novice tournament December 3, three boxers of the Warm Springs Boxing Club brought home championship trophies.

Delvis Heath Jr., 13, 95 pounds, won by a technical knock-out in the first round. The referee stopped the fight as he was boxing Kyle Pierce of the Roseburg, Oregon, boxing team.

Joel Craig, 10, 80 pounds, beat Jack Waldrop, Capitol Boxing Club of Salem, by a split decision. According to one of the coaches, Ron Govenor,

this was Joel's first real competition match.

Russel Tufti, 14, 85 pounds, won by a walk through. This meant that he didn't have an opponent in his age and weight class, so he won automatically.

Being outpointed by Albany Boxing Club member John Johnson, Sheldon Sutterlee, 12, 75 pounds, lost.

Michael Streeter of the Eugene All-Star boxing club stopped Mike Berry of Warm Springs in the first round. And John Marcum, 13, 90 pounds, was stopped in the second round by Bob Keller of the Mt. Scott Boxing team.

SILVER GLOVES BOXING TOURNAMENT RESULTS

DECEMBER 8 & 9	
weight	champions
60 lbs.	John Bales, Kelso
65 lbs.	Scott Kennadey, Salem
70 lbs.	Mike Alston, Kelso
80 lbs.	Brian Morton, Salem
85 lbs.	David Baieley, Salem
75 lbs.	Johnny Johnson, Albany
85 lbs.	John Fosmire, Mt. Scott
95 lbs.	Delvis Heath, Warm Springs
106 lbs.	Billy Martinez, Albany
119 lbs.	Bill Lupoli, Lebanon
125 lbs.	Shane Shaffer, West Eugene
156 lbs.	Kevin Townsend, Bly
112 lbs.	Don Fosmire, Mt. Scott (sp. senior)
125 lbs.	Rick Dowling, Albany
132 lbs.	Lance DeWitt, Lebanon (sp. senior)
139 lbs.	Matt Merkley, Bly
165 lbs.	Doug Holiman, Knott Street (due to injury)
178 lbs.	Hector Cases, West Eugene
unopposed champions	
75 lbs.	Ed Putnam, Kelso
95 lbs.	Jeff Kleint, Salem
80 lbs.	Mike Jensen, Kelso
90 lbs.	Bobbie Gray, Lebanon
100 lbs.	Guy Romstead, Bly
90 lbs.	Russell Tufti, Warm Springs
105 lbs.	Harden Arnett, Bly
112 lbs.	Terry Chocktoot, Klamath Falls
132 lbs.	Don Armour
139 lbs.	Brian Ross, Grants Pass
106 lbs.	Bill McSwain, Klamath Falls
119 lbs.	Aaron Wright, Klamath Falls
147 lbs.	Mike Fetters, West Eugene
156 lbs.	Joe Baker, West Eugene
heavyweight	Stan Wilson, Bly

Races scheduled

The Crooked River Crooked Legs, a Prineville-based runners club, will sponsor four races during the upcoming winter season.

The first, the Stearns Ranch Run, will be held this Saturday, December 15, at 2 p.m.

Runners should meet in the parking lot of South Side Market, at the intresection of South Main street and Lynn Boulevard in Prineville.

A one-mile race (for grade schoolers), a three-mile race (for the less competitive) and a six-mile race (for the more competitive) will be held.

Certificates will be awarded to those who finish. No entry fee is required but donations will be accepted.

The remainder of this

winters schedule:

—Saturday, January 5, 1980—Barnes Butte Run, one-, four-, and nine- mile courses; meet at Ochoco Creek Park, races to begin at 2 p.m.

—Sunday, January 27, 1980—Juniper Heights Ascent, one-, and four-mile courses; meet at the intersection of Combs Flat Road and Prineville Reservoir Road two miles south of Prineville, races to begin at 2 p.m.

—Sunday, Febuary 10, 1980—distances and location to be announced; races to begin at 2 p.m.

For more information contact Fred Bushong at home (447-7116) or Mark Lansing at the Prineville Central Oregonian (447-6205).



Barb Earl