

Making Muscles

by Julie Mitchell

Weight training is quickly becoming a glamorous and popular activity among the general population. Bulky muscles and showy poses have attracted attention on many television sport shows.

Weight training programs possess certain fundamental principles that must be followed. An athlete cannot expect to see results overnight. Patience, endurance, and hard work lead to successful gains in strength, size, and development of muscles.

Here are some principles that will help you to get off to the

right start.

1. Precede all weight training with a general warm up.

2. Maintain good muscular balance by exercising both front (anterior) and back (posterior) muscles.

3. Confine heavy work to the off-season and the pre-season period.

4. Work with weights every other day and no more than 4 days a week.

5. Observe proper breathing procedures during lifting to assist in lift performance. Inhale deeply just prior to beginning a lift and exhale somewhat forcefully on the return movement.

6. Include in your warm up routine, 10 repetitions using approximately half of the weight normally used.

If properly carried out, weight training will contribute to the general physical well-being of the athlete as well as improve speed, explosive power, strength and endurance. It is important to note that athletic training is development of all components of fitness. Weight training should be a part of an overall program to improve or maintain flexibility, cardiovascular endurance, muscular endurance, coordination, and strength.

Upcoming Tournament Schedule

Feb

12-13 Lapwai, Idaho
19-21 Warm Springs Six Feet and Under Tournament
19-21 Duffers (30+) at Nespelem, Washington
26-28 Duffers at Pendleton, Oregon

Mar

6-7 White Swan, Washington
6-7 Warm Springs O-O-Old (40+) Duffers Host Tourney
17-20 NIAA Six Feet and Under Nationals—Albuquerque, New Mexico
24-27 Ft. Duschene, Utah

Apr

3-4 Old Duffers at Ft. Hall, Idaho
7-10 NIAA Men's and Women's National Basketball Finals — Spokane, Washington

Steno pool

Benefit Run April 17

The Steno Pool Secretary's are staging a 1982 benefit fun run near the Kah-Nee-Ta Resort on April 17.

There will be a 6.2 and a three mile courses with the longer run flat with two steep hills and the three mile run is a challenging one which will both be ran on black-top surfaces.

All runs will conclude at the Kah-Nee-Ta Vacation Resort. The registration fee is \$5 for all races if paid in advance and the

deadline is April 16th. On the day of the races the entry fee will be \$7.

The registration closes at 11:30, there will be no exceptions. All runners must pick-up their packets by 11:45. Participants will be transported to the starting points with the last bus leaving the Village at 12:00 noon and the races to start at 1 p.m.

Entries in the 6.2 mile run will receive identification

numbers. Divisional winners of the 6.2 and 3 mile runs will receive special awards. All runners will receive T-shirts.

The division will include men and women 6.2 mile run; 13 and under, 14-18; 19-29; 30-39; 40 and over, the three mile run for fun.

For more information call Rich Little (503) 553-1200 or Winona Strong 553-1161, ext 232. Write: 1982 Benefit Run, Warm Springs, Oregon 97761, c/o Steno Pool.

Appaloosa Raffle

An appaloosa 4 year old gelding horse has been donated by Casey and Sterling Green to be used as a raffle item by the Simnasho School 4-H "Discovery" Club. Tickets for the raffle are available from Simnasho School parents.

The drawing for the horse will take place on March 10 at Simnasho School. Everyone is

invited to come out to the school at noon and bring a sack lunch in that day.

Photographs of the horse to be raffled are on display around the community. If anyone wishes to see it they are welcome to do so at the home of Sterling and Lucinda Green.

Raffle tickets are \$2.00 each or 3/\$5.00.

Boxers put on gloves for bouts

Two Warm Springs boxing clubs attended and participated in the Northwest Inland Empire Golden Gloves Boxing Tournament held in Spokane, Washington on February 6 and 7. Both the Warm Springs Boxing Club and the Warm Springs Police Boxing Club had boxers in the matches.

Warm Springs Boxing Club

Four boys went to this tournament from the Warm Springs Boxing Club. There were over 230 registered boxers with bouts going in three different rings.

Corey Scott, 10-11 year, 60 lb. division lost his fight. According to coach Gerald Smith, he "just couldn't get on the track." Scott was boxing Curt Staffer of the Morningstar Boxing Club from Spokane, Washington.

Seventy pound Reynolds Allen just turned 12 years old. He has just begun boxing in the 12-13 year old, 70 lb. division. Allen boxed good the first two rounds coach Smith said, but "he eased up" in the third round. Smith feels that even with that, Allen shouldn't have lost the bout.

Special Senior Mark Stacona fighting in the 112 lb. division took home a championship. He was uncontested. Stacona was disappointed that he couldn't box. No one was available for his division.

Joey Ortez, special senior, 139 lb. division boxed one round against Lance Mitchell from Victoria, British

Columbia. After the first round, however, Ortez's gloves were examined and were found to be missing and AAU (Amateur Athletic Union) stamp. Since the gloves were not official the remainder of the bout had to be cancelled. Smith said, "I felt very bad."

Some of the Warm Springs Boxing Club members went to a smoker in Bellingham, Washington on January 30.

Lonnie Smith and Kanim Smith, Jr., both under 10, boxed in exhibition matches. Boys under 10 years of age are not permitted in contest. Smith said, "both did well. They were very aggressive."

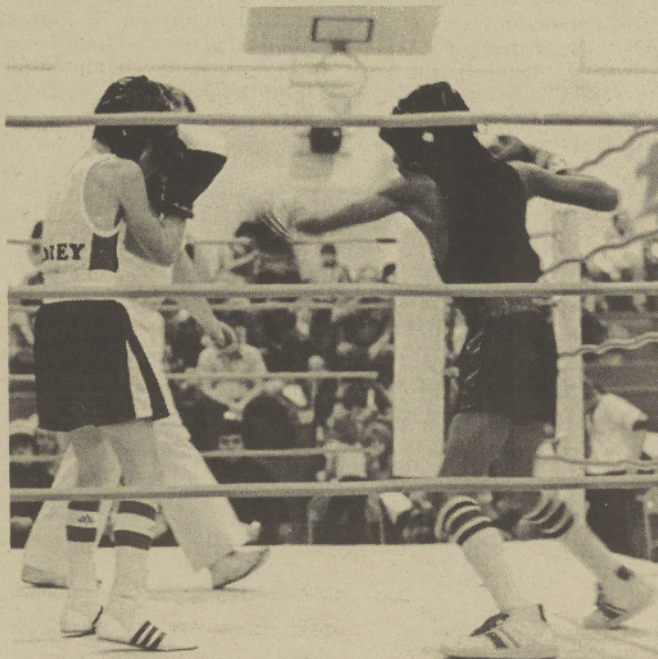
Reynolds Allen boxed John Solomon who weighed 15 pounds more. Allen "had to out box him rather than muscle him," Smith said. "Allen figured him out in the middle of the second round and won the bout."

Joey Ortez defeted Erwin Jones with good body and head shots. Smith said, "he did well."

Corey Scott fought Julian Lawrence who weighed 10 pounds more. Scott won the first round but lost the decision. "It was a close decision," Smith said.

David Lucei lost to Willie Jones, "It was a close fight," according to Smith. This is the fourth time they have met. Lucei and Jones have an even 2-2 score.

Leroy Allen and Kevin Blueback went to the smoker just to gain the experience of going



A Warm Springs boxer (right) competes in the Northwest Inland Empire Golden Gloves Boxing Tournament in Spokane, Washington. Photo by Sheldon Sutterlee

Sheldon Sutterlee, 14-15 year, 95 lb. division, fought Dan Stafford from Skagit Valley, Washington. Sheldon lost on a split decision.

Cecil Govenor fought in the championship bout in the 100 lb. 10-11 year old division against Mark Romo of the Olympic Sheriff's Boxing Club out of Bremerton, Washington. He lost his bout because he couldn't get inside for a punch, according to coach Govenor.

Mervin Govenor also fought a championship bout against Buddy Dale of the Everett Firefighters Boxing Club. They boxed in the 10-11 year, 125 lb. division. Govenor lost after having a point taken away from him for coming down with the front of his glove. It was counted as a slap. Without that, he would have won the fight, says coach Sutterlee.

The Warm Springs Police Boxing Club has just started out. Any youngster who wants to learn to box is welcome to attend the practice sessions, says Govenor. They are held Monday through Thursday from 4:00 to 6:00 p.m.

The club will be boxing at a smoker in Nespelem, Washington this weekend and on February 20 will be attending the Jr. Golden Gloves Tournament in Hood River.

Those members of the club going to Nespelem include: Sheldon Sutterlee, Fabian Sutterlee, Jr., Cecil Govenor, Corey Scott, Mervin Govenor and Guy Herkshan. Fabian Sutterlee will also be boxing in an open division.

The Warm Springs Boxing Club will be going to Hood River for the Oregon Jr. Golden Gloves Boxing Tournament February 20. The boxers that will be going include: Corey Scott, Reynolds Allen, David Lucei, Kevin Blueback and possibly Carl Tewee.

Practic sessions for the Warm Springs Boxing Club are held at the Community Center

from 6-8:00 p.m., Monday through Thursday.

Warm Springs Police Boxing Club

Three boys went with Fabian Sutterlee and Ron Govenor to the Inland Empire Golden Gloves Boxing Tournament in Spokane, Washington. "They did pretty good," according to Govenor.