



MHS Wrestlers

Jason and Troy Smith, (left and right above) sons of Buck and Suzie Smith of Warm Springs both wrestled this year on the MHS wrestling squad. Troy, a junior this year, was voted most valuable player by his fellow teammates. Troy was the only MHS wrestler to qualify for state finals. Standing between the Smith brothers is wrestling coach Jerry Byrne.

Spilyay Tymoo photo by Behrend

Warm Springs boxers to compete

Five Warm Springs Police Boxing Club members will be competing in the Buckskin Boxing tournament scheduled for this weekend at the Warm Springs Community Center. The young boxers include: 60 pound Corey Scott, 100 pound Cecil Govenor and 127 pound Mervin Govenor. In the senior division 119 pound Jerry Sam and 147 pound Guy Herkshan will be boxing.

The Warm Springs Police Club is also sponsoring two fund raising events this weekend. A dance will be held Saturday evening at the Community Center and a breakfast will be held Saturday morning at the Agency Longhouse.

The breakfast on Saturday morning is from 9:00 to 11:30 a.m. The menu includes steak, hashbrowns, eggs, toast,

coffee, juice and milk for the price of \$4.50. Sausage may be substituted for steak at the price of \$3.50.

Fitness factors for women

By Julie Mitchell

Women have physical characteristics that must be considered when planning a fitness program. Females cannot follow similar male fitness programs and expect to achieve identical gains.

Girls and women are less responsive than men in their ability to improve strength through a training program. Females start at a lower level and attain a lower maximum. Over a six month period, most female athletes will register strength increases of from 50% to 100% in most recommended exercises.

Women's workout vary from the men's training program in that the emphasis on arm and shoulder strength in the men's program is shifted to the thigh and hip area. Women have a great capacity for work and particularly when results can be seen. However, there is no short cut to fitness.

The average female has approximately seven pounds more skin surface fat than males. Presence of fat tissue provides women with greater buoyancy, lower loss of body heat in cold water, and increased heat tolerance. Greater buoyancy tends to be a contributing factor to the fact that women's swimming records are closer to men's in comparison to other sports.

In relation to injury, there is a higher degree and greater severity in women than in men. Ankle and knee joint injuries are most prevalent. This is caused by lateral sway at the patella (knee cap), when the leg is bent, combined with weak quadriceps and poor conditioning, putting added stress on the knee. There is also lack of, or disproportionate strength in the large muscles that surround the knee joint.

In order to set up a fitness program one must determine and state specific objectives. Women working on fitness must set up a program to meet any of the following:

1. Firm up flaccid body areas.
2. Increase muscular tonus and strength.
3. Increase flexibility
4. Improve overall muscle endurance
5. Injury prevention or rehabilitation.

It is helpful to maintain a personal weekly record of work out time and activity and a monthly record of gains or losses. Community resources are available to plan individual fitness programs and to offer nutritional advice. Visible results do not appear overnight, but steady devotion to fitness objectives and carefully planned programs will be rewarded with permanent results.

Children benefit in gymnastics

By Marsha Shewczyk

Cartwheels, balance beams and somersaults describe much of what gymnastics is about. At the root of these athletic feats, though, is the development of basic coordination.

Gymnastics is a program of physical exercises designed to develop strength and coordination. That's just what Julie Mitchell has in mind as she instructs children from 6-12 years of age twice a week at the Warm Springs Community Center.

Having young people involved in the gymnastics program "helps them to develop their body awareness for sports," according to Mitchell. She says her interest in gymnastics for children is "totally selfish." She "wants to have kids that are coordinated." She pointed out that there are not too many coordinated people.

Since she began the eight week sessions, assisted by Susan Guerin, Mitchell has noticed changes in the movements of the children in the program. "They have more confidence in manipulating their movements." She goes on to say they are not afraid of being upside down or up high after some practice.

The children are able to learn better in a group by being able to observe other children. Their motor skills develop quickly in this situation.

This is the second year gymnastics has been offered to the children of the community. Mitchell feels it is working so well this year because of work done previously by assistant

1982 WSBC Buckskin Boxing Championship

March 13 and 14, 1982

Warm Springs C.C. Gym

**Saturday—Elimination 1 to 6 p.m.
7 to 10:30 p.m.**

**Sunday— Championship begins at
12:00 noon**

**Divisions—Open Seniors, 16 and over
Open Juniors**

**14 - 15 years old
12 - 13 years old
10 - 11 years old**

**To register or for more information contact:
Gerald Smith, WSBC Boxing Coach, 553-1546 or 553-1161**

**Sponsored by: Warm Springs Boxing Club and Warm Springs
Community Center**

Sanctioned by the Oregon USA/ABF Association



FREE FALL—Students in the gymnastics class learn coordination and control. Spilyay Tymoo photo by Shewczyk

Community Center director Eva Montee. Mitchell feels that "people are lucky to have the gymnastics program." It is not available to everyone,

everywhere. Instructor Julie Mitchell is a graduate of Lewis and Clark College. She has a degree in Physical Education.