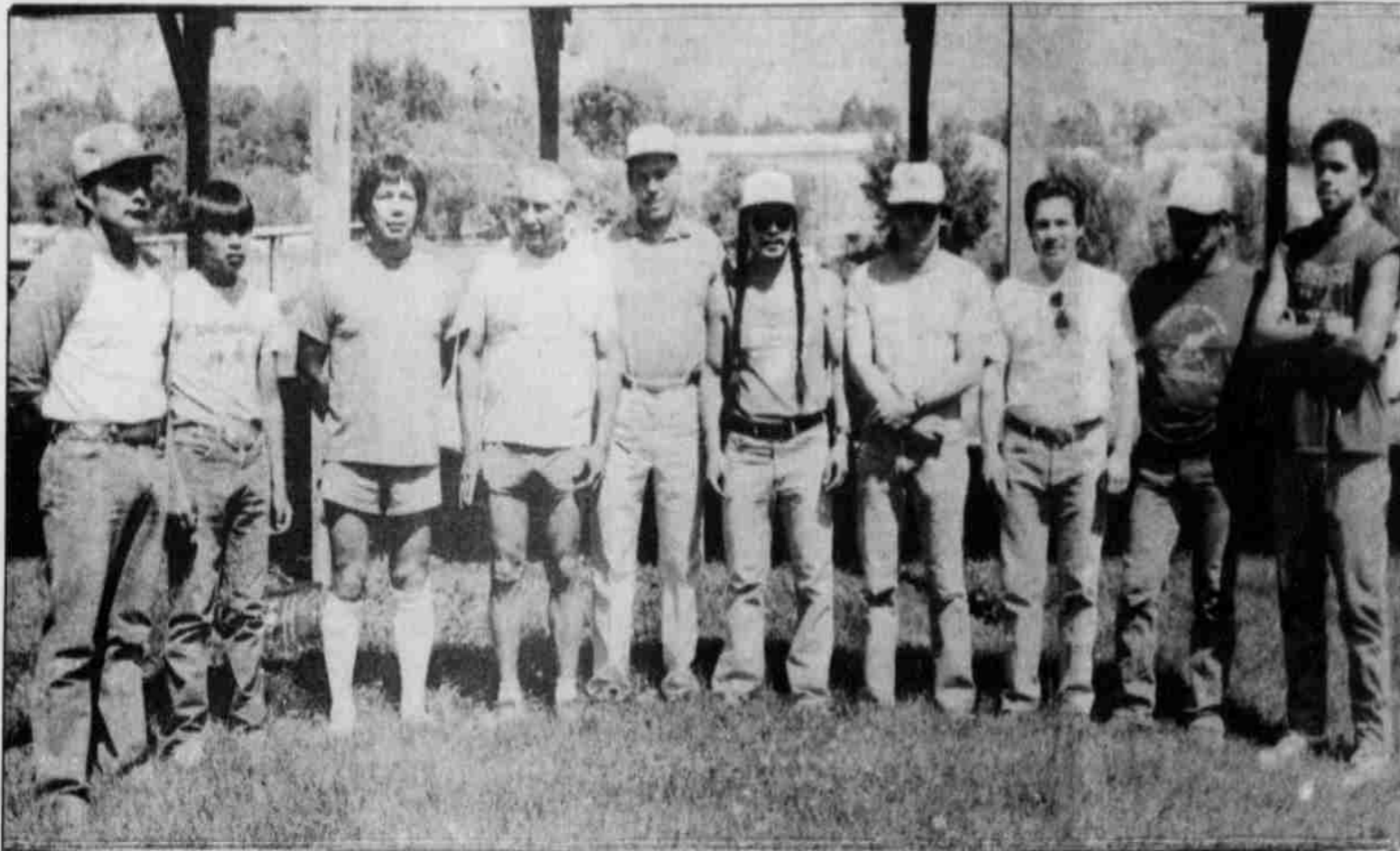


# Spilyay Tymoo



# SPORTS



The Super Scouts Hood to Coast Relay team consisted of (left to right) Wayne Bullcalf, Thurman Squiemphen, Leo Hellon, Tom Begay, Geoff Bury, Julian Smith, Bobby Macy, Stan Kneeland, Terry Squiemphen and Jabbar Davis. Also a member was Dr. Roy Nakamura. The team finished the August 15, 168-mile relay race in just over 20 hours.

## Local team wins first

Twelve co-ed teams vied for the championship title of the sixth annual Animals Slo-Pitch softball tournament August 15 and 16 at the Community Center ballfields in Warm Springs.

Winning top honors for the two-day tournament was the Smith and Greene Logging team of Warm Springs. Two of the Smith and Greene players were selected for the "most valuable player" awards. Lonnie Sammaripa was selected from the men and Missy David was selected from the women.

Second place honors went to the Macy's Market team of Warm Springs; third to the Seattle Travelers; fourth to the Pendleton Rookies and fifth to the Satus Free Spirits. The Four Winds team was given the "better than nothing" award.

Sally's Crew of Yakima received the Sportsmanship trophy.

## Instructor training offered

Would you like to teach aerobic exercise classes but aren't sure you have the necessary skills? Then, this class is for you.

Beginning Monday, September 14, 1987, Eva Montee, Coordinator of the Tribal Wellness Program in Warm Springs, will be offering a class called "Teaching Aerobic Exercise." The class will be free of charge to Tribal Members and any tribal employee working in Warm Springs. The class will meet in the Community Center basement aerobic room each Monday and Wednesday from 5:00 p.m. to 6:30 p.m. for approximately ten (10) weeks and will cover all topics related to the teaching of aerobic exercise classes. It will also include practice teaching.

If you are interested in attending this class, call ext. 205 to pre-register and plan to be present at the first session on September 14th. To qualify, you must attend all instructional classes and be willing to volunteer some instructional time to the Wellness Program upon completion of the course.

If you would like additional information, call Eva at 553-1161, ext. 205.

## Play it safe avoid injuries

Here are five steps to help you stay in shape while avoiding sports injuries:

1. Begin slowly. If you're fitness swimming for the first time, for instance, don't just plunge in. Set a goal for swimming laps for five minutes the first day and increase the time as it becomes comfortable.
2. Be attuned to the temperature. For example, walking is an aerobic sport quickly gaining a following. It hot weather, walk in the cool of the morning or early evening, wearing a hat and drinking plenty of fluids, before, during and after the

3. Take account of terrain. If you walk on the beach, do so on the flat test section. Walking along the slanted water line adds stress to the lower back and knees as does walking in deep sand.
4. Warm up to your exercise work. If you haven't hit the golf course or tennis court since last season, do a few flexibility and stretching routines before you play your first game. Tennis players should volley a bit before beginning serious play, optimally until perspiring. That indicates the muscles are supple and ready to work.

Golfers should take a nine iron and hit several dozen balls before heading out to the tee.

Get help from health care experts. Before starting a new exercise program and if you're strained or hurt in any way see your doctor. Doctor of chiropractic specialize in maintaining the mechanical integrity of the body.

You can get a free booklet on protecting yourself from recreational injuries from the American Chiropractic Association, 1701 Clarendon Blvd., Arlington, Virginia 22209.

## Basketball camp can help kids

A week long basketball camp termed a success despite the small number of turn-outs of boys and girls.

Gary Bays, the basketball coach of Warner Pacific College, in Portland, along with his two sons Scott and Jason and Ed Helfund were on hand to present the camp and work with the kids. Working on the fundamentals and drills they went through during the week session.

Coach Bays said that he has had basketball camps all summer long in Portland, three for the boys and two for girls before coming here. He averaged about 110 per week for both the boys and girls division before coming here. The kids work hard and show a lot of interest in the game. For the turn-out here in Warm Springs those who did turn out show a lot of interest and there are some very good potentials in both the boys and girls groups.

When Coach Bays was asked if he would return again next year to present another basketball camp, his reply was, "If they ask me." He said the stay was very pleasant especially staying at the Kah-Nee-Ta Lodge. Camps like this can help any kid who wants to play basketball even though he or she may have made the team last year doesn't mean they are pros at the game. No matter how good a player is there is always something new to learn.



Gary Bays, a person enjoys working with youngsters. Here he is conducting a basketball camp for the kids here in Warm Springs and the surrounding area. There were kids enrolled in the camp from Madras.

## Unfinished Seasons—Part I

Madras, noted for a fine basketball town where the White Buffaloes have won their share of the league championships and some. They have gone to state for the past several years. Each year there have been an Indian boy or two who have done well on the team and

showed some good college potentials as college scouts observed them perform, but where do they go?

In the Billings Gazette, of Billings, Montana, an article came out in a five-part series covering Indian basketball players in that

state and how they performed and where they went.

With permission from the Billings Gazette sports editor, these articles will appear in the Spilyay Tymoo, in five parts. The first, "Indian stars fade after high school," by Dave Trimmer, of the Gazette staff.

## Coaches try to pin point the problem

A colorful segment of Montana athletic lore reaches a dead end each year when high school Indian basketball players fail to carry their skills on to the college level.

The reasons and solutions baffles fans, coaches and other players. In the Unfinished Seasons series, several successful Indian athletes, white and Indian high school coaches and college coaches try to pinpoint the problem and solution.

The first part of the series identifies the problem.

In other parts, to run in the next four issues of Spilyay Tymoo, we view the problem from all perspectives and search for solutions.

## Indian stars fade after high school

By Dave Trimmer  
Gazette Sports Writer

When serious Montana high school basketball fans get together and start talking about great teams, great games and great players, it doesn't take long before an Indian team or player becomes part of the conversation.

Indian basketball is a major part of Montana basketball lore. Yet, when the conversation turns to the colleges, Indians are only obvious by their absence.

It's a sad but true fact of the Montana sports scene that one of the more exciting and colorful chapters of the state's athletic history is also among its more tragic.

For many reasons, the Indian story starts and stops, for the most part, with high school.

About 20 high schools in Montana have teams with a majority of Indian players.

In the decade of the '80s alone, Indian schools have won five state championships, six different Indian teams have placed in the top three and 11 different predominantly Indian schools have been to state tournaments.

In the same span, no Indian ball players have made an impact at a Montana college or university and, unofficially, only one has played for and graduated from a four-year institution.

Why? Mike Harkins, one of the more successful collegiate coaches in Montana history at Eastern Montana

College, said it is a combination of adjustment factors—social, basketball academic—but the bottom line is that all coaches recruit for one reason, to win. "Prejudice doesn't enter into it. You don't recruit white, black or Indian, you recruit to win," he said.

Luke Spotted Bear, a 1981 graduate of Plenty Coups High School and a 1986 graduate of Mary College in Bismarck, North Dakota, said, ultimately the responsibility lies with the individual, although a number of factors enter the picture.

Harkins, now a professor of EMC, had 288-158 record in 17 years as coach of the Yellowjackets. In building that record, Harkins was one of the first Montana coaches to seriously recruit black players and he also had three outstanding Indian players, Pete Conway, Darrell Hill and Ken Pemberton.

But even Harkins admitted the cards are stacked against Indian basketball players.

However, he said the problems facing Indians were the same facing many small-town or rural stars in Montana. And most of the Indian schools are in smaller towns or near reservations.

That intertwines with the adjustment factors.

"College basketball is sophisticated," Harkins said. "In small schools, they can dominate the ball, they don't always have to play defense and they can take bad shots. You can't do that in college. At college, you have to play a role."

That also encompasses the social and educational adjustments.

At home, the college freshman was a star player. "A basketball player on the reservation is more of a hero than a basketball player at Billings Senior or Billings West. Then, when he goes to college, he's just another guy," Harkins said.

Conway, who attended Western Montana College before transferring to Eastern and graduating in 1975, said that although Indians are considered a minority, they are really a minority until they leave home.

"I believe the biggest obstacle I

had to overcome was becoming a minority," Conway said. "On the reservation, you are the majority and therefore, you don't have an understanding how mainstream America does things."

He added that unlike other minorities, Indians are isolated on the reservation.

Harkins pointed out that college life is a big adjustment for every student, but especially so for those who have to spend time at practice. "Basketball players are not recruited for academics, so sometimes it's a gamble. The average student pays money to go to school (athletes receive scholarships) so they pay more attention."

A number of college coaches echoed similar themes to Harkins'.

After being named the Most Valuable Player when Plenty Coups won the 1981 State championship, Spotted Bear went to Haskell Indian Junior College in Lawrence, Kansas, before going to Mary. When he graduated from Mary, Spotted Bear became the first graduate of Plenty Coups to complete a four-year college education. Plenty Coups opened in the mid-1970's when Edgar High School was closed.

Spotted Bear said he wanted to quit school a number of times, mainly because he missed his family. He also admitted, "If I ever did quit school, my folks would have killed me."

It still wasn't easy. Besides the pressure of a night life, restoring his study habits and the monotony of daily lectures, Spotted Bear said, "Probably the hardest (obstacle) of them all is just being away from home. I missed the one-step-away from the love, care and protection that my family gives me."

Spotted Bear added, "There is a problem, but what can we do about it? Students have to learn on their own how important it is to take school seriously? It's all up to the individual. I sure hope this (attention to the problem) will help change the younger students' minds towards college."

Next: The problems are unique.

## H.S. sports schedule

Madras senior high school fall sports schedule for the first two weeks

### Football

Varsity: September 4 at Sweet Home 7:30 p.m.

Varsity: September 11 at home against Hood River 7:30 p.m.

Frosh/Soph.: September 10 at Wahntonka at 5:00 p.m.

Volleyball: September 10 home, at 6:00 p.m.