

# OSU has 115 youth attend first annual basketball camp at WSCC

Judy Spoelstra, OSU women's head basketball coach, was here for two days, August 7-8, to hold a basketball camp for boys and girls ages 6-18. There were about 115 youths attending this camp. The youths worked on shooting drills, passing and defense drills, with the smaller kids working on shooting form.

Spoelstra has a lot of basketball background playing at WSU, with Fran Moses-Ahern, and playing pro ball in Japan. Spoelstra also coached at Idaho as an assistant and became a

head coach at Montana state before going to OSU where she became the head coach.

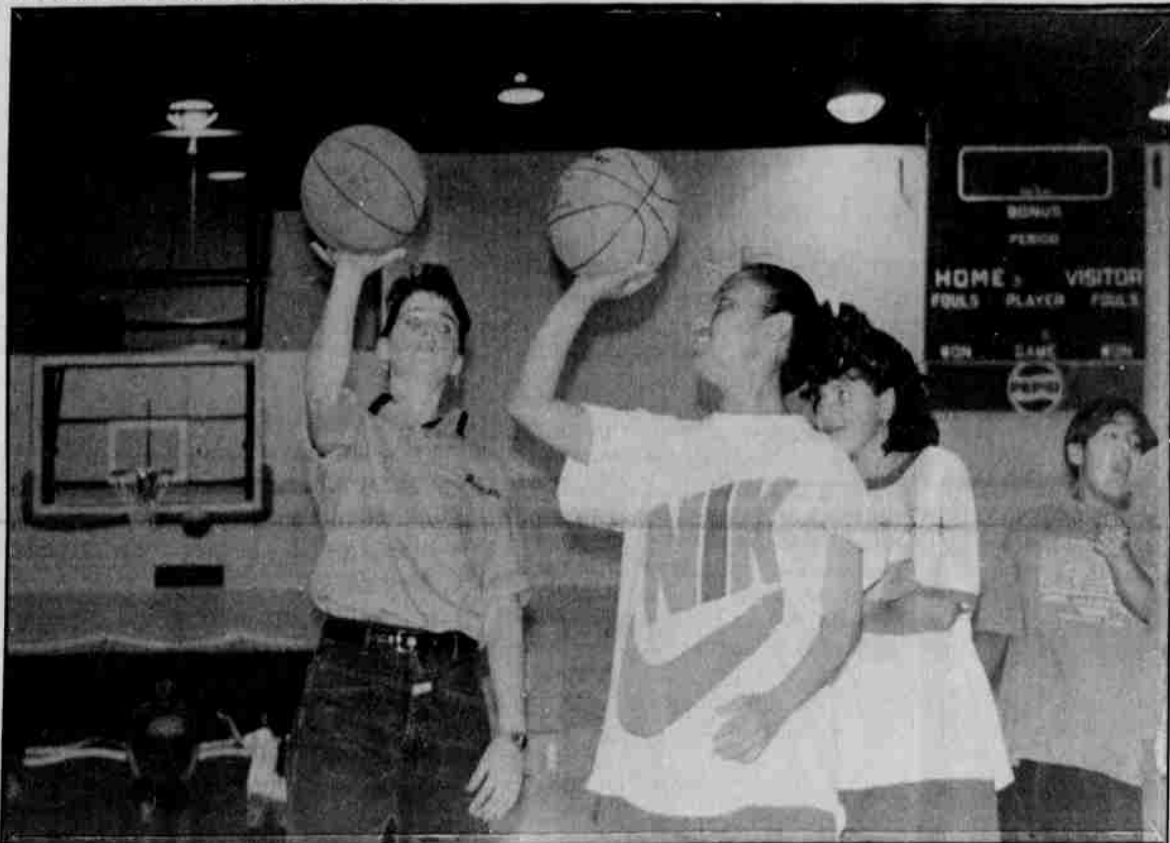
Spoelstra stated "I hope to keep coming back because I had fun and the people were good to us." "this is the first camp we have done off campus the kids were excellent to work with." One of our goals of this camp was to tell the youths be willing to learn and practice all the time, also be willing to try hard at everything you do and believe that you can always improve."



OSU coach Spoelstra, works with Chasen Walker on defense



OSU camp group picture



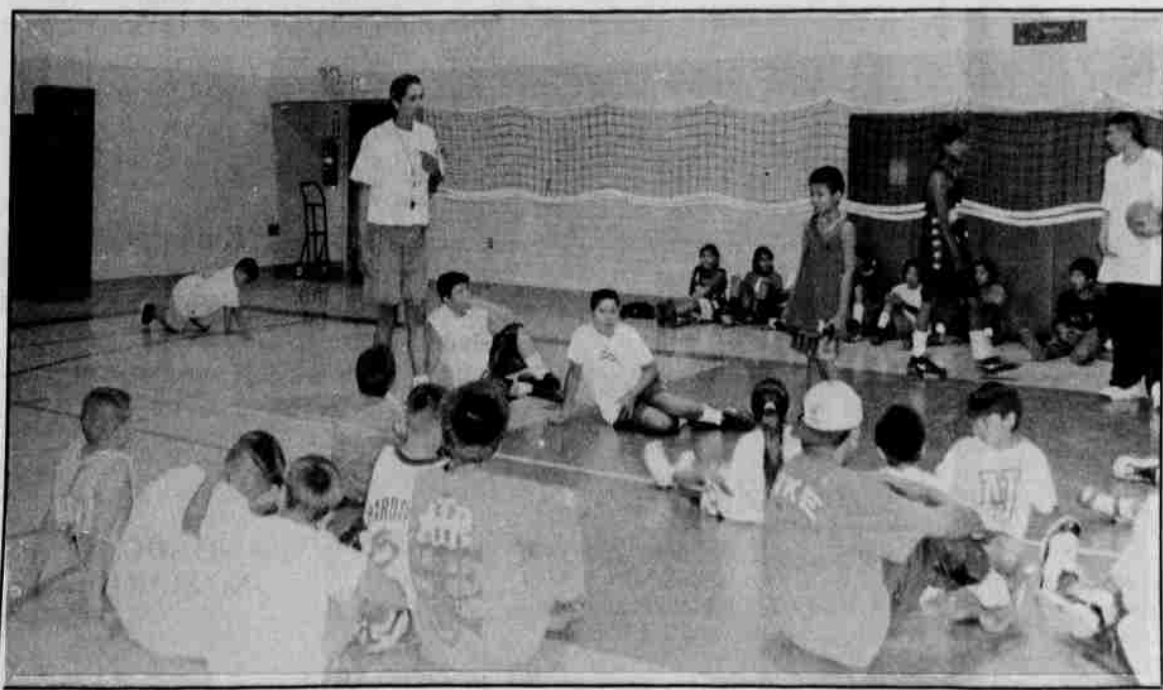
Girls show shooting form



Spoelstra working with younger girls on their shooting stance.

Photos by Dan Lawrence and Deece Suppah.

## Cook stresses fundamentals at "Shoot the Rock" camp



Randall Cook, talks to youth about staying alcohol and drug free.

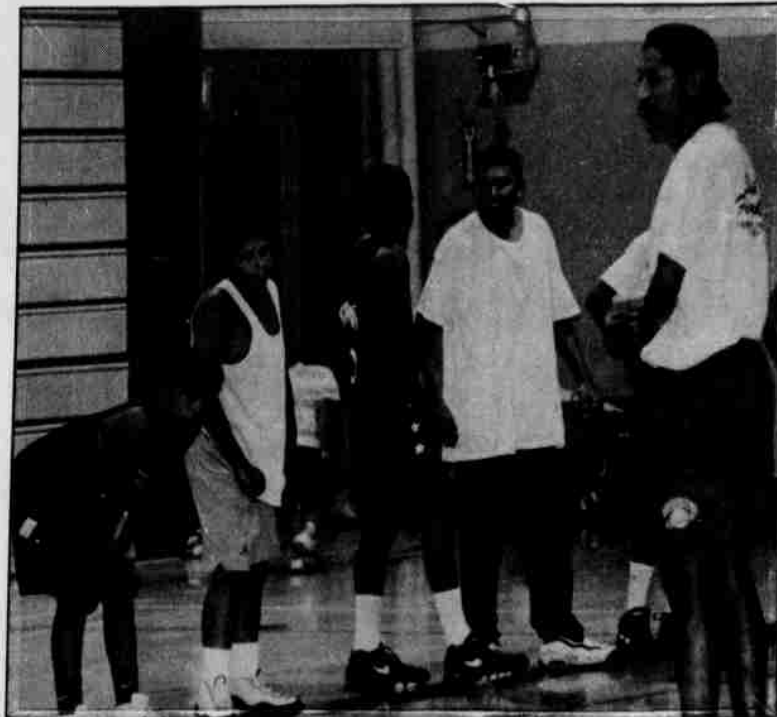
There was a turn out of 48 youths at the second annual "Shoot the Rock" camp. Randall Cook, camp director stated "I have received a lot because the sport basketball such as college education and many personnel awards from playing Indian ball, now it is time to give some back to the Indian communities." Cook was speaking about the second annual "Shoot the Rock" basketball camp held at community center August, 5.

Cook works at the Swinomish tribal rec, Leconner Wash, and has been there for the past five years. Cook brought 12 youths and one other staff member from Swinomish. Cook is 30yrs old, married with one son that is one and another on the way, due this winter. "Basketball has brought me many great experiences, a education, I have a criminal justice degree and masters in sociology, plus given me opportunities job wise." Cook stated "through basketball I was given a oppurtiny to play at the college level, four years at Cal state-Haywood. Cook never made the pros like he dreamed of but is proud of the accomplishments he has achieved." "Being a role model is important to me so I have tried to live my life that way, this is the reason I never drank alcohol." "with out basketball I don't think I would have stayed away from the alcohol and drug scene."

Cook's main goal for this years camp was to, get to know the kids, to have fun and show the youths some basic ball handling, shooting and passing skills. With the older youths Cook got into more extensive skills." Cook stated "I hope by showing the basics to the youths, they will practice them at home."



Waiting for their turn to shoot



Boys resting during running drills, while Cook speaks about fitness



Boys working on passing skills