



Spilyay Tymoo Sports



Camp takes a quick break for a chance to smile for the camera

Kah-Nee-Ta holds basketball camp

The first annual Kah-Nee-Ta basketball camp was held from August 11 to 13, 1998 at the Village hoop court outside the pool area. The event entertained 24 participants from ages eight and up. The camp was thought up just about a month ago by Fran Ahern. She thought it would be a good idea to hold the camp because of all the experienced basketball people

employed at the Village area and to give a little something for the kids to do at summer's end. There were seven coaches who helped some being hoop stars from the past and the present. Leading the camp was Jessica Standage who just graduated this spring from Vale High School where she played on the varsity team four years and in her last year got to compete in the East-West

All-Star game. She plans on attending Pacific University in the fall and playing for their basketball team. Taralee Suppah is another '98 graduate who competed in the East-West All-Star game and played four years varsity for Madras High. Nicole Main is the other girl to help with the camp and also the youngest. She is an upcoming star for Madras, so be looking for her in the next couple of years. Brian Miller is the only guy camp helper to compete in the East-West All-Star game. He played four years varsity for Madras and plans on

attending college in the fall on a scholarship for golf. Jake Jaca will be a junior this year and has played both JV and varsity basketball and is also a football player. Kyle Wyatt is a '98 graduate who played for Madras this past season on the team that placed fifth in the state. Kyle is also going to college in the fall at the University of Oregon. And the oldest of the bunch is none other than Jake Suppah. He was a graduate of 1995 and played on the team for two years. His senior year the team placed third in the state with barely a winning record. He also got second-team all tournament that year.

Volleyball team to begin practice soon

The Madras High volleyball team will be gearing up for the upcoming season by having evening conditioning from August 17 to 21, from 7-8p.m. On August 24 they will have a

daily double with the first time being from 8:30-11:00am, and the second being from 3-5p.m. All practices will be held at the Madras High School. For more information you can call Gail Dubisar at 546-4981.

Exerciser of the month for August



Exerciser of the month for August is Doyle McLaughlin. Doyle is employed with the Indian Health Services as a supply clerk. He enjoys running, walking and weight training. He exercises six times a week and spends about eight hours a week doing so. He has worked out for about five years on a regular basis. What motivates him to exercise is the way he feels after he is done. If he doesn't he lacks motivation, his energy level goes down and he can't fit his pants. He says "exercising has been a part of my life since my school days being involved in sports, when I don't exercise it feels like something is missing." Doyle feels he benefits from exercise in many ways. He says "anybody who exercises regularly

will feel better about themselves and be healthier." One thing I particularly benefit from is that when I'm walking or running it gives me a chance to think things over. If I have something on my mind that's bothering me, I can sort things out and come up with a solution, then deal with it later and at the same time I completed a workout." When Doyle exercises he has a goal in mind and that goal is to get out there and do some form of exercise daily and not lose motivation. Setting aside time is a stumbling block for him. "We all have several opportunities during the day to set aside time, be it in the morning, noon or after work." When asked how he deals with the stumbling blocks, he responds, "my time is during my lunch hour. It's part of my daily routine." His other hobbies include working on his house, doing yard work, gardening and wood working. He enjoys working out both alone and with others. Sometimes he works out with his daughter playing tennis but says she has her own exercise program. If there were no limitations on what he could do, he says he would like to travel and take part in more outdoor-type sports. When asked for his words of wisdom to others, he says, "Get out and take advantage of the programs and activities that are available. The community center has a number of great programs for the public at every level. One thing that impressed me the most when I moved here is that

there is so much to do, especially for the person who enjoys the outdoors. We are all very lucky to be here. Work in a half hour or an hour into your daily routine and start whatever it is you enjoy doing the most."

Tips from the Pro



"DA PRO"
On any Sunday afternoon during the summer months, there will be several million amateur golfers watching touring professionals on TV. And out of this several million, thousands are apt to comment something like this. "Geez, these guys make getting out of sand traps (the proper term is "bunker") look easy. I either can't get out, or hit it way over the green. What's their secret?" Of course, one of their "secrets" is that they have practiced this particular shot for hundreds of hours. This always seems to help. But as all this practice is, it is equally important to know how to practice greenside bunker shots. Probably the biggest mistake most

Soccer clinic coming to Madras High School

There will be a free soccer clinic to be held from August 17 thru 21 at the Madras soccer fields. The clinic is offered to both Madras High boys and girls. Bring shin guards and soccer shoes. Your physical must be completed. For more information or if you have any questions you can contact Coach Murilo Varela at 475-2908.

amateurs make is not using the proper technique. The majority of golfers will use the same type of swing they would use on a chip shot resting on grass. However, the explosion shot out of sand is considerably different than a standard swing. First, get a sand wedge with a minimum of 55 degrees loft. With this much loft, it gets the ball into the air quickly which is necessary. Secondly, by using the wrists more than a standard swing, get the feeling your'e literally picking the clubhead up very quickly and vertically from the ball. It is a swing which is essentially straight up, the straight down. The explosion shot is defined as one in which the clubhead literally "explodes" the sand as it hits, excavating a good deal of sand in the process. The objective of this shot is not to hit the ball! It is to have the clubhead hit about one to two inches behind the ball. It is also a shot which takes some confidence, because for such a short shot, it requires a reasonable amount of force to take quite a bit of sand, which lifts not only sand into the air, but the ball along with it. Instructors constantly drill their students with the remark, "keep your eye on the ball." Well, this is one shot where you do not keep your eye on the ball, but on the sand a couple of inches behind the ball. See if you can find a practice bunker, and give this tip a try.

Hoop Camp to be held at Community Center

The "Got Skillz" summer hoop camp is being held from August 17 to 19, 1998 at the Warm Springs Community Center gym. There is no charge for the camp and is being run by Monty Larson. Boys and girls ages 6 to 12 will begin at 9:00 am. Kids ages 13 to 17 will start at 1:30 pm. The first 60 participants will receive a free camp tee-shirt. Register at the Recreation Department or call 553-3243 for more information.

CROSS COUNTRY

Date	Opponent	Place	Game Time
9/12	Madras I.	Madras	11:00
9/19	Waldport	Waldport	10:00
9/24	TVC Prev.	Sherwood @Tual. Hills Park & Rec.	4:00
9/26	T.Dalles I.	T. Dalles	11:00
9/30	V. Cath. I.	V. Cath.	4:00
10/3	NW Classic	Lane CC	TBA
10/10	CC.Inv.	Prinville	12:00
10/14	Scappoose	Scappoose	4:00
10/22	MT.View	MT. View Co-Ed	4:00
10/29	District	Sherwood	2:00

VARSITY FOOTBALL

Date	Opponent	Place	Game Time
9/4	Stayton Jamb.	Stayton	
9/11	Burns	Burns	7:30
9/18	Sisters	Madras	7:00
9/25	Creswell	Madras	7:00
10/2	Taft	L/CIncity	7:30
10/8	Estacada	Estacada	7:00
10/16	T.Dalles	Madras	7:00
Homecoming			
10/23	Sherwood	Madras	7:00
10/30	Lasalle	Lasalle	7:00
11/6	Wilsonville	Wilsonville	7:00

FROSH/SOPH FOOTBALL

Date	Opponent	Place	Game Time
9/4	Stayton J.	Stayton	
9/10	Bend JV 2	Madras	5:00
9/17	Sisters JV	Sisters	5:00
9/25	Creswell	Madras	4:00
10/1	Redmond F.	Redmond	4:30
10/7	Estacada	Madras	5:00
10/15	T.Dalles	T.Dalles @QuintonSt. field	4:00
10/21	Sherwood	Sherwood	5:00
10/29	Lasalle	Madras	5:00
11/6	Wilsonville	Wilsonville	4:00

BOY'S SOCCER

Date	Opponent	Place	Level	Game Time
9/11	Mac HI	Madras	V	4:00
9/12	CC Jamb.	Prineville	JV	11:00
9/15	Riverside	Boardman	V	4:00
9/15	Bend FR.	Madras	JV	4:00
9/17	Grant U.	Madras	V/JV	4:00
9/22	Sisters	Sisters	V	4:00
9/24	Wahtonka	Wahtonka	JV	4:00
9/26	Ontario	Ontario	V	2:00MT
9/30	T.Dalles	T.Dalles	V	2:00
10/1	Sunriver	Sunriver	JV	4:30
10/5	V.Cath.	Madras	V/JV	4:00
10/7	Lasalle	Madras	JV	4:00
10/13	Riverside	Madras	V	4:00
10/15	Grant U.	John Day	V/JV	2/4:00
10/20	Sisters	Madras	V	7:00
10/22	T.Dalles	T.Dalles	JV	4:00
10/24	Ontario	Madras	V	1:00
10/27	Wahtonka	Madras	JV	4:00
10/28	T.Dalles	Madras	V	4:00
10/31	Mac HI	Milton-Freewater	V	12:00

JUNIOR VARSITY/VARSITY VOLLEYBALL

Date	Opponent	Place	Level	Game Time
9/10	TVC Jamb.	Estacada	V	4:00
9/12	Burns Inv.	Burns	V	9:00
9/12	Bend Inv.	Bend	JV	8:30
9/12	Sisters T.	Sisters	Frosh	8:30
9/15	Estacada	Estacada	F/JV/V	5:00
9/17	Lasalle	Lasalle	F/JV/V	4:00
9/19	CC. Trny.	Prineville	JV	8:30
9/19	Madras T.	Madras	V	9:00
9/19	MT. View T.	MT. View	Frosh	8:30
9/22	Sherwood	Sherwood	F/JV/V	4/5/6:00
9/24	Crook Co.	Madras	F/JV/V	5:00
9/26	Sisters T.	Sisters	V	8:30
9/26	Culver T.	Culver	JV	8:00
9/26	Lapine T.	Lapine	Frosh	8:30
9/29	T.Dalles	T.Dalles	F/JV/V	4:00
10/1	Valley C.	Valley C.	F/JV/V	4:00
10/3	Philomath	Philomath	V	9:00
10/5	Wilsonville	Madras	F/JV/V	5:00
10/7	Estacada	Madras	F/JV/V	5:00
10/10	Seaside T.	Seaside	V	9:00
10/10	Madras I.	Madras	Frosh	8:30
10/13	Lasalle	Madras	F/JV/V	5:00
10/15	Sherwood	Madras	F/JV/V	5:00
10/19	Redmond	Redmond	JV/FR	5:00
10/22	T.Dalles	Madras	F/JV/V	5:00
10/27	Valley C.	Madras	F/JV/V	5:00
10/29	Wilsonville	Wilsonville	F/JV/V	5:00

GIRLS SOCCER

Date	Opponent	Place	Game Time
9/11	Mac HI	Madras	4:00
9/12	MT.V Jamb.	Madras	11:00
9/15	Riverside	Boardman	4:00
9/19	Lasalle	Madras	12:00
9/22	Sisters	Sisters	4:00
9/26	Ontario	Ontario	2:00MST
9/30	T.Dalles	T.Dalles	4:00
10/5	V.Cath.	V.Cath.	4:00
10/13	Riverside	Madras	4:00
10/20	Sisters	Madras	5:00
10/24	Ontario	Madras	1:00
10/28	T.Dalles	Madras	4:00
10/31	Mac HI	Milton-Freewater	2:00

Fall sports meeting set for August 18

Madras High Athletic Department will have a mandatory meeting for all fall athletes and their parents/guardians on August 18, 1998 at 7:30 p.m. in the high school cafeteria. All students who are interested in football, volleyball, soccer, cheerleading and cross country must attend. All rules, regulations and eligibility forms will

a valid sports physical, a doctor will be present to give physical examinations. Fall sports practices begin August 24, 1998 and no student will be allowed to practice or try out without all the eligibility forms properly signed and turned in.

Co-Ed Slo-Pitch Softball Tournament In Memory of Kevin Li

August 29 & 30, 1998 behind Community Center in Warm Springs, OR.

First 10 (ten) teams entered. Entry fee & use of ASA rules will be in effect.

For more information call: Rick Minthorn at (541) 553-1831 or Deannie Johnson at (541) 553-9030.

TOURNAMENT CANCELLED