

Spilyay Tymoo Sports

Diabetes Awareness Poker Fun Run/Walk kicks off November Fitness Challenge

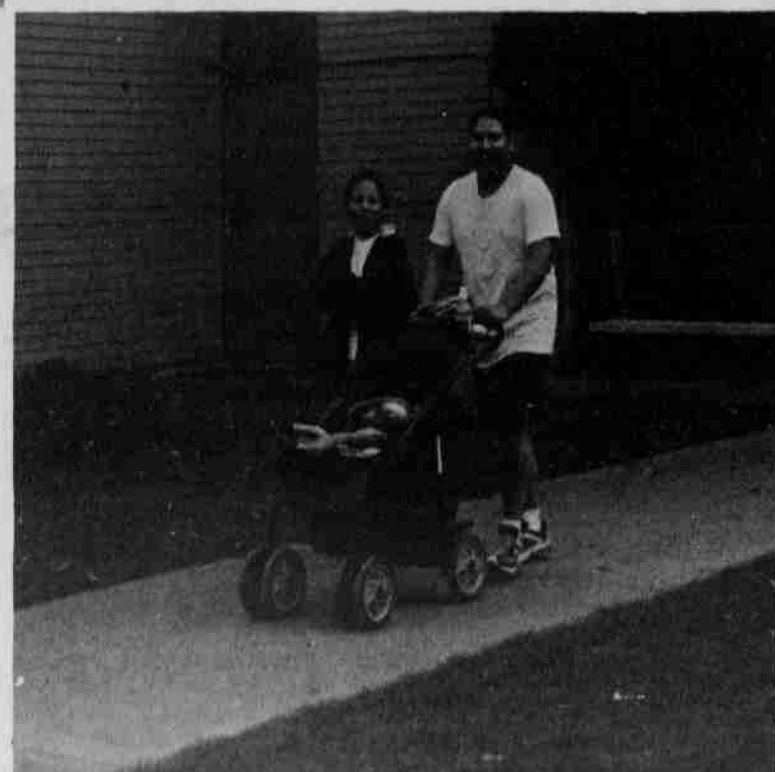


Here are some people waiting in line to get their first of five cards at the start of the walk, the cards were for the poker game

The November Fitness Challenge got under way on November 1, 2000. The Poker Fun Run/Walk got the things underway for the month of November. The challenge joins co-workers together to try and log the most minutes throughout the tribal organizations. Anyone can participate as long as they work for the tribe. There are many ways you can earn minutes such as weightlifting, basketball, running, walking and aerobics. At the end of the month everyone's time will be added together and the winners will receive some sort of gift. Everyone is encouraged to participate and have fun doing so.



These two chose to run instead of walk and have fun doing so



Here is a child that is eager to stay fit, having his dad push him along during the walk

Photos by T.J. Foltz

November Fitness Challenge has extended its deadline for the Fee Cost to November 9th

Basketball Fundamentals

It's that time again to learn the fundamentals of basketball. Welcome to join in this fun and exciting event hosting Andy Leonard.

Ages: 8-12 years old Boys and Girls

Where: @ the Warm Springs Community Wellness Center Gym

When: Monday- Thursday

Time: 5:30p.m. to 6:30p.m.

So don't forget your gear and come in and show your skillz. For more information you can contact Andy Leonard at the Community Wellness Center at 553-3243.

8th Annual Bustin' Buffaloes Basketball Clinic

Who: Boys and Girls Grades 2-9

Where: Madras High School

When: Saturdays 10am-12noon

November 4th

November 11th

November 18th

Cost: \$25 per person, \$60 per family with 3 or more participants. Cost includes all three Saturdays and a clinic t-shirt. Participants may attend any or all of the clinics.

Info: The clinic is designed to provide fundamental instruction on the game of basketball. Shooting, ball handling, rebounding and defense are all covered in each of the clinics.

The clinic also provides participants the opportunity to meet and interact with the members of the 2000-2001 White Buffaloes varsity team. Team members will be speaking to the clinic participants on values such as education, teamwork and individual responsibility.

For more information call: Evan Brown (w) 475-7265 (h) 475-4515

Allen Hair (w) 475-7265 (h) 475-7658

Bruce Reese (w) 475-7265 (h) 475-4877

Instructions: Please complete and return the registration form below. Make checks payable and return registration form to: Madras High School Bustin' Buffaloes Basketball Clinic 390 SE 10th Street Madras, OR 97741

Step Aerobics is back at Center

The Warm Springs Community Wellness Center would like to announce the return of Step Aerobic Fall Classes.

The classes are to begin on Monday, September 25, 2000. The classes will be on Monday, Wednesday, Friday, at 12:00, noon. The instructor will be Lovie Ike (back by popular demand).

There will also be evening classes starting up on Tuesday, October 17, 2000. These classes will be held on Tuesday and Thursday, starting at 6:00 pm.

For more information or if you have any questions you can call Jessie Del Nero at 553-3243, or Lovie Ike at 553-3272.

WSCWC Special activities schedule

November 6th & 7th 4 & 5 year old craft-making class 6:30p.m.

November 10th- 12th 14 & under Youth basketball tournament

November 16th Indian Night Out with Dinner

November 20th & 21st Family Fall Craft-Making 6:30p.m.

November 24th- 26th 6ft. & under Men's basketball tournament

November 8th, 15th & 22nd 4-H Cooking class 3:00-6:00p.m.

December 5th Christmas tree lighting at CWC

December 9th 25th Annual Christmas Bazaar

December 12th November Fitness challenge awards luncheon

December 13th Family Christmas Craft-Making

December 21st Last minute Christmas Bazaar

REGISTRATION FORM

NAME _____ PHONE _____

GRADE 2 3 4 5 6 7 8 9 ADULT T-SHIRT SIZE Sm Med Lg XL

In case of accident or emergency requiring medical treatment. I hereby authorize the advisor or coach of my child to obtain emergency treatment. I also release the school district from any liability of any kind associated with actions taken in good faith by school district personnel in providing emergency medical treatment

SIGNATURE OR PARENT/GUARDIAN _____

Make check payable to: Madras High School