

TAKE A WALK ON THE WILD SIDE



The Yachats Coastal Gems walking group invites the public Tuesday, Sept. 4, on a walk to explore both sides of Honeyman State Park along the shores of Woahink and Cleawox lakes. Dogs are allowed but must be on a 6-foot, non-extendable leash, and owners must carry and use appropriate cleanup materials. The 5k (3.1 miles) walk is rated 1B for fairly level footing on natural trails. The 12k (7.5 miles) [all three sections] walk is rated 2B for those same trails and a couple of easy hills. Walking sticks and sturdy shoes recommended. The Yachats Coastal Gems will meet first at the Sportsman (249 Highway 101 in Florence) at 9:45 a.m., then drive to the walk at 10 a.m. Please do not leave your vehicle in the Sportsman parking lot during the walk. For more information, call Maryann at 541-961-4279 or email the Coastal Gem Walkers at yachatscoastalgems@gmail.com.

Little from 1B

in the second half. Since then, dedicating a game on a particular person or event has become common.

Next week, the Siuslaw and Mapleton fall sports seasons will begin. Each coach has multiple responsibilities for their team, and those responsibilities include more than preparing them physically and mentally for their upcoming seasons

Coaches must also foster enthusiasm for their sport by motivating players to work hard for their just rewards. While winning may top most lists, at the top of *my* list was a question I asked myself after every contest: “Did I play to my potential during this game?”

Sometimes, coaches do unusual actions during the week to “fire up” their teams. Coach Wasco of Warrenton took on blockers without pads to demonstrate technique.

At Siuslaw, coach Jerry Afinito and myself took off our shirts when our players were complaining about the cold November rain.

It was cold but we finished the practice bare chested.

I once ran headlong into a wall during a halftime talk in Spray. My players were being run over and were playing scared. I demonstrated the ability to hit hard without injury.

True, I broke my glasses and cut my forehead, but I proceeded to remind them of their protective equipment and to go out and collide. We played tougher for the remainder of the season.

Securing a 6-2 record, a first for the Spray football program in a decade, was satisfying.

But be careful what you want from your team. They may become so excited they may forget techniques and strategy. In 1977, I inherited a young and inexperienced girls JV basketball team. We were hosting Myrtle Point, a team that had beaten us by more than 50 points at their gym earlier that season.

In addition, the Bobcats were undefeated; we, on the other hand, had only one win so far that season.

I took my team to my classroom to listen to a halftime motivational talk by the Baylor Bears’ coach Grant Teaff.

I scrapped all previous

game plans and told those girls to guard tightly. We were not going to go down without a fight.

The game lasted more than 2 ½ hours, delaying the varsity game by more than an hour. Nine of our 16 girls fouled out and Myrtle Point shot over 50 free throws — but won by just 7 points.

There is a movie called “Brian’s Song” which is about a Chicago football player. In that story, the Bears dedicated a game to him and lost.

When they visited him he said, “When you dedicate a game to someone, you’re sup-

posed to win.” It is an inspirational movie.

(Note: The orig-inal is better than the remake).

So, coaches, your choice to motivate your team is an individual decision and you must feel comfortable in your approach.

Ultimately, a controlled emotional response by your team is what you want in order to build long-term legacy within a program.

In the meantime, Go Vikings! Go Sailors! Have great individual and team success this 2018-19 sports season.

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Fishing from 1B

and river opened May 22.

Fishing is restricted to artificial flies and lures through Aug. 31.

SALMON RIVER: Cutthroat trout

Trout fishing in streams and river opened May 22. Fishing is restricted to artificial flies and lures through Aug. 31.

SILETZ RIVER: Steelhead, spring Chinook, cutthroat trout

Summer steelhead are in the river. Fishing is good in the lower gorge. Casting spinners, drifting bait or using a bobber and jig can be effective.

Spring Chinook are available in the Siletz. Be aware of the regulations for the Siletz, 1 wild Chinook per day and two for the season through July 31.

Trout fishing in streams and river opened May 22.

- **Note:** The 3.5 mile bridge (aka Steel Bridge) in the Siletz gorge is *now* open to motorized vehicles, but is only open to public vehicles on the weekend.

Anglers can walk/bike in the road during the weekdays. If anglers do walk in they can park at the one mile gate and start from there.

SIUSLAW RIVER: Cutthroat trout

Trout fishing in streams and river opened May 22. Fishing is restricted to artificial flies and lures through Aug. 31.

WILSON RIVER: Steelhead, spring Chinook, trout

Summer steelhead are present in decent numbers. Low clear water can make fishing for summer steelhead challenging, but there can be some good action at first and last light, or on those drizzly overcast days. Concentrate on deep pools and deeper riffles. Drift fishing, spinners, and flies are good choices. Light line, small presentations, and fishing the riffles and deep pools at first and last light can increase success.

There are still a few spring Chinook available in the Wilson River, although numbers will be very low, especially considering the low runs we are seeing on other basins.

Cutthroat trout can be found throughout the river, with sea-runs beginning to enter tidal areas. Fishing should be fair to good, with spinners or flies good bets for success.

YAQUINA RIVER: Cutthroat trout

These lakes and ponds are now listed individually in the alphabetical listing. Spring trout stocking begins around March 1.

the spotlight

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