Sports & Recreation

Calendar

June 1
• B&G Club 'Fore Kids Golf Tourney' at Ocean Dunes 10 a.m.

June 6
• KCST AOTY announcement 6 p.m. SHS mall area

June 8
• D.C. Triathlon 9 a.m. Woahink Lake

June 15-16
• SBSA All-Star Baseball Tourney at Miller Park

Tide Tables

Entrance Siuslaw River

	High Tide	Low Tide
June 1	12:01am / 5.7 11:27pm / 7.5	5:45am / -0.3 5:28pm / 2.1
June 2	12:48pm / 6.0	6:24am / -0.9 6:08am / 2.3
June 3	12:03am / 7.8 1:34pm / 6.0	7:04am / -1.3 6:50pm / 2.5
June 4	12:41am / 7.9 2:20pm / 6.1	7:46am / -1.6 7:33pm / 2.6
June 5	1:21am / 7.9 3:08pm/ 6.1	8:29am/ -1.8 8:20pm/ 2.7
June 6	2:06am / 7.8 3:58pm / 6.1	9:15am / -1.7 9:12pm / 2.8
June 7	2:55am / 7.4 4:51pm/ 6.1	10:04am/ -1.4 10:13pm/ 2.8

Smith selected to play in All-Star Softball series

NED HICKSON/SIUSLAW NEWS

Siuslaw senior catcher Alexis Smith

By Ned Hickson
Siuslaw News

Come Sunday, Siuslaw senior catcher Alexis Smith will be crouching behind the plate at the University of Oregon's Jane Sanders Stadium for the Senior All-Star Softball Series.

Smith, a four-year starter for Siuslaw's Lady Vikings softball team and a Sky-Em League Second Team All-League honoree, was selected from among the Oregon School Activities Association's 4A classification of all-league rosters throughout the state.

Smith was chosen to be one of 18 players to participate in this year's Senior All-Star Softball Series.

"This is an outstanding honor for Alexis to be selected amongst the top seniors in the 4A ranks across the entire state of Oregon," said Siuslaw softball coach Sean O'Mara. "I am beyond excited and pleased for her.

"It is the ultimate accumulation of all her hard work and dedication to the sport of sifball."

The first game of the series will take place at 10 a.m. against the 5A Senior All-Stars, followed by the 4A team facing the 6A Senior All-Stars at 12:30 p.m.

Admission to the series is $8 for adults and $5 for students with identification.

"I hope a lot of peope will come support Alexis and watch some great softball."

Riding high

Members of the Vans Skateboard Team stopped at the Florence Skate Park while on their way to the Rip Ride Rally Invitational Skateboard Contest being held in Lincoln City this weekend. The skateboarders, travling in a non-descript white van, took time out to rip along the park but asked not to be individually identified.

PHOTOS BY NED HICKSON/SIUSLAW NEWS

Free sports physicals being offered Tuesday

PeaceHealth, schools team up to provide physicals for student athletes

On Tuesday, June 4, PeaceHealth Medical Group in Florence will partner with the Siuslaw and Mapleton school districts to provide free sports physicals to students.

Sports Physical Day will be held from 8 a.m. to noon at Siuslaw Middle School, 2525 Oak St. in Florence.

PeaceHealth will contribute medical supplies, time and expertise from five providers and several medical assistants for the event.

Sports physicals are required for youths, grades 6 through 12, to participate in extracurricular sports. The exams are critical for safe sports participation.

They can help screen athletes for potential illness or conditions that may limit or restrict their ability to participate in a school sport, and help ensure that students are physically capable of meeting the demands and don't have conditions that may be aggravated by intense exercise.

The Sports Physical Day exam includes height, weight, blood pressure and pulse check, as well as an eye chart exam and examination by a provider.

Also included is a questionnaire that asks about medical history. If a provider encounters a medical issue, the information is documented and parents and/or guardians are notified so they can follow up with the student's primary care provider.

Home-schooled students who are participating in sports are also eligible for free exams.

The school staff will prepare exam rooms and medical assistant stations by covering all

See SPORTS 3B

Time Out

By Lloyd Little
Retired teacher, coach and game official

Schoolyard picks

On the CBS television show "Survivor," there are times when teams are chosen for a reward challenge. Often, host Jeff Probst calls for a schoolyard pick to determine the teams.

Throughout my physical education classes at Warrenton High School, this form of team selection was the most common method of selecting teams for competition. Generally, the "best" players are selected until there are few students left.

The students who are picked last know they are the least skilled and children can definitely be negatively affected by continuing to be chosen last.

Along comes their participation on "Survivor" and, once again, they are being judged on their abilities.

When I taught at Banks

See LITTLE 3B

ODFW Regional Fishing Report

www.dfw.state.or.us/RR

MID COAST LAKES:
Stocking of the mid-coast lakes will begin the first week of February. Check the stocking schedule online for dates and locations of stockings.

These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs, Ollala Reservoir and Devils Lake.

Warmwater fisheries are improving in several lakes around the Florence area including: Siltcoos, Tahkenitch, Mercer and Munsel.

SIUSLAW RIVER: *Cutthroat* trout

Trout fishing in streams will reopen May 22. Winter steelhead fishing closed on the Siuslaw and Lake Creek on March 31 for the remainder of the season.

SALMON RIVER: *Cutthroat trout*

Trout fishing in streams will reopen May 22, time to get the trout gear ready for the 2019 season.

SILETZ RIVER: *Summer steelhead, spring Chinook, cutthroat trout*

See FISHING 3B

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