

GOLF: Middlefield Men's Club

Monday, June 20 Game: 3-2 Points	Third Place 109 Dan Smith 71 Larry Emery 74 Mike Helms 74
First Place 115 Jack Doleman Jim Lehl Steve Lindholm Dick Winters	Low Net Jerry Singer 59 Jack Doleman 60 Steve Erickson 63 Frank LaCrosse 63 Jim Lehl 65 Phil Hamilton 65 Gary Ingram 66 Leon Hayes 66 Frank Conti 66 Bill Beckett 66
Second Place 112 Bill Beckett Steve Erickson Pat Rickard RW Ryan	Fourth Place 105 Tom Arney Bob McCarty Larry Eymann Larry Zuvich
	Low Gross Jerry Singer 65 Jack Doleman 70 Steve Erickson 70

Thursday, June 23 Game: 3-2 Best Ball	Bruce Dorman	Fifth Place (tie) -20 Larry Emery Dave England Frank LaCrosse David Morris
First Place -30 Mel Gowing Phil Hamilton Al Nelson Bill Wilson	Third Place -22 Bob Armor Bill Beckett Don Perkins Gary Sparks	Fifth Place (tie) -20 Don Hanly Russell Bryce RW Ryan Jim Wamsley
Second Place -23 Mike Helms Jack Doleman Gary Welch	Fourth Place -21 Leroy Bodine Steve Erickson Dan Smith Larry Zuvich	Low Gross Dan Smith 68 Leroy Bodine 69 Steve Erickson 69 Gary Sparks 72 Larry Emery 74 Gary Culp 74

SOUTH VALLEY ATHLETICS SUMMER CAMPS

TENNIS: REGISTRATION ENDS JULY 22ND
WHO: KIDS ENTERING KINDERGARTEN THRU 12TH GRADE
COST \$50
DATES: AUGUST 15TH THRU 19TH
TIME: 9:00 AM TO 11:00 AM
CAMP SHIRT GUARANTEED FOR THOSE WHO REGISTER BY JULY 22ND

VOLLEYBALL: REGISTRATION ENDS JULY 29TH
WHO: KIDS ENTERING 3RD THRU 6TH GRADE
COST: \$30
DATES: AUGUST 17TH THRU 19TH
TIME: 5-8PM
CAMP SHIRT GUARANTEED FOR THOSE WHO REGISTER BY JULY 29TH

REGISTER ONLINE AT WWW.FAMILYID.COM
OR IN OUR OFFICE DURING REGULAR BUSINESS HOURS.
QUESTIONS? CALL US AT 541-942-3079, EMAIL AT SOUTHVALLEYATHLETICS@GMAIL.COM OR TEXT AT 541-600-0675.
CHECK OUR WEBSITE OR FACEBOOK PAGE FOR MORE INFORMATION.

1440 S. 8th Street • 541-942-3079
www.southvalleyathletics.org

Find us on Facebook



Low Net
Gary Welch 57
Mel Gowing 58
Phil Hamilton 59
Russell Bryce 60
Dave Tooker 61
Don Perkins 62
Larry Eymann 63
Gary Ingram 64
Frank LaCrosse 64
Tom Arney 64

Closest to the Pin
#5 Bob Armcor
#7 Larry Zuvich
#14 Leroy Bodine

Longest Putt
#15 Mel Gowing

Learn Something NEW Every Day!

South Valley Athletics adult soccer leagues

SCORES
Wednesday evenings, through August 10
Age 15 and older
\$55 per person or \$525 per team (up to 15 people)
9v9 coed rec (four men, four women and a goalie of either gender)
100 yard field, two 25 minute halves
Minimal contact, no intentional contact, no sliding.

MLS
Thursday evenings, through August 11 at 6:30 pm (hat draw each week)
Age 30 and up OR adult beginner who wishes to play at a NON-CONTACT, recreational level
\$45 individual (no team discount) (up to 8 players/team)
4v4 coed (there must be at least one woman on the field at all times, no goalie)
small field, two 20 minutes halves
Absolutely no contact! Very recreational. Not intended for competitive play.

Thank You for Supporting Cottage Grove HS Student Athletes

Jonathan E. Backer, DDS

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Cottage Grove Physical therapy

FIREMED

JOIN TODAY

942-4493

These Safety Tips brought to you by South Lane County Fire & Rescue & these sponsors:

WATER SAFETY TIPS

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

THERE IS NO SUBSTITUTE FOR ACTIVE SUPERVISION

Actively supervise children in and around open bodies of water, giving them your undivided attention.

Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.

EDUCATE YOUR KIDS ABOUT SWIMMING SAFELY

Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

Make sure kids swim only in areas designated for swimming. Teach children that swimming in

open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.

You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.

DON'T RELY ON SWIMMING AIDS

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

TAKE THE TIME TO LEARN CPR

We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.

Local hospitals, fire departments and recreation departments offer CPR training.

Have your children learn CPR. It's a skill that will serve them for a lifetime.

SUMMER BOATING TIPS:

Alcohol and boating don't mix. Studies have shown that even a small amount of alcohol, when combined with the marine environment, can seriously impair your judgement. Passengers should avoid going "overboard" as well.

When fueling your boat, stop all engines, motors, and other devices that could produce sparks. Always leave with a full tank.

Conduct a safety orientation before leaving the pier. This includes location of life preservers, how to put them on, location of life rafts and location of emergency check-off list.

Be prepared. Talk to experienced service personnel about what kind of parts and tools you should carry on your boat. A first-aid kit and emergency supplies are also a must.

Check the weather before leaving and heed all small craft advisories.

Make a float plan and make sure someone on shore knows your exact route.

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