

# Kids at summer camps



PHOTO: C/O TRESSELLE EMERY

The girls of cheer camp walk in the Bohemia Mining Days parade.

**By Zach Silva**  
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Summertime means summer camps. Things were no different in Cottage Grove when this summer, South Valley Athletics has put on camps for volleyball, soccer and cheerleading and have a tennis camp later this month.

The turnouts at the camps this year were higher than they were last year. This year saw the return of cheer camp which 19 girls attended and the start of soccer camp that saw 44 campers. Volleyball camp grew from 17 campers to 23 this year and tennis camp is currently at 23 individuals, which is the same amount as last year.

The focus of these camps is to

get students primarily between third to sixth grade, active and excited about athletics.

"It sets them up early for success and gets them involved with sports and wanting to do other things," said cheer coach Tresselle Emery. While Emery said that in high school cheerleading was everything to her, she acknowledged the importance of trying all sorts of different sports.

Courtney McGowen who is in charge of volleyball at South Lane and ran the camp last week, touched on the same ideas and further emphasized the importance of team work that these programs bring to the table.

"I think they learn how to be a team. I think they learn how to

be better on a personal level and not just at volleyball but how to work with others and how to listen to their coaches," said McGowen.

More than anything else, McGowen likes to see how her campers progress throughout the week.

"I had this one girl that came up to me and said, 'I'm not very good. I can't get my serve over.' And I said, 'Well that's why we practice,'" said McGowen. After some continued practice and some success, the same girl came up to McGowen and told her that she was "definitely" going to be playing this season.

"I love those moments," said McGowen.

# Adults can play, too



PHOTO: C/O SOUTH VALLEY ATHLETICS

The winners of the 2016 adult soccer league pose for a picture after claiming the league title.

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On Wednesdays during the summer, soccer players ranging from 15 years old to 50 years old take to the Cottage Grove High School soccer field for a summer league season. The season, that starts in June and runs through August, is not about competition as much as it is about just having a good time.

"We're out there for fun and exercise," said program coordinator Shelly Heintz who is also a player herself. "At the beginning of each season I give everybody the speech, 'Hey, we're here for fun and we have to go to work tomorrow.'"

The league, in its sixth year, is run by South Valley Athletics and is the only adult sports league that it facilitates. Each year they have between four and six teams and the make-up of the teams are all a little different. There is one team that features just high school students who have to not play during OSAA's moratorium week, which is a dead week in high school sports that does not allow any contact between coaches and players. Other teams consist of soccer players varying in skill and passion.

"We definitely have a lot of people that wouldn't otherwise play. Especially people who are like, 'Oh I played in high school 20 years ago; sure I'll come play,'" said Heintz. "It's

nice to have a local option."

Those who play see this local option as a way to see their friends on a weekly basis.

"I get to see a lot of people that even though there are different teams we have friends on all the different teams. So it's kind of fun to see each other and talk and just have fun," said Craig DeGarlais who has organized a team each year since the league started. "But it's just for fun. Whether we win or lose, when the other team scores a goal you give them a high-five and say, 'nice shot.'"

After excessive amounts of heat delayed last week's games, the season will be coming to an end on Wednesday August 16th.

# Oregon active at World Championships

**By Zach Silva**  
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Last Friday marked the start of the 2017 IAAF Track and Field World Championships in London. There are plenty of Oregon ties at the meet with

13 either current or former Oregon Ducks competing and 18 other athletes who are connected through Nike Oregon Project, Oregon Track Club Elite and the Bowerman Track Club.

The biggest story over the weekend was Oregon alum Devon Allen missing the final of the 110m hurdles by just three thousandths of a second. He was edged out by Jamaica's Hansle Parchment who finished with a time of 13.262 compared to Allen's 13.265.

Former Duck Daejah Stevens, who announced in June that she will be forgoing her senior year at Oregon to go pro, and current Duck Ariana Washington both made it out of the first round of the 100 over the weekend.

In the semi-final race Stevens and Washington finished seventh and eighth in their respective

heats to eliminate them from the competition.

Elsewhere, former Oregon high school standout Ryan Crouser finished sixth in the shot put competition.

In the sprints, the storyline was all about Jamaica's Usain Bolt. This is Bolt's last World Championship before he heads for retirement. The day was taken away from him when Justin Gatlin of the United States won the race in a time of 9.92. Christian Coleman, also from the United States and the winner at the NCAA Track and Field Championships at Hayward Field in June, took second and Bolt third.

In the men's 10,000, Great Britain's Mo Farah, who lives and trains in Portland, defended

his title and edged out Uganda's Joshua Cheptegei at the line to win the distance race by just four tenths of a second. Oregon Track Club Elite's Hassan Mead finished in 15th place.

The races to watch in the next few days include the women's 200 with Stevens and Washington racing and the men's 200 which will see former Duck Kyree King. The meet will draw to a close on Sunday.

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