

# Snapshots: South Valley Athletics Adult Soccer League



From left: An offensive player tries to trick a defender; an individual cuts through the middle of the field as he looks for teammates; a pair of players battle for the ball.

## Summer Outdoor Tips

### Beat the heat with high lakes trout fishing

Legal-size trout are still being stocked in lakes at high elevations – and cooler temperatures. In addition, ODFW stocks hundreds of hike-in lakes for backcountry anglers.

### Switch your fishing focus to bass and warm water

As water temperatures heat up and trout become lethargic, it's time to focus on some bass,

walleye, bluegill, yellow perch and other warm water species. Check out the zone reports for all the opportunities.

### Sign up for hunter education

The fall hunting season will be here before you know it. Hunter education is required for all hunters 18 and under, and is required for adult hunters in many popular, nearby states. Sign up now for a hunter education course (online, workbook

or traditional) or field day. **Didn't get your tag? Here are some other options.**

Leftover tags will go on sale July 1 at 10 a.m. Also beginning July 1 you can purchase a point saver to gain a preference point and improve your future chances.

*Tips via Oregon Department of Fish and Wildlife*

### Hiking Tips

It might be very hot when you start out at 9 a.m. on your hike, but if you are doing any high-altitude hiking, the temperature at 3 p.m. may be 50 degrees or cooler and your hiking shorts and tank top suddenly aren't quite enough anymore.

Always bring a light jacket that weighs next to nothing and

takes up minimum space. The ones with a hood are the best. My favorite is my Frogg Toggs Java Toads 2 rain suit. Always remember to wear a hat too.

Even if you are hiking for just an hour or two, you never know what lies ahead of you. That's part of the fun of hiking! A storm may pop up, you may get lost, or you may decide to hike farther than originally planned.

Trail mix is the perfect name for what you need to take along on a hike. Don't bother with the high-priced, in-crowd trail mixes, fix what you like and what you need. Cashews, raisins, plain and peanut M & M's make a great trail mix.

Be prepared and ready to enjoy the great outdoors!

*Tips via Outdoor World*

## FOURTH from B1

watching big beautiful displays from afar.

### Music

If someone asked you which holiday has the best music you would presumably rank them 1. Christmas (peak Mariah Carey, duh) 2. Hallow-

een (the Monster Mash, duh) and that would be it. That's your whole list.

But that would be forgetting Fourth of July music. Obviously, Miley Cyrus' "Party in the USA" is a must. And sure, Katy Perry's "Firework" can fit in but after that things get a little dicey.

But if you squint hard enough, nearly any song can fit the playlist. Maybe, just maybe, Avril Lavigne's eternal classic "Sk8r Boi" is really just a song that is questioning the concept of American exceptionalism ("she had a pretty face/but her head was up in space/she needed to come back down to earth" this feels like something). Or maybe Drake's "Started from the Bottom" better fits the mood. And sure, both of those artists are Canadian but that is not the point.

### Real Parades

The real winner of Fourth of July are the parades. They are big or small displays of excitement that feature people walking in a line while waving and giving out candy to people sitting in a line and waving. It is a thing of beauty.

So go enjoy the Fourth. Watch Will Smith, eat great food, be with good people and absolutely don't go on a run.



Fireworks go off last year on the Fourth.

## South Valley Athletics Summer Sports!!

### FOR THE KIDS:

Volleyball camps (3rd thru 6th grade 2018-2019 school year):

6/18-6/20 (Register by 6/1)

7/23-7/25 (Register by 7/6)

8/27-8/29 (Register by 8/10)

\$40 each; register and pay for first two, get third for \$10

Cheer camp (K-6th grade 2018-2019 school year):

7/16-7/20 (Register by 6/29)

\$40

Tennis camp (K-12th grade 2018-2019 school year):

8/13-8/17 (Register by 7/27)

\$50

### FOR THE ADULTS:

SCORES - Wednesday evenings 6/20-8/15 (Register by 6/1)  
15 years and older (must be going into sophomore year or older)  
\$45 per person (NEW THIS YEAR: no team fee)



Call/text 541-942-3079; email southvalleyathletics@gmail.com

or Please see our website for more information www.southvalleyathletics.org

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