

SCHEDULE

YMCA to host athlete party

INDEPENDENCE — The Monmouth-Independence YMCA will host an end of season party Monday from 6:30 to 8:30 p.m. The party is open to all athletes and their families.

The party will be held at 301 S. Main St. in Independence.

For more information: 503-838-4042.

ODFW to offer family workshops

POLK COUNTY — The Oregon Department of Forest and Wildlife will offer five hunting workshops for adults and families this fall.

Cost is \$52 for adults, \$12 for children plus the cost of a hunting license (\$29.50 adults/\$14.50 children) and upland bird validation (\$8.50).

E.E. Wilson Wildlife Area will host a family pheasant hunting workshop on Sept. 12, a women's pheasant hunting workshop on Sept. 19 and a second family hunting workshop on Sept. 25.

Suavie Island Wildlife Area in Portland will host a family workshop on Sept. 12 and 13, and Denman Wildlife area in Central Point will host a women's workshop on Nov. 7.

Participants in the September family and women's workshops are required to take a Basic Shotgunning Skills Class prior to the event.

Classes are offered on Saturday and Aug. 30 from 8:30 a.m. to 12:30 p.m. at Mid Valley Shooting Clays in Gervais. Cost is \$22 for adults and \$12 for kids.

For more information: Michelle Dennehy, 503-947-6022.

Panther football seats on sale

INDEPENDENCE — KAJC 90.1 FM returns to broadcast Central's football games during the 2015 season.

The first broadcast will be Sept. 4, when the Panthers travel to face Bend.

All games are scheduled to begin at 7 p.m. with broadcasts starting at 6:57 p.m. on game night.

KAJC is broadcast in Polk County. For those wishing to listen to games outside of the broadcast range, games will be streamed online at www.kajcfm.com.

KAJC will broadcast the following games: Central at Bend (Sept. 4), Mountain View at Central (Sept. 11), South Albany at Central (Sept. 18), Central at Dallas (Sept. 25), Crescent Valley at Central (Oct. 2), Central at Lebanon (Oct. 8), Central at Silverton (Oct. 16), Corvallis at Central (Oct. 23) and Woodburn at Central (Oct. 30).

STAT SHEET

14 The number of Polk County high school teams that began practice on Monday: Central cross-country, football, boys and girls soccer and volleyball; Dallas cross-country, football, boys and girls soccer and volleyball; Perrydale football and volleyball and Falls City football and volleyball.

ROLLER DERBY

Becoming an athlete

Roller derby giving Dallas resident confidence in herself

By Lukas Eggen

The Itemizer-Observer

SALEM — Throughout her life, Dallas resident Sarah Hausman has always watched sports from the sidelines.

Since discovering roller derby five and a half years ago, Hausman is no longer just a spectator. She's become what she thought she would never get the chance to be — an athlete.

"I had never done a sport in my life," Hausman said. "To start a sport at the age of 32 and to be considered an athlete, it still blows my mind. It seemed out of the realm of possibility."

Hausman's determination and new found love helped her to achieve the seemingly impossible.

It was a friend who introduced Hausman to Cherry City Derby Girls.

After getting a glimpse into the roller derby world, the atmosphere, from the outfits to the crowds, intrigued her.

There was just one complication — Hausman didn't know how to skate.

"Man, I have no idea (why I first joined)," Hausman said, smiling. "I didn't know how to skate, so why did I think I could do this?"

She was determined to learn, and master, her new passion. Luckily, Cherry City teaches new recruits the basics of skating from learning how to fall to being able to take and receive hits.

"It's really open to everyone," Independence resident Amanda Horne said. "You don't have to know how to skate. If you want to be on a team one day, you can work toward that. Some people just skate for fun and recreation. It's probably a lot



Sarah Hausman, center, attempts a block during a scrimmage on Thursday evening.

LUKAS EGGEN/Itemizer-Observer

more accessible than you think and you can pursue this to your own level."

It took Hausman about a year to feel truly comfortable on skates, but she never felt discouraged.

"We have girls of all abilities and backgrounds," Hausman said. "You move and learn at your own pace,

which is nice."

After more than a year of training, Hausman felt ready for the next stage of her roller derby experience. That meant one thing — tryouts.

Hausman knew she was prepared for this moment. She knew the rules and the strategy.

She was ready.

Those moments of confidence soon disappeared.

Hundreds of skaters were on the rink or waiting to start.

Skaters both big and small zoomed by and Hausman had to calm herself before her name was called.

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Hit the rink

• A new recruit session for skaters, volunteers or referees will be held Wednesday (today) at 6 p.m. at 1335 Madison NE in Salem. Cherry City offers skating programs for girls ages 12 and older.

Coaches, players battle the heat

High school and college teams take extra precautions for safety

By Lukas Eggen

The Itemizer-Observer

POLK COUNTY — The fall sports season officially kicked off on Monday. As players and coaches gathered to prepare, they were greeted by an unwelcome, and dangerous, guest — the heat.

Temperatures reached into the 90s on Monday and Tuesday and a heat advisory went into effect on Tuesday through Wednesday (today) until 6 p.m.

Facing temperatures nearing triple digits, coaches are taking special precautions, regardless of the sport.

For Central cross-country coach Eli Cirino, beating the heat means runners are up early each morning for practice to avoid the peak temperatures.

"Most of the summer, we

Beat the heat

Summer training tips from local coaches:

- Stay hydrated throughout the day.
- Eat healthy, including proteins, fruits and vegetables. Avoid caffeine. Caffeine can dehydrate you.
- For runners: Slow your pace down by 30 seconds per mile for every 5 degree increase in temperature.
- Practice in the mornings or evenings when temperatures are not at their peak.
- Take more frequent water breaks during practices.
- Be sure to rest between repetitions until heart rates return to normal.

run at 9 a.m.," Cirino said. "The heat scares the heck out of me, especially when kids are running different



Dallas football coaches make sure players stay hydrated throughout practice.

LUKAS EGGEN/Itemizer-Observer

routes and I can't keep track of them all at the same time."

For runners, whose

workouts include going on distance runs, Cirino ensures his runners are aware of the temperature and

how hard they should be pushing themselves in the heat.

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