

SPORTS

JOM Lacrosse

WHO: Grades 6, 7, 8
WHAT: Field Lacrosse
WHERE: Mohawk School, Hogansburg
WHEN: Starts APRIL 10, 1995, 4-6:00 pm, Monday, Wednesday & Thursday.
Students can register on April 10th at practice, or stop by the J.O.M. Office.
STUDENTS: Bring your own stick and equipment.

Co-Ed 35 & Over Softball League

There have been numerous requests to start a co-ed 35 and over softball league here in Akwesasne. Therefore, if you would like to enter a team for the '95 softball season, or if you would like more information, please call:

Johanne Jackson 575-2348
Marilyn & Tom Francis 937-4598
Alex Roundpoint 938-7151

A meeting is scheduled to take place on April 6, 1995 at the American Legion in Hogansburg commencing at 7:00 pm SHARP. Anyone interested please attend.

North American Indigenous Games Senior Women's Volleyball Try-outs - 21 years and over
Beginning April 4th Akwesasne
Mohawk School Gymnasium
7:00-9:00 p.m.
For more info call Cheryl Jacobs at : 575-2340 OR 932-1778

Akwesasne Track & Field Team for Indigenous Games

Team Coaches, Darlene Adams & Gina Thompson, say their team has seen certain improvement since they have been practicing. They began preparation for the 1995 North American Indigenous Games by training at the Cornwall Civic Complex since February. They have athletes training in distance, sprints, shot-put, discus and javelin. According to their coaches, these athletes have been committed to their practices and have worked very hard. It has shown in their timing and endurance.

The team consists of young athletes from Akwesasne ranging from 13-18, male and female. To date, there are 19 members. Coach, Darlene Adams will also be competing in her age group for Distance Running. Dani Rourke will be coming on board soon to train athletes in the shot-put and discus.

Now that the outdoor weather has been somewhat agreeable, the Track & Field team are practicing on the Salmon River track. They start off with some stretches and warm-ups then begin their laps. Most felt the training is harder at first, but it starts to get easier, because the routines are different every time and it's fun. Practice times are every Monday & Wednesdays from 6-8 pm.

When asked, why are they competing, they offered: "It's Healthy" "You can see how far you can push yourself", "It's an experience to compete with other Native Americans" and "It feels good to participate in something representing where you're from!"

As athletes, they hope to gain many personal benefits such as: "strength, speed", "become a better athlete," "learn how to pace oneself," whereby Kayla Thompson said, "to

win a medal, of course!!" All of the athletes are keeping in shape by doing many other things, during school, after school, and beyond their team practices. Phillip Boots said he likes to put in extra jogging with his team mate Nathan. Some have put in strength training through biking and rollerblading. Most of the team members feel that training on a buddy system is what they like to do. It helps support each other to keep going and makes the work-outs worthwhile.

These youth have also made very difficult personal choices to make sure they are giving their best. Even though some report they eat more, they've been eating more fruit and vegetables. Nathan Lazore said he even cut back on "junk foods because they don't even taste as good anymore". Eating on a more regular basis has been

Attention Old Sticks Players!!

Hogansburg.

The Deadline for Registration will be APRIL 20, 1995.

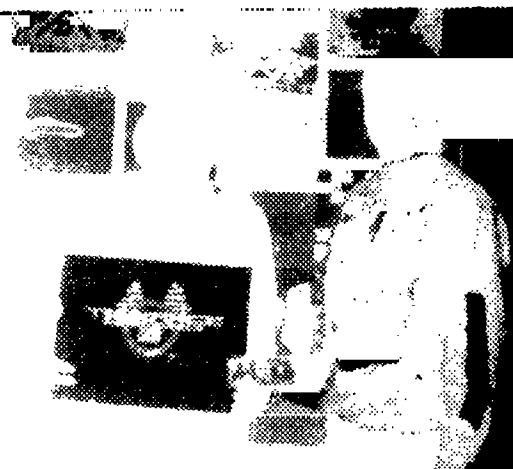
The Old Sticks will be holding a final registration and information night for prospective Old Sticks players on **Thursday, April 20, 1995** at the Police Club (now known as the Rat's Nest - Cornwall Minor Baseball) located on Marlborough Street in Cornwall starting at 7:00 p.m. The Player Draft will take place at the Police Club (Rat's Nest) on **Tuesday, April 25, 1995.**

Due to increased costs of operating, the Player Registration Fee for 1995 will be \$60 which is payable in advance of the draft.

In addition to the regular league, the Old Sticks Lacrosse would like to offer a NON-CONTACT

version for those players interested in participating in a more relaxed recreational level of Lacrosse. The rules for the proposed Old Sticks Recreation Division would be based on the CLA's Masters Recreation Division which calls for restrictions on all body contact (allowing only stick-on-stick checking), a 5 second possession rule and prohibits players from running or shooting past more than one player. Should there be enough interest for this level of play, the Old Sticks would reorganize the league to offer the Recreation Division starting in 1995. Please indicate on the Registration Form if you are interested in this Division.

If you have any questions concerning the Old Sticks League and registrations, please contact Ernie Mitchell at 937-0611 or Lewis Morris at 933-8484.



Terrance Racing Team sponsored a Racing Logo Contest. Pictured L-R: Danny Terrance, Winner-Kory Arquette and Kyle Jacobs.

Thank You!!

Terrance Racing would like to thank Mr. Arnold Sauther, Art Teachers, Barbara Ida and the Salmon River Central School for allowing the Art students to participate in a Racing Logo Contest.

We had our twenty entries and it was very hard to choose the Winner. The prize was \$50.00 and a Racing T-Shirt and also a Free night of racing at Frogtown Speedway.

Prize winner was: Kory Arquette.

All the entries will receive a free night of racing on behalf of the Terrance Racing.

Thanks again to all and we'll see you at the Races.

very important, making sure a good breakfast and three meals are necessary to avoid feeling sluggish and burned out.