

## North American Indigenous Games Track & Field Team-Akwesasne



Interview by:

Janine Rourke, Community Resource Developer  
Tsitewatakari:tat, "Let's Get Healthy" Program

Athlete	Personal Winning Strategies
Kayla Thompson	"Run Hard"
Nathan Boots	"Just get over the finish line"
Nathan Lazore	"I just imagine myself finishing the race to keep going"
Phillip Boots	"Just keep Running"
Marie Jackson	"Pass the People"
Jaime Garrow	"Keep Running Hard"
Laura Lee Benedict	"Don't Stop"

Brenda Jocko, Sarah Thompson, Leon Cook Jr., Lawrence Roundpoint, Nathan Thompson, Cheryl Boots, Dene Guay, Michelle Guay, Amanda Jacobs, Autumn Leaf, Dayton Leaf, Kimberly Terrance, Darlene Adams.

COACHES: Darlene Adams, Gina Thompson.

## Akwesasne Heat Places 1st in Kahnawake Tournament



**Akwesasne Heat Team Members:** Bottom Row: Arlene Thomas, Niio Perkins. 2nd Row, L-R: Mel Back, coach, Mindy Delormier, Heather Garrow, Sam Thompson, Carrie David and Val Smoke, coach. 3rd Row, L-R: Reannan McDonald, Kelly Cook, Kateri Lazore, Leighann McDonald & Kathleen Skidders.

The Akwesasne Heat Volleyball Team from Akwesasne placed 1st in the Kahnawake Tournament held on April 1, 1995.

The raffle winners were: Phillip Thompson-Basket; Lora Lafrance-Beaded Barrett; Elizabeth Lafrance-Earrings; Veronica Smoke-Eagle; Suzie Jacobs-Dream Catcher Earrings; Bulla Lazore-Car Decor.; Trent Thomas-Dream Catcher;

Mary Thompson-Beaded Barrett; Tom Lazore-Dream Catcher; Angie Sunday-Red Barrett; Emmy Mitchell-T-Shirt; Kristian Smoke-Basket; Lionel Cook-Ribbon Shirt; Krissy White-Dinner for Two.

Congratulations to all the winners and thank you for your participation in this raffle.

Special thanks to Sam's Gold, Bear's Den, Ann Wheesk, Veronica Smoke,

Mary Terrance, Cathy Hall, Margaret Lazore, for their generous donations. And also thank you to all the teams that played. And to everyone who helped with the tournament, thank you. If we forgot to mention anyone, please forgive us, there was just so much help it's hard to remember everyone. Also, congratulations to the 13/14 year olds who placed 2nd.

Coaches Darlene Adams and Gina Thompson continue to offer a significant amount of personal investment of time and energies to help these young athletes be proud of themselves and their community. They each bring personal "athletic expertise" to enhance their role as coaches. According to her brother Kevin, he proudly offers that Darlene has many individual track and field records that remain unbroken at General Vanier Secondary, Cornwall, Ontario. Darlene personally trains daily for her love of the sport. Gina also brings her own earmarks of track and field successes from her high school days at Salmon River Central, Bombay, N.Y. Her reputation in sprint running has been widely recognized. Her indoor/outdoor record for long jump remains undefeated.

Both these coaches comment that they offer different work-outs to keep a variety of training. This maintains athlete motivation, interest and positive self-esteem building. By taking a personal interest in calling on their athletes if they miss a practice helps them keep in touch.

Not only are these youth and coaches committed to practicing and preparing for the N.A.I.G. in Minnesota from July 29-August 6, 1995, but they are involved in team fund-raising to support their participation. Currently, the team is in need of the following equipment: shot-put, discus, javelin, stopwatches, relay baton and starting blocks. Each team participating in the NAIG must also assist in the over fund-raising activity toward transportation costs and hopefully warm-up uniforms. In addition, each team individually must raise funds for their own special needs such as team uniforms, team equipment, etc. These are special athletes training hard to represent the community of Akwesasne in a most prestigious athletic conference. Anyone interested in supporting the athletes going to the North American Indigenous Games may contact the Steering Committee for more information at 575-2895 (Tim Thompson) or 358-2272 (Brian Connors).

**The Akwesasne Track & Field team will be holding a fund-raising event:**

**RUN-A-THON on Sunday, April 23, 1995 at the Salmon River Central School Track.**

**Please support this team by pledging to this activity.**

**For more information call:**

**Darlene Adams @ 613-575-2433.**

