



## **BPS Activities Board Report May-June 2021**

### **~Sports~**

#### **Camps-**

**Football** held their first big Red Football camp from June 7-10th. Over 50 students took part in the camp with the help of the football coaches and other volunteers. The head football coach has been in the weight room everyday for a couple months now working with ALL student athletes. There were a few different camps available around the state and the coaches encouraged all to participate where needed. For example, we had 2 athletes participate at the Griz Big Man Camp. This week the coaches are helping with the UM Western Dawgs football camp for three days where they are staying in the dorm until Friday June 18th.

The Head Football coach states-

Summer weight lifting Monday through Thursday 4:30-6.

June 7th-10 Big Red football camp

June 19th Griz QB WR skills camp

June 26th Bobcat football camp

Weekly skills practice

**Basketball Running Indians** coach Dan Connely reports- The Runnin' Indians Basketball Program started the month of June with a 2 day - Mini Training Camp working on fundamentals and team skills June 1<sup>st</sup> and 2<sup>nd</sup>. June 3<sup>rd</sup> played 4 games in the Great Falls High School Summer Slam Tournament (JV/Varsity). Then we went right into our 2 day Runnin' Indians Basketball Camp June 8<sup>th</sup>-9<sup>th</sup>, Grades 4<sup>th</sup> - 8<sup>th</sup>. Hosted the 1<sup>st</sup> Annual Runnin' Indians invitational basketball tournament 11<sup>th</sup> and 12<sup>th</sup>. In this tournament we had 3 Browning teams consisting of players ranging from 7<sup>th</sup> to 12<sup>th</sup> grade play a total of 9 games. Next, on June 18<sup>th</sup> – 20<sup>th</sup> the Runnin' Indians Program sent two teams to the CMR Summer Tournament, where we played a total of 7 games. The coaching staff and players will finish the month of June attending the 2nd Annual Native American Jr Nationals in Las' Vegas, Nevada on June 25<sup>th</sup>-27<sup>th</sup>.

Besides playing in tournaments the student athletes have been working on fundamentals and team skills from 6-8pm Tuesday and Thursday each week. The Runnin' Indians Program works with the Football program on 4-day weight and

conditioning program. We also make available individual skill training, and team building session at the Browning High School.

**Girls Basketball** had a 3 day mini camp at the beginning of the summer or first week of June. The lady Indians, grades 6-12 working on the basic fundamentals and team skills. All athletes used the Bigger Faster Stronger program to enhance their skills and strength. During weekends, the Lady Indians sent two teams to two different tournaments, one in Fairfield where they lost in the championship round, and the other was sent to Billings where the Lady Indians took second place after playing 5 games before 2:00pm in the afternoon. The following weekend, Fathers Day weekend, the Ladies traveled to Great Falls to play AA schools which was a great learning experience.

**Wrestling** has been in the wrestling room and the weightroom. Coach McDoanld has traveled to and with a few wrestlers to help with coaching in their corner during tournaments. His coaches have been helping out in the weightroom and wrestling room 1-2 times a week since the beginning of June. Coach McDonald states- we lift Monday, Wednesday, and Thursday. Open Mat the same day and the boys are currently at a 6 day camp as of this morning. Browning Indian Wrestling camp will be July 24-25 with coaches from the University of Providence.

**Softball** will be hosting their camp July 21 & 22, 2021. Coach Jim Vaile has been very busy with summer school and evening Eekahkimaht. Coach has invited student athletes to the field to throw a softball around and play some games. Coach Vaile states- During the off season for Softball we have been working on Fundamentals of Softball and the awareness of the game, based running, batting and throwing.

**Golf** will be hosting their camp July 19 & 20. Coach Brian Harrell states- We have the golf simulator set up at the middle school and students can come in from 3 to 8 for individual instruction or practice on their own. It is an awesome addition to the Golf program!! Thanks. Players can also go to the East Glacier Park golf course and play as much and as long as they want as long as they are a member of the Browning High Golf team.

**Cross Country and Track**, coach Roy McNabb reports- Base mileage training is starting on Monday June 7th, and we have some big goals for the upcoming Cross Country season. We have a strong base mileage camp this summer for high school athletes but we are also developing runners in the K-8th grade too.

A quality base phase will ensure you stay injury free and gives you the foundation to run harder workouts. Off season base mileage training will lead into the preseason speed conditioning which will ensure a fast Cross Country season. Our high school athletes will peak at 55-70+ miles per week, depending on the athlete. This is possible because we emphasize strength training and recovery. For Middle School and Elementary, we also focus on strength and endurance development as well as building strong running

mechanics. We keep it fun at the younger levels with games, fun runs, and of course teaching to love the long run. As these young athletes develop, so will their confidence. As their self confidence grows, so will their mileage. Everything we coach in the Browning Running Program is to encourage, motivate, and inspire achievement. As they get fast and stronger, their self esteem and confidence will grow. There will be setbacks and hard days, but learning to overcome these obstacles is big on developing a solid athlete and person.

Head **Track** Coach Robert Miller reports that he had a couple boys participate in a Throwing Camp in Ronan Mt over Fathers Day weekend. Other than that, throwers have been consistent in working out everyday in the weightroom and practicing with other head coaches and their programs they got going on.

Cheer, coach Katie McDonald states that they are beginning to have evening check-ins and share workouts with each other. They will be posting on social media what and when.

#### ~Eekahkimaht Summer Activities~

First I have to note the struggle of getting help for the Eekahkimaht Summer Program for both adults and students. Our first advertisement began February 16, 2021 when I emailed to get two supervisors. Student workers were advertised also where I had eight students sign up with me. After school I would stand out of my office, and go into the gym area, and ask students if they were interested in working the Summer Eekahkimaht program. I gave out about 30 w-4 forms with the other needed forms for the drug testing.

The week before Summer Eekahkimaht started we had 3 adult workers resign or 2 No Shows the day Eekahkimaht started. That leaves us with 9 adult workers and 7 positions available. Luckily we were able to recruit a couple and now we have 11 adult workers for the Summer Eekahkimaht Program. These workers are split between BES, BMS, and BHS K-12th grade.

Summer Eekahkiamht K-8 currently has 136 registered students that participate in the program with more signing up everyday. There have been over 1000 students that were serviced K-8th at BES, BMS open gym, and BES open gym.

6th-12th grade students have been averaging 75-100 students everyday since the beginning of June for all the above mentioned activities.