

# Browning Public Schools July Activities 2019

July 1-2, 2019- Track Camp with Zaire Johnson. Mr. Johnson is a collegiate track athlete out of the . His mother is working at IHS with coach Robert Millers wife and this is how contact was made. The camp was a success where we had close to 50 students that were serviced, inspired, and encouraged with join track. Pics are included in the attachment

July 1-3, 2019- G.O. Hoops came to the Browning High School and put on a basketball camp for our students. The Southern Piegan Diabetes Program organized the event and utilized the BHS Gym for our athletes. Two Former University of Montana State Bobcat players turned coach lead the camp. Although they were a little late on the first day because of weather effecting their flights from Denver, the camp was a success the first day. Coaches Kellen Hall and Leo Bull Child stepped up to the plate and lead basketball drills for the younger grades and the upper classes. Pics are included in the attachment

July 2, 2019- Cross Country Camp with Coach Steve Laforge and Roy McNabb. Steve and Roy gave motivational talks about getting better in the summer in not only the running but in strength training with weight lifting. They had to hold the camp in doors because of the weather and were unable to run out side.

The BHS runners have been running all summer sporadically every week, meaning, sometimes they'll run at noon and sometimes they'll run at 7 pm. Sometimes running 2-3 times a day.

July 8-10<sup>th</sup> 2019- Girls Basketball Camp- Coach Ray Augare, Daryl "Poorboy" Croff, and Leo Bull Child had their basketball camp at the BHS Gym. 10:00 am-12:00 pm grades 4-8<sup>th</sup>, and 9-12<sup>th</sup> grade from 1:00 pm-4:00 pm. Coaches all helped in this camp with the younger grades and also helped with the upper grade levels. Leo Bull Child worked on strength training and basketball drills, Coach Poorboy Croff helped with the defense, and Coach Ray Augare helped with emphasizing what he wanted to be taught. Pictures are included.

July 9, 2019- Eekahkimaht went to the water slides with over 100 students and staff. Pics are included

July 10, 2019- Blackfeet Youth Day from 9-3:00 pm. Eekahkimaht Staff are the 2019 Tug of War Champions. Pics are included.

July 15, 2019- Professional Development day for Eekahkimaht staff where they started inventory then worked on building relationships with each other. Pics are included

July 15-17, 2019- Volleyball Camp- Grades 4-12<sup>th</sup> from 8:30am- 12:00 pm with Coach Kayla Jeckell. Coach worked on skill development, drills, and expectations for our students.

July 22-24, 2019- Softball Camp with Coach Jim Vaile, pics may not be available at this time.

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July 23-24, 2019- Basketball Camp with coaches Dan Connelly and Maurice Red Horn. Pics are not available at this time.

July 23-24, 2019- Golf Camp with Coach Brian Harrell. Pics may not be available at this time

July 25-26, 2019- Wrestling Camp with Coach Travis Blue (BMS Coach), pics will not be available at this time

July 29-30, 2019, Cheer Camp with Coaches Katie McDonald and Mistee Rides at the Doore, pics are not available at this time.

Eekahkimaht- July 2019- Utilized the local museum to bring students there, visited historical sites, taught and played stickgame, participated in the North American Indian Days Parade, field trip to Mini Glaciers, mini-golf in East Glacier, going to Woodland Park, Family Fun Movie, made rattles, and had a water war at the football field. Pics may be included.

This is my first year working at the high school weight room full-time. Bob and Leo have an awesome program and have set up sport specific workouts with our student athletes. In meshing in with their present weightlifting program, besides helping with students with their workout programs (including proper form and the mind-body connection with being more aware of the muscles they are working for specific exercises), I have also helped promote the importance of aerobic training and worked on incorporating proper stretching, including yoga with our students. Often times athletes spend too much time focusing on strength training but a more balanced program includes aerobic training (improves overall fitness level) and stretching (improves flexibility, aids in recovery and is an important injury prevention strategy). As the only female worker, I am also able to help encourage more girls to get into the weight room and for them to see the benefits of adding strength training and the other 2 components.