

# SPORTS BOARD

SPORTS, GAMING, HORSERACING

OCTOBER 30, 1986



## MISL Soccer Tickets Still Available

Good seats are still available for the upcoming pre-season benefit Major Indoor Soccer League game between the San Diego Sockers and the Los Angeles Lazers on Saturday, November 8 at UNLV's Thomas and Mack Center. Game time is 7:30 p.m.

With only 7,000 lower level seats available for the exhibition game and all proceeds of the event designated to UNLV's Soccer Program, response has been encouraging, according to Pat Christenson, assistant director.

"Local fans are anxious to see MISL All-American Robbie Ryerson and soccer great Juli Vee and MISL action returning to the Thomas and Mack Center at least for one game this year, and will be attending in support of both the University's Soccer Program MISL," says Christenson.

Tickets are \$5 and \$8,

## Dear Parent

### Is Your Child Active In Sports?

by Roselyn Payne Epps, M.D., M.P.H.

Director, Howard University Child Development Center

Sports are activities which require more or less vigorous bodily movement and are carried on according to some established form or set of rules, whether outdoors or indoors. Usually sports are included in the school's physical education program, which should involve all

with half-price discounts available on the \$5 seats for kids under 16, military members and senior citizens.

Call the box office TODAY at 739-3900 or charge your seats by telephone (1-800-992-2128) for MISL action. The box office is open 10 a.m. to 6 p.m. weekdays and 10 a.m. to 4 p.m. on Saturday. Tickets also available at all ticket outlets.

grades from kindergarten through high school. The school sports program should be governed by a written policy which sets principles that develop good personal and human relationships, and avoids too much emphasis on winning a tall cost. To avoid very high competition among children, several medical and health organizations have issued the following statements about young children and sports. "Children of this age are not miniature adults, they are boys and girls in the progress of maturation into adults. They seek and can profit from suitable play opportunities, but the benefits are not automatic."

Well meaning parents and groups should not pressure schools to start highly competitive sports programs

for preadolescent children which may have harmful physical emotional effects on some of the children. All sports should be appropriate for the child's age and development level.

Sports and fitness are important for the physical, mental, social, and emotional well being and growth. Regular sports activity can help develop good health and physical fitness and an appreciation of the importance of lifetime fitness and health. Also, sports serve as a socializing agent, teaching many skills useful in other settings.

Before engaging in any sport, the child should have a complete history and physical examination (1) to protect the child and prevent injury by finding diseases or conditions that should prevent the child's participation and (2) to establish the child's usual health status so that if necessary, in case of injury, a comparison can be made.

Physical examinations can be done best by the child's physician who has a record of the child's physical findings. Mass sports examinations are usually not adequate, because many times the parents are not available, and the child can not give a complete history. The exam should be done each year prior to the beginning of the sport season. A dental examination is also necessary. Serious injuries should be noted on the athlete's cumulative health record, so information is available if the athlete transfers to another school.

Many benefits can result from participating in sports. Unfortunately, many people only think of boys and men when they think of sports. In an effort to increase sporting opportunities for girls, The

Girls Clubs of America, Inc. has developed "Ten Principles of Girls' Sports Participation." They are as follows: Sports can contribute to physical fitness, Sports can improve mental well-being, Sports can develop movement skills and coordination, Sports can enhance self-esteem and self-discipline, Sports can develop qualities and skills useful in other life-work settings, Sports can develop opportunities for educational and economic success, Sports can enhance the development of a healthy self-identity, Sports can increase a sense of power and decrease vulnerability, Sports are for girls.

And don't forget - Sports are for everyone else, too; boys, women, men, handicapped persons, and senior citizens.

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