



honor your Self

“GO FOR IT. IF YOU MESS UP, JUST KEEP GOING. MAKE IT UP LATER ON. JUST GO OUT THERE AND PLAY YOUR GAME.”

University of Montana basketball player Tamara Guardipee honed her skills and her determination by taking on her cousin in Browning. “Because of him,” she says, “I learned to play tough. I would come into the house crying to my mom because he elbowed me, but then I’d just go right back out again because I wanted to beat him so badly.” Since then, Tamara has never been one to shy away from a challenge. “If you set your goals and try hard, you will see it in the end,” she says. “You will succeed if you work hard.” Her family has always been a big part of Tamara’s success, especially her mother and her grandpa, whom she calls when things get tough. “It’s whatever decision you make,” he tells her. “You know how to make the right decision. Just keep your head up and stick to it.”

Now in her final year at the university, Tamara is not only a successful athlete but a good student as well. “Having good grades is probably the most important part of being successful in sports,” she says. “You have to keep your grades up in order to play.” After graduation, Tamara hopes to go on to graduate school or maybe to take a position coaching.

If Tamara could change one thing for Native youth so that they could experience being successful in academics and sports, it would be taking away alcohol and drugs. “I have seen so many young athletes that could have gone all the way,” she says, “but they were into alcohol and drugs. If they didn’t have to worry about this, they could focus on school, get good grades, and practice.”

“THE MOST IMPORTANT THING FOR YOUNG PEOPLE IS TO HAVE A DREAM AND THEN FOLLOW IT NO MATTER WHAT. THIS IS WHAT I HAVE DONE TO GET TO WHERE I’M AT TODAY. WORK HARD AND DON’T GIVE UP ON YOURSELF. YOU HONOR YOURSELF BY GETTING GOOD GRADES AND NOT USING ALCOHOL AND DRUGS.”



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