

VINCE MIKUSKA, coach of the Kokanees Swim Club, shows Bruce Berger the correct take off position for a racing start. (Daily News Photo)

NHL PLAYOFFS RESUME

Teams face elimination

By THE CANADIAN PRESS

Four teams face elimination tonight from the National Hockey League playoffs, but two of those will have the home-ice advantage in an effort to turn the best-of-three preliminary series around.

Minnesota North Stars, 4-2 losers to Buffalo on Tuesday night, face the Sabres at Bloomington, Minn., while Atlanta Flames take on Los Angeles Kings at the Omni in an attempt to avenge a 5-2 defeat Tuesday night in Los Angeles.

The other two teams facing an early exit from the Stanley Cup trail are Pittsburgh Penguins and Chicago Blacks Hawks. The Black Hawks can blame the rock group Led Zeppelin for their loss of home-ice advantage but the Penguins can blame no one but themselves.

Chicago Stadium, home of the Black Hawks, was booked months ago for the rock concert featuring the British group. The Black Hawks will wear home whites and will get the last line change although playing before an expected capacity crowd at the Uniondale, N.Y., the same arena in which New York Islanders beat Chicago 5-2 in the opening game Tuesday night.

The Penguins were surprised 4-2 Tuesday night by Toronto Maple Leafs before a sparse crowd at the Civic Centre. Tonight, the Penguins will be trying to even the series before the usual packed house of 16,485 at Toronto's Maple Leaf Gardens.

The Penguins will have to put up with the highly-partisan Leafs crowd and Toronto's "ionic men."

Leafs coach Red Kelly, who said he found success last season with pyramid power as the Leafs took Philadelphia Flyers to seven game in the quarterfinals, has announced that Tuesday night's win over the Penguin was due in part to an abundance of negatively-charged ions.

"Upgrading the number of negative ions in our dressing room before the game helped us deliver a strong game on the ice," a serious Kelly said. "I can't tell you where I got my supply of ions, but they certainly worked."

The Leafs coach claims his use of ions was not a spur-of-the-moment thing.

"I've been doing some studying on my ions," he said. "It's been established scientifically that the nature of the ions in the atmosphere govern people's outlook.

"When there are too many positive ions, they are listless and not interested in what they are doing. When the ion field around them is negative, they operate at a much higher level."

PLAYS DOWN LOSS

Chicago coach Bill White hasn't concerned himself with the plusses or minuses of negative ions but plays down the Black Hawks loss of a home arena.

"There's nothing really we could do about that," White said at the Islanders' arena after the opening-game loss. "We're disappointed we can't play at home, but we don't mind coming here."

Rene Robert, Buffalo's veteran right winger, was being more cautious than his rookie team-mate, goalie Don Edwards, following the Sabres' victory over Minnesota.

"I wouldn't be surprised if it goes three games," said Robert. But Edwards crowed: "We won the first game and now we've got the winning feeling."

Coach Fred Creighton sees a return to the Omni as a definite plus for his Flames.

"If we play in our building as well as we did in the playoffs last year, we'll be back in Los Angeles Saturday night," he said of the Kings' 1-0 victory over the Flames in Atlanta a year ago.

Daily News SPORTS Page

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MEET THE COACH

Coach asks swimmers to reach their goals

"To try to get the kids to be the best they can be is the basis of my coaching philosophy", says Vince Mikuska, coach of the Vernon Kokanees swim team.

"Swimming is a highly intense sport, much more intense than most sports, because of the amount of physical and mental training involved." He continued, "I run an excellent program and there isn't any room for hangers-on; they're either here or they're not."

Mikuska has not been in Vernon very long, but in the few months he has been coach of the Kokanees, all the kids, without exception, have improved and the club has broken many records.

Mikuska says he has always been involved with sports and had played basketball and football in school. He had obtained his bronze medallion and his lifeguard's certificate and was coaching in Winnipeg, when by chance, he happened to see an advertisement for a competitive swim coach in a Winnipeg paper. The Kokanees had advertised for a coach in papers across Canada; Mikuska applied successfully, and came to Vernon for an 'adventure'.

"The first thing I did at the beginning of the year was to sit the kids down (there's about 35 kids on the team) and get them to write out their goals. I don't push the kids part where they want to go, but some kids set their goals too low. Some kids just want to swim for exercise but they find the level of training is too high for them. Others don't have any goals or are not willing to put out and they usually quit. Throughout the year, I get the kids to re-evaluate their goals."

He said, "A lot of coaches push their kids to the same levels. For instance, if the coach has 30 kids he might say, I want 20 of you to make the B.C. Championships. I don't do that, — I try to get each one to better his or her timing and be the best that he or she could be, rather than saying beat this kid or that kid."

Mikuska says he feels there is a lack of physchology in coaching most sports. He tries to get to know his kids and always keeps in mind what their goals are, and if they are having a bad day, he gives them a pep talk or a break.

"Swimming is good mental discipline" Mikuska said, "and the kids must train themselves to be consistent. I stress the kids should use their heads and think — think about their time, think about their strokes and turns. When they think they get to know themselves better and can recognize their own capabilities.

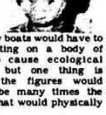
"I like working with kids and I like seeing them achieve things.

"We don't have too much room just now and the pool is a slow pool, but our evening time is super, from 8-" p.m., every weeknight; there are clubs in the country that would give their eye teeth to have that time. We also have two lanes for one-and-a-half hours every morning."

Mikuska concluded, "I am very pleased that the Canadian Swimming Coaches Association has decided to upgrade coaching in Canada. They have brought in coaches' certification courses for three levels and are also holding mini-clinics throughout the country."

THE OUTDOORS

Good idea for Lumby



By NONIE FRISBY

I understand the Salmon Enhancement program is proposing a salmon egg hatching station in the Lumby area.

This would be a station where the eggs are collected, hatched, and then the fry would be liberated into Besette Creek. This sounds like a great idea to me and I'll let you know if I get anymore information on the subject.

The subject of lakes and motor boats is often thrashed around by fishermen and non-fishermen alike. Are motor boats hurting our fishing lakes? Do they contribute to the pollution of our lakes? Should they be banned? For my money, small lakes are not the place for large motors, not from the pollution angle, but because of the disturbance they make. You can't get any nice quiet fishing in with a 25-horse rushing madly by, but why should the average fisherman have to row five or six miles up a lake to his favorite fishing spot? There are also many old age pensioners enjoying their fishing, but they couldn't if they had to row up and down the lakes.

NO HARM

A recently completed, comprehensive 2½ year, $750,000, environmental study has found no evidence that outboard motors harm water or its life systems.

An official report indicated that scientists found no evidence of acute or chronic effects on the quality of the water, or its biological communities. Growth and reproduction of representative plant and animal species remained vertically constant in the test lakes with, or without outboard motors.

The scientists that did the study wouldn't even speculate how many boats would have to be operating on a body of water to cause ecological damage, but one thing is certain, the figures would have to be many times the number that would physically fit there.

This study was by far the most comprehensive ever done on the subject. It has shown the boat owner that he isn't causing an environmental problems. If you are at all inclined to throw garbage overboard, you are causing more environmental damage than your motor boat. So, just keep on putting up your favorite lake.

This was an American survey, but I imagine American waters are much the same as ours and are polluted just as easily. This information was thanks to David Sutherland.

LICENCE TIME

Now I'm sure it is spring, and so lot's not forget, it is time for new fishing licences and new hunting and species licences. Bear hunters take note watch for wood ticks.

Dogs are to be under control and not running at large harrassing our wildlife.

Walk in the woods and don't forget to pick a few beautiful wild flowers. They are Mother Nature's new Easter outfit, but she doesn't mind if you take a few home.

Also, it is a good time of the year to try for a grey trout in Kalamalka Lake. Hidden and Gardom Lake are still playing it cool, though I understand from a friend of mine that Gardom will be open this weekend. That's his word not mine.

The new fishing regulations are out, so don't forget when you get your new fishing licence pick up a copy of the regs, then read them.



400 GAME

Fran Killips, of Triple K Plumbing in the Tuesday 7-9 p.m. mixed league, rolled the highest game of the year this week at Lincoln Lanes. She recorded a 418 single and 881 triple. Killips, a dedicated YBC coach, had nine consecutive strikes before leaving a corner pin standing in the 10th frame

Men's squad to meet VSSS

Vernon Senior Secondary School takes on the Vernon men's team in exhibition rugby action tonight, at 5:30 p.m., at VSSS.

It will be the final prep game for the Vernon school before it comes up against defending B.C. champion Kelowna Owls next Tuesday. Earlier this week, the VSSS Grads handed this year's team an 18-4 setback.

Despite the loss, coach Terry White was pleased with several aspects of his club's play.

White said, "The game was basically a learning experience for the team, exposing them to situations that turned up. They learned how to react under pressure.

"I feel some of our individuals showed a lot of promise. Mike Kormos and Clint Kanneister were all over the field. Mike St. Pierre and Mark Siegmueller also played very well."

Grads took a 10-0 lead in the opening minutes before the high school squad could get its defence established.

White said, "There isn't too many teams that are going to play this game any tougher than the Grads did. They came out running at us. Under constant pressure, our guys stood up pretty well."

Sockeyes thump BCJHL champs

NANAIMO, B.C. (CP) — Richmond Sockeyes won the British Columbia Tier Two Junior hockey title Wednesday night with a 5-0 victory over Nanaimo Clippers to complete a sweep of their best-of-five series.

Aaron Fader scored what proved to be the winning goal at 24 seconds of the first period. Don Blaulit and Don Davis added the other first-period goals.

Darryl Goodwin and Greg Baydala completed the scoring for the Pacific Junior Hockey League champions in the second period.

Sockeye goalie Ron Patterson stopped 28 shots to whitewash the B.C. Junior Hockey League winners.

Clipper goalies Steve Hannah and Andy Gourlay combined to stop 33 Sockeye shots.

The Clippers took 10 of 19 minor penalties, each team was tagged with a major for fighting and the Sockeyes had a game misconduct.

The Sockeyes now meet Calgary Canucks in a best-of-seven Alberta-B.C. playoff along the Centennial Jup trail. That series starts Tuesday at Vancouver.

PIN POINTS

March 30
Wednesday Matinee

Women's high single, Linda Morton 335; high triple, Linda Morton 779; high average, Carol Skidmore 210.

Team high Single, Square Shooters, 1220; high triple, Lang Loons 3469.

"300" Club, Linda Morton 335.
"700" Club, Linda Morton 778, Carol Mori 709.

TEAM STANDINGS

Blanks	491
Cow Girls	454½
Split Points	434½
Odds n Ends	416½

March 30
Wed. 9-11

Women's high single, Bernice Robb 238; high triple, Bernice Robb 652; high average, Lori Kupryk 195.

Men's high single, Roy Isobe 282; high triple, Roy Isobe 753; high average, Shig Tabata 231.

Team high single, Hong Kong Village 1337; high triple, Assassins 3682.

TEAM STANDINGS

Assassins	384
Vikings	381
McRichards	380
Family Affair	349

April 1
Gym Dandy Bowling

Women's high single, Timmy Loney 205; high double, Timmy Loney 365; high average, Ida Giles 166.

Men's high single, Ron Chinn 199; high double tie, Steven Slater and Robert Mitchell 333; high average, Ron Chinn 160.

Bowler of Week: Ladies, Timmy Loney 77 pins over average. men: Ewart Colville, 77 pins over average.

April 6
Wed. 7-9

Women's high single, Hilma Schuh 273; high triple, Hilma Schuh 666; high average, Donna Desmarais 206.

Men's high single, John Davies 345; high triple, Jiii Knlaz 773; high average, Joe Goldenthal 220.

Team high single, Opopogos 1413; high triple, Opopogos 3861.

"300"

Club: John Davies 345, Ira Arnold 314, Bill Knlaz 301.

TEAM STANDINGS

Opopogos	342½
Barons	315
Vernon 5-0	300
Brandy Bunch	288½

LIONS SIGN TACKLE

VANCOUVER (CP) — British Columbia Lions have signed import offensive tackle Todd Simonsen of South Dakota State for the 1977 Canadian Football League season. Simonsen, 22, was picked by Houston Oilers in the sixth round of last year's National Football League draft.

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Davidson elected hockey president

By MYRNA MORRIS
Correspondent
Vernon Daily News

The new president for Armstrong Minor Hockey Association is Vic Davidson. The executive was elected at a general meeting held in Armstrong, this week.

John Flundra was elected vice-president; secretary Mrs. D. Koski; Mel West is treasurer and the ambassador is John Trask. Trask will also be in charge of coaches for the coming year.

Directors are Gary Saltz, Ken Dahlen, John Koski, John Kavalinas, Art Loring, Sharon Burns, Elaine Lammle, Grace Haller, Ron Wagner, Fred Tkachuk, Fred Williamson, and Jim Hamilton.

One of the subjects brought up by concerned parents attending was the policy of coaches that only the good hockey players got plenty of ice time, while the poorer players got plenty of bench time. It was agreed that all the boys go out to learn to play hockey and should all be treated as equals, instead of having to concentrate on "winning". It was discussed and decided this would certainly be changed in the future.

Poor refereeing was also discussed as well as loud parents who come out to the games to yell abuse at the referees and the coaches.

Discussion followed on more ice time next year, and that the ice not be taken out of the arena so early in the season, while hockey is still being played in most other areas.

An eight-team invitational peanut tournament will be held next year in Armstrong, and it was decided that a rep team will be formed.

More than 100 boys were registered in minor hockey in Armstrong this year.

IN B.C. TOURNEY

Vernon's Paul Babineau will be representing the Okanagan in the B.C. Five-pin Bowling championships this weekend at Dell Lanes in Surrey. Babineau will be competing in the closed (handicap) event. The rest of the Okanagan team is made up of bowlers from other centres. Winners in the provincial tourney advance to be national finals, to be held May 19-22, in Niagara Falls.

(Daily News Photo)

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