

SPORTS

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SKI TIPS

By TOM FERRIS
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Thilcum Valley



Getting Loose
Any kind of steady routine of exercise, no matter how short, is better than relying on last summer's activities to keep fit for skiing.

SPORTS ALERT

MINOR HOCKEY
Civic Arena, 3:15 p.m., Vernon Bantam Reps vs. Westside
Westside Arena, 3:30 p.m., Vernon Pee Wee Reps vs. Westside
Civic Arena, 5:30 p.m., Vernon Midget Reps vs. Prince George (exhibition)



ANNE STOKES, coach of the Vernon Royals volleyball team, practices block coverage with Sandy McKay, left, and Donna Lee. (Daily News Photo)

MEET THE COACH
Volleyball is more fun for high school girls

Vikings play host to Chiefs
Vernon Vikings hope to end their five-game losing streak tonight when they host Kamloops Chiefs in B.C. Junior Hockey League.

Coach of the Vernon Royals Volleyball Team, Anne Stokes, said although the team is not necessarily the strongest she has ever coached, it is certainly the happiest.

think it puts more onus on them.
The team's weak point up until last week was spiking and block coverage.

More than the two days weekend at the tournament in Rutland, the Klowna team is looking strong.

TEAM NEEDED
There are still four team openings in the Sunday 1:45 p.m. mixed curling league.

SIX YEARS
Stokes has been coaching the volleyball team at Vernon Senior Secondary since she joined the teaching staff six years ago.

LOS ANGELES (AP) - When Mike Torrez came following his strong World Series pitching performance Friday night, he will have to face the fact that it may have been his swan song with New York Yankees.

"When I was with the Orioles, Torrez taught me a little bit about pitching," he said. "He taught me that you're not always going to have your best stuff and he taught me how to throw a curve ball in addition to my fast ball and slider."

MOLEANS led period leads of 3-2 and 5-3 before Cougars scored five in the final 20 minutes.
The man leading the surge was center Steve White. Shirley was a dominant force throughout the game with

Stokes said, "Volleyball at the high school level is more fun and less competitive than other sports and for girls it's really new and exciting. There's no body contact and it doesn't get rough."
And as a result the players have more respect for their opponents. It's a game more enduring of friendship.

Torrez win his swan song?
LOS ANGELES (AP) - When Mike Torrez came following his strong World Series pitching performance Friday night, he will have to face the fact that it may have been his swan song with New York Yankees.

"I got mad after that and I started getting my slider down," he said. "I felt more confident in my breaking pitches and it started right after he hit the home run. That home run jolted me into saying, 'Don't give up without to throw Baker a strike on 3-2 but not a good-enough strike to get him out. I threw a slider that stayed right over the middle of the plate and I thought anything I should have gone with my best pitch, a fast ball."

Shirley leads Cougars to season opening win

Vernon Sport Cougars scored five unanswered goals in the third period to defeat Kelowna Monarchs 5-1 in the North Okanagan Hockey League season opener last night at the Vernon Civic Arena.

COACH'S CLINIC

The jobs of a centre

Editor's Note: This is the first in a series of "Coach Clinic" features which will run every Saturday in the Daily News.
Each week a minor hockey coach will explain one of the game's key fundamentals.



GEORGE FARGHER - pop coach

Three goals and four assists. The team hasn't been unassisted after beautiful individual efforts.

Each team was assessed seven minor penalties by referee Bob Kemp.
Vernon player-coach King Cam was happy with the win and the way his club came out in the third period.

Cam said, "There is no doubt about it, we were a little rusty out there. But, we only played one exhibition game last night. We're coming together very long. We played much better defence in the final 20 minutes."

ATTENDED CAMPS
Baker has been instrumental in bringing over international teams which has made our teams more dedicated and given them a lot of motivation.

Stokes said she stresses playing the volleyball with having fun. "And one thing about volleyball - you're not allowed to use your own sidelines so once the girls are on the floor, it's up to them. My main impact is on the practices so I have to concentrate as much teaching as possible."

Women's high single, Joy Ross 272; high triple, Shirley Glasgow 260; high average, Alys Gordon 185.
Women's high triple, Gordon 275; high triple, Gordon 275; high average, Gordon 185.

WOMEN'S VOLLEYBALL
In Major Women's Volleyball League play Thursday night at Kal School, Coldstream Hotel, best Justice 15-10, 13-16, 15-7, and Woodstock 15-10, 13-16, 15-7.

SPORTS BRIEFS

WILL DEFEND TITLE
MONTREAL (CP) - An ultimatum by the Canadian Professional Boxing Federation has prompted Montreal's Jean Lapointe to defend his Canadian lightweight title against Cleveland Danny J. Montreuil at the Forum Nov. 1.

THURSDAY OCT 4-11
Women's high single, Joy Ross 272; high triple, Shirley Glasgow 260; high average, Alys Gordon 185.

BOOST DANISH SOCCER
COPENHAGEN (AP) - An ultimatum by the Danish Soccer Federation the equivalent of \$200,000, a year to help Denmark and a time when moves are afoot for a stronger national team, a federation spokesman said Thursday.

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