

SKI TIPS

By TOM FERRIS
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Balance

Good skiing is balance. Think of a natural position for initiating a golf swing, anticipating a tennis serve, or maintaining momentum on a bicycle. Feet about shoulder width apart, slight bend in the ankles, knees and hip, head fixed on the anticipated line.

If you are using an erratic motion of the arms or hips to start your turns, that balance is disturbed (and you are plenty annoyed). One way to recover is to ski a few runs without poles. Your hands will go instinctively to a more natural balance point.

Without the poles, you will find yourself standing lower, more relaxed, thereby freeing your legs and feet to do the turning.

A little coaching to make good balance a habit well help. So try a lesson from a member of the Canadian Ski Instructor's Alliance.

BEST GAME OF SEASON

Vikings bomb Chiefs

Vernon Vikings came up with their most impressive performance of the season Friday night to crush Kamloops Chiefs 9-4 in B.C. Junior Hockey League action at the Civic Arena.

The victory lifts Vikings out of the league basement, two points ahead of Revelstoke Bruins who lost 10-2 to Penticton Vees. In another game, Nanaimo Clippers whipped Langley Lords 7-2.

Vernon Coach Hank Wensley was elated with his club's play. He said, "We letdown near the end, but for two and one-half periods, we were great. They had a lot of spirit and drive. The Needls have really helped – they can skate."

MORIN GREAT

The clubs battled through a scoreless first period, mainly due to the heroics of Vikings' netminder Darrell Morin. Morin, who has been up and down like a yo-yo this season, was brilliant.

Vernon then scored four unanswered goals in the second period.

Byron Smith enjoyed his best game of the season with two goals and two assists. Dave Schneider, St...ey Smeader, and John Neeld also scored twice for Vikings while Mike Winther added a single.

Greg Lynott, Norm Meyer, Jay Kozak, and Pete Gerlinger replied for the fourth-place Chiefs. Kamloops still holds a nine-point bulge over the fifth-place Vikings.

Defenceman Rob Neeld, making his first start for Vernon, looked like he might give the club what it has been missing – poise on the blue line. Neeld threw his weight around (took three penalties), controlled the puck, and contributed two assists.

MOVING PUCK

Wensley said, "In the short time I've been with the club, I've seen a lot of progress. We're moving the puck much better and the kids are eager to learn.

"Kamloops is the club we have to beat to get into the playoffs – and we're going to do it."

Wensley received some bad news before the game. Veteran defenceman Brian Maser announced he isn't mentally prepared to play hockey. Due to work commitments, he can't attend practices.

NO RELEASE

And winger Rob McLean's release from the Edson Junior B team has not yet arrived and the Vikings aren't sure if it will ever get here.

Wensley said, "We could sure use Brian back on defence, but I can appreciate his problem. I hope he can see his way clear to play later this season. With McLean, I don't know what to think. We can't get any cooperation from Edson."

Vikings can leave Revelstoke deeper in the dungeon on Sunday afternoon when they host the Bruins at 2 p.m.



BYRON SMITH
... four points

Lotus scorers on top of loop

After 10 weeks of play, Lotus Gardens finds itself in third place in the White Valley Hockey League, however, four of the loop's top 12 scorers are on that club.

Tom Williamson leads the league with 24 points. Team-mates Bruce Ritchie, Ray and Dan Horochuk are also in the top dozen scorers.

League standings show Sabres on top with 17 points.

In the penalty parade, fourth-place Village Green is the dubious leader with 214 minutes, four more than Sabres. Least penalized team is Lumby, with only 116 minutes in the sinbin.

League standings are:

TEAM	GP	W	L	T	GF	GA	Pts
Sabres	10	8	1	1	57	27	17
Lumby	10	7	3	0	61	36	14
Lotus Gardens	10	6	4	0	53	37	12
Village Green	10	3	5	2	39	49	8
Vernon Blades	10	2	6	2	37	51	6
Burger Barons	10	1	8	1	27	72	3

TOP SCORERS

PLAYER, TEAM	G	A	Pts
Tom Williamson, Lotus	14	10	24
Mike Mondin, Sabres	18	5	23
Pete VlaSveld, Lumby	8	12	20
Bruce Ritchie, Lotus	7	11	18
Ray Horochuk, Lotus	10	6	16
Mike Irman, Lumby	8	6	14
Rick Howkins, Barons	7	7	14
Terry Sammartino, Blades	5	9	14
B. May, Sabres	8	5	13
Bill VlaSveld, Lumby	5	8	13
John Ruesch, Barons	7	5	12
Dan Horochuk, Lotus	4	8	12

Juvenile reps tops on coast

Vernon blasted Burnaby 11-6 to capture the annual Maple Ridge Juvenile Hockey Tournament on Friday.

It was the fourth consecutive win in the tourney for the Coca-Cola squad.

Kelly Kaneda, named Most Valuable Player in the game, led the winners' attack with three goals and two assists. Gary Redman scored twice and set up two others.

Singles went to Wayne Brown, Dirk Driedger, Gary Edwards, Glen Fester, Rick Cheba, and Allan Winther.

Tom Ouchi was top playmaker with five assists and Winther set up four others.

The trio of Kaneda, Ouchi, and Redman dominated play every time they stepped on the ice – totalling 14 points.

For their efforts, Cheba, on defence, and Ouchi, on left wing, were named to the all-star team.

Vernon Manager Art Fester said, "We won with a solid team effort. Although some players stood out, we needed hard work from every member of the club. I'm very proud of the boys."

Brill establishes new indoor mark

SASKATOON (CP) – Debbie Brill of Vancouver solidified her position as the second-best female high jumper in the world Friday night when she cleared 1.91 metres to win the invitational women's event in the 13th annual Knights of Columbus Saskatchewan Indoor Games.

Her leap, complicated by tight quarters that forced her to start on the tightly-banked track and run down a slope to approach the bar, erased the Canadian open indoor record of 1.90 held by Rosi Ackermann of East Germany.

The leap also erased Brill's Canadian native indoor record of 1.87 and her Commonwealth Games outdoor record of 1.90.

She cleared the height with an electrifying leap before about 3,200 spectators on her second attempt and failed in three efforts at 1.93.

Her performance was the highlight of the two-day invitational segment of the competition. It continued a streak that carried her to second place in the World Invitational Student Games in Bulgaria and second place in the World Cup in West Germany last summer and first place in the Pan-Pacific Games about a month ago in Australia.

Brill said field conditions were not a problem because a new attitude has helped her adjust to things she can't change.

"I've been so consistent I can't believe it," said the five-foot-nine competitor, jumping at what she termed a slightly overweight 138 pounds.

"Sometimes, when things are right, I think I could jump high enough to go right through the gates of heaven."

Paula Girvin of University of Maryland and Maggie Garrison of University of Washington tied for second at 1.78 metres but Garrison was dropped to third on a count-back.

Diane Konihowski of Edmonton aggravated an old ankle injury slightly and finished fourth.

Three seasoned Americans, Freida Davy, and Fred Sowerby of Washington, D.C., and Paul Cummings of Los Angeles, posted impressive wins, giving them two each in the meet.

Davy, a Barbados resident, nipped Caren Rathie of Saskatoon and Sowerby held off Bryan Saunders of Toronto for 300-metre victories that followed triumphs Thursday at 400 metres.

JEFFREY THIRD

Cummings won by more than five seconds over Washington State's Joel Cheruiyot in the two-mile event. Cummings captured the mile Thursday.

Francie Larrieu of Los Angeles had a chance to win the 800 metres on top of her 1,500-metre triumph Thursday but Wendy Knudson of Colorado State took the lead a few yards from the tape. Kim Jeffrey of Calgary was third.

Bob Reirdl of Saskatoon, surprise winner Thursday at 1,000 metres, could not handle veteran Stan Vinson of Chicago at 800 metres although the Canadian 800-metre champion was pleased with his performance.

"I learned some things that will help me," he said. "I think I might have a chance to run other indoor meets soon and I sure hope so."



GIFT FROM QUEBEC

George Gait, right, former Canadian National swim coach and aquatic director at Pointe Claire, Quebec presented Mayor Bob Neil a gift on behalf of that city while Kokanees swim coach, Tom Bryce looked on. Gait is conducting a four-day swimming workshop in Vernon, sponsored by Canadian Amateur Swim Association and Physical Fitness and Amateur Sports Fund (government of B.C. subsidized). Almost 60 members, from four interior clubs, are attending the workshop, the first of its kind held in B.C. outside the Lower Mainland.

(Daily News Photo)

Quarterbacks on the hobble

DENVER (AP) – Denver's Craig Morton has an inflamed hip and Ken Stabler of Oakland has a wobbly knee, but the injuries are considered routine at this stage of the National Football League season.

Both quarterbacks will be in their team's starting lineup and figure to go the distance Sunday in the American Football Conference championship game between the Broncos and Raiders.

It is the third matchup this season between the two teams, with each winning on the opponent's field in the previous contests.

Turnovers were the difference in both earlier games. In the first affair in Oakland, the Raiders suffered seven interceptions and a fumble and lost 30-7. In the rematch in Denver, the Raiders capitalized on three Bronco turnovers and rolled to a 24-14 triumph.

There's reason to believe turnovers will be crucial in Sunday's contest as well.

"Denver has been living on turnovers all season," observed Stabler, one of the game's most dangerous passers. "Their defence gets the ball in good field position and the offence takes it in. We can't give them the ball in good position."

"The game will be decided on turnovers," said Denver safety Bill Thompson. "We can't let the Raiders control the ball on us, like they did in our second game with them. We'll need to force them into throwing early."

Basically, the game matches the Oakland offence against the Denver defence.

POTENT OFFENCE

The Raiders boast one of the NFL's most potent offences. The hard running of Mark van Eeghen and Clarence Davis complements Stabler's passing to tight end Dave Casper and wide receivers Cliff Branch and Fred Biletnikoff. The offensive line may be the best in the game, and the Raiders like to run to their left side behind guard Gene Upshaw and tackle Art Shell.

The Broncos, meanwhile, have a young, fast and talented defence that ranks among the league's best. The defence attacks, using linebacker or safety blitzes, and mixing its coverages—all of which is designed to force mistakes by the offence.

The linebackers, including pro bowlers Randy Gradishar and Tom Jackson, are the heart of the 3-4 alignment.

LOOK BACK FIVE YEARS

DECEMBER, 1972

Vernon Branch of the Royal Canadian Legion handed over a $100 cheque to the Vernon Youth Bowling Council to help with the development of the council's operation.

BOWLERS OF THE WEEK





This week's top bowlers are Carol Halladay, of Cheerios in the Wednesday Matinee League, and Nashir Kassam, of Chicken Pluckers in the Friday 8-10 p.m. mixed league. Halladay rolled a 704 triple, 233 pins over her 158 average. Kassam recorded an 809 threesome, 197 pins over his 169 average.

SPORTS BRIEFS

GIRLS' SOCCER

Any girl, 14 years of age and older, is eligible to play in the Vernon Girls' Indoor Soccer League. Games are played five-a-side at the Recreation Complex. League play is slated to start Jan. 5. Registration fee of $10 is payable at the Complex.

BIGHORNS WIN

Billings Bighorns moved four points in front of Lethbridge Broncos in the central division of the Western Canada Hockey League with an 8-4 victory over the Broncos Friday night.

In the only other game, Regina Pats withstood a third period rally by Saskatoon Blades to record a 5-4 win before 2,286 fans.

EASY VICTORY

Vernon Raiders clobbered Tri-Lake Cougars 11-3 in Pleasant Valley Hockey League action Friday night at the Civic Arena. Raiders held period leads of 2-0 and 5-1.

MAYOR'S SUPPORT

HAMILTON (CP) – Mayor Jack MacDonald said Friday he supports a local group seeking to buy the Canadian Football League Hamilton Tiger-Cats but a member of the group said it may lack the necessary funds.

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