

SKI TIPS

By TOM FERRIS
Ski Editor
Tillicum Valley

STAND UP
If you feel like a shot of Geritol, or 10, the first couple of runs, consider this—do you stand on the skis?
Too much flex in the knees or the waist may mean that all the muscles are working overtime just to hold you up and keep your balance. Not much power is left for turning the boards. A break in the waist is good but big muscles won't work if your legs are tense from holding itself up.
Similarly, if the knees are too bent causing you to sit on the back of your seat, your muscles will be holding you up but not doing much of the turning.
You can be flexed in the ankles, knees and hip but stand up.

DAILY NEWS
SPORTS ALERT

CURLING
B.C. Hydro Bonspiel taking place today and Sunday at the Vernon Curling Club. Final draw Sunday, at 10:30 a.m.

HANG GLIDING
Winter Carnival Hang Gliding competition today (Sunday), from 10 a.m. to 4 p.m., at King Edward Lake Hill. The hill is located five miles from Vernon, on Highway 8.

MINOR HOCKEY
3:15 p.m., Civic Arena, Kelowna vs. Vernon bantam
7:30 p.m., Kamloops Memorial, Vernon midget reps vs. Kamloops
7:30 p.m., Civic Arena, Salmon Arm juvenile reps vs. Vernon (exhibition)
12:15 p.m. (Sunday), Rutland Arena, Vernon pee wee reps vs. Rutland
3 p.m. (Sunday), Civic Arena, Westside bantam reps vs. Vernon
3:30 p.m. (Sunday), Civic Arena, Merritt midget reps vs. Vernon
5:15 p.m. (Sunday), Vancouver, Summerland juvenile reps vs. Vernon

SUNDAY

BOWLING
Winter Carnival 20-game bowling marathon gets underway, at 9:30 a.m., at Lincoln Lanes.

MARATHON
The fourth annual Winter Carnival Six-Mile Marathon leaves city hall at 10 a.m. Registration time is 9 a.m.

SKI RACING
Silver Star Ski Club is hosting a slalom race, with starting time scheduled at 10 a.m.

AUTO SLALOM
The 18th annual Winter Carnival Auto Slalom starts, at 10 a.m., on Swan Lake.

SLOPITCH
The first annual Slowpitch Skatopitch Tournament starts, at 10 a.m., on Swan Lake. Four teams will be competing.

JUNIOR HOCKEY
2 p.m., Civic Arena, Vernon Vikings vs. the Vernon Esos and Blades in the first annual Alumni Game. Winner will receive the Vernon Carnival Cup.

INTEBUTE RACING
Tillicum Valley is hosting the Carnival Intebute Championships. Time trials are at 9 p.m., with racing at 6:30 p.m. Registration fee is \$1.

SENIOR HOCKEY
8 p.m., Civic Arena, Westside Packers vs. Vernon Canadians.

Panthers run out of steam



MEET THE COACH

Fulton wrestling team enjoys good first year

Wrestling is the fastest growing high school sport, and fairly new to the Okanagan, according to Fulton coach Denis Murdoch. But it is not necessarily a sport for everybody.
"It takes a special kind of boy to wrestle and sometimes it is surprising to see a quiet, withdrawn sort come out and be a top wrestler," he said.
"Wrestling offers many things for a competitor. It is one of the best sports around for conditioning and it's a winning sport."
Murdoch feels there is a popular misconception of what wrestling really is and said most people associate the television variety with the sport. "The All Star wrestling is not really a sport, it is a show," he said. "We teach Olympic free style wrestling, comprising of two, three-minute rounds or three, three-minute rounds, depending on the level of wrestling."
Both Murdoch and co-coach Ken Kereuluk try to give the students the groundwork to become a competent wrestler. "If you want the basics, then

they won't have to return them if they go to a higher institution and continue the sport," he said. "As far as these wrestlers are concerned, the sky is the limit if they want to go there."
Fulton is part of a North Okanagan Wrestling League, composed of Seaton, Kamloops, Armstrong and Fulton Schools and Murdoch said the only established program he knows of is the one at Seaton, which has been in existence for about three years. "This is just our first year of instruction but our wrestlers are doing well against the competition," he said. "The Fulton team is in fairly good condition physically and this helps out when you have to wrestle several matches in a short period of time."
Murdoch said his team is competitive and good spirited and has to be because they have to be on good terms with your competitor. "If you deliberately try to injure your competitor or use holds that can injure him, you can be immediately ejected from the game."
The team has about a dozen wrestlers coming out regularly to the three weekly practices and is preparing for the zone finals next week, to be held at Fulton. "We have really improved over the year we have been wrestling and hope to win at least some of the weight classes against the other three schools," he said. "The way things are looking now, I wouldn't be a bit surprised."
ON GOOD TERMS
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FULTON WRESTLING COACH Denis Murdoch supervises Rocco Ceresini and Ed Evers in a recent wrestling practice. The program has only been in existence for one year but Murdoch promises it is quickly improving and is looking for contenders in the near future. (Daily News Photo)

Vernon Panthers ran out of gas in the fourth-quarter and dropped a 79-50 decision to Penitence Lakers in high school basketball action Friday night in the Peach City. The loss leaves Panthers with a 2-4 record in league play.
Vernon Assistant Coach Terry White, filling in for Rick Inrig who was out-of-town, credited his club with a great effort.
White said, "We just ran out of steam. For three-quarters we stayed with them and could have won the game. But, we're down to nine players—and four of those guys are playing hurt. It really showed in the last 10 minutes."
Panthers trailed by six after the first-quarter but fought back to tie the score 33-33 at half-time. Lakers held a 27-58 edge after three-quarters.
29 POINTS
Brent Zimmer led VSSS with 29 points and 12 rebounds. Glen Strigg added 14 points for Panthers. And forward Bob Fisher had his strongest game of the season on the boards with 11 rebounds.
White said, "We weren't able to let Zimmer out of the game and he really tired in the late stages of the fourth-quarter. He needed a rest, but the score was so close I just couldn't pull him out."
Panthers are back in action next Wednesday when they host the north zone's number one team, Kamloops Red Devils.
Meanwhile, in girls' action, Penitence Lakettes came from behind to edge Vernon Royals 42-40.
Royals led 22-12 at half-time.
Laurie Ferguson was top sniper for Vernon with 14 points.

Slalom derby at Silver Star

Silver Star Ski Club's Alpine Division will be hosting a slalom derby and 'A' and 'B' class races on Sunday. Starting time is 10 a.m.
Racers from throughout the province, including 14 local competitors, will be on hand.
The Vernon racers are Sherry Ogawara, Lynn Richardson, Kaitie Siemens, Marjorie Cameron, Terri Woodman, Sherri and Liz Stobodin, Blair Gillespie, Brad Thorlakson, Bob and Scott Woodman, Steve Erickson, Scott Summers, Rod Ferris, Greg Schmidt, and Mike Porter.
One of the Star's top racers, Dale Parkyn, will be unable to be on hand because of a Pontiac Cup race at Fortness Mountain.
Ski Clubs from Whistler Mountain, Mt. Seymour, Smithers, Windermere Valley, and the Okanagan region will be represented. Up to 70 competitors are expected.
Meet Chairman Terry Skobloki told the Daily News you don't have to be a skier to see the races.
Skobloki said, "The slalom will be set up adjacent to the Green Chair. So, skiers will be able to see the action from the upper parking lot."

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Maxwell leads Vees to victory

Kevin Maxwell scored four goals to lead Penitence Vees to a 9-0 rout of Langley Lords in a B.C. Junior Hockey League game Friday while Merritt Centennials blanked Kelowna Buckaroos 5-0.
Vernon Vikings don't have a league game this weekend, however, they will be playing the old Vernon Esos in an Alumni Game on Sunday, at 2 p.m., in the Civic Arena.
Off the ice, BCHL President Ernie McLean announced Friday the suspension of Blaine Blaser's coach Don Berry and his son, Ken, for one game.
McLean said the suspensions resulted from infractions at a game in Penitence in which Berry demonstrated lack of control of his club and centre Ken was first man off the bench in a fight.
In Langley on Friday, Ron Vincent and Ross Fitzpatrick each scored two goals for Vees while Kevin Shaben added a single. Ron Gardner, Jim Shoemaker, and Terry Maclean replied for the Lords.
Penitence took nine of 15 minor penalties and each team had three majors in the contest before 700 fans. Penitence was outshot 42-36.
In Merritt, the first-place Centennials were led by Ken Stroud with two goals while Scott Baers, Brian Stephens, and Lual James added single markers for the Interior Division leaders.
The shutout was recorded by Keith Ferner, who kicked out six of 11 minor penalties and each team had one major.
Action resumes tonight with Abbotsford Flyers playing host to Penitence. Kamloops Chiefs, Al Revelanteo, Bruns, and Merritt at Kelowna. On Sunday, Penitence is at Nanaimo to play the Clippers and the Lords visit Bellinang Blazers.

SPORTS BRIEFS

LEADS COLLEGE
Vernon Senior Secondary School graduate Leanne Wilms scored 19 points to lead Okanagan College to a 40-39 win over New Caledonia, of Prince George, in college women's basketball play on Friday night. The same teams play tonight. OK College now has a 1-1 win-loss record.

GAMES ANNOUNCED
Blue Demins drilled Tropica 26-5 in Vernon's Commercial Basketball League action this week at VSSS. Valerie Kennan led the winners' attack with 26 points. In another game, Edners clipped past Pilewoods 18-15.

INDOOR SOCCER
In Men's Indoor Soccer League play this week, the Victoria Barons 4-3 and Hawks fought to a 5-5 tie with Wanderers. In Girls' League play, at 10:45 p.m., first place Toros tangle with outscored Celtics 7-5 and Demons downed Kickers 9-7.

GAMES ANNOUNCED
Pleasant Valley Hockey League 'A' Division playoffs start Tuesday night, at the Civic Arena, with second place Canucks playing the winners. In another game, Raiders dumped Verbeers 8-2.

LANCASTER TO PLAY REGINA (CP)—Veleran quarterback Ron Moorhead has signed a one-year contract with Saskatchewan Roughriders to be the Canadian Football League club's quarterback and offensive coach, the team announced.

TONTRE (CP)—Carpi's rink from Montreal will represent Quebec in the second consecutive year in the Canadian women's curling championship which begins Feb. 24 at Saute Ste. Marie.



Green takes lead in Hawaiian Open

HONOLULU (AP)—Hubert Green, not spending many hours on the beach, nor has he been particularly active in the nightclubs that lure tourists out in Waikiki. But he's still having a fine time in Hawaii.
"I can't think of a better place to be this week than Hawaii," Green said Friday after he shot himself into the lead of the \$250,000 Hawaiian open golf tournament.
"Even strong winds that bothered some of Green's fellow-golfers didn't affect him, as he teed off early at Waialae Country Club and finished with a 68 before afternoon winds picked up. His 38-hole total of nine-under-par 135 was good for a one-stroke lead over Bob Wynn.
Wynn, also an early starter in the second round, had a 69 for a 136 at the midway point of the tournament over the 7,234-yd., par-72 layout. Late starters, who had trouble as winds began to make par-par winds more like par five's, included Gene Littler and John Schroeder, who were first and second after the opening day's play. Littler, who shot 68 Thursday, struggled to a 78. So did Schroeder, who had a first-round 68.
Arnold Palmer, as usual followed by a three-deep gallery, had even more trouble, struggling to a 74 after an opening round 135 was good for a

WON TWO TOURNEYS

The Lumby Blades' senior girls basketball team, the Timberettes, are having a fine year, capturing two basketball tournaments in succession. Their last tournament, held in Lumby, went down to the wire when Bloom downed Inmaculata 38-34. Other participating teams included George Elliot School of Winfield, George Pringle of Westbank, Lillooet and Clearwater. Chosen most valuable player was Pam Balfour of Lumby, with Bonnie Hathaway of Salmon Arm, Elaine Litter and John Schroeder, who were first and second after the opening day's play. Littler, who shot 68 Thursday, struggled to a 78. So did Schroeder, who had a first-round 68.
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PIN POINTS

JAN. 27 Friday I.O.F.
Women's high single, Cathy Gerry 266, high triple, Cathy Gerry 195.
Men's high average, Agnes Gerry 195.
Men's high single, Kevin Gerry 274, high triple, Alec Gerry 209.
Men's high average, Nathan Kassen 713.
Men's high single, Mark Kassen 1306.
Men's high triple, Hong Kong 370.
TEAM STANDINGS
Road Racers 110%
Alye Opps 109%
Oranucks 107%
Shawn 90

JAN. 28 Thurs. Mattine
Women's high single, Mari Humphreys 275, high triple, Merry Rease 278, high average, Betty Rease 195.
Men's high single, Twisters 1333, high triple, Twisters 393.
TEAM STANDINGS
Drop ins 146
Oranucks 133
Bixers 123
Twisters 119

JAN. 28 Thurs. Coffee Party
Women's high single, Pat Blawie 318, high triple, Lil Jan 645, high average, Betty Rease 195.
Men's high single, Speedy 1371, high triple, Speedy 393.
TEAM STANDINGS
Mission Impossible 137%
Oranucks 130%
Spring Chicks 107%
Pin Ups 90

JAN. 31 Weds.
Women's high single, Dorothy Smith 276, high triple, Debbie Woodford 279, high average, Betty Rease 195.
Men's high single, Kermit Smith 274, high triple, Mark Kassen 1306, high average, Merry Budo 713.
Men's high single, Happy Gang 1372, high triple, Happy Gang 393.
Men's high average, Merry Budo 713.
Short Circuits TEAM STANDINGS
Ogo 200%
Oranucks 107%
Bixers 103%
Vernon 50

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LOOK BACK FIVE YEARS

FEBRUARY, 1973
Vernon All Stars won the Myra Myles Memorial Trophy and the 'A' Championship in the Winter Carnival Pee Wee Hockey Tournament, while Riley Park of Vancouver won the 'B' championship to take the Alex Kuly Memorial Trophy.

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