



SKI TIPS

By TOM FERRIS
Ski School Director
Tillicum Valley

TAKE IT AS IT COMES

What kinds of people make good skiers? All kinds. When I was in high school, the head football coach used to give me a lecture on body building every fall before he dumped me from the squad. After a while I suspected that football was not for me.

I was wrong. Coaches today are a little bit more knowledgeable and sympathetic about peoples' potential. Even so, lots of people seem to get passed by and miss the rewards of self-esteem that participation in a sport can bring.

Get out and ski this winter. Remember, you can go at your own pace. Take it as it comes.

Daily News

SPORTS

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PAGE

Vernon stocks Swift Current

There is a team in the Saskatchewan Junior "A" Hockey League with a distinct Vernion flavor.

Swift Current Broncos have three Vernion minor hockey graduates, a player who spent a brief time with the Vernion Lakers, and an American Vernion coach on its roster.

Lance Vachon, Craig Demetrick, and Brad Moore are graduates of the local minor hockey system.

Demetrick went from the midgeet rick to Vernion Canadians (now Lakers) midway through the 1977-78 season. He spent one and one-half years with Canadians before travelling with Coach Greg Kuske and Vachon, to Swift Current, prior to the 1979-80 season.

Vachon had one season of junior experience before heading to the prairies while Moore joined Broncos this season after toiling with the midgeet rick in 1979-80.

OUT LAKERS
Dallas Gaume, from Inman, Alta., started the 1980-81 season with Lakers, but quit after the pre-season schedule when lured to Swift Current.

Vachon told the Daily News the biggest difference between the BCJHL and SJHL is skating. "There are much better skaters in Saskatchewan," he said.

"Just playing with and against these guys has made me a better skater."

Vachon said he returned to Swift Current this year, rather than staying in Vernion, because he has a better chance to be selected in every time we play Prince Albert Raiders, there are college and pro scouts in the stands. Besides, it is nice playing in front of 1,000 to 1,500 fans every game.

INVITED TO CAMP
Vachon was invited to training camp by Calgary Canadians of the Western Hockey League. However, he rejected it because he was afraid it would hurt his college eligibility.

"Last year, there were a lot of college scouts around. Iowa was interested in quite a few guys on our team. At that time, I thought I might go to college. Now, I think I'll go to a WHL camp next year - probably Regina Pats."



LANCE VACHON... better skater

Vachon, a superb defensive forward, has been plagued by injuries this season. He missed 13 games with a painful back injury, but has managed to accumulate 19 points.

"My back is healed and I'm looking forward to playing regularly in January," he said. After winning his first 16 games, Swift Current hit the slump and is now third in the SJHL.

PLAYING WELL
"Demetrick is playing really well," Vachon said. "Craig has always been known as a good checker, but he is getting his share of goals too."

"Moore is coming along. It is a big step right out of midgeet to junior A."

Another Vernion graduate, Bobby Wensley, is playing in the SJHL, with Regina Blues. According to Vachon, Wensley is one of the top players in the league and may be called up by the Pats at any time.

LOOK BACK FIVE YEARS

DECEMBER, 1975
Dorothy Smith and Stu Lindgren were named bowlers of the week. Smith rolled a 750 triple, 181 pins over her 188 average, while Lindgren's 812 triple was 206 pins over his 202 average.

VERNON STOCKS
The Vernion Lakers are currently leading the SJHL with a record of 18-10-2. They have scored 103 goals and allowed 68 goals.

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The Vernion Ski Area is currently open for the season. The area is located on Highway 10, north of Vernion.

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SILVER STAR Ski Area Manager Dave Woodman, right, welcomed Dave Irwin to the Star this week Irwin is home for a brief holiday before returning to Europe for the resumption of the World Cup downhill circuit.

KENDALL'S KORNER

World Cup skier home for holidays

What does a world-class ski racer do when he has some spare time? Ski, of course!

Vernon's Dave Irwin is home for a week while the World Cup tour takes its Christmas break. He arrived home Christmas Eve and returned to European New Year's Day.

Irwin is skiing at Silver Star this week and looking forward to the upcoming races on the tour.

"I'm skiing very well," he said. "But, I know I can do better."

PLACED FIFTH
In the season opener at Val d'Isere, France, Canada's contingent surprised the world when it captured five of the seven top placings. Irwin was fifth in that race.

Since then he was sick (flu) and placed 21st at Val Gardena, Italy; missed a race at Cortina, Italy due to the flu and a shin bruise; and finished 11th at St. Moritz, Switzerland.

The second half of the circuit has several tough downhill, which generally speaking, are better for Irwin and the rest of the Canadians. "We tend to like the demanding courses," he said.

Next race is scheduled at Garmisch, West Germany, on Jan. 10. "I did well there last year. I was leading at the halfway point, however, I lost control on a jump in the second-half and almost had the course."

INJURED TWICE
Irwin has suffered two serious falls at Wengen, in 1976 and 1980. Both could have ended his career.

St. Anton, Switz. (Jan. 31) is a new race, and Irwin's best chance for a victory could be Feb. 7 at Schlading, Austria.

Schladming has been dominated by Canadians with Irwin winning that event in 1975, Ken Read in 1976, and Steve Podbrski in 1979. "I like that course," Irwin said. "It is tough and I feel confident on it."

Podbrski has been the biggest surprise on the tour. After winning a bronze medal at the 1980 Winter Olympics, he underwent knee surgery in the off-season and was expected to take at least a year to fully recover. After winning at St. Moritz, he is favored by many experts to win the overall downhill title.

WORKED HARD
Irwin said, "Steve did a lot of work to get in shape. I've never seen him ski better."

The Canadian downhill team which started with seven racers, has been reduced to six, or possibly five.

Chris Kent, of Calgary, is out for the season with an injury. Kelowna's Tim Gilhooly, who fell at St. Moritz, is expected to rejoin the team in January.

Robbie McLaren and rookie Steve Podbrski round out the squad. Irwin said, "My goal is to finish among the top three at a race... and I think I will."

If Irwin can stay away from injuries, which have plagued his career, he probably will reach his goal.

Crowd helps Dallas record fifth victory

With Dallas Mavericks, winning isn't everything. In fact, it's been next to nothing, considering the amount of times they've been in that column this season.

Friday night was one of these rare occasions.

"The crowd helped us," said coach Dick Motta after a 119-111 National Basketball Association decision over Denver Nuggets for only the Mavericks' fifth victory this year in 28 games.

Abdul-Jabbar was a big part of it for the Mavericks, scoring 20 points off the bench.

In other NBA action, it was Houston Rockets 114 Detroit Pistons 94, Philadelphia 76ers Nets 95, Chicago Bulls 100 Cleveland Cavaliers 98, Golden State Warriors 110 Utah Jazz 109, Los Angeles Lakers 116 Portland Trail Blazers 96 Seattle SuperSonics 90.

Jeriann entered the game for Dallas only after Bill Robinson drew his fifth foul at the end of the third quarter with the score tied at 88. He scored 15 of his team's 20 points as the Mavericks raced from a 93-99 tie to a 113-103 edge with three minutes left in the game.

Trailing 115-107, Denver pulled to within four points on jump shots by David Thompson and Alex English, but Jim Spanarkel made two free throws with 10 seconds to play to seal the victory.

Rockets 114 Pistons 94

Moses Malone poured in 33 points and grabbed 14 rebounds to lead Houston over Detroit.

The game was marked by the first appearance since March 4 of Pistons forward Bob MacKinnon, who missed 51 straight games because of injuries. MacKinnon scored 13 points and grabbed 10 rebounds in 30 minutes of play.

Warriors 110 Jazz 109

Lloyd Free scored 23 points for Golden State, including the last eight of the game.

7ers 113 Kings 103

Julius Erving threw in 30

points and pulled down 15 rebounds to spark a second-half rally that carried Philadelphia over Kansas City. It was the 76er's 10th straight victory, and raised their record to 33-4, best in the NBA.

Hawks 108 Nets 95

John Drew scored 21 points to lead Atlanta over New Jersey, spoiling the home debut of new Nets coach Bob MacKinnon. It was the third straight loss since MacKinnon took over for Kevin Loughery, who resigned Monday after 7½ years as coach of the Nets.

Bulls 100 Cavaliers 98

Ricky Sobers hit three clutch baskets late in the game to spark a closing 19-3 spurt that gave Chicago its victory over Cleveland. The Bulls trailed 87-87 with 4:14 remaining, but limited the Cavaliers to only a basket and a free throw the rest of the way.

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