

SKI TIPS

By GERRY GOUDGE
Director, Silver Star School of Skiing

How is your skiing coming along.

Very often skiers find themselves at a stage where they just seem to be going up and down not getting any better, not feeling that sense of achievement.

Next time you are out skiing, work on your rhythm. This means that each turn links immediately into the next, with no delay or hesitation. In fact you are making a series of S turns down the hill. It helps to sing a favorite tune. This will help you relax and loose.

To keep your speed in control, you must maintain the pressure and the steering on the outside ski long enough to bring that ski across the hill and under you. It is like flexing a springboard. Now touch the down hill pole and use the release of that pressure to kick into the next turn.

Remember to shift your weight (pressure) to the new outside ski, at the same time as your edges come in contact with the snow in the new turn. We call this knee power, and by bending and extending your knees, you will put a new zap into your turns.

When you take ski improvement sessions, your ski pro is showing you, watching and correcting you, so you don't go on practicing those old mistakes.

B.C. VOLLEY BALL FANS

Royals in running for gold



Vernon Royals will place among the top four teams at the British Columbia High School Girls' Volleyball Championships, which end tonight in Surrey.

Royals are tied for first place, with two teams, after winning three of four matches Friday.

Vanier, of Courtenay, and the Cariboo club downed Vernon 10-15, 15-9 and 15-11.

Royals came back to down Hillside, of West Vancouver, 15-4

and 15-6; Sutherland of North Vancouver, 15-4 and 15-13; and Smithers 15-6 and 15-13.

Vernon Coach Shannon McCreight told the Daily News the loss helped her team.

"We were a little over-

confident," she said. "We were

undefeated in the round-robin

section and I don't think our

girls were prepared for a tough

match."

"Since the loss, the girls have

been playing better than ever."

McCreight singled out middle

blocker Mary Ann Clark and

power hitter Jan Guenther as

standouts Friday.

GAMES TODAY

Royals were scheduled to

meet Vanier and Mission in its

final two flight matches, today.

Bronze medal game will be

played at 5:30 p.m., with the

championship slated for 6:30

p.m.

"If we get past Vanier, I'm

sure we'll be in the final," Mc-

Creight said. "If we lose that

match, we might have to settle

for a berth in the bronze medal

game."

Sixteen teams took part in the

three-day event.

Upholstery & Leather Repair Shop



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Vernon
Daily
News

sports

Editor - DON KENDALL

DAILY NEWS

SCOREBOARD

NHL MEN'S HOCKEY LEAGUE									
Team	GP	W	L	T	GP	W	L	T	Pts
Edmonton	7	6	1	0	25	3	12		
Calgary	7	6	1	0	25	3	12		
Winnipeg	7	6	1	0	25	3	12		
Manitoba	7	6	1	0	25	3	12		
Quebec	7	6	1	0	25	3	12		
Montreal	7	6	1	0	25	3	12		
St. Louis	7	6	1	0	25	3	12		
Chicago	7	6	1	0	25	3	12		
Philadelphia	7	6	1	0	25	3	12		
Pittsburgh	7	6	1	0	25	3	12		

TOP SCORERS									
Player	Team	GP	A	G	Pts	Player	Team	GP	A
Wayne Gretzky	Edmonton	7	10	10	20	Wayne Gretzky	Edmonton	7	10
Mark Messier	Edmonton	7	10	10	20	Mark Messier	Edmonton	7	10
Paul Coffey	Edmonton	7	10	10	20	Paul Coffey	Edmonton	7	10
Steve Yzerman	Edmonton	7	10	10	20	Steve Yzerman	Edmonton	7	10
Al MacIsaac	Edmonton	7	10	10	20	Al MacIsaac	Edmonton	7	10
Eric Stenlund	Edmonton	7	10	10	20	Eric Stenlund	Edmonton	7	10
Joe Mullen	Edmonton	7	10	10	20	Joe Mullen	Edmonton	7	10
John D'Amico	Edmonton	7	10	10	20	John D'Amico	Edmonton	7	10
John Davidson	Edmonton	7	10	10	20	John Davidson	Edmonton	7	10

CARLING O'KEEFE MEN'S BASKETBALL									
TEAM	GP	W	L	T	For	AGST.	Pts.		
Sun Valley Athletics	5	5	0	0	336	347	10		
Armstrong	5	4	1	0	468	349	8		
Express Constructors	5	2	3	0	297	297	4		
National Hotel	5	2	3	0	281	318	4		
Trophy Gallery	5	2	3	0	341	335	4		
Whelphouse Drywall	5	2	3	0	341	335	4		

HONEYMOONERS VOLLEYBALL									
Team	GP	W	L	T	GP	W	L	T	Pts
Vernon Optical Spectacles	4	4	0	0	47	7	0	0	14
Ducks	4	4	0	0	36	18	0	0	36
Victoria Vipers	4	4	0	0	36	18	0	0	36
Spectacular Spikers	4	4	0	0	36	18	0	0	36
John Kauter	4	4	0	0	36	18	0	0	36
John Kauter	4	4	0	0	36	18	0	0	36
Ducks	4	4	0	0	36	18	0	0	36
Victoria Vipers	4	4	0	0	36	18	0	0	36
John Kauter	4	4	0	0	36	18	0	0	36
John Kauter	4	4	0	0	36	18	0	0	36

MAJOR WOMEN'S VOLLEYBALL (FINAL)									
Team	GP	W	L	T	GP	W	L	T	Pts
Armstrong Skyblazers	7	5	2	0	53	19	0	0	53
Victoria Vipers	7	4	3	0	40	26	0	0	40
National	7	4	3	0	40	26	0	0	40
Calgary	7	4	3	0	40	26	0	0	40
Lakers	7	4	3	0	40	26	0	0	40

SUNDAY HONEYMOONERS									
Team	GP	W	L	T	GP	W	L	T	Pts
Victoria Vipers	27	20	7	0	20				
Victoria Vipers	27	20	7	0	20				
Sunday Striders	27	14	13	0	18				
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Sunshine Girls	32	20	12	0	20
Pink Panthers	32	15	17	0	15
Volley Dolls	32	12	20	0	12
Kal Tires	32	8	24	0	8

INTERMEDIATE B WOMENS VOLLEYBALL
OKANAGAN LANDING
Downtown Realty

	32	22	6	0	22
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