

## SKI TIPS

By GERRY GOUDGE  
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If you are falling a lot it could be your upper body movements.

Right from the first snow plow turns, we stress the lower body, that is feet and legs doing the work. Steering, edging, pivoting. Therefore the upper body should be kept very quiet.

It is natural to want to want to swing, tilt or bank your turns because of the other activities you have been accustomed to. However, all of these upper body movements put you off balance and interfere with the good turn your feet and legs are trying to perform or at least they do. In all your turns you have a change in edge angle, a change or weight shift to the outside ski of the turn, some steering or pivoting of the feet in the direction of the turn, assisted by the knees pressing forward and in the direction of the turn. The skis respond to this action by flexing, and carve out the turn on the snow.

In order not to get the upper body into it, keep your head, pick out an object, say a tree, now try to keep your body facing the object, the whole time your feet and legs are working and moving from side to side, like a clock pendulum.

Your can practice this at home as one of your conditioning exercises. Place a rope or plank on the floor, now jump over from side to side. Notice how your body stays upright and centred over the plank. It is not getting into the act, but stays very quiet and still. Your feet and knees are doing the work. Concentrate on landing with your weight or pressure to the outside foot, just like skiing.

Everytime you experience a ski improvement session at Silver Star, your enjoyment of the sport increases, because your performance improves. That's what it is all about!

## DAILY NEWS

## SCOREBOARD

| NORTH OKANAGAN HOCKEY LEAGUE |    |   |    |   |    |     |     |    |  |
|------------------------------|----|---|----|---|----|-----|-----|----|--|
| TEAM                         | G  | W | L  | T | GP | GA  | Pts |    |  |
| Porter Cougars               | 11 | 7 | 3  | 1 | 11 | 44  | 40  | 11 |  |
| Oliver Bulldogs              | 11 | 7 | 3  | 1 | 11 | 42  | 43  | 13 |  |
| Rutland Melhens              | 12 | 2 | 10 | 0 | 24 | 109 | 12  |    |  |
| Solomon Arm Aves             | 11 | 2 | 9  | 0 | 22 | 54  | 12  |    |  |

| TOP TEN SCORERS |         |    |    |    |     |  |  |  |  |
|-----------------|---------|----|----|----|-----|--|--|--|--|
| NAME            | TEAM    | GP | G  | A  | Pts |  |  |  |  |
| Don Dunlop      | Kelowna | 11 | 12 | 23 | 38  |  |  |  |  |
| Steve Calhoun   | Vernon  | 10 | 9  | 26 | 35  |  |  |  |  |
| Terry Lewis     | Vernon  | 10 | 9  | 26 | 35  |  |  |  |  |
| Gerry Thompson  | Oliver  | 9  | 11 | 25 | 32  |  |  |  |  |
| Gary Gifford    | Vernon  | 9  | 11 | 25 | 32  |  |  |  |  |
| George Blair    | Kelowna | 9  | 11 | 25 | 32  |  |  |  |  |
| Wesley Dye      | Vernon  | 11 | 12 | 24 | 26  |  |  |  |  |
| Randy Carter    | Vernon  | 11 | 10 | 20 | 20  |  |  |  |  |
| Doug Lawton     | Oliver  | 11 | 14 | 18 | 22  |  |  |  |  |
| George Fardig   | Vernon  | 9  | 12 | 10 | 22  |  |  |  |  |

| PWA CURLING LEAGUE     |    |   |   |   |    |    |     |  |  |
|------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                   | G  | W | L | T | GP | GA | Pts |  |  |
| St. James & Keady Mts. | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Lakeland               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

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|------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                   | G  | W | L | T | GP | GA | Pts |  |  |
| St. James & Keady Mts. | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Lakeland               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs        | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars         | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

| PLEASANT VALLEY HOCKEY LEAGUE |    |   |   |   |    |    |     |  |  |
|-------------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                          | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars                | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs               | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

| CARLING O'KEEFE MEN'S BASKETBALL |    |   |   |   |    |    |     |  |  |
|----------------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                             | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars                   | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                   | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                   | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                   | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                   | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

| PLAYERS TEAM   |          |    |   |   |     |    |    |    |  |
|----------------|----------|----|---|---|-----|----|----|----|--|
| NAME           | TEAM     | GP | G | A | Pts |    |    |    |  |
| Bob Martinelli | National | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Don Dunlop     | Kelowna  | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Steve Calhoun  | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Terry Lewis    | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Gerry Thompson | Oliver   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Gary Gifford   | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| George Blair   | Kelowna  | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Wesley Dye     | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Randy Carter   | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| Doug Lawton    | Oliver   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |
| George Fardig  | Vernon   | 10 | 8 | 2 | 0   | 10 | 16 | 16 |  |

| INTERMEDIATE 'B' WOMEN'S VOLLEYBALL |    |   |   |   |    |    |     |  |  |
|-------------------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                                | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

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|-------------------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                                | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs                     | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

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|-------------------------------------|----|---|---|---|----|----|-----|--|--|
| TEAM                                | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
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| Porter Cougars                      | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
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| FULTON TEAMS    |    |   |   |   |    |    |     |  |  |
|-----------------|----|---|---|---|----|----|-----|--|--|
| TEAM            | G  | W | L | T | GP | GA | Pts |  |  |
| Porter Cougars  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
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| Porter Cougars  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
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|-----------------|----|---|---|---|----|----|-----|--|--|
| TEAM            | G  | W | L | T | GP | GA | Pts |  |  |
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| Porter Cougars  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Oliver Bulldogs | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |
| Porter Cougars  | 10 | 8 | 2 | 0 | 10 | 16 | 16  |  |  |

...boys play, situations upset  
...kers 57-51.

Rick Kaufmann led Fulton  
h 14 points and 19 rebounds  
ile Bill Baron added 14 points  
d eight rebounds. Doug  
...ed had 10 points in the

**W**

**Wond**