

Vernon
Daily
News**sports**

Editor—DON KENDALL

SKI TIPSBy GERRY GOUDGE
Director, Silver Star School of Skiing

Many skiers are going faster and faster and can't seem to slow down.

This is because they are not completing each turn before the next one. You must hold the pressure on the outside (downhill) ski and allow the feet and skis to continue turning under the body, which will complete the arc of the turn and give you control over your speed.

It is this rounding off of each turn that enables one to ski steeper and more challenging slopes.

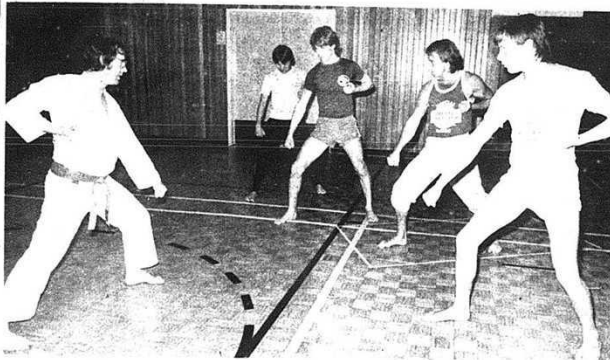
It also means that you are starting to feel what is called progressive edge control.

Keep in mind your upper body faces more or less downhill. Do not rotate your body in the direction of the turn as is the tendency.

Instead, feel the feet and the knees turning under your body because the skis are on their edges and working against the snow. The steeper the hill, the more you will have to bring the skis under you and across the hill to complete each turn.

Take a look at the tracks you are making in the snow. They should resemble round, silver tracks if you are turning properly.

A good exercise to practice in order to get the feel of completing each turn is coming to a complete stop after every four or five turns on a steep hill. This will get you thinking and feeling your edge control.

VERNON HOSTS HUGE EVENT**3,750 athletes in Games****KARATE CLASS**

Instructor Peter Wright, left, shows pupils Robin Caboose, Shane Macdonald, Scotty Siddall and Bill Hovan the correct low block stance. The four are among 60 students in a beginners

karate class at Bealro Elementary School, Thursday evening. Wright holds a brown belt in karate and has been teaching the art of self-defense for about 18 months. (Daily News Photo)

New players to join Lakers

Vernon Lakers will have one and possibly two new players in the lineup when they meet Revelstoke Rockets in B.C. Junior Hockey League action tonight, in Revelstoke.

Lakers Coach Gord MacBeth said Friday, winger Rod Ramsay is a confirmed starter for the contest and defenseman Rick Woods may dress for the game.

Lakers are currently in fourth-place, five points behind the Rockets in the Interior Division and MacBeth said the team must win tonight if they hope to take third spot away from Revelstoke by the end of the season.

MacBeth said Woods will complement another recent Vernon acquisition, Ian Walters.

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The 1982 British Columbia Summer Games, to be hosted by Vernon from Aug. 27 to 30, will be the second largest sporting event in Canadian history.

Games Manager Ron Butlin told the Daily News about 3,750 athletes will participate in the four-day event.

"It will be our biggest undertaking since the Games were introduced five years ago," he said. "The highest previous total was recorded last summer in the Comox Valley, when we had about 3,400 athletes."

"Only previous event held in Canada which topped the 3,750 mark was the 1976 Olympics, in Montreal."

Butlin said, "It will be even bigger than the 1983 World Student Games (in Edmonton). They are expecting 3,400 participants for the Student Games."

He doesn't expect the size of the Vernon event to ever be met, or surpassed, by future B.C. Games.

GOOD FACILITIES
"Most cities don't have the facilities, or community spirit, that Vernon has," Butlin said. "For the most part, Vernon has excellent athletic facilities. And the army camp will be a vital part of the Games. We'll be able to house about 1,500 athletes at the camp, with the balance billeted in area schools."

"Biggest thing is the people. We've got a fantastic Games committee in Vernon, and I'm sure they'll have a tremendous volunteer force working with them."

There will be a total of 36 events, including five for disabled athletes. It was feared that because there is not an all-weather track in the Vernon area, that some hand-capped events would not be included. However, officials have decided the new shale surface track in Polson Park will be adequate.

The events will include: archery, baseball, canoeing, cycling, English equestrian, Western equestrian, women's field hockey, men's field hockey, women's golf, men's golf, horseback pitching, lacrosse, men's lawn bowling, women's lawn bowling, modern pentathlon, orienteering, paralympic, sailing, black powder shooting, centrefire shooting, hand gun shooting, small bore shooting, trapshooting, women's soccer, girls' softball, boys' softball, B.C.S.A. swimming, C.A.S.A. swimming, synchronized swimming, tennis, water skiing, track and field.

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Kal teams dump Seaton
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In girls' action, Kal fought back to a 46-41 late game deficit to edge Seaton 49-46. It was also their first win over Seaton.

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2300-31st Avenue
Vernon, B.C. V2C 2G2

WRZ 9

DAILY NEWS SCOREBOARD**PLEASANT VALLEY HOCKEY LEAGUE**

Team	GP	W	L	T	Pts
Carling O'Keefe	11	7	3	1	15
Landis Lakes	11	7	3	1	15
BCMP	11	7	3	1	15
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Landis Lakes	11	7	3	1	15
BCMP	11	7	3	1	15
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Landis Lakes	11	7	3	1	15
BCMP	11	7	3	1	15

CHARLING O'KEEFE MAJOR MEN'S BASKETBALL

Team	GP	W	L	T	Pts
Armadillo	8	7	1	0	14
National Hotel	8	7	1	0	14
Express Contractors	8	7	1	0	14
Trophy Gallery	8	7	1	0	14
Wheelhouse Brio	8	7	1	0	14

TOP TEN SCORES

Player	Team	PTS
Bob Martindale	National	18
Bob Martindale	National	17
Bob Martindale	National	17
Bob Martindale	National	17
Bob Martindale	National	17
Bob Martindale	National	17
Bob Martindale	National	17
Bob Martindale	National	17
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MAJOR MEN'S VOLLEYBALL

Team	GP	W	L	T	Pts
Golden Crown	6	6	0	0	12
Dynamo	6	6	0	0	12
National Hotel	6	6	0	0	12
Spikers	6	6	0	0	12

INTERMEDIATE 'A' WOMEN'S VOLLEYBALL

Team	GP	W	L	T	Pts
Thrifty	4	4	0	0	8
H and H Glass	4	4	0	0	8
Cute	4	4	0	0	8
Jubilee	4	4	0	0	8
Golden Crown	4	4	0	0	8
Gibby & Girls	4	4	0	0	8

INTERMEDIATE 'B' WOMEN'S VOLLEYBALL

Team	GP	W	L	T	Pts
Sunshine Girls	4	4	0	0	8
Swinging Sisters	4	4	0	0	8
Pipers	4	4	0	0	8
Armstrong Blasters	4	4	0	0	8
Merton Excavating	4	4	0	0	8
Steak and Stein	4	4	0	0	8

HONEYMOONER'S VOLLEYBALL (MONDAY)

Team	GP	W	L	T	Pts
Edin's Edge	2	2	0	0	4
Third Wave Industries	2	2	0	0	4
Spectacular Spikers	2	2	0	0	4
Duck Soup	2	2	0	0	4
High Ballers	2	2	0	0	4
Bloomers	2	2	0	0	4

MEN'S INDOOR SOCCER

Team	GP	W	L	T	Pts
Rangers	1	1	0	0	2
Wanderers	1	1	0	0	2
Hawks	1	1	0	0	2
Bovars	1	1	0	0	2
Kickers	1	1	0	0	2
Drifters	1	1	0	0	2

MAJOR MEN'S BROOMBALL

Team	GP	W	L	T	Pts
Eagles	11	9	2	0	18
Bullshiners	11	9	2	0	18
Maulers	11	9	2	0	18
Hawks	11	9	2	0	18

GOALKEEPERS RECORDS

Team	GP	GA	AVG
Edin's Edge	4	3	0.75
Third Wave Industries	4	3	0.75
Spectacular Spikers	4	3	0.75
Duck Soup	4	3	0.75
High Ballers	4	3	0.75
Bloomers	4	3	0.75

LEADING SCORERS

Team	GP	PTS
Edin's Edge	11	20
Gord Howard	11	15
Bob Mann	11	15
Jim Wilson	11	15
Handy Butler	11	15
Jeff Voss	11	15
Ken Carlson	11	15

MAJOR WOMEN'S BROOMBALL

Team	GP	W	L	T	Pts
Edin's Edge	4	4	0	0	8
Third Wave Industries	4	4	0	0	8
Spectacular Spikers	4	4	0	0	8
Duck Soup	4	4	0	0	8
High Ballers	4	4	0	0	8
Bloomers	4	4	0	0	8

TOP TEN SCORING

Player	Team	PTS
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
Smith, Susan	Edin's Edge	15
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Smith, Susan	Edin's Edge	15

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Panthers win opening game at tournament

Vernon Panthers are only one game away from the finals in the Rutland Senior Boys' Basketball Tournament after they defeated KLO Cougars, 77-59, in their first game, Friday.

Panthers advanced to the semi-finals, against Kelowna, in their second game, Saturday. Panthers, ranked fifth in the province, if they win the final game at 8:30 p.m.

Defeating the Cougars, Panthers set a tournament record for the fewest points allowed, beating the old record by two.

Dale Olson led the way for the Panthers with 34 points while Rob Barton hooped 17 and Dale Dade added 12 points.

"Panthers' Coach Jack Yamaska said his team performed really well, especially after the Christmas break.

"We actually played fairly well, we were using the fast break a lot and it worked," said Yamaska. "We set a tournament record for the fewest points allowed, beating the old record by two."

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Royals thumped at girls' tourney

Vernon Royals got off to a rough start Friday in the Kelowna Invitational Tournament dropping their first game to Kelowna, 71-49, in girls' basketball action.

Stevenson is the number three ranked team in the province, but the Royals had the upper hand at half-time 32-28.

Royals' coach Andy Gilbert said he was pleased with his team's play in the first half, but around three-quarter time their lead started to dwindle.

"We were playing well in the first half, I guess we just lost our concentration," Gilbert said. "We were going to have a good club."

"We knew they were going to be tough and they were tough, they just took the lead from us in the second half," he said.

Lynn Zwarg was the only Royal to hit double figures with 25 points, but that wasn't

enough. Royals dropped to the consolation side of the tournament where they can battle for fourth spot.

If Royals won their first game today, they returned to the floor at 3 p.m. If they lost, their next outing is at 4:30 p.m.

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