SKI TIPS

By GERRY GOUDGE
Director, Silver Star School of Skiing

ATTACK FOR PERFORMANCE

Your mental approach has much to do with how well you are skiing. You must train your thoughts to "go for it" at all times, "He who hesitates is lost," is so true in skiing.

To do this you must go through some mental exercises. First have your binding checked and set for you, then test them on the hill and make sure they are releasing. This will give you the confidence that you will not hurt yourself. Now put your trust in them.

At the top of each run, fire yourself up for the challenge of the run you are about to tackle. Here it pays to ski the runs of your ability. You know you will be making turns, so think positive and don't hesitate at the halfway point, for here it is crucial to stay over the outside ski in the turn and to keep working or steering the feet to bring the skis through the fall line and back under you to control your speed.

Think positive and be aggressive and you will surprise yourself. If you are going to do it, do it with power. If you are not sure of the mechanics of skiing, it will help to enrol in ski improvement sessions to get that positive feeling.

KENDALL'S KORNER

Popular sports excluded

B.C. Games Chairman Ron Butlin recently announced there will be 3,750 athletes, competing in 36 sports, at the Summer Games, Aug. 27-30, in Vernon.

The Games rely, for the most part, on volunteer help to make the event a success. A large percentage of the work force comes from associations with sports that are included in the Games.

For that reason, we assumed local organizations would have considerable input into what sports are included. However, that doesn't appear to be true.

36 SPORTS

Among the 36 sports included in the Games are men's field hockey, cricket, and parachuting.

Men's field hockey has never been played in this area; an Okanagan cricket league, which included a Vernon team, folded five years ago due to lack of interest; and while parachuting is popular in parts of the province, there is no parachuting club in the North Okanagan.

On the other hand, sports ommitted include slowpitch and hang gliding.

Slowpitch is the most popular activity in the North Okanagan. Last summer, more than 200 teams, with about 2,600 players participated in organized leagues.

NO SLOWPITCH

Long-time slowpitch enthusiast John Tykalovich said he is very disappointed with the exclusion of his favorite pasttime.

"I can't believe they didn't include slowpitch," he said. "We're getting a group together to protest, but I doubt if it will do any good."

Butline said the main reason for the ommission of slowpitch was that it is not played throughout the province, in all eight zones, that send teams to the Gaes. However, it is played in at least five of those regions.

The North Okanagan, in particular Lumby, is the capital of hang gliding in Western Canada.

Lumby hosted the Canadian Hang gliding championships last year and a Vernon flyer won the national title.

There are other reasons, besides the recruitment of volunteers, that should have been considered before the final decision was made on the inclusion of sports.

Sports that are played in this area obviously have the proper facilities, such as Kin Race Track Park (slowpitch) and Saddle Mountain (hang gliding).

LOCAL INTEREST

There would also be more local participants, greater spectator interest, and game officials would be available in this area. With sports such as cricket, all referees will have to be imported from other centres.

We realize the Summer Games are for the entire province, but the people of Vernon are doing all the work for the 1982 Games. ...and should have been given more consideration.

DAILY NEWS SCOREBOARD

NORTH OKANAGAN HOCKEY LEAGUE

TEAM	GP	W	L	T	GF	GA	Pts.
Vernon Cougars	17	15	2	0	161	55	30
Kelowna Packers	16	9	7	0	111	98	18
Oliver Bighorn	14	8	5	1	95	81	17
Rutland Molsons	16	4	12	0	61	138	8
Salmon Arm Aces	15	2	12	1	58	114	5

TOP 10 SCORERS

NAME, TEAM	GP	G	A	PTS	PIM
Terry Lowe, Vernon	16	26	22	48	58
Dave Caldow, Vernon	16	19	37	56	30
Rod Darnbuck, Kelowna	16	18	31	49	46
Gary Gilchrist, Vernon	13	17	22	39	65
George Buat, Kelowna	14	18	21	39	22
George Faugber, Vernon	14	16	17	33	14
Garry Thygesen, Oliver	14	8	25	33	36
Wayne Dye, Vernon	13	14	15	29	22
Doug Lawton, Oliver	14	17	10	27	6
Jack Horning, Kelowna	16	13	14	27	68

GOALTENDERS RECORDS

NAME, TEAM	GP	MIN	GA	AVG.	SAVES
Forslund, Vernon	11	420	18	2.57	204
Brisbham, Vernon	16	580	36	3.72	271
Cole, Oliver	9	300	25	5.00	151
Edgeland, Kelowna	16	574	56	5.85	359
Fortune, Oliver	11	211	21	5.97	106
Kwanchuk, Oliver	8	340	35	6.18	199

TEAM	GP	W	L	T	GF	GA	PTS
Screaming Eagles	12	10	2	0	56	6	20
Cobras	12	6	3	3	15	14	15
Ballbrushers	13	6	5	2	27	27	14
Maulers	11	2	6	3	10	27	7
Hawks	12	1	9	2	8	43	4

GOALIE	TEAM	GA	AVG.	SO
Mann, Eagles		2	0.33	4
Herrig, Eagles		4	0.66	2
Marshall, Cobras		13	1.18	6
Kawaguchi, Ballbrushers		27	2.07	3
Slavens, Maulers		24	2.40	1
Markel, Hawks		30	2.72	1

TOP SCORERS

PLAYER, TEAM	G	A	PTS.
Grywacheski, Eagles	11	9	20
Wilson, Eagles	10	8	18
Howard, Eagles	8	9	17
B. Mann, Eagles	6	11	17
Rutten, Eagles	7	4	11
Vest, Eagles	6	3	9
Carlson, Ballbrushers	4	4	8
Ryaz, Eagles	5	1	6
Robertson, Ballbrushers	3	3	6
Taylor, Cobras	1	5	6

CARLING O'KEEFE MAJOR MENS BASKETBALL

TEAM	GP	W	L	T	For	Agst.	PTS.
Sun Valley Athletics	10	9	1	0	805	598	18
Armstrong	10	8	2	0	827	678	16
National Hotel	10	6	4	0	629	692	12
Trophy Gallery	10	4	6	0	695	707	8
Express Constructors	10	4	6	0	803	835	8
Wheelhouse Bros.	10	0	10	0	643	811	

TOP TEN SCORERS

PLAYER, TEAM	GP	Total	AVG.
Bob Martindale, National	10	231	23
Morris Vardabasso, Sun Valley	10	219	22
Kelly Olson, Gallery	10	205	21
Rene Dolcetti, Sun Valley	10	202	20
Mike McKay, Armstrong	10	191	19
Tony Wolcott, Armstrong	10	170	17
Rick Wilson, Express	10	162	16
Clint Kanester, Gallery	10	146	15
John Henson, Wheelhouse	10	128	13
Glen Wheelhouse, Wheelhouse	10	106	18

MAJOR MENS VOLLEYBALL

TEAM	GP	W	L	T	Pts
Golden Crown	18	13	5	0	13
National Hotel	18	9	9	0	9
Spikers	18	8	10	0	8
Dynamo	18	6	12	0	6

MAJOR WOMENS VOLLEYBALL

Kal Nursery	14	9	5	0	9
Keshiki Gardening	14	8	6	0	8
Four Seasons Cement	12	5	7	0	5
Vernon Int. Printers	12	6	6	0	6
Postill Diggers	10	4	6	0	4
Coldstream Hotel	14	2	12	0	2

INTERMEDIATE A WOMENS VOLLEYBALL (PEARL)

Thrifty's	12	10	2	0	10
H. L. Glass	12	10	2	0	10
Jokers	12	8	4	0	8
Colts	12	5	7	0	5
Golden Crown	12	3	9	0	3
Gilbeys Girls	12	2	10	0	2

INTERMEDIATE A WOMENS VOLLEYBALL (DIAMOND)

Taylor Service	12	8	4	0	8
Sight n Sound	12	8	4	0	8
Pizza Patio	12	5	7	0	5
Al's Gutter Gals	12	6	6	0	6
Downtown Realty	12	5	7	0	5
Peters Firecraft	12	0	12	0	0

INTERMEDIATE B WOMENS VOLLEYBALL (OKANAGAN LANDING)

Technics	12	8	4	0	8
Net Benders	12	7	5	0	7
Artesian Search Rescue	12	7	5	0	7
Koalas	12	5	7	0	5
Three Girls	12	4	8	0	4
Pink Panthers	12	3	9	0	3

INTERMEDIATE B WOMENS VOLLEYBALL (BEARISTO)

Sunshine Girls	12	10	2	0	10
Jokers	12	10	2	0	10
Swinging Sizzlers	12	8	4	0	8
Steak Stein	12	8	4	0	8
Mertion Excavating	12	4	8	0	4
Jarmox Blasters	12	0	12	0	0

HONEYMOONERS VOLLEYBALL (MONDAY)

Vernon Dip. Spectacles	18	16	2	0	16
Third Wave Industries	16	5	11	0	5
Spectacular Spikers	18	11	7	0	11
Duck Soup	18	10	8	0	10
High Bullers	18	7	11	0	7
Eights Enough	18	7	11	0	7
Darts	18	6	12	0	6
Boomers	18	0	18	0	0

SUNDAY HONEYMMONERS VOLLEYBALL (VALLEY)

Old Stylers	6	5	1	0	5
The East Hitters	6	5	1	0	5
Dirty Diesels	6	5	1	0	5
Gordies Mini Motors	6	4	2	0	4
Counter Action	6	3	3	0	3
Heads Up	6	1	5	0	1

SUNDAY HONEYMOONERS VOLLEYBALL (MOUNTAIN)

Valley Volleys	6	3	3	0	3
Sunday Smashers	6	3	3	0	3
Pterodactyls	6	3	3	0	3
Animals	6	3	3	0	3
The Force	6	3	3	0	3
No Names	6	0	6	0	0

B.C JUNIOR HOCKEY LEAGUE INTERIOR DIVISION (TOP SCORERS (to Jan. 21)

PLAYER, TEAM	GP	G	A	Pts	PIM
Ray Ferraro, Penticton	31	39	47	86	74
Ken Pilbery, Kelowna	34	40	41	81	36
Chris Jensen, Kelowna	31	30	45	75	64
Dan Brennan, Penticton	31	24	35	59	28
Leroy Rempel, Penticton	3.	29	28	57	37
Tom Martin, Kelowna	34	29	26	55	134
Greg Adams, Kelowna	33	18	32	50	12
Dan Nugent, Kelowna	33	15	34	49	65
Brent Gropp, Penticton	27	18	29	47	77
Randy Maxwell, Penticton	27	16	29	45	64
Paul Heron, Merritt	39	16	21	37	16
Jim Camazzola, Penticton	32	15	22	37	18
Rob Kossan, Vernon	26	15	20	35	8
Brad Beck, Penticton	28	10	25	35	62
Fritz Maier, Merritt	30	12	22	34	37
Terrance Grams, Revelstoke	24	11	22	33	66
Dean Hascarl, Vernon	25	13	19	32	56
Greg Moberg, Kelowna	24	14	17	31	20
Bob Shaw, Penticton	24	13	18	31	101

VERNON LAKERS captain Dean Hascarl demonstrates his checking techniques on a player from Cariboo College Chiefs. Hascarl demonstrated more than checking skills against the Chiefs as he connected for a goal and two assists to lead Lakers past Cariboo, 7-2, in exhibition hockey action at the Civic Arena, Friday.

Vernon Daily News **sports**
Editor — DON KENDALL

Lakers defeat Cariboo College

Vernon Lakers led all the way as Dean Hascarl and Jeff Armitage each scored twice to boost Lakers past visiting Cariboo College, 7-2, in exhibition hockey, here, Friday.

Lakers led 1-0 with only 32 seconds had elapsed, when Hascarl got the first of his two goals. From there, Lakers ran into a little trouble in the second period, with Cariboo College drawing close at 3-2, but a late second period goal by Helmo Brandstetter gave Lakers the advantage they needed.

Lakers looked like a much improved club since their 4-3 loss to Revelstoke Rockets last Sunday. Vernon used a lot of body contact against Caribbo College which also caused a few fights. Cariboo took 11 of 19 minor penalties, six of 11 fighting majors, two of three 10 minute misconducts and five of eight game misconducts.

FEW SKATERS

By the 11.52 mark of the third period, Lakers were left with seven skates, compared to 12 for Cariboo.

"When I looked down the bench and saw we only had seven guys I thought we were going to have a problem," said Lakers Coach Gord MacBeth.

MacBeth said he was pleased with his team's play and hopes they continue to play as well this weekend when they meet Merritt Centennials, today and Revelstoke, Sunday.

"We're capable. It's just a matter of the guys getting together," said MacBeth. "This is a big weekend coming up and we're going to have to do well."

Merritt is only five points back of Lakers for the final playoff spot, while Lakers are 11 points back of third place Revelstoke. Even though the game against Cariboo was an exhibition game MacBeth said it served its purpose.

"They (Cariboo) made us skate and the game served as a good confidence builder for the guys," he said.

Shawn Oswald started in Lakers nets and came up with several outstanding saves.

GOALTENDING IMPROVES

"Oswald played a hell of a game. I was going to split the goaltending between Oswald and Woods (Dale), but they got together and decided only one should play."

MacBeth said with Woods in Lakers lineup, he has improved the Lakers goaltending system.

"I've been looking for this all year; it makes us a little more competitive."

Rick Woods scored with a little more than a minute gone in the first period to give Lakers a 2-0 lead while Gord Simpson rounded out Lakers scoring at the 8:20 mark. Rob Pederson and Ian Kato were Cariboo marksmen.

Oswald blocked a total of 21 shots while Hart Frese blocked 34 for Cariboo.

In other BCJHL action, Friday, Tom Slangor scored at 11:23 of sudden death overtime to give New Westminster Royals an 8-7 victory over Vancouver Blue Hawks.

In other league games, Penticton Knights defeated Kelowna Buckaroos 8-7, Revelstoke Rockets doubled Merritt Centennials 6-3 and Abbotsford Flyers beat Langley Eagles 12-8

TONIGHT AND SUNDAY

Cougars host Taber for exhibition games

Vernon Cougars will face a formidable foe in two exhibition games this weekend.

Cougars host Taber Shipwheel Buccaneers, rated as one of the top senior hockey teams in Alberta.

Buccaneers have won 19 of 21 games this season, including a recent 5-2 victory over the Czechoslovakian Junior National Team.

Cougars' Coach Gary Swanson said he is expecting two great games. "We haven't seen them play, but everybody tells us they've got a great club," he said.

Taber's defence is anchored by Gord Gejdos, who was drafted in 1980 by New York Rangers. He spent the 1980-81 season with New Haven Nighthawks, of the American League.

Games time tonight is 8 p.m., with Sunday's face-off at 3 p.m.

Meanwhile, two players Buccaneers will have to stop are Terry Lowe and Dave Caldow.

Lowe and Caldow have taken turns winning the North Okanagan Hockey League scoring race, for the past four seasons. Again this year, they're trying to keep the title in Vernon.

LEADS RACE

Lowe, who won the award in 1980 and '81, currently leads the race with 26 goals and 32 assists for 58 points. Caldow, the scoring champ in 1978 and '79, is two points pack with 19 goals and 37 assists for 56 points.

Caldow and Lowe also play on the same line with Caldow on the left side and Les Salo on right wing. In the last few years, that trio has become one of the most feared scoring machines in the NOHL.

Not only are the two scorers linemates, they're also brothers-in-laws as well as friends off the ice.

Caldow said winning the scoring title for a third time really isn't all that important as long as the title remains with the Cougars.

TEAM IMPORTANT

"As long as the team continues to do well, that is important," says Caldow.

Lowe is a former B.C. Junior Hockey League scoring champion with the Vernon Canadians, as well as a two-time scoring leader with the now defunct Taber Golden Suns, of the Alberta Junior Hockey League.

Lowe says it would be nice to win his third straight scoring title, but also puts the team and his team-mates ahead of his personal accomplishments.

"I'd like to win it again, but it really doesn't matter that much as long as we keep winning," he says.

Cougars have captured four straight NOHL championships and three consecutive regular season titles. Caldow said being on a strong team, like Cougars, helps both him and Lowe in their scoring.

"The other teams can't shadow us because we have so many other guys who can score," says Caldow. "It makes it easier to score being on the same line as Terry because he feeds me and I feed him."

NO RIVALRY

Caldow says it really isn't a rivalry between him and Lowe to win the title, just a little friendly competition.

"We bug each other a little after one of us had a good game, but we're not really competing. Just as long as one of us wins," he said.

Cougars have two regular seasons games remaining and in that time Caldow or Lowe could wrap up their third scoring championship.

Vernon meets the Bighorns, in Oliver, Feb. 5. The following night, Rutland Molsons entertain Cougars.

TERRY LOWE
... leads scoring

DAVE CALDOW
... right behind

Ramsey, Lambert joke after 5-3 win

It wasn't exactly Oldtimers Nighi at Memorial Auditorium in Buffalo, N.Y., but Craig Ramsay and Yvon Lambert, two of the Sabres' senior citizens, were in a good enough mood to joke about it afterwards.

"I've been watching Yvon," joked Ramsay, 30, whose third-period, slap-shot goal put the Sabres ahead of Quebec Nordiques for good as the Sabres posted a 5-3 National Hockey League victory Friday. "He takes us young guys and works with us."

"Me, I'm just trying," Lambert, 31, said after Buffalo's 10th straight game without a loss.

Elsewhere, Winnipeg Jets edged Chicago Black Hawks 6-5 on a last-minute goal by Serge Savard, and Edmonton Oilers defeated Vancouver Canucks 4-3 on Wayne Gretzky's 61st goal, at 13:32 of the third period, in his 50th game.

Buffalo outshot Quebec 11-4 in the first period and took a 1-0 lead when Gil Perreault batted Mike Foligno's rebound past Nordiques' goalie Dan Bouchard.

But Quebec came back when Peter Stastny, who scored twice, scored on a breakaway late in the first period and Dale Hunter beat Sabres' goalie Don Edwards from in close in the opening moments of the second period.

TURN THINGS AROUND

Buffalo evened the score at 2-2 in the second period on Lambert's first goal, and the Sabres scored three times in the last period to put the game away.

Lambert then gave Buffalo a 3-2 lead in the third period when he converted J.F. Sauve's pass into a goal on a 2-1 break.

The win enabled the Sabres to improve their Adams Division-leading record to 28 wins, 11 defeats and nine ties for 65 points, five more than the idle Boston Bruins. Quebec, fourth in the Adams, fell to 25-18-6 for 56 points.

Jets 6 Hawks 5

In Winnipeg, Savard, celebrating his 36th birthday, fired a rising slap shot from just inside the blue line at 19:17 of the third period to lift the Jets to victory.

"That's what experience is in this league and that's what we thought Serge Savard was going to do for us," said Winnipeg coach Tom Watt. "That's just knowing what to do and that's after playing a long time.

Morris Lukowich, Dave Christian, Paul MacLean, Bengt Lundholm and Lucien DeBlois also scored for Winnipeg, 18-21-10, third in the Norris Division. Denis Savard scored two goals for Chicago and singles were added by Al Secord, Grant Mulvey and Doug Wilson. The Hawks, fourth in the division, fell to 17-21-9.

Oilers 4 Canucks 3

In Vancouver, Blair MacDonald of the Canucks and Tom Roulston of the Oilers exchanged first-period goals before Jari Kurri and Pat Hughes put Edmonton up 3-1 heading into the third period. Gretzky assisted on Kurri's goal and finished the game with 133 points.

Darcy Rota and Ivan Hlinka pulled Vancouver even in the third period before Gretzky broke the tie to keep the Oilers in first place in over-all league standings with a 29-12-9 record. Vancouver, 15-24-10, remains in third spot in the Smythe Division, 27 points behind Edmonton.

CRAIG RAMSAY
... game winner

Panthers win four straight

Vernon Panthers increased their league record to 4-0 with a 75-52 win over Okanagan Mission, in Kelowna, Friday in Senior Boys' basketball play.

With the win over Okanagan Mission, Panthers cap off a successful week which began with an 84-65 victory over Salmon Arm Golds, Wednesday.

Panthers Coach Jack Yamaoka said after the Salmon Arm win, he wasn't pleased with his team's play, despite their undefeated record.

However, Panthers came to play, Friday, with Kelowna keeping the game close in the first quarter only.

OLSON PLEASED

Panthers forward Dale Olson said he was pleased the team has finally started to play some good basketball.

"We finally started to do well and the first-quarter was close, but after that, it was a blow away," said Olson.

One of the reasons Yamaoka gave for the Panthers lacklustre performances in the first three games was because of their eighth place ranking in the province. Yamaoka said the ranking could have gone to some of the players heads as well as opposing teams gunning for the Panthers.

However, Olson said Yamaoka was all smiles after the game; obviously pleased with their play.

"We played a good game and he was finally happy with us," said Olson.

Olson led Panther scoring with 22 points while Dave Chondon contributed 10 for the Panthers.

In the last two Panther games Yamaoka made substitutions, early in the game, but such was not the case against Kelowna.

"We were doing okay and we got a good lead. Second string played a lot of the game, but after we got the lead," said Olson.

HOSTING TOURNEY

Panthers now have a break from league play, with their next game Feb. 2, against North Kamloops. But Panthers have to start preparing for their own tournament which begins Jan. 28 and runs until Jan. 30.

Panthers have six games remaining in their league schedule and if they continue to remain unbeaten, they have an excellent shot at the Okanagan league championship March 4, 5, and 6 in Kelowna.

If Panthers are successful in Kelowna they will proceed to the B.C. championships March 17-20.

Free clinic at local alley

Bert Hill, of Vancouver, will be conducting a free bowling clinic Saturday, at 5 p.m. in Lincoln Lanes.

All adult bowlers, of any ability, are invited to attend.

There will also be a clinic Sunday, at 1 p.m., in Armstrong Lanes.

Hill is one of the most respected bowler instructors in the province.

Kokanees start adult program

Vernon Kokanee Swim Club has announced the formation of a Masters Swim and Fit Club.

Purpose of the group is to provide coaching, conditioning, and fun for adults, from 18 to 80. Anyone who can swim one length (25 metres) non-stop and provide a current medical certificate is eligible to participate.

Program is based on regular workouts at instruction at the Recreation Complex, using the techniques of interval training. Distance, number of repititions, rest periods, and type of repition may be varied according to the ability of individual swimmers.

Sessions will be held Sundays, Tuesdays, and Thursdays, from 10 to 11 p.m.

Coaches will be Tammy Dantzer, Hanneke Delen, Tom Bryce, and Blair Compton. Cost is $25 per month, for 13 sessions.

Bryce said, "We realize the times are a little late at night, but we feel the program will be very worthwhile."

For further information phone 545-7495.