

Coach issues warning

Murray Lawrence, coach of the Vernon Lakers of the B.C. Junior Hockey League, has issued a warning.

Anyone attending Lakers' training camp, which begins Sept. 7 at the Civic Arena, out-of-shape will be in big trouble.

"We want to stress to the guys to come to camp in shape or else it's going to be rough for them," said Lawrence. "I run a tough camp and I definitely stress conditioning."

Lawrence will split the camp into two groups with both groups receiving on ice training as well as dryland training. "We'll be using some of the Russian techniques for the dryland part, but most of the Russian techniques were devised by Canadians."