

Knights elude Lakers once more



Alan Young banga home a rebound in the above photo while Ron Berzowski, right, almost scored on this play during action Tuesday night at Civic arena between Penticton Knights and Vernon Lakers. Despite controlling the play

through most of the contes, Lakers came out on the short end of a 7-6 score.

(Daily News Photos)



By JIM JUDD
Daily News Sports

Vernon Lakers have a die-cast mold they use for playing Penticton Knights ... spot the visitors a healthy lead then spend the rest of the game trying to catch up.

The only problem is that Lakers haven't yet found out how to catch the high-flying Knights.

Knights took a 4-1 first period lead Tuesday night at Civic Arena and hung on to post a 7-6 decision over the hometown Lakers.

It was Penticton's third straight victory over Lakers and their second in two games at Vernon's arena.

MENTAL LAPSES

"It was all mental lapses," said Lakers' coach Mike Enemark. "We weren't mentally prepared to play the game in the first place and then when we finally caught up we weren't mentally prepared to win."

On top of his apparent disappointment with his team's mistakes, Enemark stressed his dissatisfaction with the grossly inferior officiating that took place.

"They (referees) never let anyone have a chance to play hockey," said Enemark. "This is junior and you have to let guys play the game ... they called every silly little thing imaginable."

The two teams were even as far as minor penalties were concerned but Vernon played two men short on four occasions while Knights suffered the same disadvantage just once.

"There should have to be a very good reason for calling a second penalty when a team already has one," added Enemark.

POWER-PLAY

Power-play goals made all the difference Tuesday night as Knights outscored Lakers 4-3 in that department.

Knights opened a 4-1 lead in the first twenty minutes with League scoring leader Brett Hull accounting for the first two tallies while Carl Boyle and Ian Kidd added the other two during a 40 second span when Lakers totally went to sleep in their defensive zone.

"You have to give them credit, they

made the breaks and took advantage of them," said Enemark.

Both Boyle and Kidd wandered through the slot area totally unmolested to score their markers.

Dave Wensley, with his power-play goal from the point, scored the only goal of the period for Vernon.

SERIOUS BUSINESS

Lakers got down to serious business in the second period outscoring Knights 4-1 in the first 13 minutes to draw on even terms once again. Another defensive lapse and Knights fourth power-play goal of the game gave them a 7-5 lead after 40 minutes however.

Gavin Shuya started off the rally with a man-advantage situation. Shuya broke up a Knights' rush, carried the puck to the blueline and, with lots of time to get good wood on the shot, powered it through Mike Jeffery's pads.

Bob Wensley broke a night-long spell of frustration for himself when he banged in a re-bound off Gord Simpson's shot. Jeffery had the puck under his glove but lifted it to look and Wensley was there to seize the opportunity.

Rookie Bruce Major kept the ball rolling when he picked up a rebound and backhanded the puck into Penticton's net.

EVENT TERMS

Scott Young pulled Lakers on even terms with another power-play tally at 13:02. This time it was Knights who were guilty of sleeping in their defensive zone as Young was allowed to cruise in unmolested and deposit the puck in the corner of the net on his way by.

Knights closed out the period with their two goals.

Lakers scored the only goal of the third period with that coming off the stick of Alan Young, despite numerous chances the local club couldn't buy the tying goal though.

Lakers peppered Knights' Jeffery with 55 shots while Shawn Oswald paced 36 Penticton drives.

Lakers will face Merritt in Vernon on Friday night and play against the Rangers in Revelstoke on Saturday while Penticton will engage in a home-and-home-series with Summerland this weekend.

Cross country ski club anticipates new season

North Okanagan Cross-Country Ski Club anticipates a great season for its sport this year with several new programs lined up to accommodate junior skiers and beginners.

A newly formed Jackrabbit Program,

designed to introduce children and young teens to cross-country skiing and informal competition, is being made available this season.

At this point, instructors for the program are needed and they need not be expert skiers only comfortable on skis as well as

relaxed and happy around kids.

A beginners' clinic is also in the process of being organized and will introduce new skiers to the sport of cross-country skiing as well as providing information on equipment.

In addition to the beginners clinic, those wishing

to improve their skiing skills may enlist the services of qualified instructors which are available at special discount rates for club members. Discounts for club members have also been arranged with a number of retail outlets which supply cross-country clothing and equipment.

The local ski club has played a large part in the creation and grooming of the excellent trail network that has made Silver Star area one of the finest cross-country resort areas in the province.

During the past five years the club and the Parks and Recreation Branch of the provincial government have co-operated closely in both planning and physical work.

In addition to sponsored work programs by the local club, they have also contributed hundreds of man-hours or work clearing and improving trails.

The parks also have improved roads in the area and built a parking lot. There is a ranger on hand to groom trails and correct safety hazards.

New trails cut this year will add to the variety and enjoyment of the skiing public.

With consistent powder conditions on Silver Star and a minimum of near

Swim program exercise alternative

From a physical point of view, swimming is recognized as the best overall exercise and fitness for several reasons. "It is excellent from a muscular, aerobic point of view and the muscular aspect. Swimming overexerts your muscles like jogging strains and tendon problems are common."

What you have to do is look at most of the program, who have lost weight and overexerted themselves physically."

For those who like to be competitive, there are plenty of opportunities. The club has been involved in the summer and a number of other meets throughout the year.

Swimmers are low key. Cooper said just swims their race, rather than in finals, and the results are collated. Everyone is divided up into their age categories. There are five blocks for competitors, ranging

Harrison said her objective with the older group is to help participants improve.

"This is a great way for adults to get out and by physically active, as well as have a good time socially," she said.

She finds instruction sometimes difficult, with the great variance of ability. Beginning swimmers are usually assigned to the lifeguard on duty, who acts as coach, while she looks after those with more experience.

"Usually, the people in my group do similar workouts, but I make it more difficult for the better swimmers," she said. "The workouts emphasize conditioning, and stroke correction." Harrison said she finds masters an excellent group to work with, and likes the attitude of the swimmers. "These people are out to work and they want to be here. Most of them get a lot out of their hour."

As for the distances, Harrison said the top group might swim 2,500 metres or more, while the average is around 2,000 metres.