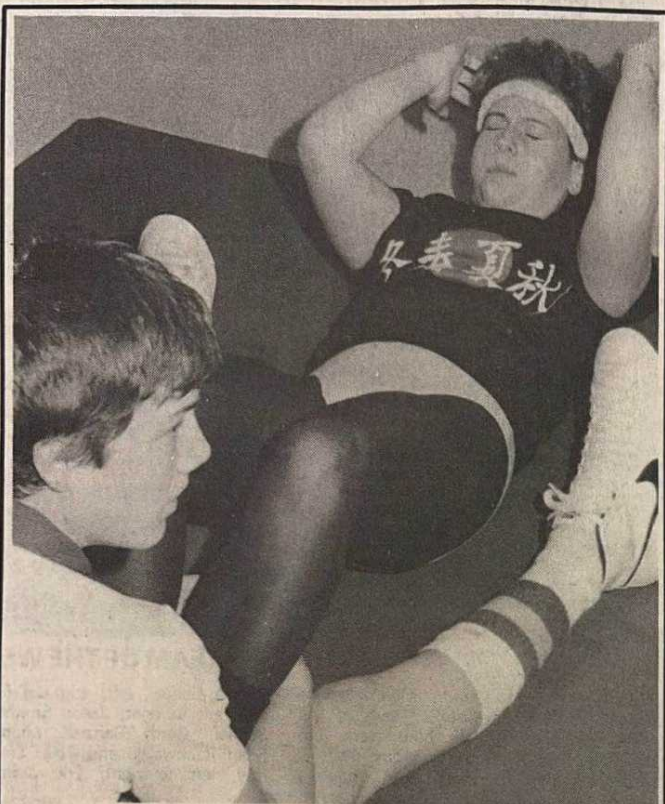


Lakers blast Buckaroos



KELLY HEANEY races to complete as many sit-ups as she can during one minute in the muscular endurance phase of the fitness challenge held Saturday. Another competitor, Dave Pitcher, weighs Heaney's feet to the mat to help improve her performance.

(Daily News Photo)

30 fit people

By JIM JUDD
Daily News Sports

Blame Summerland Buckaroos for their own misfortune! By beating Vernon Lakers in Summerland, last Saturday, they finally awakened the sleeping giant and no doubt are sorry that they did.

Lakers were nothing short of brilliant as they totally annihilated Buckaroos 15-0, Tuesday, at Civic Arena.

The hard-fought, but lopsided victory, returned the smile of confidence to the face of Lakers' Coach Mike Enemark.

"It was inevitable we were going to come out of our slump and that we were going to explode when we did," said Enemark. "That's exactly what happened."

Lakers dominated the contest from start to finish, outskating the Bucks at every turn, out-hitting and forechecking so hard and intensely that Bucks coughed up the puck time and time again.

60 SHOTS

On top of it all, Vernon forwards were connecting on their opportunities, scoring 15 times on 60 shots.

And despite the lopsided score, Lakers' goaltender Jim Young was dazzling, having to make 36 saves, many at close quarters, to earn his first BCJHL shutout.

"It wasn't easy," said Young of his shutout. "But my defence were great ... all I had to do was

make the first save and they were there."

Lakers jumped to a 4-0 first period lead, then put the game away early in the second period when they scored two short-handed goals en route to a seven-goal period and an insurmountable 11-0 lead.

Shannon Pohl, teamed up with sophomore Ron Berezowski and newcomer Lamont Martel, scored three times while Berezowski lit the red light once and assisted on four others. Martel had four assists for the night.

SCORED TWICE

Meanwhile, Scott Young, Greg Kowal, and Rob Kossan each scored twice while Ken McKenzie, Bob Wensley, Alan Young, Glen Kirk, and Tony Christie all connected for single tallies.

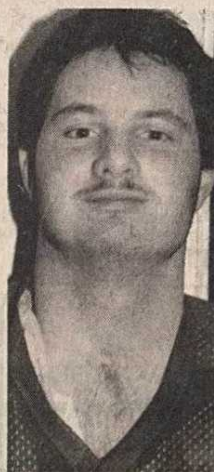
Oddly enough, Lakers didn't get their first goal on the board until 9:06 of the first period when Scott Young tapped in a rebound off a play set up by Nick Kapicki and Kowal.

The goal stood as the game winner right through to the final whistle.

Defenceman MacKenzie opened a 2-0 lead when he pounced on a giveaway moved into the slot and beat Bucks' Mark Taylor with his hard wrist-shot.

STOLE PUCK

Wensley made it 3-0 at 16:01 when he stole the puck at Lakers' blueline, went in alone and beat Taylor with another hard wrist-shot. That goal was very nearly Lakers' third



JIM YOUNG
... first shutout

short-handed effort of the night but Vernon's penalized player jumped over the boards onto the ice just as Wensley let fly.

Pohl notched his first of the night with less than a minute remaining, converting some neat passing between himself, Martel and Berezowski.

Al Young's short-handed goal at 1:41 of the

second frame effectively killed any chances Bucks had of getting back into the game. Young's quick release wrist shot from just inside the circle was a result of Kevin Kobelka's drop pass.

Kossan and Kowal stretched the lead to 7-0, then Kowal with the second short-handed tally made it 8-0. Berezowski, Pohl, with his second and Kirk all scored before the period ended.

Pohl completed his first hat-trick in the third while Christie, Scott Young and Kossan, with his second, completed the scoring.

Taylor was replaced by Dean Garnett following the fifth Vernon goal and the two combined to make 45 saves.

Lakers' next home game is Saturday night against Penticton Knights while Buckaroos return Sunday night.

NEARS RECORD

In other BCJHL Interior Division action Tuesday night, Penticton got four goals from scoring leader Brett Hull as they dumped visiting Revelstoke Rangers 13-9. Hull, chasing Cliff Ronning's 1982-83 record of 82 goals, now has 73 on the season with 11 games remaining.

Figure skater carries flame

SARAJEVO, (CP) — Yugoslavian figure skater

The Soviet Union flagbearer was hockey