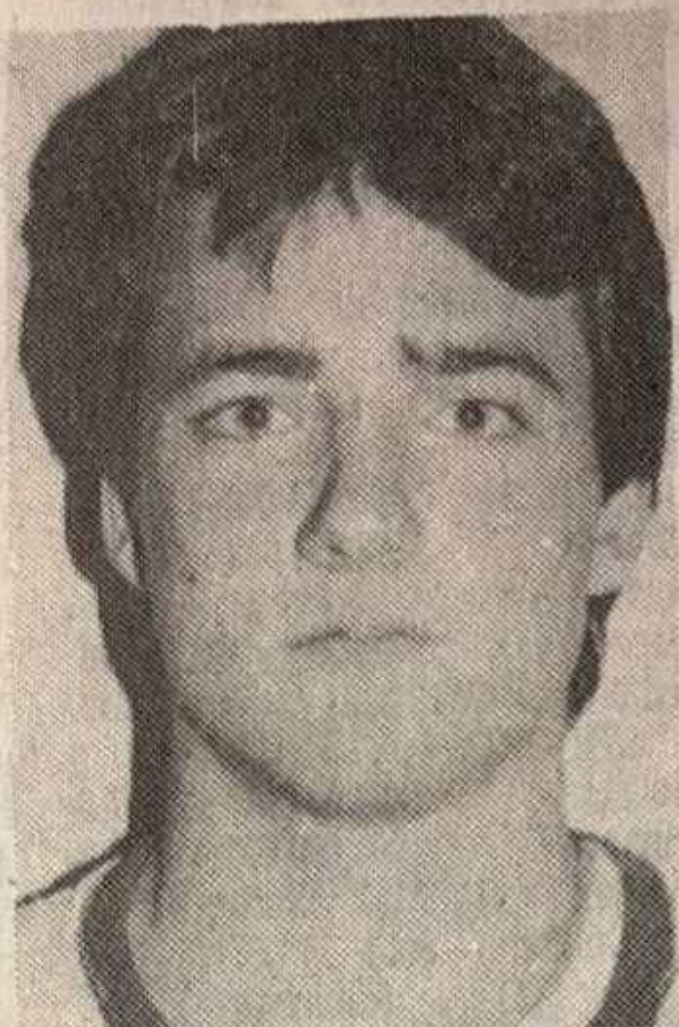




AL YOUNG
... to Totems



SHANNON POHL
... utility player

Junior teams swap players

Vernon Lakers and Shuswap Totems, of the B.C. Junior Hockey League, completed a four-player trade Wednesday night.

Lakers sent forwards Al Young and Shannon Pohl to Totems in exchange for centre Camille Simard and defenceman Larry Goertzen.

Vernon Coach Mike Enemark said he is pleased with the deal. "Both players (Simard and Goertzen) have size and proved last season that they can play in the BCJHL."

Young, one of the fastest players on the Vernon roster last year, asked to be traded for personal reasons. Pohl joined Lakers last November and was used as a utility player.

Enemark expects at least one more trade to be completed for his club's training camp opens next Wednesday in the Priest Valley Arena.

"We're hoping to complete another deal today or tomorrow," he said.

Vernon General Manager Carl Enemark said only four-to-seven returnees are expected at training camp. "But, that doesn't mean we won't have a good team," he said. "On the contrary, I think we'll have a solid club."

Greg Kowal, Nick Kapicki, Ron Berezowski, Chris Saunders, and goalie Jim Young are among the veterans who have confirmed they will return to the Lakers for another campaign.

"We did a lot of recruiting in the off-season," Carl said. "We've got some good prospects coming from the Kootenays and Cariboo. Both Quesnel and Dawson Creek (Peace Cariboo Junior League) have folded and we've managed to get four or five proven players from those clubs."

About 60 players will be on the ice for the first workout next Wednesday.