

# Norway weeks good for Day

By CHRIS SIMNETT

Free Press staff writer

Most competitive cross-country skiers dream about training and racing in Norway. Karina Day is living the dream.

The 16-year-old Prince George resident is a member of the B.C. Development team for cross-country and is heading to Lillehammer, Norway with nine other B.C. skiers for three weeks of training and racing.

Three skiers from the Yukon and two from Ontario are also going to Norway, along with B.C. Team coach Alain Parent, who is based in Prince George.

Day got to go on the trip by placing well at last year's Junior Nationals. "I'm ready," she says. "I'm really excited. I'm really pumped up."

She will be competing in four races during the three week stint in Lillehammer. Two



Day: 'The international experience should be good.' CHRIS SIMNETT/FREE PRESS

of those races will be national-level competitions in Norway, while the other two will be regional races.

"It will help," she says. "The international experience should be good. I've never been overseas before to ski."

Coach Parent says the experience Day and all of the Canadians will get in Norway is like an entire season of racing at home. While these aren't the best junior skiers in Canada, Parent expects them to be in the future and wants them to be prepared when that day arrives.

One of the races they will be skiing in is the Fischer Cup, a national race in Norway that will attract 800 of the top Norwegian juniors.

"We're trying to teach that every part of the course is important," he says. "It's important to ski well technically."

Besides the races, the Canadians will be training with the top 16-year-old skiers in Norway.

"There's always something to gain in Canada," says Parent. "But if they are going to make the Canadian Team for the World Junior Championships it's good to have some international experience."

The group left yesterday for Norway and will return home on January 17.

Day is the only Prince George skier making the trip. Smithers residents Gavin Murdoch, Lisa Perry and Elizabeth Williams are also going.

# Martin finally gets provincial shot

Melinda Martin only has one chance to win the B.C. Junior Women's Curling title.

After several tries, the 19-year-old Prince George curler has made it to the provincials in her final year of junior eligibility.

It's been a rough road for Martin, who bounced around from team to team

in her younger days before forming her current team last season.

Martin, along with third Jennifer Rollings, and second Blaine Richards played together last year while lead Brette Richards joined the team this season after Harmony Hemmerich quit.

Martin lost out to her cousin Tracy in the district finals last year, but made no mistake at this year's districts, sweeping Kam-

loops' Amber Lysak to win the title.

She almost didn't make it out of the districts, as nerves were her opponent almost as much as Lysak was.

"We put more pressure on ourselves at the districts," Martin says during a recent practice at the Prince George Golf and Curling Club. "It was simply because I wanted to go to the provincials so badly and the rest of my team wanted

it really bad for me."

As much pressure as they put on themselves at the districts, they're going to feel no pressure at provincials.

Martin knows her team is inexperienced and her middle of the pack expectations reflect that.

She's just happy to be there and wants to just curl, have fun and soak up the experience of playing against the best junior rinks in the province.

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