

The Sunday PLAYBOOK

► CNC on the island

The College of New Caledonia men's volleyball team appears to have an easier time of it than its female counterparts this weekend on the Island. Both Kodiak squads are visiting Malaspina College in Nanaimo in B.C. Colleges' Athletic Association league matches.

The Kodiak men are fifth in their seven-team league at 4-4 and are only four points behind third-place Malaspina (6-3). The CNC women's team, winless in 10 matches, faces the undefeated Mariners.

► Biathlon back

Although the Western Canadian cross-country ski championships are in Prince George this weekend, next weekend will still be busy for skiers.

B.C. Cup biathlon racing postponed last weekend due to cold, has been rescheduled for the Otway Nordic Centre. The annual Cariboo cross-country ski marathon is set for 100 Mile House. And the second of two freestyle zone qualifying events happens Friday to Sunday at Tabor Mountain.

► Power matchups

The men's and women's championship matches happen today at 12:45 in the Power League 2000 volleyball tournament at the College of New Caledonia.

The two-day tournament began with seven women's teams and six men's squads.

► Track stars honoured

Three Prince George Track and Field Club members were honoured at the B.C. Athletics annual awards banquet in Richmond.

Jacqueline Richards got an Excellence in Coaching Award for her outstanding work with junior development athletes aged 15 and younger. Richards has coached more than 60 athletes who have won at Summer Games or B.C. championships in the past eight years, says PGTFPC president Tom Masich.

Once ranked among the top three junior women sprinters in Canada, Richards is now coaching at the University of Idaho.

Josh Guggenheimer of Quesnel earned an award as one of B.C.'s outstanding juvenile male track athletes. He won national titles last year in the 400-metre and 400 hurdles events.

After winning a heptathlon national title, Farrah Kohorst was recognized by B.C. Athletics for excellence in the juvenile female category.



Karate instructor Terry Fehr, far right, takes it on the chin from Remy Chartier. JOHN MCKENZIE/FREE PRESS

Karate comes to Kelly Road

Besides learning about English, math and computers, some Kelly Road Secondary School students are picking up some secrets from the mysterious East.

Terry Fehr, an RCMP constable and instructor with the rising Sun Karate Club, is teaching the martial art twice a week in the school's upper gym. Marion Oley, who volunteers to work with Fehr at the Hart Community Policing Access Centre, offers a change of pace by introducing Kelly Road students to the ancient Chinese art of tai chi.

Fehr, who also teaches a self-defence course at Rising Sun, began instructing karate at Kelly Road through his role as the police liaison officer at the school.

He expects attendance will grow until outdoor field sports start in May.

He and Oley say teaching kids is different than instructing older people.

"Your mature student has more patience to learn a technique," explains Fehr, who also teaches a group of seniors called the Silver Tigers. "You teach the same stuff; it's just the way you teach it and how fast you go."

He and Oley say kids learn differently than older people do.

"Teenagers learn a lot faster," says Oley. "They're very good imitators, but don't remember a thing a week later."

She describes tai chi as a "healing art" that concentrates on the mind and

spirit as well as body.

"It's kind of weird because it's all slowed down," says Janette Sontag, 14, a Grade 9 student at Kelly Road. But she finds it relaxing.

One drawing card for Kelly Road students is that Fehr has arranged with Rising Sun to have them graded for their yellow belts, the lowest level of karate, based on what they've learned at the school.

"I think it's pretty cool because we're going to get our yellow belts if we do well," says Sontag, who's enjoying it so far.

"It's a fun way to stay fit and I have my friends there."

Local curlers getting pumped up for Scott

With the Scott Tournament of Hearts less than a month away, anticipation is heating up among local curlers.

They're "starting to get really excited," says Mary Lund, who organized the recent Prince George Mixed Bonspiel. "It's starting to build."

The B.C. men's championship here last season at the Prince George Multiplex whetted curlers' appetites for the Canadian women's title, says Lund.

"We saw the Multiplex transformed during the Safeway Select and that was

magnificent." She hears the Scott has even more off-ice trappings to please fans.

Most league curling has been cancelled while the Scott is on, says Lund, explaining that curlers voted almost unanimously to take time off from the sport they love so they can volunteer and spectate at the Multiplex.

One of them is Marilyn Allen, who's volunteering as an usher.

"I'm anxious," she says, and she's not the only one. "Everybody's kind of buzzing about it."

Lund thinks curling's profile will be raised locally during the Scott and that there could be some lasting effects.

"That's the hope, that there might be spinoffs to increase the membership in curling."

"We anticipate a bit of a boost there," agrees Vonda Hoffer, a vice-president on the host committee who's responsible for volunteers and ceremonies.

The volunteer response of more than 700 was so good that Hoffer says back-ups are being trained as understudies in specific roles so they'll be ready if needed.



Lorne Doerksen
Publisher

Richard Skinner
Advertising Manager

Bob Foster
Advertising Consultant

Shelley Wiese
Advertising Consultant

Geoff Lee
Advertising Consultant

Jennifer Altice
Advertising Consultant

Brian Byman
Advertising Consultant

Anne Kiteley
Advertising Consultant

Jean Cameron
Advertising Consultant

Christine Renaud
Advertising Consultant

Jason Tansum
Advertising Consultant

Dave Smith
Regional Advertising

Russ Logan
Regional & Special

THE PRINCE GEORGE
FREE PRESS

Phone: 564-0005

Fax: 562-0025

Email: adsales@pgfreepress.com

1773 S. Lyon Street
Prince George