

RACES

The ice-bound Castor River will thunder to the gallop of horses Feb. 22 when a once-popular sport returns as part of Embrun's 125th anniversary celebrations.

Weather permitting, the frozen surface will become a racetrack for a dozen horse harness teams competing for a total purse of \$1,800. A prize of \$300 will be up for grabs in each of six races.

The races start at 2 p.m. behind the Co-operative Agricole de Embrun's rue Notre-Dame.

Teams have registered from Morewood, - Chesterville, South Montevale and Embrun.

Organizer Andre Bériault said it will be the first time in decades

Are Hockey Schools Worth it?

By Jack McLaren

It's that time of year when sports magazines are filled with advertisements for summer hockey schools. There are literally dozens of schools available with many promoting NHL hockey stars or coaches as on-scene instructors. Most of these schools don't come cheap. The ones with the high profile probably average between \$200 and \$300 per week. I have had some experience in the past with hockey schools, some of them excellent while others were very mediocre. One of the best run is at Kanata which sticks strictly to on-ice sessions of two hours per day (afternoon or evening) with excellent instruction at a very reasonable rate. Others include a much more extensive program with other sports activities and frills offered as part of the overall package.

One should beware of the school which is flaunting NHL stars as professional instructors. Many of these players are attending these schools as a means of picking up some loose change in the summer months and I suspect depart very little hockey knowledge to the young aspiring NHL'er. There may be exceptions but if mom and dad believe little Johnny is going to achieve stardom from a week or two week session they are going to be very disappointed.

The Howie Meeker Hockey Schools, although over-priced, probably are one of the better high profile schools. They don't rely on NHL players but hire professional instructors who, if you believe Howie, concentrate on the basic fundamentals of the game. There is no question that Meeker understands the teaching aspect of hockey better than most others but I suspect the amount of time he spends instructing is minimal. However, if he sets up the instruction system, that's what really counts.

Many offer a complete summer camp experience. One such school is offering approximately 2 1/2 hours of ice time each day, canoeing, rowing, windsurfing, water skiing, sailing, swimming, special regatta days, badminton, baseball, basketball, tennis, fitness trails, volleyball, suffleboard, campfires, nature hikes, talent nights, sing songs, cookouts and more. It sounds so attractive that perhaps they should have something similar for all the hockey oldtimers.

Curling Club

The Russell Curling Club will hold a celebrity fun spiel, Sunday, March 1, in conjunction with the Embrun IGA grocery draw.

harness races have been run on the Castor. He said, in one time, the races were run regularly as part of winter festivities.

The thunder of hooves will be followed a week later by the roar of engines as 20 stock car drivers race for a prize of \$550.

But they won't be on the river this time, they'll be rocketing around the quarry owned by Jean-

Guy Bourdeau on the southern edge of the village.

The races — a first for Embrun — are also part of 125th celebrations. They are organized by the Embrun volunteer fire department.

Fire chief Maurice Gregoire said the lip of the quarry offers spectators an excellent — and safe — view. The first of nine races begins at 1 p.m.

Hockey standings

A DIVISION						JUVENILE					
G.	W.	L.	T.	Pts.		G.	W.	L.	T.	Pts.	
ATOM						ATOM					
Chesterville	21	19	1	1	39	Metcalfe & Dist.	20	17	0	34	
Winchester	20	12	7	1	25	Winchester	19	12	5	26	
Metcalfe & Dist.	22	9	12	1	19	Kemptville	22	9	11	20	
Russell	21	8	12	1	17	Morrisburg	19	0	19	0	
Winchester	20	2	18	0	4	B DIVISION					
Metcalfe & Dist.	20	12	3	5	29	ATOM					
Russell	19	10	4	5	25	G. <td>W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td></td>	W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td>	L. <td>T. <td>Pts. <td></td> </td></td>	T. <td>Pts. <td></td> </td>	Pts. <td></td>	
Chesterville	21	9	6	6	24	Winchester	22	17	1	4	38
Winchester	20	5	12	3	13	Metcalfe & Dist.	23	10	8	5	35
Crysler	22	2	13	7	11	Chesterville	21	2	17	2	6
BANTAM						BANTAM					
Winchester	21	17	1	3	37	Morrisburg	20	15	0	5	35
Metcalfe & Dist.	21	13	4	4	30	Russell	21	13	3	5	31
Russell	19	6	10	3	15	Metcalfe & Dist.	21	7	12	2	16
Winchester	20	5	13	2	12	Winchester	22	1	21	0	2
Russell	17	2	15	0	4	PEE WEE					
Kemptville	17	2	15	0	4	G. <td>W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td></td>	W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td>	L. <td>T. <td>Pts. <td></td> </td></td>	T. <td>Pts. <td></td> </td>	Pts. <td></td>	
MIDGET						MIDGET					
Metcalfe & Dist.	18	14	2	2	30	Metcalfe & Dist.	19	16	1	2	34
Winchester	16	12	4	0	24	Russell	21	10	9	2	22
Russell	17	9	7	1	19	Metcalfe & Dist.	21	6	8	7	19
Chesterville	19	6	12	1	13	Morrisburg	21	8	11	2	18
Crysler	16	0	16	0	0	Winchester	20	7	10	3	17
						Kemptville	20	5	13	2	12
						MORRISBURG					
						G. <td>W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td></td>	W. <td>L. <td>T. <td>Pts. <td></td> </td></td></td>	L. <td>T. <td>Pts. <td></td> </td></td>	T. <td>Pts. <td></td> </td>	Pts. <td></td>	
						Metcalfe & Dist.	19	9	3	7	25
						Winchester	19	10	5	4	24
						Morrisburg	18	5	8	5	15
						Kemptville	18	3	11	4	10

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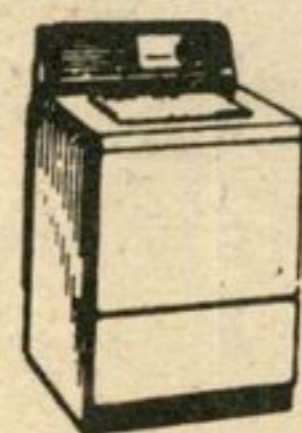
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RISRAP

With Garey Ris



Castor-area sports enthusiasts have many sports activities to occupy them during the winter months so close to home.

Hockey is probably the most popular among local boys, slightly ahead of downhill skiing, in my estimation. As a youngster, every kid dreams of playing in the National Hockey League, possibly another Larry Robinson, Guy Lafleur, Mike Bossy or Darryl Sittler.

Figure skating is a favorite with the girls, especially with the little tykes. I enjoy watching the year-ending show, when les petite filles tip-toe on the ice, nervously twirling, sometimes losing their balance and sprawling helplessly, struggling to regain their composure.

I haven't seen a winter pass without seeing Russell's Dick Sherwood and family ski on the Castor River, with their dog galloping along.

Downhill skiing is one of the most popular sports in the country and more people are discovering the pleasures every day. The thrill of flying down the mountain, dodging moguls, avoiding ice, recklessly maneuvering around trees along narrow trails is an unforgettable experience. The six and seven-year-olds put some of the adults to shame, skiing like Steve Podborski or a Gerry Sorenson. Get out and enjoy the pleasures of winter sports.

The Bols family of Russell is something of a dynasty.

For the second consecutive year, they won the Russell Carnival Broomball Tournament. Steven Bols shutout the opposition in the three games to pace the enormously large family to victory.

The Bols' won the first game 1-0 over the Hazards in a hard-fought contest with Jim Pennock scoring the lone goal. He is the boyfriend of Rose-Marie. Bell Canada was the next team to get its bell rung when Pennock and Harry Bols scored propelling them to a 2-0 victory.

Rose-Marie scored the winner in overtime in the third game to give Russell's Bols' family a win over the Russell North Stars. Coach Andrew Bols, also water boy and stickboy was pleased with the victory according to Rose. The Players were: Dad, Ina, Harry, Linda, Paul, Sylvie, John, Monique, Mary-Anne, Rose-Marie, Steve, Frank, Helena, David, Jim Pennock and Tammy Kramer. Mrs. Bols was the babysitter.

I hate All-Star games!

There is no reason for the National Hockey League, the National and American Baseball Leagues or the National Football League to try to drain more money from the public who already pay inflated prices to attend the various sporting events. These so-called All-Star games are a waste of time, have no bearing on the final standings and are usually popularity contests.

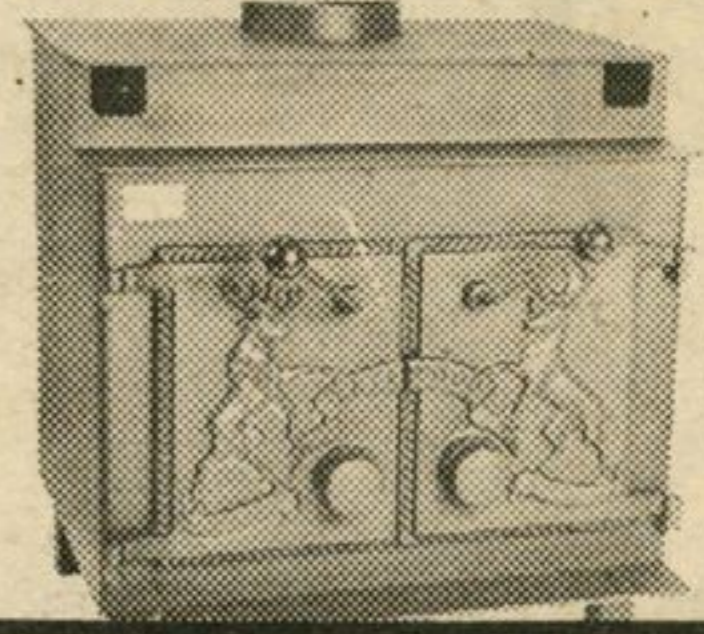
Paul Holmegren of the Flyers, who is just a fighter, goon and an idiot among other things, shouldn't have been selected to the team. Players with the top teams in every sport neglect to play in these meaningless contests for fear of injury. I've also noticed the games are usually played in cities where fan support is well below par. It's time fans revolted against owners who stage games like this by not attending them. After all, look what happened to the Canadian Football League's all-star game.

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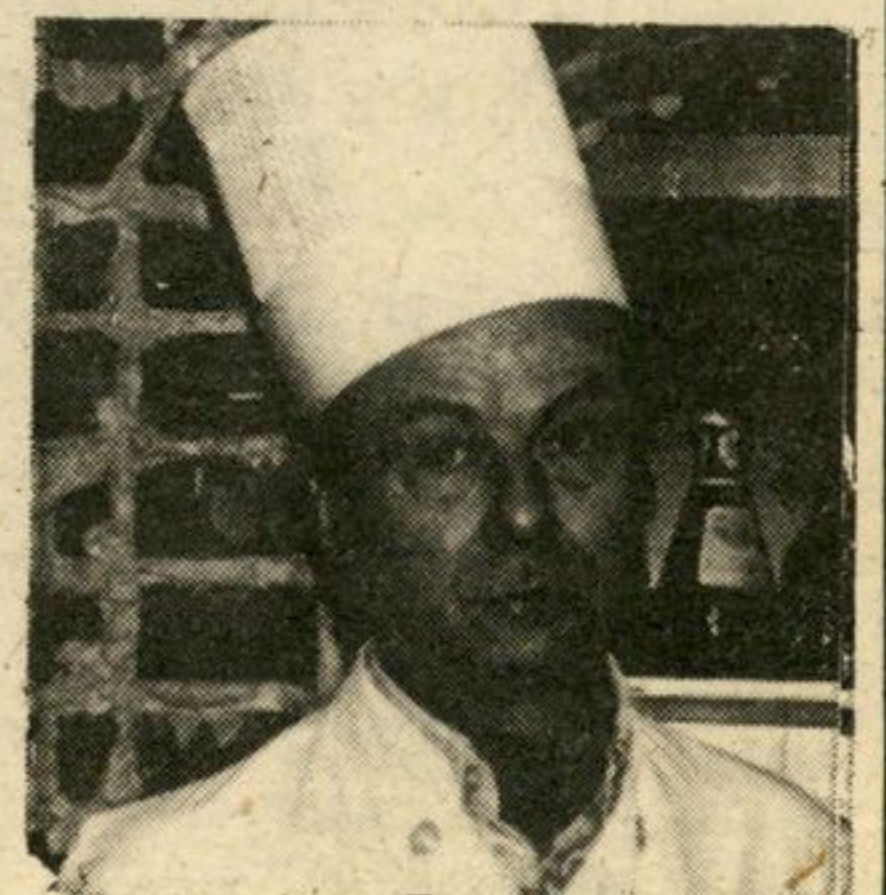
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