

Left side proves prolific for Bear

by Darrell Semenuk

You might say that Kevin Primeau has changed from a right wing pacifist to a left wing activist. Politics have nothing to do with the recent change in the third year Golden Bear though.

Primeau, who scored eight goals all of last year, has already equaled that total after only 10 games. Primeau's eight markers lead the league, and currently has him tied for third in scoring. One of the explanations Primeau gives for his success is his switch from right wing to the left side.

"Part of the reason for my success is that I'm playing on my off wing. I shoot right and I play left wing. I get a better angle on the net." This season marks the first time Primeau has ever played left wing since he began playing hockey.

The biggest reason for his success may be psychological. "I'm starting to think more offensively. Before I was thought of being just a defensive player, but last year coach Abbott (Leon) stressed offence and I started to think more about it."

One of the reasons for his improved play may have come from his recent involvement in transcendental meditation, which he started because of his poor start last season.

"Rick Peterson is the one who got me interested," explained Primeau. "He was having such an incredible year. He had so much energy, he was going like a mad man. I asked him what have you been eating for breakfast. He explained about TM and my whole family got involved in it."

After beginning TM Primeau again found the scoring touch. "I saw a difference in myself last year. I had a bad first half and then after I started TM I had a good second half." The final



Kevin Primeau has had his hands full this year collecting goals. He takes his league leading total of 8 into this weekend's action at home against UBC. --photo Grant Wurm.

surge was good enough to earn the winger second team all-star recognition.

TM isn't anything new for hockey players, pros or amateurs, Dennis Potvin and a number of the N.Y. Islanders are involved in it, as well as two other Golden Bears — Jim Carr and Darrell Zaparniuk.

The biggest change Primeau sees from his twice daily 10 minute meditation periods is in his attitude.

"The big thing is confidence. If I'm thinking that I'm going to score and I don't, I say big deal I'll score on the next chance. In my first year I'd worry about it and I'd be hesitant the next time I had a chance. You become a lot more cooler and don't get as uptight."

If Primeau continues to score at his present rate there may be a lot of inquisitive teammates questioning him about the merits of his scoring secret.

The Bears take on the UBC Thunderbirds, who are only 2 points back of Alberta, Friday and Saturday night at Varsity arena. Game time is 8 p.m.

sports

Cross country ski team meets Norwegian squad

The U of A Nordic Ski Team strides into competition this Saturday at the Devon Open Cross Country Race.

An International Cross Country Ski Race featuring the Canadian National Team and a strong Norwegian Contingent will be held in Edmonton on Wednesday evening, January 19. Sponsored by the Edmonton Ski Club and sanctioned by the Canadian Ski Association, the race will begin at 7:30 p.m. at the Connors Hill ski area. Members of the U of A Nordic ski team will also compete in the race.

The Norwegian team, which is visiting Canada for training and a series of competitions, is comprised of three women; Annette Boe, Hete Peickle, and Sigrid Siem, and three men; Ove Aunili, Martin Bjornas, and Roar Grundalen. The team coach is Roar Hoedal.

Canada will be represented by the Firth twins, Sharon and Shirley, formerly of Inuvik and now living in Banff, Joan Groothuysen of Bonnyville, Esther Miller of Burns Lake, Bert Bullock of Inuvik and Hans Skinstad of Devon. Anders Lenes is coach of the National Team.

Members of the University of Alberta Nordic Ski Team will be competing in the race. Entries are also expected from other provincial clubs: Camrose, Canadian Forces Base (Edmonton), Devon, Foothills Nordic (Calgary), Hinton, and Saga (Calgary).

Testing the skiers' skills will be a 2.5 kilometer course which will be approximately one-third uphill, one-third downhill, one-third downhill, and one-third flat. The race will be conducted according to F.I.S. rules with competitors starting at 30 second

intervals and slower skiers yielding the track to overtaking skiers.

The short course and open area will provide ample opportunity to view cross country racing techniques. All ski enthusiasts are invited to the race and to the awards presentation immediately following.

Wrestlers get it on

This coming weekend has the wrestlers hosting a dual meet with Northern Montana College — Friday evening at 7:00 p.m. in the main gym. As well, Saturday marks the date of the 10th annual Golden Bear Freestyle Wrestling Classic. This extravaganza promises to be the best yet with teams coming from Saskatchewan, Ontario, Montana and from all over Alberta.

The Bears have one of the strongest teams in recent years as evidenced by their performances in the U.B.C. invitational, the Mount Royal Invitational and in a dual against the University of Calgary. At U.B.C. they finished a very respectable fifth in an eighteen team field, placed 1st at Mount Royal College and defeated the University of Calgary 42-13.

Included among the University of Alberta wrestlers will be defending Canada West Champion Glenn Purych (118 lbs), Russ Pawlyk (134), Steve Tisberger (150) and Pierre Pomeroy (158).

For some great wrestling action, support your wrestlers Friday night 7:00 - 8:30 and Saturday.

fridays

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