

# Crushing the Competition

**By Sargun Singh**  
Reporter

As the fall sports season is coming to an end, the winter sports season is beginning with a bang such as the Valencia wrestling team, which has officially entered pre-season. Last year they out-shined all their competitors by finishing first in empire league and having 11 competitors qualify for CIF. We all hope this year is no different and that our wrestlers beat their own records from last year. Coach Gerardo Rodriguez, hopes to have his team win empire league as well as making it to CIF finals.

This year's wrestling team has improved tremendously from last year, partly because of the freshman wrestlers learning the

sport fast and the returning wrestlers adding to their skill and experience. Training is intense for these tigers. They have intense practices and some even put in the extra effort outside of school training in different clubs and individual work such as lifting weights to gain strength. During off-season, the wrestlers' training regiment consisted of

**"We will be doing really good, we should win league, work hard and win CIF duals,"**  
- Ryan Garcia

improving their mat technique and working out in the weight room to add to their overall strength and performance. During season, which is soon to come, practices become much more intense with running during 6th period and regular practice from 3 to 5. In a nutshell, the tigers train by running, wrestling, practicing their technique, and weight management.

Though the entire returning varsity lineup is strong, experienced, and hard working, one of the team's most valuable wrestlers

would be Ryan Garcia, who the team can always depend on.

"We will be doing really good," said Garcia, "we should win league, work hard and win CIF Duals."

However, the team doesn't just rely on one member. The wrestlers are very tight knit and mingle very well as a team. They get along in all aspects and enjoy working together through travel and

competition. This adds to great team chemistry which is very important for success. They work hard and cooperate, which are two of the many reasons they are champions. These tigers don't just work hard and learn the techniques to advance in league, but dedicate themselves to the sport and have heart, which is the ultimate quality needed for any wrestler on the team to be successful.

Our wrestling team's biggest opposition is Loara High School and Cypress, which our tigers beat by one point last year. This upcoming season, the team wants to have a win by more points to prove that they didn't win by luck, but by hard work and perseverance. Braulio Demora(12) says that "teamwork will get us through. We'll be champs again." After that was said, confidence rose within the tigers.

With hard work, dedication, and practice, these wrestling tigers will most definitely make it to be the top and secure first place in league as well as CIF. Good Luck for this season tigers.



SHOWING THEM THE ROPES- COACH RODRIGUEZ SHOWS HIS BELOVED WRESTLING TEAM HOW IT'S DONE. PHOTO BY: JACK DAULEY

# Soccer: A Flashforward

**By Stephanie Calleros**  
Editor

Valencia's ladies soccer is headed for a solid upcoming season with a successful summer league behind them. "In Summer league we beat Pacifica 2-0, the number 1 team in league, so this season is looking up for us."

**"We want to peak at the right time during league"**  
- Coach Gardner

This was enthusiastically said by junior Anisa Amiri.

It has been 9 years since the lady tigers have been successful in winning League. Last season the team had an unlucky wildcard

and were unable to move forward toward winning league.

Last year the team graduated 3 strong players and the year before graduated thirteen. For the past 2 years they have been rebuilding the team to make them stronger than

the previous years. With 17 returners and 4 seniors, this team is a prototype of unlimited potential.

"I want the girls to stay humble and hungry," Coach Gardner comments, "We want to peak at the

right time during league." Coach Gardner expects the ladies to have a fun and successful season while they work towards placing

in league and getting as close as they can towards CIF. Having had the opportunity to play well respected teams in Orange County

during summer league, the tigers began their pre-season playing El Dorado Hawks followed by the La Mirada Matadores.

Both Coach Barry Gardner and assistant coach Ali Nuñez expect a great season ahead with challenging games against long time school rivals: Pacifica Mariners, Kennedy fighting Irish and Cypress Centurions. The lady tigers have shown their strength and determination by having players become involved in school activities, including other athletic programs here at VHS, like softball and volleyball. We hope that the team will take its great talents to new heights this year and have a winning season along with a CIF Championship.



FROM LEFT TO RIGHT: ALE DAHAVEN, ANISA AMIRI, AND LEILANI JONES: PHOTO BY: STEPHANIE CALLEROS

# A Rising Star: Bengi Preciado

**By Nathaly Romanes**  
Reporter

Bengi Preciado can be greatly appreciated as an MVP to the reigning Cross Country team. As we all know Valencia's Cross Country team has always been on top of their League. This year they are once again the Empire League champions.

Preciado is one of many that helped lead to the Cross country empire victory that has made us Valencia tigers proud. He has earned the title of the third fastest sophomore in all of Orange County. That is a big accomplishment and we hope that he only

excels more throughout his high school career and life.

Valencia's Cross Country team has a rigorous running training schedule. Mondays and Wednesdays they run a total of ten miles per day. Tuesdays and Thursdays are what they like to call, "their easy days". They run an easy, breezy four miles. Fridays are their "recovery" days so they take it slow by

simply running four miles. Overall, their training is a collaboration of constant hard work.

Preciado has challenged himself to have improvement from last year. There's always room for improvement. He has incorporated a healthier eating habit into his diet along with taking care of himself from catching anything contagious. Of course, a healthier eating habit is essential when you are a continuous runner.

"I love it. I love the people here and going out there and having fun", said Preciado. The team's

chemistry is undeniable. Everyone is very supportive of each other. As a team they are also friends. They find time to talk and spend time together, hence the closeness of the team as a whole. Preciado loves being a part of everything Cross Country offers; the people, and the sport itself.

When asking Preciado if he planned on continuing with Cross Country after high school he replied without hesitation, "Yes, definitely; I want to be like Steve Prefontaine."

Steve Prefontaine was a highly admired American runner in the 70s. He was extremely famous for his record breaking performances. There are high hopes that Bengi Preciado will be able to achieve his after a high school career with this highly respectable sport.

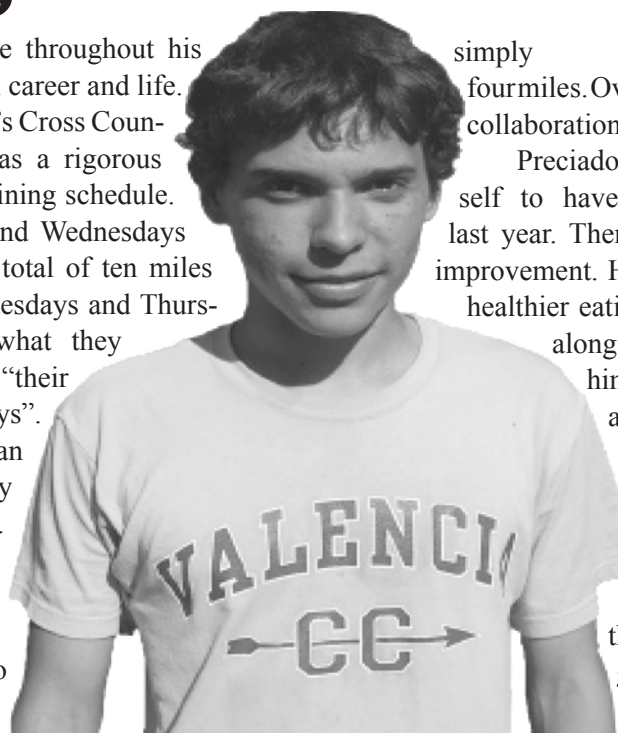


PHOTO OF BENGI PRECIADO. PHOTO BY: JACK DAULEY



# Taking the Lead

By Wan Po Reporter

Valencia Tigers have reached the finish line of one of their greatest seasons.

The girls cross country team had their largest team this year with a number of 47 members. And that single advantage really allowed our runners to help building a stronger, denser team. According to the lady tigers' coach Mr. Garcia, the team's biggest improvement over this season was to decrease the "gap" between runners for all three levels; also, many runners achieved their new personal records. Led by outstanding runners Sejal Patel, Marilu Grismer, and Maricruz Colin, our lady tigers showed great efforts of winning both champions at the Frosh-soph and Junior Varsity levels. Sejal with the beats in her mind – Patel, one of the best runners in this always works for her to the school, explained to us how stay focused and determined.



SHIVNAY RUBEN ON HIS WAY TO A VICTORIOUS WIN. PHOTO COURTESY OF ETEAMZ.COM

she always gets herself into the game – listening to music with strong rhythm before every single game – running along

The Valencia Boys Cross Country is currently ranked 7th in Orange County and 11th best team in CIF Division II. And impressively, tigers were undefeated in Empire League Competition. Their coach Mrs. Hadley exclaimed that the flu has affected the team and several runners have been constantly sick. But overall the runners still grew and became much stronger than last year. One of their very best runners, Sean Krinik, is currently ranked 8th in boys 800-meter. And to prepare for races for track season, Sean has been keeping up his running even during offseason at this time. He revealed that his biggest secret to help himself to better his race is to have chipotles before the night of every race. And like every year, the boys entered the CIF Championship and finished with their best efforts.

Our Cross Country Team runners have once again finished a great, memorable season in Valencia High School.

# Carl Robinson

VALENCIA'S LEFT HANDED PITCHER YIELDS HIMSELF A SCHOLARSHIP TO SDSU

By Madison Tang Reporter

This past month, Carl Robinson, a senior at Valencia, earned a scholarship to San Diego State University for their baseball team. Robinson is a left-handed pitcher who has been on varsity for all four years. In 2008 and 2009, he was the Empire League's pitcher, as well as the VHS CY Young award winner. He also went to the



PHOTO OF CARL ROBINSON AND HIS FATHER SIGNING TO SDSU. PHOTO COURTESY OF Ms. SUE SAWYER.

Junior Olympics with the Placentia Mustangs team in 2007 and 2008 and was on the NY Yankees Scout team in 2009, in which he was named an all-star player. His tireless efforts have paid off with the resulting accolades and this recent scholarship for a full-ride to SDSU. Robinson plans to major in kinesthiology there, hoping to someday become an athletic trainer. When asked what advice he would give to others pursuing success, he explained that hard work always pay off.

# Homecoming Game

Valencia Football Team Won 35-7

By Josh Sumahit Reporter

On Friday night, the Tigers faced Loara High School. The Homecoming Game is where they displayed the exact reason why they are called the Valencia High School Tigers. The Tigers played a phenomenal game against Loara who didn't go down without a fight. But even with that said, the Tigers wanted it more. Throughout the first half the tigers were relentless. The first quarter there were a total of two touchdowns made and a completion of two field goal attempts were completed by kicker Jesse Sandoval. Twelve minutes into the second quarter the score was 14 to 0 and before the first half was over the tigers were up 21 to 0. During half-time the Homecoming Court was announced and Shawn Fadakar was crowned the King and Hepi Ramirez was crowned Queen. After the Homecoming Court was announced the game resumed. Close to the end of the third quarter it was already imminent who would win the game. Quarterback Robert Mata threw numerous passes for big gains, as well to hand-offs. The night for the Tigers was a night filled with determination and drive. Valencia's stands were packed. The turnout of attendance for the Home Coming game was almost as big as The Bell Game. It shows that not only do Valencia students have pride for their school, but that the parents do also.



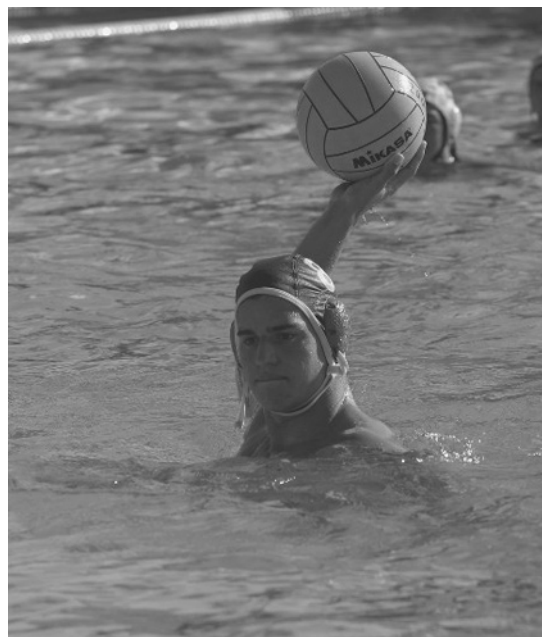
VALENCIA FOOTBALL TEAM SHOWS OFF IT RAW TALENTS. PHOTO BY: BEN CERCEA

# CIF Champions

VALENCIA WATER POLO MAKES IT TO FINALS AND CROSS COUNTRY MADE IT TO CIF.

By Nathaly Ramones Reporter

This fall sports season has been one of countless accomplishments for our undeniably talented athletes. As most of us are very aware-if you pay attention to the announcements or have athlete friends- many of our teams made it to CIF. From Cross Country to Boys' Water Polo, they have made Valencia High School's name known. Boys' Water Polo tied first place as Empire League Champions. They advanced to



Cody Anderson (12) Passing To A Fellow Teammate. Photo Courtesy From Webshots.Com

CIF and made it all the way to the final round; Ranking second place in CIF. Cross Country was once again amazing during CIF. They never cease

to prove how incredibly hard they work to get to what they have accomplished. Valencia's 2009 Cross Country team won the title of Empire League Champions, again. Going on to CIF finals they made a good name for Valencia High School by becoming the runner-up team.

Football along with Girls' Tennis also made it to CIF this school year's sport season. Football went on and fought like warriors ascending their CIF season. They put in hard work and hours of practice to get them to that level of performance that was required and worthy for CIF competition. Girls' Tennis put on quite the exciting matches as well. They have a strong varsity line-up and determined team that got them to the esteemed CIF level. The lady tigers finished off with a good season as well as rankings.

Congratulations to all of Valencia's athletes for continuing to CIF and ranking spectacularly, making our school well-known and famous with all of its talent.