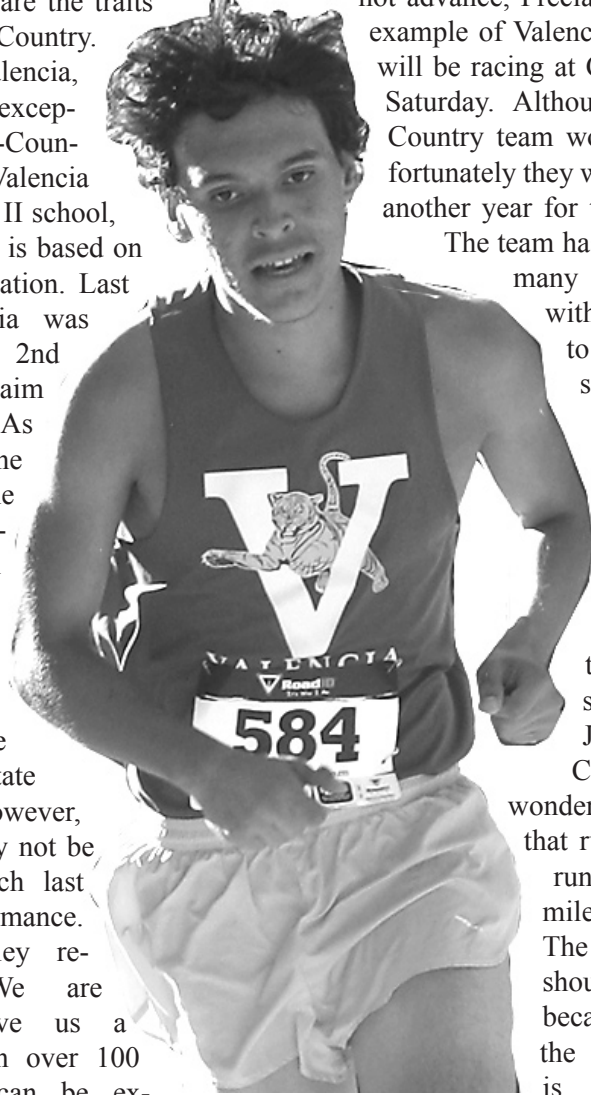


CIF QUALIFIERS AND UPDATES

SPRINTING TO THE FINISH LINE

By: Allen Lin
Reporter

Freshly laid track and a need for speed, these are the traits of Cross-Country. Here at Valencia, we have an exceptional Cross-Country team. Valencia is a Division II school, although this is based on school population. Last year Valencia was able to take 2nd in CIF and claim 3rd at state. As always, the goals of the team, as stated by Coach Hadley are to “win the Empire League and to advance to the State Meet.” However, the team may not be able to match last year’s performance. Coach Hadley remarked “We are young... give us a year!” With over 100 schools it can be ex-



BENJI PRECIADO (11) MADE IT TO STATE BY PLACING 12TH AT THE CIF MEET. HE IS IN DIVISION II PHOTO COURTESY OF PAT HADLEY.

tremely hard to do well, however, Hadley stated that “At one time [we] were ranked #5 of the 100 schools”.

One runner that is performing well is Benji Preciado, who is ranked 10th in the State. Although the team did not advance, Preciado is a shining example of Valencia athletics. He will be racing at CIF Finals next Saturday. Although the Cross-Country team won League, unfortunately they will have to wait another year for the State Meet.

The team has also produced many scholarships with “Sean Krink to the University of Washington, the previous year, Jose Gutierrez to Cal State Fullerton, last year, Talal Khan to UC Riverside last year, Josh Linen to Chico State.” No wonder, considering that runners train by running up to 11 miles each day. The competition should look out, because next year the Cross-Country is coming back.

VOLLEYBALL SHOWS IT’S THUNDER

By: Nathaly Romanes
Editor

Girls Volleyball finished 18 and 7 this fall sport season placing 2nd overall in their league. This work well together so they made them qualified to go on to playoffs, known as CIF. The girls were prepared to take on the new challenge since this will be the first year, after two years of not being qualified; they go into the CIF season. The team was preparing by practicing like the previous season that is: hard training and having the mind set to compete and win. Volleyball’s first round in CIF was the week of November 9th. They played against Highland High School and won the

first round of CIF. The second round was with competition Cajon High School where the lady tigers also won. The girls made it into quarter-finals, like was expected by Team Captain Chisom Okpala when she mentioned, “We have a strong team and we all

“We stuck together as a team and this year we made a name for ourselves”
-Casey Hinger (12)

In quarter-finals Chadwick High School won, ending the CIF league for Valencia’s Girl’s Volleyball Team. Chadwick High School ended up winning the CIF league in their division.

“We stuck together as a team and this year we made a name for ourselves” says captain Casey Hinger (12). Coach James Thorne expected great things from his team as though, “The girls had a great season.”

GIRLS VARSITY TEAM AND THEIR COACHES. PHOTO COURTESY OF SOUTH COAST PHOTOGRAPHIC.



WHO SAID CATS FEAR WATER? TIGERS SWIM TO VICTORY.

Boys Water Polo prepares for their CIF game on the 19th

By: Richard Ma
Reporter

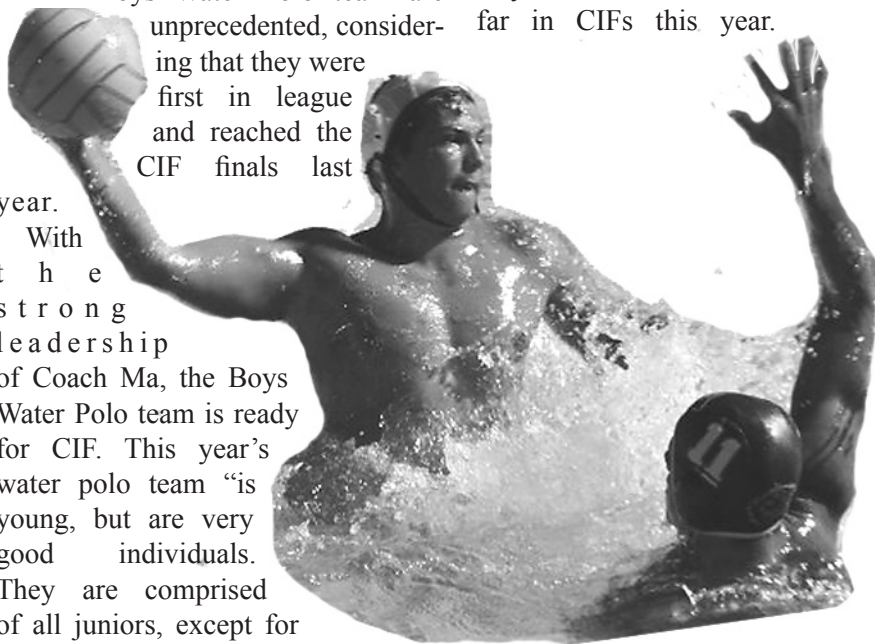
The Valencia High School Water Polo team eagerly awaits their first round of CIF against Katella on Thursday, November 11. The success of the

Boys Water Polo team are unprecedented, considering that they were first in league and reached the CIF finals last

year. With the strong leadership of Coach Ma, the Boys Water Polo team is ready for CIF. This year’s water polo team “is young, but are very good individuals. They are comprised of all juniors, except for Cory Burges (12), and one freshman, Nikhil Shaw.” Coach Ma also

provides further insight into the imminent success of the Water Polo team, stating that “[the team] is devoted to each other as teammates, and put long hours in morning and afternoon practices. In addition, the players have never stopped learning about the sport.”

With a strong, dedicated team, and the guidance of Ma, Valencia’s Boys Water Polo will be sure to go far in CIFs this year.



PLAYER PAUL SCHINDLER (11) PASSES THE BALL TO AN AWAITING TEAMMATE TO SCORE ONE POINT. PHOTO COURTESY FROM PAUL SCHINDLER.

DROPPING IN WITH A KICK SERVE

Girls tennis makes it to quarter-finals this year for CIF

By: Reetu Inamdar
Editor

The Valencia High Tennis team has truly done an exceptional job this season and has shown their true tiger spirits. They have continued to rise in the league and have made it to the CIF championship, where they had place in the quarter finals. This is truly remarkable as their hard work has prevailed. Felicia Hsu (12), captain, has high hopes for the team, “We have worked really hard all season and it came together. We did well in CIF and we are just glad that we made it.” Training vigorously, the girls practiced two hours everyday.

The girls have been working to win the championship. Boyoung Kim (11) “We did it! We put in a lot of hard work and we did well

in the CIF.” Interviewing the girls earlier during the season and watching them practice was truly enjoyable and impressive. The girls have worked hard this season and the progress and achievement they have made is truly commendable.

Boyoung Kim (11) states “we are determined to make it through CIF and win the championships. We are truly excited for making it to CIF and we have worked very hard and I’m glad it paid off.”

The girls team, placing in the quarter finals, continue to look forward to the next year. girls have worked hard to do well in the season and their efforts have certainly

paid off as they have done well in CIF and are striving to place in the championship. Thank you for supporting the schools team.

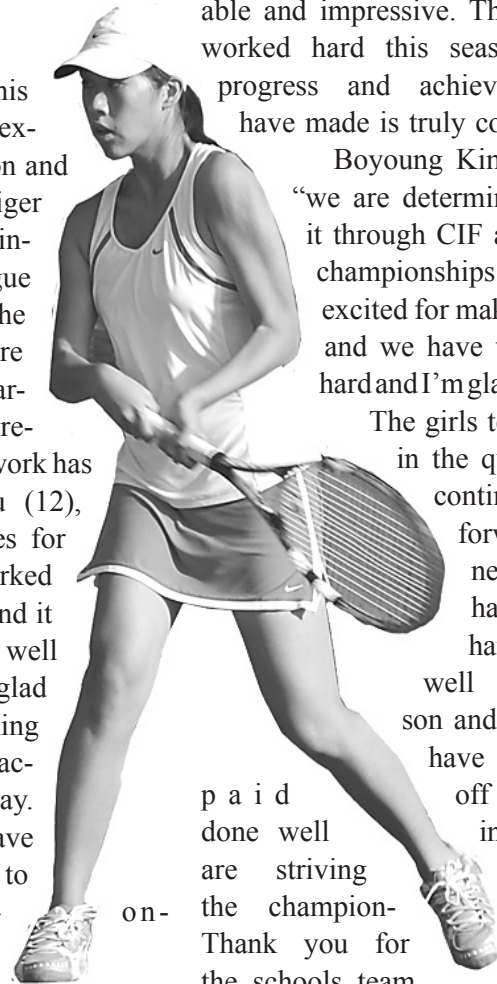


PHOTO COURTESY FROM FELICIA HSU.

MAKING A SPLASH IN THE WATER

By: **Andy Anusiem**
Reporter

Girl's water polo is ready for what looks to be a great season and looks to make a splash in league. With the return of their talented seniors, enhanced focus, dedicated players, and coaching staff, it is quite easy to see why these girls have high expectations for this season.

One of the girls focuses is on being healthy, so they can have depth in their roster and to maintain their solid defense. They have been steadily adding plays for the new Varsity members, and have been improving their technique week-in and week-out. Many members of the team have also stressed communication as one of the keys to their success, and a needed piece of their defense and offense if they aim to go deep in league contention. Denise Dos Reis (11) stresses this, saying "I would have to say that our primary focus is communication. We must be able to be able to work together and tell out teammates what is going on in order to do well this year".

It is easy for the girls, under head coach Mr. Jason Marganian, to expect greatness this season, as they wish to prove themselves after not achieving what they wished to last year. Seniors of this well-balanced team are dedicated to going far in

league, and have their eye on their opponents, such as Pacifica and Yorba Linda high school. "Pacifica defeated us last year in the first round, and we want to prove that we are up for league by redeeming ourselves against them" Dos Reis stated. Marganian is keeping our Tigers focused and determined each practice, which is easy to tell from the girls' tired but determined looks as they leave the pool every afternoon.

Leadership, communication, and poise are key for this veteran team. Coach Marganian is excited about a lot of the talent that is brought on his team, including juniors and seniors alike. He has great expectations for his water polo squad, and one of them is to develop a sense of team unity. Marganian had diligently worked and planned for the success of our tigers, and after their training, he believes they have the ability to execute it.

With killer stats in the previous years, the offense looks to out-perform other teams while get in rotations for other players for the purpose of getting them familiar with the game and giving them opportunities to show how they can handle the pressure.

Soon the girls will start rolling towards victory while they focus and follow their hard-working coach. Victoria Faith Womack said: "This team is a team centered around hard work and dedication. Each player is whole-hearted and has a passion for the game. Giving up isn't an option."

GRAPPLING THEIR OPPONENTS

Just entering pre-season, the wrestling team already has 3 of the top 5 players in the county.

By: **Sarah Rafiqi**
Editor

Wrestling, one of Valencia High School's many gems, has been flexing its muscles and is building up to make this year a successful one.

To our advantage, the wrestling team is a very experienced one, this season. In all, they only lost three seniors. This team has ten seniors, twelve returning Varsity lettermen, two returning CIF placers, and four returning League champions.

All of this talent is currently lifting and running to prepare for the new season, beginning on November 15. This year, the team's weight room has been transformed into the Wrestling room. Their weights have been transferred down into the cleaned area that used to be the old girls' locker room, where they can be found training hard.

Last year's two CIF placers were Chase French (12) and Matt Langenwaller (12). French finished second last year, meaning that he was one match away from qualifying for

state. Langenwaller, on his part, impressively placed 5th in CIF. Coach Rodriguez expects them and a lot of the seniors in CIF.

For the last two years, Valencia wrestling has won league, with that in mind, Rodriguez expects a lot from his team this year. He aims for the boys to win league and CIF. "It's a lofty goal," he acknowledges, "but the team is very capable."

More specifically, the team hopes to at least make it to finals and have at least five CIF placers. On top of which, the team expects to win league, considering they are one of the top teams in CIF Duels, the team playoff, as opposed to individual competitions.

December 3 will be the wrestlers' first competition. They will be facing against Buena Park at the facility in Valencia. Furthermore, anyone interested in joining wrestling would find it to their benefit to go see Rodriguez. Encouragingly, everyone is accepted onto the team, and the only people that are ever let go, are those that don't put in the effort. "We don't cut people," Rodriguez explains, "they cut themselves."

SIERRA VAN METER: THE MEASURE OF TENACITY

By: **Allen Lin**
Reporter

Sierra Van Meter, a soccer player at Valencia, recently managed to wrangle an athletic scholarship from Cal State San Bernardino, which is a Division II university. She faced heavy competition, but her competitors did not measure up. What puts her above the rest?

Van Meter has received a partial scholarship to CSU San Bernardino, which will account for 60-70% of the tuition. Van Meter beat a lot of competition. According to Van Meter, many "girls email [the coach] saying they want to go," but she "showed more interest in going."

Van Meter, of course, had to have great soccer skills to win this scholarship. She claims

her best skills are her aggressiveness and speed. Van Meter further stated that she is not afraid of getting into a tackle. Van Meter went on to state that she always gives 100% and that she is almost always on the field.

While others were being rejected, she built connections with the coach and worked towards the scholarship. Van Meter claims it was her "dedication, my willingness to never give up, my time that I put in." Her tenacity won her the scholarship. She had a sheer, dogged perseverance that drove her to keep try-

ing when others would be discouraged.

"I sent them emails and one day I got an email asking me to come visit, and I came out and [the coach] offered me a scholarship," Van Meter said. "You just have to keep in contact often, make a lot of phone calls, visit often and build a relationship with the coach."

Van Meter commented very positively on the CSU San Bernardino team, rating their skill and facilities quite highly.

Van Meter feels "very excited" about the scholarship and that "it's a great accomplishment for all the hard work and time I've put [in]."

When asked on how playing high school soccer has been, Van Meter stated that she enjoys the experience and hopes that this year Valencia's

team will go to CIF, considering that the team has had 2 developing years.

"It's going to be a great transition from high school. I'm ready to get to college," Van Meter said.

Van Meter will be playing either forward or center midfielder. Van Meter has shown herself to be an exceptional measure for athletic skill, and a hardworking high achiever.

"I love soccer a lot," said Van Meter. "I'd like to thank my family for sacrificing so much time, effort and money, and it has paid off."



AIMING FOR THE NET, SHE SHOOTS SHE SCORES.

By: **Samantha Green**
Reporter

Valencia's Girl's Basketball team exudes the resilience that make them known as true Tigers. The team is in a rebuilding stage right now with a majority of freshman coming in. So far the basketball team has won five hundred ball (half their games) and is hoping to pursue a higher winning streak. The team now is now renovating and creating a brand new learning experience for the girls on the team.

This year's captains and star players are Naomi Ruiz (12), Bridget Licari (12) and Jasmine Kyi (12). All the girls have strengths that keep the team together as Lopez said, "we try to create a family setting here." The girls, strong and united are re-

freshing to see while training. With tenacious spirits it's no doubt that the team will rebuild and exceed some of their successors. Practices are six days a week, two hours a day and the season starts from November 13th to the 1st week of February, a rigorous training schedule for the team. This year's program has twenty-two girls and twelve new freshmen, three of them on the Varsity team.

Lopez pointed out the strengths of the girls and positives of his experience

as a coach. Since the girls are now training they'll be prepared to compete in the coming four years and will be able to regain the winning streak that was once apparent. The Girl's Basketball team's is on a twenty-five gaming schedule, with ten league games and individual games. So this season proves to be a busy one with new rivals Yorba Linda High and Western competing in league Lopez expects a bit of a tussle under way, hopefully one in our favor.

Lopez points out, "we'd like the school to recognize that we are rebuilding and would like to also involve athletes from other teams," he then joked, "we'd like to add a bit of height also." Lopez quite, cordial and supportive towards his teammates made a point of saying that the boys basketball team varies from the girls in that the approach is different. Both in training and in the real game, both great stepping stones to some of their future endeavors.



PHOTO COURTESY FROM ERIKA PAGKALINAWAN.