

ANOTHER YEAR, ANOTHER SPIKE

By Sarah Rafiqi
Sports Editor

Valencia's girls' volleyball team is currently in the division of 2A with a long season ahead of them. They've already kicked off this season with a 2 - 5 record, and have beat Sunny-Hills 3 - 1. The team's goals for this year, Thorne said, is "...we're going to compete our hardest in every game and try to make playoffs and make a run at league title." In addition he added, "I think we're well on the way of making that goal."

Volleyball is one of those sports that involves several different

skills all conglomerated into one glorious art. The first thing to do is to collect one mound of endurance, two cups of speed, three pints of accuracy, and a heap-full of willpower. All mixed together, these are the ingredients to making a great volleyball player. Now gather several of these players, and you end up with this year's Valencia girls' volleyball team. This year, a select group of determined young ladies decided to take the challenge and join Valencia's girls' volleyball team. "This team is much improved from last year, we're young but talented."

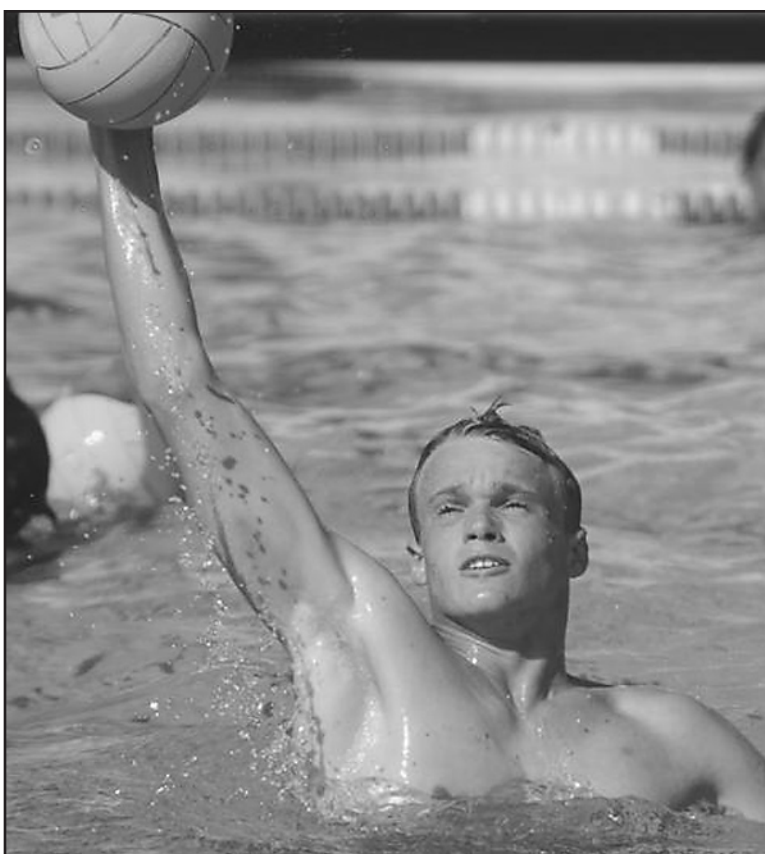
-Coach Thorne

last year," said Thorne, the ambitious coach, "they are young but talented". He also went on to describe the team members and how they've improved as volleyball players. "It's a lot of the same kids," he said, "but they've put in so much work that it's paying off this year". Thorne is right; the girls do put in a lot of work. They show up to each practice with renewed energy and strength. This is very impressive considering they're committed to six day weeks: Mondays through Fridays afterschool and Saturdays in the mornings. After the event-filled season is over, the team keeps their blades sharp with weight training, conditioning, and other work like that.



ALYSSA GRIFFITH GETS READY TO PASS. PHOTO BY: WAN PO

SPLASHING THEIR WAY TO VICTORY



RYAN JACKMAN (12) PASSING TO A FELLOW TEAMMATE. PHOTO BY: MICHELLE POWELL

By Dominique Riutort
and Isabel Hsu
Editors

After last year's great season, the Valencia High School boy's varsity water polo team is ready to jump straight into another amazing year.

"[Our goal this year] is to be ranked third or higher in Empire League," says Bernard Ma, head water polo coach, who has been coaching water polo for several years already. According to Ma, this goal can be achieved by utilizing plenty of practice and hard work, as well as "leadership, discipline, and listening to the coaches."

Practice is held for the boys every week day, on Monday

through Friday from two to five o'clock in the afternoon. A typical daily practice routine consists mainly of "swim conditioning, ball drills, and situational practice".

The water polo team has played three games so far in September, and is scheduled to play fourteen games in October and two in November, including the Canyon tournament at Valencia, and the Hank Vallenkamp tournament at Servite High School. The complete game schedule, as well as additional information about the boy's water polo

team, is available online at www.ValenciaAthletics.com.

The biggest game of the year is going to take place on October 8th, against Katella High School.

"(Our Goal) s to be ranked third or high in Empire League"

-Coach Ma

Coach Ma's philosophy and words of advice for the boy's water polo

are, "If you want to be a champion, you have to put your time in the water". With all the dedication and hard work the team is showing so far this season, it will undoubtedly live up to Valencia's trademark motto of "pride, tradition, and excellence" and succeed this season. Good luck, Tigers!

ALL IN THE WORLD OF GOLFCLUBS

By Sarah Rafiqi
Editor

This fall season, Valencia High School's beloved girls' golf team kicked off their new season with a bang. Their first great achievement this year was beating Esperanza for the first time in several years. On top of winning, they also took home with them an all-time low of a 236. A few days later, they beat their brand new all time low score with an even better score of 226 against Katella. With the dedication and skill

that these girls present, none of this was much of a surprise.

The four captains of the team: Whitney Fernandez, Erin Rapae, Ashley Baek, and Justine Bresnahan, and their 4 other team-mates returned to school this year with higher aspirations than simply to make good grades; they aspired to carve the name of

"We're taking CIF by storm."

-Erin Rapae

Valencia High School's girls' golf team into history. To achieve this, they practiced all summer long by taking lessons and competing in golf tournaments. Upon returning this fall, the girls resumed their practicing with two and a half hours of hard

work every day of the school week, and their own practice schedules on the weekends.

"I think we have a lot of room for improvement, but we're getting there," Beck commented. In addition to practices, the girls have years of experience to fall back on.

"We returned 6 girls from last years team that ranked 8 in the county and we have potential to be one of the best teams in the history of Valencia High School," said Castillo, the optimistic coach. "We wanna beat Cyprus and be #1 in league," Beck said about the team's goal for this year. Her co-captain Rapae however, wanted to say this: "We're taking CIF by storm."



SARAH PARK (11) AT THE ALTA VISTA GOLF COURT. PHOTO BY: JACK DAULEY



“LET’S GO TIGERS, LET’S GO!”

By: **Ale Gonzalez**
Reporter

“Let’s go tigers, LETS GO!” roars through the bleachers at Bradford Stadium. It’s the fall and it only means one thing-football season! Getting together with friends, blankets, food and the intensity of dedicated tigers fill the air Friday nights.

Valencia’s Varsity football consists of dedicated juniors and seniors ready to tackle anybody in sight. Defense and Offense have been putting their best foot forward on the field.

A few tigers that have been making their mark on the field are junior Omar Perez number 32 whose position is Running Back and Linebacker, senior Karsen Garcia number 5 who is a wide receiver and Defensive Back. And last but not least junior, Greg Hammod number 41 who plays Tight End and Linebacker.

These amazing players are not just what make up the destructive and intense Varsity football team. Each tiger brings their own skills and techniques onto the field.

The very first home game at Bradford Stadium, the Tigers celebrated on their 16 to 6 win over Western High School.

Touchdowns were scored by junior, Omar

Perez number 32, and field goals were kicked in by no other than senior, Jesse Sandoval number 3. “Linemen were Beastly,” describes Omar Perez(11).

During the last quarter our tigers were able to keep Western Back leading them to their victory.

“Defense stepped it up.” Says Ryan Garcia, regarding the Defense lineup that night.

The Tigers defense was dominating on the field, which annihilated Western offense plays. Omar Perez(11) carried 29 times for in total 160 yards which lead to 2 touchdowns. After our remarkable plays Western didn’t have a chance winning against the brutal Valencia Tigers. This became the first victory of the season for Valencia.

Definitely the Tigers did step it up that night since they lost last year to Western but they came back with vengeance and determination.

Following the Western game, was the annual Bell Game against Eldorado High School.

Unfortunately the tigers lost this time, there was nothing but will power and determination on the field.

But we did not leave empty handed that night. Second half of the game the Tigers came on the field with a plan.

The Tigers defense kept the Hawks pinned back and then they fumbled on a fourth down punt try, where none other than Omar Perez(11) recovered in the end zone for a touchdown.

Following the Hawks was held to a three and out on its next possession, but the tigers came out with a 61-yard scoring drive with a 2-yard run by senior Matt Gonzalez number 15.

“We tried our best.” Says senior Tyler Berman number 80, who is a wide receiver.

The Tigers walked off with the heads held high, waiting for next year to come back and dominate.

Recently the Tigers faced Capistrano Valley High School October 2, 2009.

The Tigers had the upper hand first half of the game where Omar Perez(11) scored a touchdown midway through second quarter making the score 7-0. But the tigers came up short second half losing to Capistrano Valley High School with the score of 14-7.

The very first dance of the year is right around the corner, homecoming and the only thing to start off that weekend of November 6, 2009 is the homecoming game.

The Tigers will be facing Loara High School that night at Bradford Stadium.

So go out and support your fellow Tigers and also find out who are the 2009 Homecoming king and queen during half time.

The Valencia Varsity football team has had some losses but yet kept their pride and spirit. They still have yet to play in the Empire League, in which we hope to get to CIF.

GIRLS’ TENNIS HITS IT HOME

By **Shannon Hsu**
Reporter

Last year, Girl’s Tennis performed outstandingly by winning first place in their division for CIF. This year, the team continues to have high aspirations for the rest of the season and hopes to uphold the reputation for excellence that they have acquired over the years. This, however, won’t be exactly a walk in the park, but the team is already making rapid progress.

“We hope to improve our tennis skills, and to compete at a high level consistently,” says Coach Mike McCall. “We try not to focus on the past - but improvement is basically the result of hard work and commitment..”

Practice for the girls begins during sixth period and usually lasts late into the afternoon, extending past school hours. During this time, the team

members usually practice by playing games against one another. Other times, they stay in shape by going on runs or participating in other types of exercises.

The team’s members also have many hopes and goals for this season.

“I hope to have a fun season. I don’t expect to win everything

like last year, but I hope we, as a team, will get closer to each other,” says Felicia Hsu (11), a returning

member on varsity who has been a member of the team since her freshman year. “We can improve by getting more comfortable with each other, especially for doubles.”

It is apparent that teamwork and good cooperation has been, and continues to be a

key factor for the success of the team. However, this can also put a lot of pressure on the girls, as their victories do not depend on individual victories, but rather, the total for the entire team altogether.

“The most challenging thing for me is knowing that anytime I don’t do well, I’m hurting not just myself, but everyone,”

explains Hsu in regards to this pressure.

Another obstacle that faces

the girls this year includes their level of experience in regards to the returning varsity members. Although all the members are notably skilled at their sport, not all have been on varsity, or the team itself for a considerable amount of time yet.

“We are a young team,

and experience can play a part in success,” says McCall.

“The main thing that will hold us back is inexperience. A lot of our players came up from Junior Varsity so they

may lack some experience that others previously had.”

Despite this, however, the girl’s tennis team is well on the way to another outstanding year of competition.

“We hope to improve our tennis skills, and to compete at a high level consistently,”

- Coach Mike McCall



SARAH BLAIR (12) EXHIBITS HER SUPERIOR TENNIS SKILLS BY HITTING AN ONCOMING BALL.
PHOTO BY: JACK DAULEY