

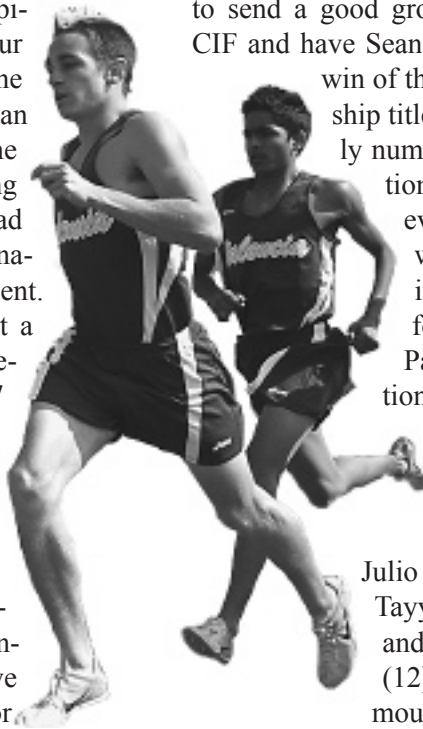
TRACK RACES TO THE LEAD

By: Madison Tang
Reporter

The Valencia Track and Field team has another immensely successful season in store for them. On March 4, the season began wonderfully with the scrimmage against El Dorado for pre-season, in which Valencia would have won, had the scores been kept. Following that, outstanding performances were seen in winning meets against Cypress, Katella, and Kennedy. The first dual meet, which was against Cypress, displayed exceptional athleticism from the athletes, who redeemed themselves from their defeat last year. In addition, the team also participated in the Meet of Champions at Azusa Pacific University, as well as the Arcadia Relays and Invite, the Orange

“This year’s track team has been an incredibly hardworking group.”
- Coach Frank

County Championships at Mission Viejo, and the Mt. Sac Relays. At the Meet of Champions, a total of fifty-four personal records were, the most notable being Sean Krinik’s (12) 1:50.16 time for the 800 meters, putting him in the lead for the entire nation in the event. Krinik also set a new school record of 4:12.7 at the Arcadia Relays in the 1600, displacing graduate Talal Khan’s previous one. The distance runners’ coach, Pat Hadley, remarked, with enthusiasm, “Right now we would like to compete for the league title, and it looks like that will happen, since the



SEAN KRINIK (12) AND TAYYAB KHAN (11) RACING TO THE FINISH LINE. PHOTO BY VIVIAN HERNANDEZ

Boys Varsity and Frosh Soph teams are undefeated. We would also like to send a good group of athletes to CIF and have Sean Krinik repeat his win of the state championship title, as he is currently number one in the nation for the 800 meter event. Besides that, we are all staying healthy and fit for future meets.” Particularly exceptional athletes for the boys team include Brad Cooke (11), Sean Krinik, Julio Gonzalez (12), Tayyab Khan (11), and Carson Garcia (12), while Jill Seymour (10), Sejal Patel (11), Laila Atalla (10), Brit-tany Norton

(10), Keya Alexander (11), and Maggie Hutcherson (11) continue to perform well for the girls. “This year’s track team has been an incredibly hardworking group. We are staying positive and would love to win league,” says Coach Frank. Valencia’s major competition for league will most likely be Pacifica, the only other undefeated team at the moment. The current focus of the team is on the Empire League Prelims, which will take place at Cerritos College on May 4 and May 7. The team trains diligently every day during 6th period and after school in order to prepare for its upcoming competition. In addition, the distance runners meet on Saturdays to put in extra miles on trail runs. “We are striving for perfection in all distance, sprinting, jumping, and throwing events,” says Brad Cooke, junior. The athletes are anticipating a fantastic finish to their season, which you can support at any home meet on the Valencia track.

BOYS’ VOLLEYBALL

By: Wan Po
Reporter

Valencia Boys’ Volleyball team strikes for a difference. Southern California has been said to be the most popular place, in America, for boys’ volleyball. With the great spread of this sport in our region, Valencia High School adopted a boys’ volleyball team starting from the year of 1998. This is a tradition and a pride that we own.

With a total number of 14 seniors, the 2010 Valencia Boys’ Volleyball Team became more unyielding, while at the same time, their past experiences are going to push the tigers even further. The boys are determined to do well and win this year. “We feel that we have a really cohesive team this year that will



JESSE SANDOVAL (12) SETS THE BALL FOR HIS DETERMINED TEAM. PHOTO COURTESY OF TESOROS

has, in total, 13 players, contain 3 left side hitters, 3 right-side hitters, 3 liberal players, 3 defensive players, and 3 setters. During a recent tournament in Foothill High School, the tigers showed that they are completely used to and appreciate the various methods that the new coach has brought in.

“We feel we have a real cohesive team this year that will carry us far into league and in CIF.”

- Matt Simek

Nathan Kofman (10) is one of the most promising underclassman varsity players; he has been playing on the varsity level since his first year. So too does Chris Harraka (10), who brings the team his best efforts and leadership.

The most challenging mentality has been said staying consistency, as said by Varsity Coach Thorn. He also, in addition, stated that there is plenty more space for the players to improve. It is very true that no matter how well you do anything there are always ways to develop more. This is, really, a mentality that sport coaches need, and the tigers surely show an abundance of respect for their own coach. Two Junior Varsity coaches, William Stanley and Matthew Miller, who came back for another significant year, discussed that this is about to be one of the best seasons.

“Our challenge is consistency, and so far I am very pleased with our progress, but we aren’t quite yet where we want to be,” Coach Thorne explained with importance.

BOYS’ TENNIS

By: Boyoung Kim
Reporter

With heightened goals, this year’s boys’ tennis team is prepared with experience and athleticism, shown well in their game against Diamond Bar High School. The shuffling of quick feet anticipated the opponent’s

serve and signified the boys’ readiness to take on any challenge thrown at them. Fluid racket swings and rapid sprints towards the shooting tennis balls kept the courts in tense motion.

The notable Varsity tennis players played with experienced agility, patience, and friendly teamwork.

Curtis Wu, a senior, emanated confidence as he easily placed shots in the court away from his opponent. Sophomore Jonathan Hammel possessed a strategic mindset and continually approached the net to put away winning volleys. Senior Sean De Young’s pristine structured forms yielded to powerful serves and ground strokes. Senior Kevin Paik and junior Brandon Chang’s performances were distinguished with Brandon’s aces

and Kevin’s constant movement at the net. The boy tigers eventually won the game against one of their most challenging opponents with a close score of 10-8. The Varsity tennis boys are currently ahead 6-2 for their pre-league season and the team is one of the top ten in the county.

Last year’s team progressed all the way to CIF Finals but suffered



DANIEL KIM (12) SWINGS HIS RACKET WITH ALL HIS MIGHT, ASSISTING THE TEAM IN RACKING YET ANOTHER VICTORY FOR VALENCIA. PHOTO COURTESY OF TESOROS

a close loss. Mike McCall, the Varsity tennis team coach, shared that he “feels good about the season up to this point,” which is promising for their ultimate goal of winning CIF. Much potential is apparent for excelling in league and eventually CIF. Despite the high expectations, accepting challenges is routine as Jonathan explained that “after [their]

loss against Claremont last year, we’re all pumped to hopefully play them again in CIF.” Both the captains Kevin Paik and Jonathan Hammel and Coach McCall agree that confidence and passion are the key assets in achieving goals in tennis. “We’re all just trying to come out every day with a positive attitude that we are good enough to beat any team,” Jonathan said.

SCHEDULE

BOYS TRACK EMPIRE LEAGUE PRELIMS
@ CERRITOS COLLEGE AT 2:00 PM ON
MAY 4TH

BOYS TENNIS VS. LOARA HS @ LOARA
HIGH SCHOOL AT 3:15 ON MAY 4TH

BOYS VOLLEYBALL VS. LOARA @ VA-
LENCIA HIGH SCHOOL AT 4:45 ON
MAY 4TH

GIRLS TRACK EMPIRE LEAGUE PRELIMS
@ CERRITOS COLLEGE AT 2:00 PM ON
MAY 4TH

BOYS BASEBALL VS. LOARA HIGH
SCHOOL AT LOARA HIGH SCHOOL AT
3:15 PM ON MAY 5TH

BOYS SWIM EMPIRE LEAGUE PRELIMS
@ KENNEDY HIGH SCHOOL @ 1:00 PM
ON MAY 5TH

GIRLS SWIM EMPIRE LEAGUE PRELIMS
@ KENNEDY HIGH SCHOOL @ 1:00 PM
ON MAY 5TH

BOYS BASEBALL VS. LOARA HIGH
SCHOOL AND LOARA HIGH SCHOOL @
3:15 PM ON MAY 5TH

BOYS TENNIS VS. PACIFICA HIGH
SCHOOL AT VALENCIA HIGH SCHOOL
3:15 PM ON MAY 6TH

STICK A FORK IN HIM

By: Sargun Singh
Reporter

The Valencia High School Baseball team starts off the spring season with excellent spirit. The team is bursting with talent and determination to finish first in league.

The tigers start their season of well with victory in 6 of the first 7 games. These wins should be greatly attributed to the varsity coaches Mr. Scheetz, Mr. Borning, Mr. Garcia, and Mr. Runge, who work these players hard to better hone their skills during practices. The baseball practices consist of two and a half to three hours of defense and fundamental work which strengthens the team's defense which ultimately wins games. The strongest attributes of the team this year would be their depth of pitching. They excel in that part of the game which has helped the team win many games. According to the coaches such as Coach Scheetz, the tigers are overall experienced teams who have great work ethic. All they need is a little confidence booster to liven their motivation. Our VHS baseball team finished strong last year by

placing third in league. This year, their goal is to reach the top and finish first. The team has great captains such as Carl Robinson and Mark Anderson. With steady effort, good work ethic, and determination there is no stopping these tigers from reaching their goal.

The team has a number of experienced returning players that add skill and knowledge to the game and its younger players. Their experience complements

the abilities of the younger, more inexperienced players who will take their place when they graduate. The variety of experiences that the team's members have been through, combined with the skills the players have honed over the season and through practice, make their team strong.

When we asked Kevin Johnstone, a junior, what he thinks of this season and his team, he says, "I think that if

our team works hard enough, then we will prevail."

It takes a lot of hard work to achieve success in the League, and the baseball team has been constantly improving with diligent training in baseball fundamentals. The team also owes its success to its coaches, who have guided them throughout training and the season.

Coach Scheetz says, "Good things will happen if we work hard. We have to go out and earn it. Our whole school agrees with Coach Scheetz and hope these tigers can climb to the top.



BRYSON KAUAHAHAA(11) AND TEAMMATES PRACTICING PITCHING, CATCHING, AND OVERALL TEAMWORK. PHOTO BY: JACK DAULEY

H₂O GOES PRO

By Jin Joo
Reporter

Valencia High School's boys' swimming team is doing great this season. They have made records of scores: On March 23, 2010, 134 to 36 against Cypress High School and VHS Tigers won. Also, on March 26, 2010, the score was 112 to 54 leading VHS boys' varsity swimming team to the victory against the Fullerton High School. Valencia High School boys' varsity swimming team is doing really great and they are planning to go to the empire league finals on May 7,

2010 at the Kennedy High School. Coach Bernard Ma coached his team to obtain a record of winning 39 Empire League and only losing 1. His philosophy is that "If you want to be a champion, you have to put your time in the water." "If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up." This quote was by Abraham Maslow and also this quote can best describe Coach Bernard and VHS boys' swimming team. They love swimming and they will always be. We are hoping that VHS boys' swimming team to compete well in their next game and bring good results from the Empire League finals. Also,

for the Valencia High School girls' varsity swimming team, they are planning to compete in the empire league finals on May 7, 2010 at the Kennedy High School. Their coach is Ms. Nancy Thomas who taught for about 3 years. She was named Head Coach of the Girls Swim team in 2008. Tigers are wishing the best for them to win their CIF matches. Good Luck Tigers.

JONATHAN WEISS(12) PUSHES FOR VICTORY WITH EVERY STROKE HE MAKES IN THE POOL. PHOTO BY: MICHELLE POWELL



BOY MEETS TRACK

By: Wan Po
Reporter

Sean Krinik may be one of the best runners in the entire nation, but he is still a high school student with a life like many of our own lives.

Once again, we congratulate him for his admission into University of Washington!

All the way back into his freshman year, Sean already knew what he wanted to do, and what he was best at. During his first year in Valencia's Cross Country, Sean was inevitably caught by Coach Hartley's eyes, and distinctly,

a successful running career path was put together for him from the pieces of talent, potential, and effort that he still has.

It now seems like everyone in Valencia knows who Sean Krinik is: The runner. Sean has not only raced against others, but against himself, both mentally and academically. It is proven that what led him into all of the good results and outcomes was not only his athletic ability, but also

his academic excellence, and most essentially, his incredible efforts. Sean, throughout his academic career, made a decision not to be an average student. Thus he has also proven that it is possible, for any high school students, to maintain both academic excellence in school and strike for athletic merit on the sports fields. Like so many others of the greatest young people that Valencia High School has nurtured, Sean is going to make a difference, with all the experiences that he now has in life.

"I love to run, and I think it's pretty obvious," he likes to say. Sean Krinik is going to be remembered, as a dynamic runner.

SEAN KRINIK BEAMS WITH THE PRIDE OF HIS GRANDEOUS ACCOMPLISHMENTS. PHOTO BY: VIVIAN HERNANDEZ

