

BOYS' VOLLEYBALL LOOKS FORWARD TO A NEW SEASON

By: **Boyoung Kim**
Reporter

In the midst of preseason preparation, the boys' volleyball team hopes to hone its strengths and further develop skills in order to win the league title.

Last year, the Tigers placed third in league and continued to second round in the California Interscholastic Federation (CIF) playoffs. In order to exceed last year's achievements and improve the team's overall performance level, Coach James Thorne will instill in his players the important principle of perseverance.

"I'm going to work with the same basic principles of 'work hard, compete hard,'" Thorne said.

The tryouts' conclusion on Feb. 16 finalized the formation of the team, and Thorne is looking at a team that is more diverse than that of last year in terms of skill level.

Although the team is looking to be relatively young with many incoming freshmen, their skill levels are high, and the mix of offensive and defensive strengths

are fairly balanced. Several promising Varsity returners will give the team further strength, and the team will work on improving each and individual's skill level.

"I think we've got a promising Varsity group and a young and eager JV group," Thorne said.

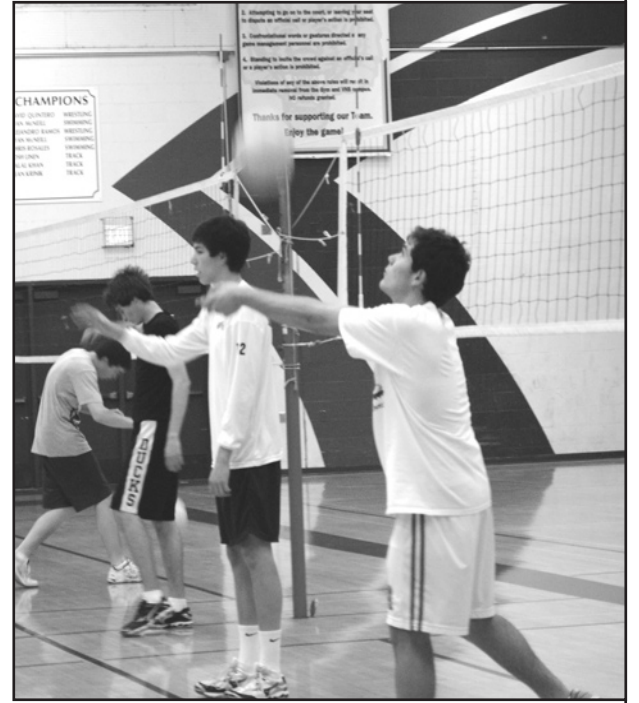
Dante Cantal (12) and Ashwin Padalkar (12) and Nathan Kofman (11), along with their fellow Varsity teammates, are expected to lead the team.

"It's early but our team has great potential. We gained some good athletes and I am confident that if we continue to work as hard as we've been, we will come through this season," Dante said of the upcoming season.

The team plans to prepare for its season ahead by drilling, conditioning, and competing every day. In addition to these workouts, Thorne will teach them team concepts which will aid in unifying the team, making interaction among the players easier, and strengthening the teammates as a whole.

The boys' hard work will pay off during their first match, which will be held on Mar. 3 at El Dorado High School.

"Come out and support us. We've got candy."



THE BOYS VOLLEYBALL TEAM PRACTICING. PHOTO BY: VIVIAN HERNANDEZ.

SPLISH SPLASH SWIM SEASON ARRIVES

By: **Jeremy Beyond**
Reporter

Spring sports are right around the corner and the Valencia High School swim team is working hard to prepare for February 28th, the official start of season. As a team, the Valencia swim has always worked hard and has earned the reputation of always taking first in league if not second. This upcoming season is no different as the Tigers will be looking to take first in league again.

Currently in pre-swim, many incoming freshman and sophomores are coming in right now to recondition themselves. From the Boys Team Corey Burgess (12), Anthony Nguyen (11), Brian Walthour (10), and Matt Thullen (11) are coming back. From the Girls Team Jeena Rudy (12), Breanna Burrow (12), Erin Solis (10), Katherine Pierce (11), and Sarah Federman (10) are returning. Overall as a team there are three returning varsity seniors and thirteen returning varsity boys and girls swimmers. From this group of swimmers, the head coach, Ma expects two CIF-SS Individual Champions, Pierce and Rudy. Pierce, a really good upcoming junior, is expected to take CIF-SS Individual for breaststroke and Gina Rudy for the hundred butterfly stroke.

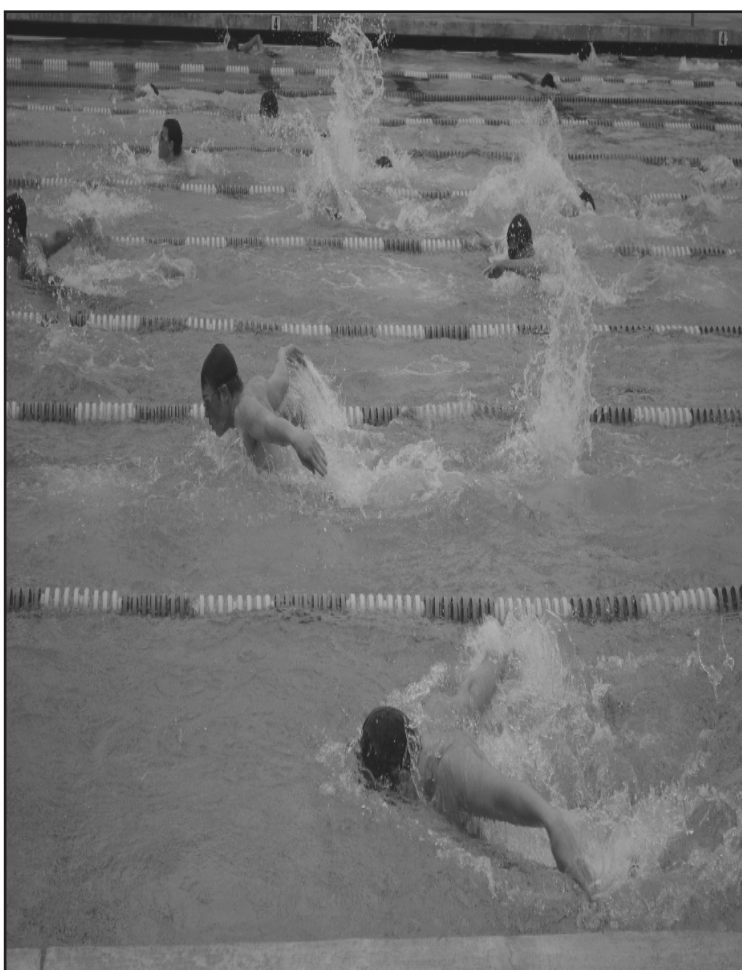
As a team, Valencia swim has always had a reputation of doing well due to their large team and great team work. When asked why the Valencia Tigers have always had success, Ma gives credit to the number of players he has and the team's hard work. He states "swimming is a matter of ability and matter of number, and as a team the Valencia Tigers have the numbers and swimmers who are strong in all four strokes". He explains swimming is a matter of ability and

matter of number, and as a team the Valencia Tigers have the numbers and swimmers who are strong in all four strokes.

As for the team's hard work Ma explains the team has really strong work ethics. Swimming is a mental sport and it requires the swimmers to push themselves so they can improve on time. Another reason is because the swim team has good bonding as a team.

When asked about the goal of the swim team, Ma simply stated, "Goals by end of season probably to win league again, we're always number one if not number two in both boys and girls league". The Tigers will have the opportunity to take league at Kennedy High School this year on a Wednesday. May 4th will be qualifying and May 6th will be finals. It will be preliminary and finals that same week determining who will be empire league champs. For now the team will work hard towards their first swim meet, March 11th Canyon Relays. The Coaches that make this swim program so successful are head Coach Ma, Nancy Thomas, and assistance Coach Karra and Michelle.

THE VALENCIA HIGH BOYS SWIM TEAM. PHOTO BY: AADILA PARUK.



STORY OF SUCCESS, MAC LANGENWALTER

By: **Jeremy Beyond**
Reporter

Valencia High School Wrestling has just finished its season, but for Mac Langenwalter (12) his season is far from done. Coming off league finals in first place, for the second consecutive year in a row, he has proved that he is the top 169lb wrestler as far as league. He finished with an overall record of 32-7, and plans to go out for CIF-SS Individual Champions this year. As a senior he has applied to CSUF, Cal Poly Pomona and University of La Verne and plans to major in kinesiology.

Before he became league champion, Langenwalter thanked his success to his hard work. When Rodriguez, the head wrestling coach, was questioned why Langenwalter has had much success he simply states, "Just hard work, he doesn't complain, shows up everyday with good attitude and works hard". Langenwalter's goals by the end of season

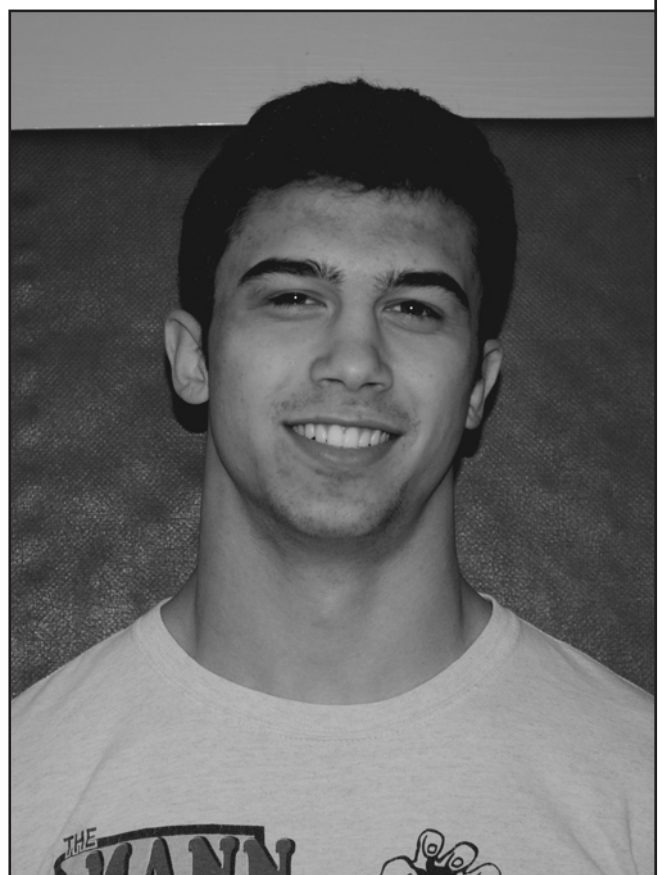
are to be CIF Champ, place in Master, and qualify for state tournament.

At a young age, Langenwalter was inspired by his father, who wrestled, and wanted to keep the tradition going. Due to this inspiration, Langenwalter always knew he would wrestle when he got into high school. Despite having much influence around him, wrestling hasn't always been an easy

road for him. He described his feelings toward wrestling as love-hate relationships. Even Langenwalter has admitted that there have been times when he contemplated on just giving up. However, making it through all the hardship Langenwalter believes he has become a stronger person and a stronger wrestler. Langenwalter also states that wrestling has helped him in almost anything he has gone through in life. He quotes, "Once you've wrestled, everything else is easy".

As a senior now, he explains the most difficult practices were always at the start of season because he had to change from being in "football shape" into "wrestling shape". Langenwalter explains some of the best feelings in wrestling were when your hand was raised up, and people in the stands would watch you. He explains this feeling as "incredible", and said he wouldn't give up that feeling for anything. When Langenwalter isn't wrestling, he likes to be around friends and have a "good time with good people."

MAC LANGENWALTER (12). PHOTO BY: SEJAL PATEL.



TRACK PREPARES FOR CHALLENGING SEASON

“I WANT VALENCIA TO BE... THE HARDEST WORKING TRACK TEAM”

By: Boyoung Kim
Reporter

The boys' and girls' varsity track teams are busy preparing for their challenging season ahead. Last year the team did great in the league and they continue to run forward to take the league title this upcoming season.

Head Coach Brandon Frank will be assisted by assistant coaches Pat Hadley, Jason Gray, Hannah Young, Luis Garcia, and Gerardo Rodriguez in bringing the many new incoming athletes and experienced returners together for a solid team. “I’m still evolving the program as head track coach,” Frank said. This will be his second year as head coach but fifth year coaching at Valencia High School.

Alongside the coaches, several particular athletes who harbor notable potential will help the team

reach the top as league champions.

Track is consisted of three different events: sprint, field, and distance, among which numerous sub events are held. For each of these various events, certain Tigers shine through with their potential to take the team far.

Expected to lead the way for the boys will be sprinters CJ Lee (12) and Reid Victores (11), hurdler Kadeem Calhoun (12), thrower Jason Sota (12), and distance runners Benji Preciado (11) and Christian Aviles (11).

The girls will be led by distance runners Keya Alexander (12) and Melissa Ugalde (9), sprinter Deanna Lopez (12), and high jumper Casey Hinger (12).

But these athletes will not be solely responsible for the team’s success. An all-around strength is going to be needed, which will be achieved through intensive practices and maximum effort from all the students.

“There’s a quote I like to tell to all my students: ‘given time, hard word beats talent.’ I want Valencia to be distinguished as the hardest working track team,” Frank said.

THE TRACK TEAM EXPERIENCES A FULL DAY OF PRACTICE. PHOTO BY: SEJAL PATEL.



BOYS TENNIS PREPS FOR THE NEW SEASON

By: Sarah Rafiqi
News Editor

On Feb 2nd, Valencia High School’s varsity boys tennis team began pre-season for the new season.

Coach Mike McCall used a Round Robin Tournament to evaluate the skill of each of his players. In the unofficial tournament, each player came face to face with every other player

on the team in quick succession. This allowed McCall to get a grasp on the level of skill in his players, and helped him choose team captains, if he decides to do so.

Two weeks into February, Varsity Boys Tennis officially began its new season. Now they practice every Monday through Friday from 2 pm - 5 pm. The players mainly condition on a consistent basis throughout the season. This way, the team is able to focus on tactics and getting more aggressive as the season progresses.

“One thing we’re trying to work

on is getting our players more comfortable to the net,” McCall said about his goals for the team.

At the same time, McCall feels its important for his boys to feel intrinsically motivated.

“I think we’d like to see our players work on playing one point at a time and maintaining confidence and a positive attitude,” McCall elaborated.

Boys tennis has an impressive tradition of success at Valencia. They have have won their league cham-

pionship four times in a row. The past two years they have gone on to CIF finals.

McCall, like the rest of the Valencia tiger family, is very proud of

his boys tennis players and all their past accomplishments. According to McCall, there is a recipe to his team’s success. “Firstly, we have talented kids. Secondly we have kids who love to play tennis,” McCall said.

On March 1st, Valencia High School’s varsity boys tennis team met on the Valencia campus to face off against Esparanza High School in the first game of the new season.



MICHAEL IM (10), DANIEL KIM (11), HENRY LEE (11)
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