

CROSS COUNTRY SETS THE PACE

By: McKenna Switzer
Reporter

years in a row and they plan on doing it again this year. Coach Frank boasts, "Our sport has no timeouts and no substitutions." "Running is natural; we were all born to run, we just take it to the next level and the next and the next," Coach Garcia says of his team. Along with

the fastest and the slowest person with the same level of energy." During one race, one of our tigers offered their inhaler and her encouragement to help the other runner finish the race. Our tigers not only show great respect and loyalty to their own teammates, but also great sportsmanship to other school's runners as well. Some goals that the team has set this season are, for Varsity, to advance to C.I.F. prelims winning first or second place in Empire League, to place two runners in the top five in the league, and, for J.V./Frosh/Soph, it's to claim their 1st place title again. Most of our cross country runners are not only involved in this sport, but participate in IB, Val Tech, AP, and many other activities inside and outside of school. When asked about the most rewarding aspect of coaching cross country, Coach Frank answered, "Watching each athlete improve over time and seeing the pride they earn," while Coach Garcia states, "To take someone who said they cannot run, and train them to be a runner or be active for life for their good health. To educate them on the importance of eating right, staying fit, healthy, and taking care of their bodies." To perform well in cross country, you must not only know how to run, but also how to be a good teammate, a great supporter, and an extremely hard worker.

"The relationships developed while coaching and running with the team make all the hard work seem worth it," quotes Coach Frank when asked what he loves most about coaching cross country. Coach Frank is in his seventh year coaching and Coach Garcia is in his sixth year coaching and they both have a unique and remarkable love for not only the sport, but also for their athletes. Cross country is not only a physically demanding sport, but it is also mentally and emotionally challenging as well. They run about sixty miles every week all summer long and in order to do well in this sport, they must keep their grades high, challenge each other, and also be very committed to this team. When asked what obstacles the boys will



Boys Cross Country Team Poses for Camera
Photo Courtesy of Nathan Saavedra (11)

face this year, Coach Frank replied saying "Our sport IS an obstacle." Our boys have won league for twelve

participating in arguably one of the most physically demanding sports, these athletes "cheer and support

Our boys and girls cross country teams make not only their coaches proud, but they make Valencia proud.

PUTTING TO SUCCESS

By: Michelle Lee
Editor

Mr. Mark Castillo, coach of girls' Varsity golf, proudly revealed several things about the team. "Our thoughts," Castillo states, "are to win the league and finish in the top five in the CIF." He also thinks that the team is very strong, with four returners and has a legitimate shot at winning the league as of now. Additionally, he hopes to beat their rival of the year, Yorba Linda High School. Second, he says that the team captains, Rachel Kim (12) and Hannah Hernandez (12), are doing well in leading the other teammates through good

example and hard work. Also, the girls have seven wins and two losses so far, which means they have a good chance at winning at the CIF. Next time, he hopes that the team could play a game at the league finals at Dadmiller Course and Western Hills Country Club. "We focus on the process and the results of what happen," says Castillo. He also added that the CIF will take place in Miles Square Park in Fountain Valley. After Cypress High School and Yorba Linda High School, the team moves on to the Empire League Prelims and Empire League Finals, then finally the CIF Finals. He, along with his team, is sure that through effort and teamwork, their team can make it through the CIF and emerge as champions and representatives of Valencia High School.



Valencia golfers posing in front of the camera
Photo courtesy of Jessica Hernandez (11)

GOING FOR ANOTHER SPIKE

By: Katie Vaughan
Reporter

"The ultimate team sport," Coach James Thorne states, "volleyball is one of the sports that involve a team...not a sport with one or two kids that are in the spot light." Girl's volleyball involves an excellent group of girls who work together to achieve the goal of winning the game. Their season started off rough, but every single day the coach of the team hopes that the girls will get better from practicing and competing. The goal for the team, according to Thorne, is the get better at every practice and every game. He wants the girls to compete at their best.

Thorne explains what the most rewarding thing about being a coach for the team is, "They are a fun group of girls and it is just a fun team to be a part of." Memorie Shinohara (12), Rachel Renteria (12), and Amanda Rigali (11) are the three captains among 16 girls. Thorne predicts their season will end in success for the Tigers. Volleyball is a sport where the two teams rally the ball back and forth over a net. It takes speed, agility, and strength to play this sport. The Tigers are competing in 18 games over the time period of the season. They started the season at the beginning of September and will end on the last day of October. It is a short amount of time but there has been a lot of preparation and thought put into these two months. "If the girls work hard and are prepared for a game, I have no doubt that we will do well even if we don't win," Thorne states.



Girls' volleyball team trying to pass the ball
Photo courtesy of Alpha Gallegos (11)

GRAND SLAM SEASON

By: Hiba Raza
Reporter

The Valencia Girls' Tennis team has been working very hard this past couple of months. After winning their first game against Western with a score of 17-1, they made an incredible start and were very excited for the rest of the season. Just like we would expect and hope, the ladies kept up with their victories and made Valencia very proud to be supporting them. Mr. McCall, the coach of the varsity team, has been coaching for many years now. With that much experience, he truly knows how to improve the girls' tennis skills as well as how to teach them important everyday lessons. When asked what the girls' are expected to gain from being on the tennis team, he states, "The aim for the girls this season is to get better everyday, develop useful life skills, and most importantly, have fun!"

Everyday during practice, these girls go through a rigorous conditioning process, as well as further developing and enhancing their serves, hits, and plays. They have also developed a strong bond because most of these girls play doubles, which involves supporting another player during the matches. Gabrielle Szczeblowski (11) and Luisa Parish (11) are first up for doubles in every match. When asked about her experience playing with a partner, Szczeblowski states, "Playing doubles requires a lot of teamwork and support - with each match I put a lot of effort into improving my game and having fun." To add to the girls' achievement, most of the girls are also highly involved in their academics, as a majority of them are in the IB Program.

They have truly proven that they are an amazing team with very goal oriented people. They know what they need to do and are constantly building upon their previous goals. When reflecting on the girls on the team, McCall states, "This team is made up of wonderful girls who are continuously working hard to become the great players that they are capable of being."



A Tiger ready to strike the ball
Photo courtesy of Shem Rivera (11)