

CROSS COUNTRY TEAMS FLOURISH IN CIF PRELIMINARIES

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Staff Writer

The varsity cross country teams have come a very long way this season and worked their absolute hardest to excel in every away competition. This is the second year in a row that both boys and girls from Alhambra High School qualified for the California Interscholastic Federation (CIF) preliminaries, which is always a goal for the cross country teams. To prepare for the competition, both teams kept their eyes on the prize and strived to win at CIF. This year the meet took place at the Riverside Cross Country course instead of the usual Mt. SAC course.

“It was nice to be able to run a totally different course but it was pretty dusty from all of the dirt,” runner William Rodriguez said.

The cross country team as a whole ran near their personal best. Varsity girls runner Yaneli Guajardo



MOOR photo by AAQIL KHAN

CROSS COUNTRY UNITED Runner Yaneli Guajardo (pictured center) finished first in the girls' competition with both teams beating the league champs at the CIF Preliminaries.

rdo was a powerhouse contender for league champ and worked her hardest to win the title. While the team was not favored, they finished where they should have.

Both teams beat the league

champs at CIF Preliminaries. However, the number one runner for the boys did not win league champ at the CIF competition. With both cross country teams having gone to CIF this

year, the teams have next year to look forward to and do even better than they did this season. Coach Rodriguez has big plans for next year and intends to use the same strategy she used this

season as it was so effective this year. With such a great outcome this year by making CIF, the runners are only improving themselves and are looking forward to doing even better next year.

Girls' Varsity Basketball Works Together Throughout Preseason, Prepares For League

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The girls' varsity basketball preseason has started and the team is looking forward to a great one. They have been practicing to their fullest to try to make it an amazing preseason by working hard at least five days a week. Some practices can get tough but the girls still power through with it and try their best. It is going to be difficult with a few members returning and with some new members that moved up from the junior varsity team. But no matter what, working as a team is always the main goal. It can be a little hard at first for the new members when it comes to a new level, but having returners on the team makes it easier.

“The toughest thing about practices is keeping up with all the returning varsity members. All the returners know what to do but I'm still new [to] everything. Half the time I get confused but I still try and stay focused,”

sophomore Vivian Phan said.

The Lady Moors will have some difficult times thought their season but they will always stay strong, whether it is inside or outside of the game.

“We will expect a few ups and downs but overall, a good and fun season. We expect each other to work hard every minute of playing time no matter what the situation is in the game. With the tough league that we're in, we hope to win as many games as possible. But no matter what we know any member of our team that steps onto the court will work hard until the very end,” co-captain Ajah Awuma said. Working hard is something important to the team. They may have a season that will be difficult but they'll push through the whole way no matter what.

“My goal in coaching is for us to play together as a team, always work hard, and to never get out hustled. But the biggest thing is to enjoy the journey and not worry about the destination. Be-

cause if we enjoy the journey it doesn't matter what happens, we will have a good time in basketball,” Coach Erick Williams said. Williams helps the girls in the best possible way he can to make sure it will be an outstanding preseason and season.

“What I expect from my players is our philosophy, for my players to always play hard, play smart, and play together as a team. If they do that whether we lose or win, I'm happy. The overall strengths would be that we're fast, our basketball intelligence quotient (IQ) is higher, and this year we're closer as a team,” Coach Williams said.

According to Coach Williams, the team has a lot of different strengths. Their plan is to make it to California Interscholastic Federation (CIF). Their next game will be a non-conference game at home against Ramona Convent on Wednesday, Dec. 9.

MOOR graphics by LESLIE HWANG

Boys' Varsity Soccer Squad Kicks Off Towards Preseason

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Preseason for the boy's varsity soccer team has begun and they intend to make it a great, successful one. Practicing four days a week for at least three hours, the team plans to make this preseason count and prepare themselves for whatever challenges come their way. The team is preparing with the top players being Qi (Michael) Yang and Issai Alfaro. The team has had many hours of practice and experience with some members playing since the age of eleven. Overall, the boys have had a great positive attitude toward practicing and setting extensive amounts of time for soccer even at home.

“I have always strived for victory when I'm on and off the field,” freshman Javier Gonzalez said.

The team has been improving with every practice and has been trying their hardest to make sure that everyone can succeed in every

scrimmage and, soon, every game.

“I have been taught discipline, teamwork, persistence and even some social skills from just playing soccer; I have always tried to help out my teammates and they always help back. I know I'm not the best player on the team but with enough work I hope to be,” Gonzalez said.

All of the boys have had individual time to improve any weaknesses they may have had and make sure that they know what to do when they get the ball, when a player is on them and when they are going to score a goal. The team has been buffing out all the scratches and difficulties that they had in teamwork, drills, positions and the rules of what they are allowed to eat, drink and even do on off-time. The team has been positive about their upcoming season, making sure that everyone is ready to get a kick start on their first game. The team has shown that they can do it in the past with a record of 10-9 and they can repeat it now.

Varsity Wrestling Tackling New Season, Sets High Expectations For CIF Success



MOOR photo by AAQIL KHAN

MATCH ON THE MAT In preparation for their first match on Dec. 12, senior Jesse Gabriel (left) practices a single shot setup on senior Eric Gonzalez (right) during wrestling practice.

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With a new wrestling season on the horizon and practice already starting comes new questions and expectations. The Alhambra wrestling team will be trying their hardest to improve on the accomplishments of last season and learn new tricks. After working hard with blood, sweat and tears, both the old and new members hope to make CIF.

“I think we have a good team; some new people and the others that have been here before are working hard as usual in hopes to get back to CIF,”

captain Bobby Ramirez said.

After last year's season, the team hopes to make CIF again and win. Ramirez puts high expectations on himself knowing he can do it with hard work. According to some teammates, he is the hardest worker and it encourages them to work hard as well.

With the team similar to Ramirez, everyone is working their hardest to improve. The new members are learning from some of the best in the school such as Bobby Ramirez, Eric Gonzalez, Gabryel Valenzuela, and Ruben Enriquez to just name a few, and with an excellent coach, they are definitely one of the top teams in league.

“For the last two years Alhambra hasn't had many people who want to do wrestling. I don't know why but now we have 30 freshman and some veterans that are ready. We also want to focus on two areas which are making them tougher and technique,” head coach Mike Williams said.

With new members, the veterans are there to help teach them, which is good for all levels from freshman to varsity. Of course they must always keep their grades up and avoid injury, which is where technique comes in along with solid coaching. All in all, wrestling is ready to tackle league legs first and win.