



Whose Limit is it Anyways?

BRIANA THAI  
Staff Writer



According to LA Times, on Sept. 27, quarterback Shane Morris of University of Michigan (UM) looked disoriented after a hard hit, but he continued to play. He took a break but was back in play without the approval of the team's doctors. The following Monday, UM officials released that he distressed a "probable mild concussion" along with a sprained ankle. Athletic Director Dave Brandon stated that medical members did not see the hit and there was a misunderstanding on the field. Morris was put back into the game without having been cleared. Morris did not clearly set his limits and he could have been seriously injured.

Coaches should know their athletes' limitations and respect their decisions. It is critical that both athletes and coaches know when athletes are benefiting or hurting themselves. Players should know and stand up for their rights when they feel too devitalized to play. Knowing an athlete's limitations is important because overworking an athlete can lead to fatal injuries, such as head trauma and even death. It is also crucial that coaches know that their main responsibility is to ensure safety both on and off the field.

Coaches should pay close attention to their athletes when entering tough situations and figure out what they can and cannot do, in terms of stamina. Safety is always the priority; and overworking an athlete is unsafe, physically and mentally. Athletes should push themselves to their limit, but know when to stop.

## Varsity Girls' Volleyball Advancing Through First Six Games of League

WESLEY TSAI  
Staff Writer

With a season record of 3-4, the Moors are currently tied for fourth place in the Almont League. The Lady Moors had their first game against the Mark Keppel Aztecs and won within four sets. Adding to their season record, the Moors conquered the Schurr Spartans on a 3-2 set game and won at Gabrielino on Oct. 18, taking home bronze division's first place trophy.

"Our most recent games haven't gone exactly the way we wanted to even though we got off to a good start going 2-0. [It has] been tough lately. In order to make playoffs, [we will] have to bounce back from our losses and mistakes. We have to be able to work together as a team, not individuals, and simply 'play volleyball,' doing what we already know how to do on the court and having fun," junior setter Katherine Hui said.

With only four games left in league, the team still has a chance to make it to California Interscholastic Federation (CIF) playoffs if winning all their remaining games. Making it into the CIF playoffs will require the team to overcome obstacles, but with practice and dedication the Moors are striving to improve and incorporate what they learn into their games.

"Although our season record is currently 3-4, we still have high hopes that we can make it



MOOR photo by SARA HERNANDEZ

**A ROUND OF ENCOURAGEMENT** The varsity girls' volleyball team has one last team huddle before their match against the San Gabriel Matadors on Oct. 21.

into CIF by practicing everyday and working hard, emphasizing on 'serve receive,'" senior backside hitter Jennifer Tran said.

With 12 members on the team, the seven seniors are practicing their hardest since it is their last season for volleyball. For

the juniors, there are still errors they have time to mend. By incorporating their practices into their games, the Moors hope to win enough games to qualify for playoffs. Unfortunately, the Moors lost against the Schurr Spartans on Tues. Oct. 21. With

a record of 3-4, the Moors need to win all remaining three games in order to finish third in the Almont League. The girls' senior night will be held on today against the Montebello Oilers, whom they lost to earlier in the season to the set score of 0-3.

## Boys' Water Polo Arduously Fights for Good End to Season

ANHAYTE GUAJARDO  
Staff Writer

The varsity water polo team is once again winding down into its final games. They currently hold a season record of 4-10 and a league record of 1-2, winning their last game against Bell Gardens with a score of 17-3. The team currently is ranking fourth overall.

Although the team says that they have been improving with every game with better shooting and passing, they agree that they still have some problems that need more attention.

"Communication has been one of the main problems throughout the season. Once we master speaking among each other throughout the game we will be able to execute plays better and faster,"

junior flat Dominic Perez said.

Through every practice, the team continues to work on conditioning and endurance. The Moors explained that in every game, endurance is important because the athletes must be able to stay in the water without getting tired. According to Head Coach Adrian Lopez, with more athletes on the team there will always be fresh substitutes ready to get in the water.

"The team has performed very well this year. I am very proud of [what] we have accomplished this season and hope to encourage more athletes to come and join the team in order to make it a stronger program for next year," captain Brandon Wong said.

MOOR graphic by SAMMIE CHEN

## Cross Country Strides Towards League Finals



MOOR photo by SARA HERNANDEZ

**PREPARATION** Cross country JV runners Bryant Vo, Matthew Roberts and Jonathan Banh prepare for Almont League Finals.

WILLIAM RODRIGUEZ  
Staff Writer

As the season is coming closer to an end, the varsity cross country team is getting ready for the Almont League Finals. If successful, the team hopes to advance to the California Interscholastic Federation (CIF) Preliminaries.

In preparation for league finals, the cross country team had their first league meet of the season on Oct. 1, which took place at Legg Lake in Whittier Narrows. At the shot of the gun, the six teams of

the league were off. In the varsity girls' race, the quintet of Alhambra girls finished with an accumulated score of 54, maintaining a third place team finish. Individually, sophomore Yaneli Guajardo, captain Anhayte Guajardo and freshman Kelly Luu finished amongst the top five in the race.

"Being a freshman on the [varsity] team is very intimidating because most of the other girls are older and have more experience. [However], I'm grateful to be able to have this opportunity as only a freshman," Luu said.

Along with the girls, the boys' varsity team ended with a third place finish, with a total score of 62. If it had been league finals, both the boys' and girls' would advance to CIF preliminaries. As for the individual results in the race, senior Gabriel Castro strided for the win which contributed to the teams' third place rank.

"It feels amazing to be able to help out my team this year. Winning [individually] makes me feel confident because this race gave me a sense of how league [finals] will be," Castro said.

With a successful turnout from the first Almont League meet, the cross country team entered into their second-to-last league meet of the season on Oct. 22. In hopes to secure their top three spot, the varsity girls earned a second team place finish with a score of 46. The varsity boys earned a third place finish with a score of 73. Both teams are still in contention for qualifying to the CIF Preliminaries.

After several months of training and anticipation, both varsity boys and girls will be competing to maintain a third place team finish or better to qualify for the CIF Prelims. The Almont League Cross Country Finals will take place at Legg Lake on Thursday, Nov. 6.

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204 So. First Ave.  
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