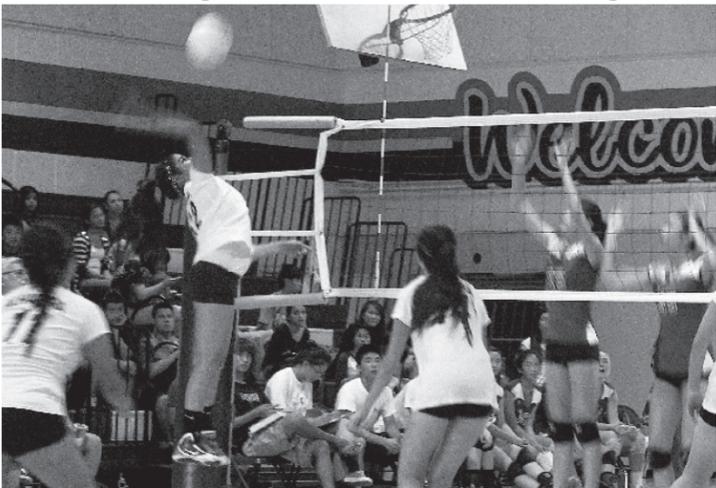


Varsity Girls' Volleyball Team Prepares for New Season



DAVID TAN
Staff Writer

It takes hard work and sacrifice to become the best. That is why the varsity girls' volleyball team spends countless hours in the gym practicing every day, working on fundamentals, focusing on defense and preparing for their current season. They spent two to four hours each day during their summer vacation to practice in hopes that they would become better than their competition. The girls try to spend as much time as possible in the gym, but when the gym is not available to them, they are at Almansor Park working on their

endurance and building up stamina by running and conditioning.

"It has been exhausting and mentally draining for the girls and myself, but as a team we know [practicing] will pay off," Head Coach Charles Tran said.

The team has been working hard this off-season to improve on their weaknesses.

"I feel like we need to improve on communication, not make stupid mistakes, work as a team and trust each other," senior passer Tracy Yoshimizu said.

To improve on these aspects, Tran has the team perform drills and work on their rotations repetitively.

These girls are expecting to be one of the best teams in the Al-

mont League this year and they expect every game they play to be competitive. Their goal this season is to have one of the best records in league and to play in the post-season, going as far as they can in the California Interscholastic Federation (CIF) playoffs.

"I expect us to win most of the time, because [I believe] we are good enough to and we have what it takes to go as far as we can," senior Captain Taylor Warren said.

The girls have a preseason record of 3-5 and an Almont League record of 0-3. They will be looking for a win at home against Montebello on Oct. 18.

MOOR graphic by SHARON XU

MOOR photo by JOYCE TSUI

READY, SET, SPIKE Middle back Hildy Gonzales spikes the ball back to the San Marino Titans in their first preseason game on Aug. 28, taking a loss of 0-3.

Varsity Girls' Tennis Continues with Aspirations of Success in Regular Season

KEVIN KONG
Sports Editor

With a preseason record of 5-2, the varsity girls' tennis team has immense goals ahead of them. The Moors started their preseason losing to San Marino on Aug. 28, but came back victorious in their next five games. Last month, the girls played against South Pasadena on Sept. 13 and won with a score of 13-5. The team started the season on Sept. 20 and currently has a league record of 1-3.

"Having won the last five games, the team's confidence is

quite high. We have an optimistic view about what can happen [...] because they are improving," Head Coach Calvin Chow said.

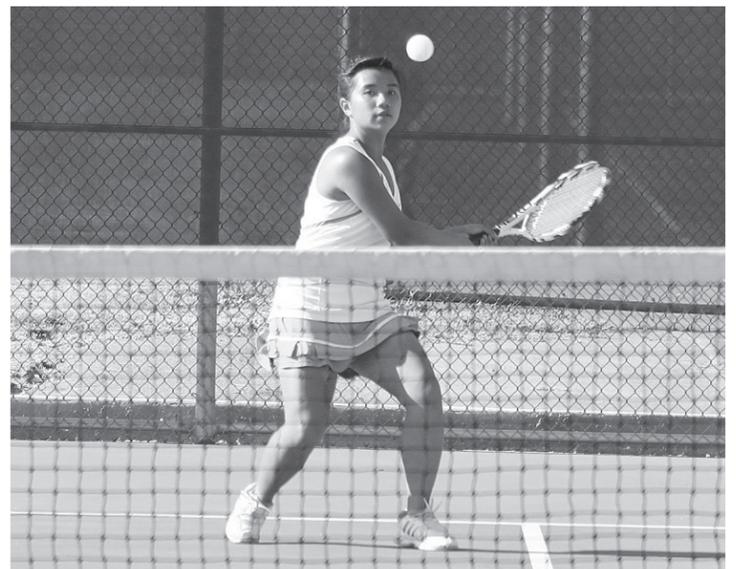
The team starts practice everyday by warming up with volley matches, followed by practicing ground stroke drills, volleying and serving. The team continues to train by learning about specific strategies and techniques designed to help the team improve in their upcoming games.

"I think Coach [Chow] wants us to win as much as we can and to get us ready for next year because we have a lot of seniors on the team,"

sophomore sub Monica Wu said.

The girls are trying to increase their skills in order to win the Almont League title and continue to play in the post-season California Interscholastic Federation (CIF) playoff tournaments, just as they did last year.

"Our goal is to become a stronger team and work together this year because a lot of members are new on varsity. We have been putting our best effort and going to practice everyday and even Saturday practices to make sure we improve," senior Captain Jessica Phung said.



MOOR photo by JOYCE TSUI

SERVE IT UP Varsity captain Jessica Phung prepares to backhand the ball back to her Montebello opponent in the Oct. 2 game. The Lady Moors were the victor of the game with a score of 17-1.



MOOR photo by YIBEI LIU

THE FINAL MOMENT Senior Winger Bryan Perez defends the ball from his Pioneer opponent in the Sept. 11 game, losing 7-17.

Boys' Water Polo Anticipates New Season

NATHANIEL GARCIA
Staff Writer

As students adjust to the new school year, many fall sports athletes, including water polo, are beginning their daily practices. The water polo team played their first preseason game against Gahr on Sept. 4, ending the game with a loss of 2-22.

For the past few weeks, the team has been preparing for the upcoming season and is now focusing on the problems that they need to fix, such as communication.

"We need to communicate more with each other [...] I believe [that] we have been so apart throughout the summer that we have lost connection [shown in our] first game," sopho-

more wing Brandon Wong said.

The team's daily practices are held after school every day at 3:15. The bus transports them from AHS to the Alhambra Park Pool, where they are currently holding their practices. Once the coach arrives, the team gathers together and begins practice.

"[We] start off with swimming, and then go into treading, warming up our legs, following into [passing] and then a shooting drill. If we are lucky and if we have enough time, we do a little scrimmage at the end," Head Coach Sarah Duran said.

As the team is physically preparing for the upcoming season, they have also been working on communication and becoming more unified as a team.

"The team's main goal is just to get better, encourage each other, build a strong friendship and a strong team," junior driver Daniel Lindley said.

Although their first preseason game didn't necessarily go their way, the team had an optimistic mood for their first league meet.

Despite losing against Montebello on Oct 2 with a score of 1-22, the team is determined to progress for league.

"I feel that a lot of preparations and improvement will need to be made on our team before we are able to do [well] in games. Hopefully we will have surpassed our coaches' expectations," junior flat Wesley Han said.

MOOR graphic by SHARON XU

ALMONT LEAGUE PRE-SEASON RECORDS

WATER POLO		TENNIS		FOOTBALL		VOLLEYBALL		CROSS-COUNTRY	
Varsity	0-10	Varsity	5-2	Varsity	2-3	Varsity	3-5	Varsity Boys	3rd Rank
JV	5-3	JV	1-5	JV	4-2	JV	4-4	Varsity Girls	3rd Rank
				Frosh/Soph	1-2	Frosh/Soph	1-5	JV Boys	4th Rank
								JV Girls	No Rank
								Frosh/Soph Boys	3rd Rank
								Frosh/Soph Girls	5th Rank

*All records listed above are preseason, except cross-country, which is represented by its current rank in Almont League.