

Boys' Tennis Determined to Place First in the Almont League



MOOR photo by JOYCE TSUI

IN IT TO WIN IT Singles players Brendan Ma and Ryan Lu prepare for their April 19 match against the Mark Keppel Aztecs. The Moors are currently placed first in league with a record of 4-1.

TINA CHEN
Staff Writer

Like every sports team on campus, one of Alhambra's main goals is to beat their rival school Mark Keppel Aztecs. Last year, the varsity boys' tennis team had a close match with the Aztecs, resulting in defeat with a score of 8-10. However, this previous downfall motivated the players to be more prepared this year. On March 20, the Moors fought a close match against the Aztecs, winning their first league game with a score of 81-79.

"Every year, Keppel has close games with us. We were behind them after the first round, but our

team pulled together and won in the end," Captain Brendan Ma said.

The boys prepared themselves during preseason by having practice matches against each other so that they could test their individual skills. In doing so, they were able to see who had the best singles or doubles combination and finalized their lineups. During season, they had daily practices to help perfect the players' strong points and improve on their weaknesses.

"We prepare for upcoming games doing drills for anything we need to work on. Learning from the mistakes made in previous games is a big deal to us,"

singles player John Chen said.

Though losing many senior members decreased the team's overall strength, the Moors do not believe that this will prevent them from winning Almont League.

"As long as we try our best, nothing will restrict us from getting that title, because the whole team has been training really hard," doubles player Steven Ha said.

On April 17, the Moors won the match against San Gabriel with a score of 12-6. With a current league record of 4-1, Alhambra currently places first for Almont League. The varsity boys' tennis will be playing the Montebello Oilers in their next game.

Sid's
Spot

SIDNEY AUNG
Sports Editor



Moderation of Sports: Necessary for the Well-Being of Students

Sports can play a dynamic role in a student's educational experience and can provide them with lifelong skills that cannot be taught in the classroom. It is safe to say that sports are and always have been a promoted and necessary part of school culture. However, too much of a good thing can consequently turn it into a bad thing.

When students focus heavily on sports, they become sidetracked from other important issues pertaining to their lives. Academics is one of these issues, and students often overlook their responsibilities in the classroom to uphold their responsibilities in their respective sport. Time is of the essence, and when all of your time is involved with a sport, you lose the time that needs to be set aside for academic work. With that said, placing too much emphasis on sports has a detrimental effect on a student's ability to perform well in academics.

The physical rigor of sports at a competitive level can prove to be demanding on a growing student's body. Practicing and exercising consistently for a reasonable amount of time can really benefit your health, but doing so for an overwhelming amount of time can consequently harm you. Too much strenuous exercise can lead to joint and muscle deficiency as well as many other debilitating conditions. Injury is inevitable and straining yourself by working too hard for your sport can increase your chances of seriously hurting yourself.

Sports are ultimately a great aspect of the experiences you take from school. However, your health and schoolwork are important for the future and should be taken into account when you need to decide what that level of moderation is. Unless you are looking to become a world-class Olympic athlete, a balance between school and sports should be established. Playing sports is in no way a bad endeavor; however, it is crucial to look ahead and decide where your true priorities lie.

Varsity Track

Track Focused on Maintaining High Almont League Ranking

JIMMY TANG
Copy Editor

Members of AHS' Varsity track team are determined to end their season with success in the Almont League. Currently ranked second, the Moors have put in a tremendous amount of effort to secure their top spot with hopes of gaining the league title.

"We practice hard every day [and] we are not given room to slack off by any of the coaches which is why there have been improvements for many [of our runners]," distance runner Joanne Tan said.

Their efforts were demonstrated against Bell Gardens as a majority of the Moors showed signs of improvement in midst of the tough competition. According to Tan, one of the team's components of success is their ability to mentally support one another in order to ease the stress associated with competition.

"Seeing all the ups and downs that all the teams [experienced] throughout the years, meeting new members and the thrill of competing against other schools [has been a fun experience]," Tan said.

Like Tan, this season will be many graduating seniors' last and it is for that reason that the Moors are determined to add to their history of success.

JV Baseball

Baseball Holds Unwavering Goals for End of Season

KEVIN KONG
Staff Writer

The JV baseball team has a strong resolution to win this season after dominating in the preseason and currently going undefeated in Almont League. The athletes proved their determination by achieving a 4-1 record in preseason and a 5-0 record in league. On March 10, the team overcame La Salle High School with a score of 7-5.

"I expect them to [...] play hard with determination and heart for all seven innings," JV Head Coach Eric Felix said.

The team begins daily practices with basic fundamentals and drills to reinforce the essentials of the game. Felix believes that repetition of strong principles of the game will help the team later on, whether in an actual game or in a practice segment.

"I feel the team has accomplished many goals, such as learning to work with others and using [our] social skills to help us figure out others' strengths and weaknesses to help us win clutch ball games," catcher Angel Reyes said.

According to Felix, the Moors have high hopes this season in winning the league title. These goals are reinforced by the team's victory the previous season when they placed first in the division.

Varsity Softball Aspires to Perform Well and to Qualify for CIF

ANGELYNE CHU
Sports Editor

The varsity softball team begins their spring season with a 7-4 preseason record. Having placed third in Almont League the previous year, the girls are aiming to take the championship this year and move onto the California Interscholastic Federation (CIF) playoffs.

"Our preseason has been good; we have close games, but we always pull it out in the end for the win," pitcher and shortstop Denise Gonzales said.

According to Captain and starting catcher Renee Cruz, the Lady Moors have improved in their

communication with one another on and off the field. They have learned to leave the mistakes they have made in a previous inning behind and focus on the next play to come. In future games, the girls hope to continue to strive with their defense, taking the game one inning at a time. As for offense, they plan to take it one pitch at a time and make every bat count.

"Our team likes to be thought of as 'the comeback kids' because we always find a way to fight back and come back on top with the win," Cruz said.

On April 4, the Lady Moors won against LB Cabrillo with a 14-0 score. This match proved that the

girls' have been working hard all year long. The Lady Moors played solid defense and communicated throughout the entire game, letting each other know where the next play will be, and most of all, supported each other.

According to Gonzales, one thing that needs to be improved on is the team's confidence. They cannot give in when the score is looks bad and must keep fighting

"[We need the] mindset that even when the game isn't going well for us, we always go all out and finish with confidence that we can pull through in the end," Gonzales said.



MOOR photo by STEWART RYDMAN-ESPINOSA

THE WIND UP Alhambra pitcher, Tory Simper, fires an intense throw to score a strike out against the opposing San Gabriel Matador batter in their April 17 game.