

Varsity Boys' Soccer Kicking off Season



MOOR photo by SHANNON KHA

MOOR DEFENSE After losing the first goal to Bell Gardens at the Jan. 21 varsity boys' soccer game, the Moor defensive players came together to form a surrounding blockade in order to redeem themselves. However, AHS encountered a detour and ended the game with a score of 0-5.

NATE GARCIA
Sports Editor

Winter may be a time to stay in and cuddle, but in this case, the varsity boys' soccer team is out on the

field daily to improve their game. The team has continued onto their regular league season after returning from winter break.

The Moors currently maintain a league record

of 0-3, having lost against the Schurr Spartans, Bell Gardens Lancers and San Gabriel Matadors..

"Although we got off to a rough start, we have [worked on] [improv-

ing] to dominate the game and maintain[ing] the ball on the offensive side," senior midfielder Jose Lara Robles said.

The boys practice daily, alternating between hold-

ing practice at Moor Field and on the field on school grounds from after school until around 5:00 p.m. During practice, the boys warm up and begin with conditioning exercises to improve their stamina, continue on passing and touch drills to train their ball handling and end

with shooting drills and occasional scrimmages.

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are there for each other during games," Head Coach Netza Bravo said.

Despite beginning the season with a rough start, the team is optimistic for their future games. Their next league game is today against the Mark Keppel Aztecs at Mark Keppel High School.

Varsity Boys' Basketball Faces New Season, New Challenges

SIMEON LAM
Staff Writer

With the season coming in full stride, the Moors varsity basketball team is pushing to compete with every team in the Almont League. Head Coach Bryan Gonzalez and the players believe that they are a top-three team in the league and have a shot at winning the coveted championship.

However, the Moors have started the league season with a record of 0-2, including a close loss at Bell Gardens in overtime, resulting in a score of 69-70, and a loss at Mark Keppel. The squad includes one freshman and an even mix of juniors and seniors.

"With only two return-

ers [coming] back this year and essentially my core from JV that moved up this year, we [are] a fairly new group," Gonzalez said. "We struggled with chemistry early on and struggled defensively too, but I feel that we were able to put it all together just in time."

With a fairly new squad, the Moors have seen their strengths change from last year's team to this year's. They have changed to a more offensive approach, as opposed to last year, due to several skilled shooters. According to Gonzalez, he has seen more leadership roles and much more hard work.

"We struggled early [on] playing with one another

and trying to come together as a team, but we never gave up," captain Ryan Gerardo said. "We put our losses behind us and work hard every practice."

On the other hand, the team would like to improve on the defensive end. They stated that they need to become solid, push each other harder and not slack off. Lastly, Gonzalez and his players believe that success will come from minimizing mistakes and turnovers during games.

"The only way we can win is just to play hard and play defense," junior shooting guard Matthew Aguilar said. "We can accomplish [this] with the players and coaches we have."

Lady Moors Score Victory in First Season Game

ANHAYTE GUAJARDO
Staff Writer

The Lady Moors' varsity soccer team began their first league season game on Jan. 14 with a 2-1 victory against the Schurr Spartans. Finishing their preseason with a record of 7-2-1, they currently hold an undefeated 3-0 record in league.

The girls are optimistically awaiting their upcoming games. After finishing second last year behind Bell Gardens, they are working hard to finish the season as league champs.

"We finished the pre-season really strong, and after our first league game, I can see the team finishing on top," sophomore center midfielder Casey Moore said.

According to the team and Head Coach Armando

Gutierrez, one of the best ways for the team to keep up their undefeated record in league is for the girls to avoid injuries. It was advised by the coach that the best way to avoid injuries is to warm up and stretch during practice.

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"We try to take every precaution in order to avoid injury, but sometimes it is inevitable," Gutierrez said.

With high expectations this year, the team is working hard during practice, analyzing strategies, finding solutions for their mistakes,

and working together on the field. The girls keep in shape by practicing on their speed, endurance, stability, communication, footwork, defence and offence; Gutierrez has expressed that the team's greatest challenge is staying mentally tough.

"The team must stay and work together in order to complete our goals. I expect all the girls to work as an all girls professional team. [However] I am very pleased with numbers right now," Gutierrez said.

Due to the poor air quality, caused by the Glendora fire, the team's second league game against Bell Garden was postponed to Jan. 21 at Moor Field. The game ended with a score of 2-1.

Support the Lady Moors today as they play against the Mark Keppel Aztecs.



Photo Courtesy of TEVIN VOONG

LAYING IT UP Junior point guard Cesar Gomez jumps into the air to lay the ball up as he evades an opposing defender.

Lady Moors Demonstrate Defensive Drive as Season Progresses

KEVIN KONG
Sports Editor

Under the guidance of Coach Jacqueline Gonzalez, the JV girls' basketball team is focusing on defense in their daily regimen. The team kicked off the new year with a preseason record of 2-5. As the team returned from winter break, the Lady Moors played their first regular season game on Jan. 14 against the Bell Garden Lancers, ending with a score of 22-34.

"As long as we are working hard, we'll all be satisfied with our season. We are definitely trying to get our voices out there [...] to cheer on our own teammates," sophomore shooting guard Pauline On said.

The team practices every day after school, with the first half of their routine primarily focused on in-

dividual skills and fundamentals. The Moors then proceed to running plays in a way that combines the individual skills to form a team collaboration. "We tend to stick to zone [defense]. We like to pressure and sometimes we like to double team when they're on top. I mostly try to focus on defense so that's where I'd like for them to improve," Gonzalez said.

Though they are focusing on defense, they still practice offensive skills. Specifically, the team gains most of their points per game off defensive turnovers.

"Our strength would be defense and how we always help each other out. It benefits us by stopping the opponents' offense."

Support the Lady Moors today as they play against the San Gabriel Matadors.



Beyond the Arts:
Marching
Band and Dance

KAYIU WONG
Staff Writer

Society today can be quick on labeling and defining what is what in the world. However, these labels can sometimes be misconceptions. Defining marching band and dance teams as only performing arts groups is a perfect example; both activities are so much more than that.

They are not the same as the typical sports we watch on TV or read about in the Sports section of a newspaper, but the amount of effort, rigor and execution it takes to succeed in marching and dancing makes them just as physical and serious as other sports. Essentially, marching band and dance have the label of being what I like to call "sports," both an art and a sport.

As someone who has danced before and is an athlete and marching band member now, I can confirm that although these three activities are extremely different from each other, they all require athletic skills nonetheless. Running a race can be just as hard as performing a routine. Moving with your instrument at 180 beats per minute can be compared to doing non-stop sprinting drills. Likewise, a track meet holds just as much pressure as a dance or band competition. There really is not a big difference. In marching band, we have to be consistent athletes in our lower bodies and classical musicians from our waist up. While dancing, there is always the task of moving on point every second with the routine sequence.

I understand not everyone has danced on a regular basis or has marched a season of band before, and that is why I am stressing not to label these activities as simply a form of entertainment. Just as we shouldn't judge a book by its cover, we should not dismiss these activities as something less than what they are before gaining a wider perspective.

In both activities, you cannot really understand how difficult performing or learning a show can be unless you have experienced that pressure and physical dedication firsthand. Everyone loves a captivating performance and riveting music, and that is what dancing and marching band can deliver. It is everything that builds up to that moment that really makes these activities hardcore sports. These "sports" will always be both physically challenging and artistic; it should be okay to have two labels for this type of activity.