

Cross Country Team is Sanguine for Almont League Season



MOOR photo by YIBEI LIU

TRI-ING HARD Alhambra varsity cross country team sprints around the campus to train for their Sept. 7 Don Bosco Invitational meet.

ANHAYTE GUAJARDO
Staff Writer

As the hot weather progresses, the cross country

team continues to practice and work hard for this upcoming fall season. Last year, the varsity boys placed fourth and the varsity placed third, ad-

vancing to the California Interscholastic Federation (CIF).

"This year our goal is for [both varsity boys and girls] to win Almont League and for ev-

eryone to reach their personal best," captain Luz Badillo said.

The team practices five days a week starting at 3:15 pm and ending around 5:30. Every day, the team either works on endurance or speed and according to the returning athletes, the workouts have increased in difficulty.

"[I am] increasing the mileage for varsity this year, from three to five miles to this year's five to six miles, in order for them to lower their time [in races]," Head Coach Sandra Rodriguez said.

The team began their first preseason race on Sept. 7 at the Bosco Tech Invitational located at the Santa Fe Dam, and came home with three medals. The last four races were canceled due to athletes from other teams becoming dehydrated

and being taken to the hospital.

"Despite the heat everyone who ran looked strong, [and a] lot of new people got the experience they needed to go out and do [well]," junior David Hernandez said.

As the date for the first league race gets closer, Rodriguez and the team are very hopeful to beat their longtime rivals, the Schurr Spartans. According to Rodriguez, the team lost many seniors last year that were vital to the team. However, this year, they have gained new talent that will help aid them in battling Schurr and advancement to CIF.

"Being part of the team for the first time this year, I see a lot of unity and a lot of dedicated runners that will help bring this team to victory," freshman Yaneli Guajardo said.



MOOR photo by SHANNON KHA

EYE ON THE BALL During the Sept. 4th match against the Pasadena Bulldogs in number one singles, Tiffany Chen won her set with a score of 6-0.

Varsity Girls' Tennis Getting into the Swing of Things

NATE GARCIA
Sports Editor

Rackets that move like samurai swords and balls that are seen as green blurs are a couple things witnessed during a varsity girls' tennis match. Despite the scorching heat, the Lady Moors practice daily after school to become adroit in their event, whether it be singles or doubles matches.

During practice, the girls warm up and work on fundamentals such as ground strokes, volleys and serves. They also run and

do drills and core exercises during the two-hour practice.

The girls started off their preseason with wins against both Burroughs High School on Sept. 3 and Pasadena High School on Sept. 4. However, they lost to San Marino High School on Sept. 5.

This year, most of the varsity team is comprised of former JV players, with only two varsity returners from last year, according to Head Coach Calvin Chau.

"Most of these players don't have the experience [of being on the varsity team] since we

had to move them up from JV. This is a brand new team," Chau said.

Despite having an almost completely new roster, the Lady Moors continue to strive to improve their game as best they can.

"We have done better than I thought we would so far in this preseason. [...] Even though we lost to San Marino, a lot of us are happy because we were able to fight back against the CIF champions," sophomore singles player Tiffany Chen said.

MOOR graphic by SYDNEY LI

Varsity Girls Volleyball Approach For a Successful Preseason

WESLEY TSAI
Staff Writer

With this year's Lady Moors physically and mentally ready, they aim to have a successful preseason by practicing diligently. With nine seniors leaving this past season, the new varsity players have a different perspective from the intensity of junior varsity and varsity.

"In JV, practices weren't as stressful because [of] Coach Tiffany. Coach Tiffany is known for her relaxed and funny personality, and it really shows through during practices. In JV, we developed a bond as friends because

we all share laughs and jokes from time to time. In varsity, it's a different story, with [Head Coach] Charles [Tran] coaching us we [...] have the responsibility to ourselves to not fool around and we need to train with great effort and with the correct mentality," junior libero Carol Chen said.

While it is only preseason and the Moors have a record of 1-3, Tran is using this preseason to help the team out in order to have a successful Almont League.

"Preseason is a good time to see which groups of players works best. The main goal of the preseason is to make progress and be ready for league. We constantly work on fundamentals

during practice. The [three] elements that make a good practice are being prepared mentally and physically, being self-disciplined, and giving [the] best effort you are capable of. The girls work hard and [this upcoming season should be very exciting]," Tran said.

With Tran being confident in his team, and with all the extra practices he's put in into the Lady Moors throughout the summer and the beginning of school, the Moors attempt to take one team at a time while progressively getting better in order to have a successful league season.

MOOR graphic by SYDNEY LI

JV Boys' Water Polo Shooting to Win

KAYIU WONG
Staff Writer

Daily practices are like clockwork for fall athletes. Working tirelessly to improve and hone skills, the JV boys' water polo team knows this firsthand.

According to Head Coach Adrian Lopez, moving the majority of previous JV players up to varsity has resulted in many new faces. Out of the 12 current junior varsity players, there has been weekly walk ins and only two returners from last year's JV team.

"We want our players to be quick with the ball and focus on our

drives and quick catches [in order to] shoot plays," Lopez says.

Treading, dribbling, passing and shooting are the areas of emphasis the water polo team are focusing on. The players work on control with ball handling drills and shooting inside the corners of the goal. JV practice occurs alongside their fellow varsity teammates, and scrimmages against each other have helped both offensive and defensive tactics. Along the way, building up endurance while swimming and treading is another key aspect for the young players.

"[Because of conditioning] we have

been able to last longer swimming. We can actually catch up to fresh players that just got into the water, while we've been in the water for the whole first quarter," junior Peter Lopez said.

With the season starting the same time as school, there has been limited time for the JV team to develop skills and play right off the bat. Nonetheless, the ambition to win and succeed is the biggest driving force the team has.

"With the amount of work we put in during practices, our players should feel like the game is a breeze," Coach Lopez said.

MOOR graphic by SYDNEY LI

High School Football Player Dies, Questions Helmet Safety

SIMEON LAM
Staff Writer

Though football has evolved into one of the most popular sports, it still carries a huge danger factor unlike any other imagined. On Tuesday, Aug. 27, football player Tyler Lewellen died after collapsing on the field five days earlier. Lewellen was a junior at Arlington High School in Riverside, California. The team was involved in a scrimmage on Thursday, Aug. 22. According to New York Daily News, Lewellen inexplicably collapsed and lost consciousness after a play involving a helmet to helmet collision and was then rushed to a nearby hospital. He fell into a coma from the head injury and died at the hospital Tuesday night. As Arlington High School mourns over the death of Lewellen, the principal has nothing but kind words about him.

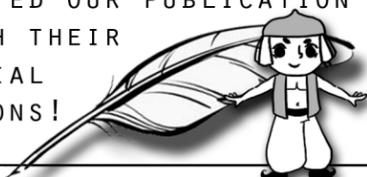
"Tyler was a wonderful young man with a bright future ahead of him and everything to look forward to," Arlington Principal Antonio Garcia said, in an ABC7 article. Lastly, the players and coaches have strongly stated that Lewellen demonstrated his courage by always doing what was right. "The first time I met him was when I was getting bullied. He was the one that stopped it," teammate Arturo Camargo said.

Through Lewellen's death, questions have arisen whether a higher technology helmet could have prevented this tragedy. In an article by USA Today, a new developing helmet has been created using auto racing technology to decrease concussions and make football a safer game. Bill Simpson, auto racing specialist, states that his secret to the helmet's success is its weight. It weighs half as light as a traditional football helmet, checking in at an extraordinary 2.6 ounces, which can decrease the force of hard tackles.

With this new technology, football of all levels has finally taken a big step in the safety of the players' heads. However, the only problem is that these helmets cost a staggering \$400. Possibly, one day, all football programs will be able to adapt to this new era of helmets to make the game of football safer. With these new helmets, there is hope that football players will be able to avoid injuries similar to Lewellen's.

Rancho Cucamonga Foothill & 15 Freeway		Pasadena Lake & Villa
Temple City Rosemead & Broadway		Simi Valley Los Angeles & Williams
Glendora Route 66 & Grand		Alhambra Garfield & Valley
Lake Forest Lake Forest & Rockfield		Upland 11th & Central
Brea Imperial & State College		Monterey Park Atlantic & Riggan

THE MOOR WEEKLY WOULD LIKE TO THANK ALL OF THOSE WHO HAVE GENEROUSLY SUPPORTED OUR PUBLICATION THROUGH THEIR FINANCIAL DONATIONS!



2013 Education Fair and College Work Shop

September 22, 2013 @ Alhambra High School
101 S. Second Street, Alhambra, CA 91801

Free SAT and PSAT simulation

Free UC Admission Officer Seminar

Up to \$500 Money prized

ZIML Math contest simulation

Seats are limited RSVP @ 323 268 4982/EXT 500 or lisachengcdn@gmail.com

For more information: www.la.worldjournal.com/educationfair

University Information Booth from:
UC Berkeley, UCLA, UC Irvine, UC San Diego, UC Santa Barbara,
UC Riverside, CSULA, Cal Poly Pomona, Air Force Academy, PCC