

Varsity Wrestling Diligently Practices in Preparation for Almont League



MOOR photo by YIBEL LIU

RESTLESS WRESTLING Senior captain Michael Robles practices with alumnus Alfred Ginez in preparation for their next wrestling matches at the West Covina Tournament on Jan. 18.

NATE GARCIA
Assistant Sports Editor

As many make their New Year's resolutions and the new semester begins, hair is bleached once again as the varsity wrestling team prepares for their upcoming season. Last year, the team took second in league with a record of 4-1, and an overall outside tournament record of 20-3. This year, the team has been practicing rigorously since the beginning of the season in order to be successful.

During practice, which is held daily in the wrestling room, the team begins with a series of stretches, then starts drilling in their offensive and defensive positions. After, they learn new moves and put them into practice as they break into groups to simulate real match scenarios. The practice is then ended with sets of push-ups and sit-ups.

However, one of the problems facing the Moors this year is the lack of experience on the team. Ten seniors graduated last year, causing the team to have a reduced roster. This year, according to Head Coach Michael Williams, the two captains, Michael Robles, whom is 25-4, and Steven Ovsepan, whom is 26-3, are carrying the team.

"Wrestling hasn't been a fashion this year [...] we had to forfeit two weight divisions [...]"
-Michael Williams

"We have a really young team. Last year we had a lot of seniors, and this year we have a lot of freshmen [and] it's really hard to tell what [rank we are currently holding]," Robles said.

As a result of the small roster this season, there are a few empty weight divisions, which must be forfeited during a match, causing the team to lose overall points.

"Wrestling hasn't been a fashion this year, and we had to forfeit two weight divisions [...] because we didn't have anyone to fill in the spots. It's hard to join this sport," Williams said.

Even under the difficult circumstances, the team will continue to strive forward.

This year's newcomers are being pushed and trained as well as they can be in order to overcome their opponents during matches and prepare for the Almont League season.

"Our goal this year is to do well as a team during [matches] and to perform well during league finals in order to qualify for [the] CIF matches," senior Victor Verduzco said.

Into The Depths with David

Scandal Ruins Armstrong's Reputation, Shows Importance of Integrity in Sports



DAVID TAN
Staff Writer

Lance Armstrong was regarded as one of the best cyclists and athletes of all time. With his story of fighting cancer and still being able to be an athlete winning countless titles, he has inspired many, including myself.

He has won several cycling titles, including seven Tour de France titles and one Olympic bronze medal. Armstrong was also the chairman of the Livestrong Foundation, an organization designed to support patients with cancer.

However, in October, events took an unexpected turn as Armstrong's use of illegal substances was exposed to the public; many did not expect that Armstrong's achievements and titles were attributed to the use of banned substances. He also supplied these drugs to his teammates and others around him. His drug use was described as "the most sophisticated, professionalized and successful doping program that sports has ever seen" by the United States Anti-Doping Agency.

Although Armstrong hid it for most of his career, he has now been exposed and was stripped of his seven Tour de France titles and his reputation, as well.

Cheating in sports is a significant problem that also happens on a smaller scale in high school sports. People are always trying to find ways to be the best and get ahead of the curve, even if those ways may challenge their ethics. Some student athletes have taken performance-enhancing drugs. Though it may feel good to be better than everyone else, students are only cheating themselves when they take enhancement drugs.

Cheating is a serious matter and comes with severe consequences. There are no shortcuts in life; to be the best, you have to work hard and make sacrifices. In Armstrong's case, he was able to get away with cheating for a while, but his honor, dignity and achievements were eventually stripped from him.

Sports Terms

- Fastbreak (basketball)** - A quick offensive press down the court after a team had just stolen the ball from the opposing team
 - Eggbeater kick (water polo)** - A continuous movement of the legs in order to keep a player floating upright in the water
 - Neutral (wrestling)** - When both wrestlers are facing each other with neither wrestler in control
 - Offside (soccer)** - When an attacking player goes behind the line of defenders before the ball has been kicked to him/her
- MOOR graphic by ARELI ARELLANO

NFL Chiefs' Linebacker Kills Girlfriend in Murder-Suicide

ANHAYTE GUAJARDO
Staff Writer

On Dec. 1, 2012, the tragic death of the Kansas City Chiefs' linebacker Jovan Belcher, 25, was found dead after he fatally shot his girlfriend, Kasandra Perkins, 22, several times. He then drove to Arrowhead Stadium where he committed suicide in front of his head coach Romeo Crennel, linebacker's coach Gary Gibbs and the team's general manager Scott Pioli. Belcher left behind a three-month old daughter he had with Perkins named Zoey.

"The entire Chiefs family's

... hearts are heavy with sympathy; [our] thoughts and prayers go out for the families and friends affected by this unthinkable tragedy," Chiefs chairman Clark Hunt said in an interview with Kansas City Star.

According to multiple media sources, the relationship between Belcher and Perkins had been strained, with constant arguments over issues, such as money. On the day of the murder, Belcher's mother was in the house, reporting that the couple had been arguing in

their bedroom when Belcher fired up to nine bullets into her body. According to NewsOne.com, Belcher's reactions may have

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- Clark Hunt

been triggered by multiple head concussions that he had suffered due his football career. Football is the most common

sport with the risk of a concussion standing at 75 percent for males.

"Concussions are painful. It feels like [...] massive headaches," sophomore Laura Salazar said.

Research has shown that concussions frequently affect professional and high school athletes. It is shown that 5 to 10 percent of athletes will experience a concussion in any given sport season.

Headaches and dizziness are most commonly reported symptoms immediately following concussions for injured ath-

letes. However, it is estimated that 47 percent of athletes do not report feeling any symptoms after a concussive blow.

In addition, an autopsy report revealed that Belcher's blood-alcohol level was at 0.17 percent at the time of the murder-suicide, over twice the legal limit for Missouri drivers, which is currently at 0.08 percent.

Belcher had been suffering from short-term memory, which, combined with the influence of alcohol and constant concussions, may have impaired his judgment at the time of the incident.

New Season on the way for the JV Girls' Soccer Team

DAVID TAN
Staff Writer

As winter begins to roll in, the JV girls' soccer team will be getting ready to start their long-awaited season. The team has been practicing and preparing in their off-season, which includes summer practices, working on conditioning, communication and technique. However, there is

still much work needed to be done before the start of their season.

"We should improve on communication on the field and [our] technique," captain Renata Rodriguez said.

The team feels they still need to work on ball control, passing, dribbling and talking on the field, as well as growing closer together in order to have a success-

ful season. The girls believe that communicating efficiently during games is the key to the team's success and plays a big factor in determining the outcome of every game.

"My most important goal right now is to put them together as a team," coach Nabor Solis said.

MOOR graphic by ARELI ARELLANO

JV Boys' Basketball Determined to Strive in Preseason

KEVIN KONG
Sports Editor

As students return from winter break, many athletics resume. One such team is JV boys' basketball. They currently hold a record of 2-1 in preseason and train daily in order to prep for the regular season.

"We are doing well [so far]. We have a nice, young core of sophomores and we

have high hopes for this year," coach Bryan Gonzalez said.

The team trains by beginning with warm-ups that consist of jump shots, sprints and breakdowns of fundamentals. The schedule proceeds with shooting drills, such as V-outs, offensive practices designed to improve positioning and communication, five-on-five situationals and final-

ly, conditioning.

According to Gonzalez and captain Matthew Aguilar, the team is strong in scoring but must work on their defensive strategies.

"If we play good defense, no team will be able to beat us. As long as we practice hard, we will have a great season," Aguilar said.

MOOR graphic by SHARON XU