

## The Lady Moors Passing through Preseason



MOOR photo by YIBEI LIU

**PRACTICE MAKES PERFECT** *AHS Lady Moors varsity volleyball team perseveres through intense training in order to prepare for their Sept. 25 game against the El Monte Lions.*

**WESLEY TSAI**  
Staff Writer

After last Friday's game, the Moors currently holds a pre-season record of 3-4. The Lady Moors lost their last home game on Sept. 20 against the Gabrieli-no Eagles with the a set score of 0-3. Their last game was against the El Monte Lions on Sept. 25.

"Preseason has helped us prepare because we have been playing teams [that are on the better side to benefit us for season]. It's nice to get a feel of what other teams are like, and what we need to do to win," senior outside hitter Kay Kay Zhou said.

The team is very determined, even though the result was not what they had expected. However, they are working on their mistakes so they will be prepared when league arrives.

"As a team, we need to focus on the little details such

as footwork and communication, because we've been struggling on this," junior defensive specialist Kelly Man said.

Small issues can be a problem for sports, for one, the team feels that if they can effectively work on their little problems diligently, then they can achieve a great season. Preseason has helped the team to become who they are today by playing together as a team and building rhythm.

Preseason benefits the team by playing against teams that have special hitters or special passers so the team adjusts to it by learning how to "gamble" on the best player or reading the body language of how other players hit or, in some cases, which direction they will hit. With this, the team can plan how to take a team down using techniques. The team aims to learn from their mistakes and continue to work on the little things to prepare them

for the Almont League season.

"I feel that our team is better than the majority of the teams that we've played, but we end up losing against them because we need to connect our individual talents together in order to be successful. Once we build our bond and chemistry, I feel that we will definitely be a very potent team," junior defensive specialist Grace Chen said.

Not only is communication and footwork a major part of volleyball, but rhythm as well. With the help of Coach Charles Tran, the Lady Moors continue to improve on their footwork, communication and offense.

"The team improved in communication, defense, aggression and sense of urgency from the summer until now. I [really] expect the team to play hard, compete, maximize their potential and go all the way. I also expect the team to go to playoffs with a season record of 6-4," Tran said.

## SIMSANITY

### Importance of Teamwork: An Asset to Athletes



**SIMEON LAM**  
Staff Writer

In today's society, athletes from high school to college to professional sports are judged based on their individual skills and statistics. In fact, professional basketball players like LeBron James and Kobe Bryant are known as some of the best players in the world. The truth is that, without the rest of the team working together, their chances of a successful career would've been less probable. People fail to realize that "there's no I in team" and tend to overlook the emphasis of teamwork.

Looking at professional sports today, we have seen athletes come together to have a better chance at winning a championship. Unfortunately, these heavily favored teams have failed to reach such high expectations immediately. In 2011, when the 'Big Three' was formed, the Miami Heat failed to win a championship in their first year together because they lacked the most important concept: team chemistry.

However, it was evident that they had improved their teamwork, winning back-to-back titles the following years. Even though these athletes train hard to get better individually, teamwork is necessary because it allows players to unite into a true team. With teamwork, players are able to trust each other, motivate each other and keep each other accountable. All these traits serve as the foundation of a team.

As teamwork benefits the team holistically, it surprisingly also benefits each athlete's confidence. Even though athletes practice hard to get better, confidence levels are very important to their performance. Teamwork helps all athletes because one player to carry a team unit. Instead, each player has a specific role with less pressure, leading to a more relaxed and confident athlete. When playing as individuals, the team is vulnerable to be easily defeated, but with teamwork, it takes a much tougher opponent to defeat them all.

As teams around the world continue to compete, it's important that we don't focus too much on their individual skills and statistics. Inevitably, the true strength of a team relies on its teamwork to succeed.

## Girls' Golf 'Putting' in Work 'Fore' Season

**NATE GARCIA**  
Sports Editor

Fore! You better duck, because no one wants to be hit by a golf ball during practice.

The AHS girls' golf team has entered their second season of competition after Title IX was established last year. The team currently participates in competitions as a freelance school, playing against several schools in the surrounding San Gabriel Valley area, including South Pasadena, San Marino and Bishop Amat High Schools. They currently hold a season record of 0-3.

The Moors are currently being led by Head Coach Luis Brambila, whom is also a physical education teacher at AHS.

"For this season, we expect to improve in our game and ability, [...] we have players that work hard and enjoy the game of golf," Brambila said.

The team practices daily from 3:15 p.m. to 5:30 p.m. at the Almansor

Park Golf Course where they work on techniques such as putting, chipping, playing on sand and hitting drives.

"Our goal is to practice as best as we can to be better recognized as a sport [at AHS]," senior Sabrina Pacheco said.

The team consists of a very small roster, since it is only in its second year after it was established. The girls claim that this small roster helps them build close relationships to form a better team which in turn results in better performance on the course. The players asserted that the game of golf is not only one played against opponents, but also against the course.

"Golf is a game in which you compete against the course, and depending on the difficulty of the course, the outcome is your score, which is compared to the opposing team's score," sophomore Amanda Beal said.

MOOR graphic by GEN THIPATIMA

## Cross Country Continues to Work Hard for League

**ANHAYTE GUAJARDO**  
Staff Writer

As preseason continues for cross country, the team anxiously waits for their first Almont League race. Head Coach Sandra Rodriguez expects great results when it comes to the first league race at Legg Lake on Wednesday, Oct. 2 considering the team had ran two preseason races already.

"I think they will have great races and will work together as a team and accomplish first or second in league," Rodriguez said.

To prepare for races, the team explains that there are steps to follow for a successful race. The day before a race, it is important to receive a good stretch

and eat carbohydrates for energy.

Rodriguez also emphasizes that in order to run a good race it is necessary to have a good warmup and strides on the day of the race because the body needs to warm the heart.

Also, after losing so many vital seniors last year, many freshmen runners have been moved to the varsity in order to help the varsity team accomplish their goal of winning league. "We have lost and gained good runners, but other than that, we still have the same goal in mind that we will hopefully accomplish," sophomore Vivyana Prado said

MOOR graphic by SYDNEY LI

## Varsity Boys' Water Polo Triumphs and Progress into Season



MOOR photo by YIBEI LIU

**H2O POLO** *AHS boys' varsity water polo team practice passing the ball in order to perfect their technique in time for their game against GHAR High School on Sept. 24.*

**KAYIU WONG**  
Staff Writer

"Epic." That's the word junior set player Brandon Wong used to describe the varsity boys' water polo team's first win. On Sept. 16, the team defeated Roosevelt High School after going into triple overtime and ended with a score of 21-20.

The varsity preseason record is currently at 1-4 and the team members continues their hard work to strengthen themselves for the fast approaching matches.

"Before, it was mostly about getting physically fit and being able to do

the exercises. But now, it's actually about the tactics, how to play smarter [and] how to be aggressive in a way where we can play to our strengths," varsity captain Wesley Han said.

In the eyes of Head Coach Adrian Lopez, the team's defense is a main attribution to victory.

"We are now reacting to the ball much quicker; our Moor style defense in constantly distrusting the offense [and] is putting us in contention to win games," Lopez said.

On the other hand, having a scarce number of varsity play-

ers is holding the team back.

"The teams we play are well established schools with pools at their school, [...] a summer league and usually [...] a varsity with enough substitutes to have two varsity teams," Lopez said.

With one player currently injured and one ineligible to play, the eight varsity players on the team play full out for all four quarters.

Regardless, the obstacle of not having a fully stacked lineup is not stopping the boys from maintaining their goals to improve offense, increase communication and execute shots during preseason.

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**SPORT TERMS**

**Kick (XC)** - When a runner begins to sprint towards the finish line.

**Wet-pass (Water Polo)** - A pass in which the ball contacts the water.

**Floater (Vball)** - A serve with no spin that gives the ball an unpredictable pattern.

**Ace (Tennis)** - A serve that the opponent can't return.

MOOR graphic by GEN THIPATIMA

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