

Torres Leads Football with New Offense

The varsity football team is now under the leadership of Head Coach Lou Torres who is keeping old values but bringing new strategies

VINCENT LIN
Sports Editor

Amongst a bustle of shifts in the coaching staff of Alhambra High School in its new sports season, the eye of the school is keeping an eager gaze on the classic hundred-yard field. Following the retirement of Gil Ruedaflares, perhaps the biggest name associated with Alhambra athletics, fans wait to see where 22-year assistant coach Lou Torres will take the football program as he assumes the position of head coach of the varsity team.

Torres' tenure and overall familiarity with our football program and its players provides a smooth transition in beginning both a new leadership and season. In mutuality, the team returns recognition for their coach that is advantageous to their

confidence and disposition towards the change. In any case, there have been no differences too large for the team to handle.

"We're continuing the same values as before, but we're doing it in terms of how I believe it should be done," said Torres.

The most noticeable adjustment is Torres' different offensive philosophy compared to previous years. The team now operates under a new main offensive formation: the Wing-T offense. In the past, the players focused mainly on throwing, whereas the Wing-T is characteristically more of a throw and run play, which Torres judges to be better suited for the players this year. It is characterized by an additional backing position known as a wingback, which calls for different runs and passes.

"The Wing-T is a good offense.



MOOR photo by KATHRYN CHU

TAKING THE TACKLE: The Moors face off against the Temple City Rams on Sept. 17 at Moor Field. The game was the first victory of the varsity team's season, ending with a score of 20-14.

It's hard work and there's a lot of movement in the backfield, but we get used to it," said offensive tackle Chris Salgado, a four-year member.

Head coaches who direct offense come with assistant defensive coaches, and, with Ruedaflares' leaving, there was the departure of some of his assistants as well. Therefore,

returning defensive coach Jacob Ochoa has stepped up to pair with Torres. Under their management, the players have progressed into a solid and cooperative team.

"Coach always makes us work hard and tells us [seniors] to help the underclassmen players at practice. I know we can go somewhere with

this team to playoffs," said Salgado.

The Moors currently stand with a tied preseason. They lost their first two games to Roosevelt and La Canada with scores of 13-16 and 0-17, respectively, but won their latest games against Temple City with a score of 20-14 and against their Wilson game with a score of 24-20.



MOOR photo by STEWART RYDMAN-ESPINOSA

SETTING THE PACE: Cross-country Captain Junior Herrera and varsity runner Vincent Ngo lead the team in their three-mile warm-up.

So You Think You Can Run Cross-Country?

ANGELYNE CHU
Sports Editor

Some students may suspect that cross-country is a simple sport which requires a minimal amount of effort. From the students' view, training without stopping is simple, but from the team members' perspective, it requires a lot of effort and dedication to be able to run miles at a time.

"It takes a lot of physical and mental strength, endurance, motivation and commitment to be on the team," said varsity runner Sarah Chavez.

For competitions, each runner must complete a three mile race, also called a 5K (5 kilometers) race. They must run more than three miles each day during their five practice days per week to stay competitive. They practice over different terrains

which include pavement, road, grass, flat courses and hills.

According to Head Coach Steve Morales, there are three different phases, or components, to distance running. The first is base-building,

"People do not respect the sport, but it is as beneficial as any other."

— Junior Herrera

jogging at a steady pace for four to five miles. Second, they run the long-speed, running one mile with seventy percent effort level, stopping to rest and continuing with a few more runs. Lastly, they challenge themselves with a once-a-week long run consisting of six to eight miles with eighty percent effort.

"Running requires commitment because if a person is not committed and they come to practice one to three times per week, there won't be any results instantaneously," said varsity Captain Junior Herrera.

According to Morales, he always starts with a slow approach for new runners who are not experienced with three mile runs. A beginner runs two miles while only stopping fifteen times. Intermediate levels run five to six miles, stopping for only four times. Advanced levels typically run for seven to eight miles.

"Cross-country is underappreciated because people do not respect the sport, but it is as beneficial as any other sport because it involves the same skill, the same amount of hard work, the same amount of dedication and even more," said Herrera.

Varsity Girls' Volleyball Set on Improving League Reputation

JAMES HO
Copy Editor

Summer reached its close as AHS' girls' varsity volleyball team began playing their first games of the season. Coming from a disappointing record last year, the team has been working on improving their game and giving it a fresh attempt. Also, the team is under the care of new Head Coach Charles Tran.

Head Coach Tran has a goal for the Lady Moors: to get into the California Interscholastic Federation playoffs at the end of the year.

"The main thing is for the girls to believe in themselves. They all know how to play, but the winning mentality is not there yet. This year, the goal is to reach nothing less than the playoffs," said Coach Tran.

Reaching their goal starts with shaping up the entire team's funda-

mental skills, as well as advanced techniques.

"Last year, the team was more separated; we had strong individuals who played well but not as a team. This year, we've had a lot of team bonding and our coaching is more organized, which means we learn new techniques more efficiently," said Captain Marisa Baltazar.

Coach Tran focuses on strengthening the team's overall skills to give them the confidence to win games. He believes that in order for the team to do well, they need the correct winning mentality and that is bolstered by successful practices.

"We definitely have a higher amount of confidence this year because we want to make a difference. We know better plays and the team is united so we want to stop being the underdog in Almont League," said Baltazar.

Fooball Strives to Improve Under Head Coach Zall

VINCENT LIN
Sports Editor

In this fall season of high demand for athletic leadership, a more than willing supply has stepped up in response. Finishing off the latest lineup of the football coaching body, James Zall has filled the position of head coach of the JV team.

As a former JV coach at South Pasadena High School and an in-

structional aide here at Alhambra, Zall joined the Moors football program following the resignation of coach Joseph Brambilla. After a rigorous summer training, Zall has established a bond with the team which he feels is essential to the coaching philosophy set in mind, along with frequent in-field demonstrations.

"He can be a real loose guy, but when it comes to discipline, he's very strict," said new defensive end William Burrows.

Zall acknowledges the players' re-

Lady Moors Prove Their Worth Under New Coach

JAMES HO
Copy Editor

The JV girls' volleyball players are trained with the goal of reaching varsity-level games set in their mind. This fall season marks the start of a journey as the Lady Moors begin playing their first games after nearly six months of off-season practice.

Thrown in the mix is a new coach, Tiffany Huang, who is coaching high

school volleyball for the first time and already pulling the team into a cohesive, competitive unit.

"We've been practicing passing and rotations since April. I can see that there have been many improvements in the team from these drills," said setter Tracy Yoshimizu.

Months of hard work reach its peak now that the team enters the season. Now, the question of whether or not they practiced enough will be answered, as they approach the all-important Almont League games.

reciprocal excitement in being a part of the team. In spirit of the JV program, improvement is amongst the most important objectives for both coach and player.

"They have a drive to be a part of this team and [they] want to consistently get better. They love what they do, which helps me to love what I do," said Zall.

After a few preseason losses, Zall still holds strong in taking the team as far into the Almont League as they can.

"If we work really hard we have a chance to make it, but if we don't we can fail. We have some communication issues where we don't talk enough on the court but we are training to fix that," said Yoshimizu.

Along the way, coach Huang mentors the girls and supports them through every moment. Although this is her first year with the team, she shows dedication and heart.

"This season we are rebuilding the program and working on their skills and commitment," said Huang.

