

# AHS Head Coaches

## Eric Bergstrom Boys' Football



1. What distinguishes me the most is that I'm not a yeller, which is something you get a lot in football. I believe in treating my players like men. [I tell them] 'here's what the expectation is and go do it'.

2. I think I'm a high-energy guy. I like to coach with energy because it's infectious. It gets to the rest of the staff and the kids

and puts the accountability on them.

3. I love coaching football because it mirrors life most. We could teach life lessons such as how to handle adversity, how to work in a group setting, how to accomplish a goal with a group of people and how to work with people you don't have anything in common with.

4. [Coaching] has gotten me to where I am. I couldn't imagine my life in any other way. I don't know what I would be doing or where I'd be without it. It's something that I've always enjoyed doing.

5. I think that building bonds is what you want to do all the time. [It's] a never ending process and happens in a lot of different ways through multiple interactions with the players. Whether it's just a simple instruction to do this or sitting down after practice and asking about school, that's how you build trust in each other.

SIMEON LAM, Staff Writer



## Calvin Chow Girls' Tennis

1. [I have] 30 years of coaching [experience], [both] varsity and JV, girls' and boys'. [I have] 35 years [experience] [from] teaching tennis in the San Gabriel Valley since 1978.

2. [I am] competitive, intense [and] demanding. I'm a competitive coach. I'm not [coaching] to put out a team. My teams have won 14 league championships.

3. I've been playing [tennis] since I was eight years old so it's like second nature.

4. [I've learned that you must] coach your athletes to play fairly, be competitive and show good sportsmanship. You're teaching your players how to handle themselves in the real world. Coaches teach you how to conduct yourself in real life.

5. I think the bond that we have is that we [all are] concentrating on the team. The individual is secondary to the group. It's not about me or [any] one player, it's about the success of the group and that allows us to bond.

KEVIN KONG, Sports Editor

Sports around the world often revolve around the players and their ability to perform. In fact, this is why sports at Alhambra High School have thrived for many years. It seems that athletes alone are the reason for this success.

However, athletes come and go through their high school careers. The most essential component to the schools' long-lasting success has been the coaches because they are able to stay and continue to support, year after year. Their dedication and hard work to our school's sport programs are unimaginable. Each coach has a unique and distinctive style that helps manage each of their sport with great care and motivation. They each have what it takes to create an environment that allows their players to succeed. In addition, these coaches help each player mature not only as athletes, but as people in the community by building up their character as well. Lastly, something these coaches all share is that they have implemented the coaching job into their lives not for themselves, but for the players and the game that they love most.

1. What distinguishes you from other/past coaches?
2. How would you describe yourself as a coach?
3. Why do you love the sport that you coach?
4. How has coaching influenced your life?
5. How has coaching helped you build bonds with your team?

## Sandra Rodriguez Cross Country



1. I focus on increasing [the] mileage [of my runners] as the season approaches to give them the endurance needed to complete the three-mile race.

2. I would describe myself as nice, very flexible, strict and very caring for [the athletes'] future success as much as I care for the season outcome.

3. I love the sport, because I have been running since middle school. It got me through college and has given me the opportunity to meet wonderful students and see them develop the ability to be runners.

4 [Coaching] has influenced me by [helping me] be a successful person and parent.

5. [I build bonds with my team by allowing me to be] supportive in the sport and in their schooling, but most importantly by being a good listener and keeping an open communication.

ANHAYTE GUAJARDO, Staff Writer

## Luis Brambilla Girls' Golf



1. It is hard to say, because I have been the only girls golf coach. When the team first started, we would go to Almansor to put, chip and play.

2. I would describe myself as competitive, but golf is an individual sport and

you need to give the athletes time to learn.

3. I love this sport, because it is a lifelong sport. Once you master it, it is more challenging everyday [as you try to beat your old score]. It is also fun, because everyone is out there to do the same thing, which is trying to beat the course.

4. I do not think I would be doing P.E. [...] If I didn't coach. I love sports and it's something that came naturally.

5. I think one thing is that whatever team you coach, the team takes the personality of the coach. It is fun to be out with high school kids who give us their time and energy.

ANHAYTE GUAJARDO, Staff Writer

## Adrian Lopez Boys' Waterpolo



1. I give my best effort when coaching so my kids can reciprocate the same. I also emphasize more on defense every practice so we can play in our games.

2. I would say I am a fun coach as long as my athletes listen to my direction[s].

3. Water polo is an extremely intense sport that is both physically and mentally challenging. There is absolutely no rest time since a player is forced to swim or tread for both offense and defense. The thrill and rush from playing water polo is unlike those of any [other] sport I have ever played.

4. Coaching has added a great deal of pride into my life. I enjoy coming to practice to see and know that my athletes are improving with me every day.

5. Coaching has brought my athletes closer to one another. I feel a great team needs to [have athletes that are] comfortable with one another in order to trust each other during a game. I am happy to encourage my kids to always help each other out whenever possible.

KAYIU WONG, Staff Writer

## Charles Tran Girls' Volleyball



1. This is my fourth year coaching for Alhambra volleyball and I would say that I have a sense of commitment to Alhambra High School. In terms of strategies, I believe in team chemistry. Volleyball is a team-oriented sport and, without team chemistry, it is nearly impossible to play a good game.

2. I have high expectations for my kids to do their best and to work hard. I am a strict coach and sometimes the kids find me a bit intimidating, but at the same time I have a soft spot and the kids can and will come to me for support or guidance. When coaching, I believe in teaching life lessons. Whether it is through games, being on time for practices or respecting everyone on the team, I always teach my team that the things they learn from being on the team will benefit them in life in the future.

3. I played volleyball at Alhambra when I was in high school. I also love the pace of the game and just the adrenaline you get when you take the court. Whether I am playing defense or offense, there is definitely a thrilling sense.

4. Coaching has influenced my life in many ways. While it is my job to teach and coach these kids, I have learned so much from them as well. The biggest thing, however, is that coaching influenced me to become a teacher. I saw what I could do on the court and it made me make a life-changing decision to pursue a career in education.

5. I still keep in touch with my former players. Many of them have come back to help during practices and even fundraisers. There is definitely a bond that forms through years of being together as a team.

WESLEY TSAI, Staff Writer