

Remembering Carey Couch- Emotional Commemoration



Photo courtesy of TEVIN VOONG

CAREY COUCH REMEMBERED Father Harry Couch and his family speak at halftime at the Aug. 30 football game. During the ceremony, Carey Couch's No. 10 jersey was retired.

**ANHAYTE GUAJARDO
KAYIU WONG**
Staff Writers

On Aug. 30, former AHS student and athlete Carey Couch was honored during the halftime ceremony of the varsity football team's first home game. Couch had passed away during his senior year of high school on Jan. 1, 1995. With the football team receiving brand new jerseys this season, Couch's former varsity football coach Lou Torres and Athletics Director Gerald DeSantis decided to retire Couch's No. 10 football jersey in honor of him. The jersey was presented as a gift to his parents during the ceremony. "It was very difficult to see

his jersey retire, after [Couch made] such an impact to the program and the team. He was special and we don't want anyone else with the No. 10," Torres said.

While attending AHS, Couch was a four-year athlete in football, baseball, track and wrestling. A few days prior to his death, Couch suffered a knee injury after winning a wrestling title. However, he began to coughing up blood the next day and his parents took him to Kaiser Permanente in Hollywood. Tests showed no visible sign of injury but rather that the flow of oxygen in Couch's body was being clogged. During exploratory surgery the next morning, Couch went into sudden cardiac arrest, and doctors quickly began catheterization to di-

agnose the problem. He then died during the procedure from arrhythmia, or irregular heartbeat, with no history of heart complications.

The news of Couch's death devastated his parents as well as his second family at AHS. To those who knew Couch, his constant enthusiasm made him stand out and leave behind a legacy to the programs he was a part of.

"He was the type of kid who ran 100 miles all the time. There was never a 'slow' for him. It was like there wasn't enough that he couldn't do," former AHS athletic trainer coach Luis Brambila said.

During his senior year, Couch was the first athlete at AHS to receive the Blue and Gold Award. DeSantis and Torres initialized this award to recognize Couch for having outstanding character and for his accomplishments during football season. After his passing, the two renamed it the Carey Couch Award and it is still awarded every year to acknowledge a varsity football player with the most spirit and positive influence on the team.

"When [Couch] wasn't there, you noticed difference. Because of his enthusiasm, many kids [were] inspired to be just like him," Brambila said.

During Couch's halftime honoring, his parents, brother and former teammates gathered to celebrate the impact Couch made during his high school career. Retiring his jersey epitomizes how much Couch's passion moved his coaches, peers and the whole school.

"[Couch] was a good student, [a] good athlete and an outstanding young man," Coach DeSantis said.

125th IOC Voting Session Elicits New Changes to Olympics

KEVIN KONG
Sports Editor

The Olympic Games, known for bringing nations and athletes together in the name of sportsmanship, has been established as an international tradition. On Sept. 7, the International Olympic Committee (IOC) met in Buenos Aires to discuss changes to the Olympics in the 125th IOC Session. Members from several nations comprise the IOC and vote for the location of the 2020 Olympics, the new IOC president and the addition of a sport for the 2020 Games.

Three metropolitan cities were in consideration for the 2020 Olympics: Tokyo, Istanbul and Madrid. After representatives of each city presented to the IOC, the IOC voted in two rounds. Tokyo led the first round while Istanbul and Madrid tied; however, Istanbul won by a slim margin of four votes in a tiebreaker. In the second round, Tokyo received 60 votes over Istanbul's 36. After news of "#tokyo2020" became official, emotional responses from all over Japan were received.

"Tokyo's bid [invited] us to 'discover tomorrow' by deliver[ing] a well-organised and safe Games

that will reinforce the Olympic values while demonstrating the benefits of a sport to a new generation," former IOC President Jacques Rogge said.

In addition, the IOC voted on a new president after Rogge's term ended. Thomas Bach, a former gold medalist from Germany, won in two rounds of a voting session by a margin of 20 votes.

"You should know my doors, my ears and my heart are always open for you," Bach said.

Bach will hold office for eight years with the possibility of an additional four year term based on reelection.

Another major vote that took place was whether the IOC should add wrestling, baseball/softball or squash to the 2020 and 2024 Games. The voting occurred after presentations from each respective sport's corresponding international federation. In a one-round voting session, wrestling won over the other two sports by over 20 votes.

Wrestling, initially cut from the Olympics by the IOC on Feb. 12, will return to the Games as one of the most anticipated sports.

As enthusiasm spreads around the world in excitement of Tokyo 2020, the IOC plans for successful and joyous Summer Olympics.



Freshman Football Exceeding Expectations

SIMEON LAM
Staff Writer

With league play quickly approaching, the freshman football team has been preparing well through its daily practices.

Though they lost their first non-conference game to Arcadia with a score of 6-8, the team's confidence level is very high after consecutive road victories against the La Canada Spartans and the Temple City Rams, with scores of 18-13 and 32-0, respectively.

The Moors, with a record of 2-1, have been led by freshmen coach Anthony Martinez through-

out the summer and into the fall.

"This is the best team, talent-wise, that I've ever had. We could easily be 2-0 right now," said Martinez. "I think we have the potential to win the championship."

Since the summer, the team has practiced continuously. Each practice consists of stretching, mile warm-ups, individual and team play, conditioning and debriefing. They work on their team defense most often, as Martinez's style of play focuses his team specifically on defense.

"While the offense is coming along, the defense is solid," said Martinez. "We've given up a combined

21 points in our last three games."

With Martinez's high expectations and optimism, the team captain also has his own expectations for the team.

"My goal for our team is to win the Almont League Championship and get over five shutouts," captain and strong safety Sheehan Ramirez said.

The team has also stayed committed throughout the summer. According to Martinez, they have 72 players out there everyday, even with the constant training.

"It's a lot more challenging than I've ever played before," said Ramirez. "It takes about ten times more stamina."

Freshman Girls' Volleyball Team Dives Through Preseason



MOOR photo by SHANNON KHA

THE PLAN In preparation for their September 17th game against the Rosemead Panthers, the Lady Moors freshman volleyball team gathers to discuss their strategy.

WESLEY TSAI
Staff Writer

Volleyball is a sport that consists of hitting, passing and teamwork, but to the freshmen team, chemistry is much more important than other factors. For some, volleyball is a new sport before entering high school, but for others, it is different.

"I [have played volleyball] but it was just in PE. It's different from the other sports I [have] played, because it involves a lot of communication, footwork, chemistry and timing," freshman defensive specialist Julie Han said.

Through experience, "They've adapted to each other by becoming a team. Sure, the girls [goes] to

school together, but team chemistry is much different from a friendship. It is similar to being a family and always helping someone who is [falling behind] to get back up," said freshman coach Ashley Arase said.

The freshman girls' volleyball preseason record is 0-3 after a defeat against Arroyo, but the team moves on as it is a lesson to be learned. They believe practicing on their passes and improving in communication skills are essentials to "get the game going."

Preseason is still early, but Arase is giving the team full attention and working diligently to make sure that, by the time league starts, the team will be prepared.

MOOR graphic by SIMON ZHAO

The Moor Weekly serves as a public forum for student expression. As such, we encourage you to share your concerns, questions and news tips by emailing us at moornewspaper@gmail.com and/or writing a letter to the editor.