

Track and field prepares for CCS Finals

by Ruth Murai
Opinion Editor

At this time of the year, most track athletes have packed away their spikes and spandex and are about to take a long break before the next rigorous season begins. Only an elite few have qualified for the last remaining competition: CCS Finals.

CCS Finals took place on Fri., May 24. The LG girls were a major contender in this year's competition with eleven different athletes headed to the finals. Sophomore **Cecily Johnson** competed along with senior **Danielle Katz** in the 1600 meter race. Johnson said of her postseason experience, "Postseason training is something really special to be a part of and I'm glad my hard work has taken me this far. The team is a lot smaller and it's brought me so much closer to the team. I am motivated to go as far as I can through this postseason and end it with something to be proud of." Along with the 1600, Katz will also be competing in the 3200 meter race.

Senior **Rachel Staab** and junior **Greta Wagner** went on to race in the 100 meter dash. Along with the 100 meter dash, Wagner also competed in the finals in pole vaulting after a remarkable season in which she repeatedly broke the school's record. Staab participated in multiple events, including both relays.

Freshman **Caice Lanovaz** and senior **Summer Vance** are both continued on to CCS in the 100 meter hurdles, while juniors **Hannah Chen** and **Carly Heffernan** will compete in the 300 meter hurdles. Chen said of her fellow

competitors, "We have had such a great season this year, and I could not ask for a better team." Heffernan will be joining Wagner as well in the pole vault finals.

In the high jump, Los Gatos has qualified two worthy competitors, junior **Madeline Fagan** and sophomore **Melina Moore**. "We've worked so hard for this," Moore said of herself and her teammate, "I think it all just comes down to focus. We have to realize what our goal is and use all the training we've gone through to reach it. It will be a big moment for all of us, I'm sure."

Although the boys' team did not qualify for CCS, they had an excellent run this season. Both the boys' and girls' teams defeated Wilcox High School for the League Championships, bringing LGHS up a division for the 2013-2014 season. Sophomore **Tony Moller**, boys' team MVP, said of the victory, "We'd been stuck in the El Camino League for a while and Wilcox was our main rival; we fought it out in everything from throws to the two mile, and we ended up beating them for the league championship by three or four points." Although they did not qualify, both senior **Aaron Walker** and sophomore **John Sexton** performed remarkably at the semi-finals, both managing to come in at under two minutes on the 800 meter run. In doing so, they achieved their ultimate season-long goal.

As the finals draw nearer and the season comes to a close, the track team continues to work hard with the hope of accomplishing one final goal this year: to come out on top as CCS champions.



courtesy T. Seroff

LOS GATOS RACES TO THE TOP: Senior Danielle Katz, sophomore Cecily Johnson, and freshman Zoe Lam have a strong start to their 1600 at League Finals.

NBA Playoffs have started semifinals

by Teva Brender
World Editor and Business Manager

Once again, the NBA Finals are the Miami Heat's to lose. After an impressive regular season campaign, the Heat ran through the Milwaukee Bucks and the Chicago Bulls 4-0 and 4-1 in each respective seven-game series. Meeting them in the Eastern Conference Championship are the Indiana Pacers, led by seven-footer Roy Hibbert, veteran David West, and the 2012-2013 Most Improved Player Paul George.

In the Western Conference, the Memphis Grizzlies knocked off Kevin Durant and the Oklahoma City Thunder who were missing star guard Russell Westbrook who went down with a torn right meniscus after Houston Rockets guard Patrick Beverley collided with him in the first round. Beverley received death threats on Twitter because the collision occurred right after a timeout was called on the floor. The Grizzlies will face the dynasty that is the San Antonio Spurs. Coach Gregg Popovich, guard Tony Parker, power forward Tim Duncan, and another supporting cast have carried the Spurs to another Conference Championship, yet again finding the fountain of youth.



photos courtesy eLibrary

NBA PLAYOFFS 2013: Professional basketball teams are focused to win.

They beat the upstart Golden State Warriors who defeated the third seeded Denver Nuggets behind the sharp-shooting of Steph Curry. Curry, who made the most three pointers ever in a single season during the regular season, averaged 23 points in the postseason while battling through a sprained ankle. The Warriors played with a chip on their shoulders after Curry was snubbed from the All-Star team, rookie Harrison Barnes received few votes for Rookie of the Year, and Coach Mark Jackson was beaten out by Nuggets' coach George Karl for Coach of the Year.

However, the loss of forward David Lee to a torn hip flexor, inexperience, and injuries to Curry and center Andrew Bogut proved too much for Golden State to overcome. Nevertheless, Bay Area basketball fans have much to be excited about with the emergence of Barnes as a serious offensive weapon, Curry behind the arc, and a full season of a healthy Andrew Bogut. Meanwhile, LeBron James, the 2013 Most Valuable Player, looks poised to claim his second title, building his résumé as the best basketball player of not only his generation, but all time. (Sources: NBA, CNN)



COMPETITION: NBA players bring excitement to the court with close games.

Boys' golf plays in League Finals

by Alyssa Glenn
Center Editor

On Mon., April 29, the boys' golf team participated in the first round of League Finals in order to qualify for CCS. The boys set out to Coyote Creek to attempt to make the cut for the next round of finals that took place on Wed., May 2. Qualifiers included junior captain **Alex Beer** and senior captain **Ryan Foster**, as well as sophomores **Trevor Hacker**, **Vincent Emme** and **Danny Stair**, all of whom are among the top six players on the team, and participated in round two at San Juan Oaks Golf Course. Because of a technicality with transfer paperwork, the boys were forced to compete as individuals rather than as a team.

On the second day of finals, Stair was the only player from Los Gatos to qualify. While the rest of the team played well, there were very few places to move on to the CCS finals. Stair qualified with his lowest score of all time, a 75. Hacker qualified as an alternate but did not move on to CCS. Stair played very well in the CCS finals. With the cutoff standing at 75 and Stair's final score at CCS at a solid 78, Stair came very close to placing at CCS. While he excelled in the long range shots, he struggled with putting, which is what brought his overall score up. Stair explained, "I have two more years to make it to the final round. The people were really nice so it made the round that much better."

While it is unfortunate that the team did not have an opportunity to compete together this year, they enjoyed a fun season together. Stair spoke for the team, saying, "Thank you [Coaches] Marino and Cummings for making everything possible this year and we can't wait for the next one."



courtesy D. Stair

PLAYING HIS GAME: Danny Stair makes his next shot.

Katz wins Athlete of the Year

by Rachel Salisbury
News Editor

When senior **Danielle Katz** started running on her seventh grade track and field team, she never imagined where this new hobby would take her. After a fulfilling high school career of hard work in both academics and athletics, Katz has been accepted to Stanford and has spent her four years in high school enjoying a sport she is truly passionate about with a great team.

The strong team bond initially drew Katz to her sport. While participating in high jump in seventh grade, Katz saw the relationship the long distance runners had with each other and set out to be part of that team the following season. At that point, she was also part of many other sports teams, including volleyball, which she dropped in order to pursue running. Regarding the time when she was heading into high school, Katz said, "I was training with the volleyball team all summer, but at the time I was running with the Junior Olympics track club."

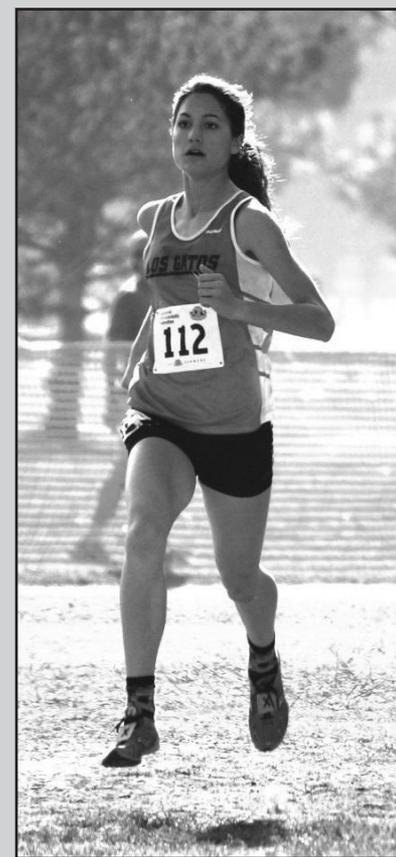
In addition to sacrificing volleyball for running, she also stopped participating in traditional Irish dance and playing piano. "I ended up choosing cross country because it just appealed to me more; I felt like my work translated more directly," said Katz. She regrets not being able to continue piano, but still plays in order to relieve stress.

Running takes up the majority of Katz's time, with practices every day from 2:20 PM until 5:00 PM during cross country season. For Katz, practices begin with a 20 minute warm-up and are followed by an hour of running. In that hour, she usually runs around seven miles for long-distance training. During track season, the practices are just as strenuous, and take up just as much of Katz's day.

With all of her advanced classes and her position as an Editor-in-Chief for El Gato News, Katz's life during the school year is very busy. "I try to take on too many things and I just end up going crazy, because I can't spread myself too thin," said Katz.

Between track and field or cross country, Katz simply could not choose a favorite. Even the team dynamic is different in each sport. "Cross country is more of a team sport in that everybody runs the same event and everyone is racing at the same time, and everyone trains together," said Katz. Track and field is much less of a cohesive team, as everyone spreads out among the many events. She said, "You train with your event group, but when you get to a meet you realize just how big the team is. You feel a bond with them even if you may not know them."

All of her dedication has brought her to great places, and she placed third at California State Championships for cross country. She also broke a five-minute mile at SCVAL Finals this past month, along with breaking an eleven-minute time for a two-mile run. She also stopped working with a private coach in order to work more closely with the entire team. Katz explained, "As a team captain, I decided that I had to be at practice every day with my team."



D. Katz

RUNNING HER BEST: Danielle Katz runs at the CIF Meet.