

March Madness starts

by Ari Sweedler

People Editor

March Madness is an annual college basketball tournament that takes place from the middle of March to the beginning of April. 32 teams qualify by winning their conference tournament, while the remaining 36 are granted bids by the NCAA Selection Committee. To make the uneven number of 68 an easier number, 2⁶ or 64, four teams must be eliminated.

After the Selection Committee finishes seeding the 68 teams, the lowest 8 play a preliminary round, also known as the First Four. The 4 losing teams are eliminated, and the round of 64 begins. Currently, the top teams include the Florida Gators, the Wichita

State Shockers, the Arizona Wildcats, the Syracuse Oranges and the Kansas Jayhawks.

The First Four games will happen on March 18 and 19. The second and third rounds will commence from March 20-22. The Regional Semifinals and then the finals will be played from March 27-29. The 16 teams who make it this far are given the honorable nickname of The Sweet Sixteen, and those who make it past the Sweet Sixteen are dubbed the Elite Eight. Next, the "Final Four" teams play the National Semifinals on April 5. The final game of the whole tournament will happen on Apr. 7th in Arlington, Texas, at the AT&T Stadium, and is certainly not one to miss. So make sure to watch and update your brackets.

Track starts off strong

by Violet Wallerstein

World Editor

Training for Track and Field has already begun with a promising season ahead. Distance runners have a new coach this season, Brad Armstrong. Armstrong coached cross-country at LGHS for the first time this year and now takes over on the track as well.

The official training began Feb. 2, but many athletes, especially sprinters, have been getting in shape since fall. Of the distance athletes, junior **Cecily Johnson** is preparing for a fantastic season, preparing to beat her personal record of 5:06 for the mile. Senior **Hannah Chen** is looking to complete the 300m hurdles in under 44 seconds,

and **Marcus Lanovaz** is going for under 11 seconds in the 100m race.

The team's first meet was Mar. 1 at the Mount Pleasant Relays, and was unique in the fact that there were no individual events. Coach Matt Snee said, "I think the team did well for the first meet, and I'm really proud of everyone's performance." The girls' team scored second place overall and the boys' team got sixth place. Some of the great individual scores included junior **Melina Moore** who threw 101 feet 2 inches in discus getting first, and senior **Greta Wagner** who jumped 11 feet 6 inches earning second in pole vault. Our boys' 4x1600 team ran into first with a total time of 18:47. The LGHS community is proud of the team's start.

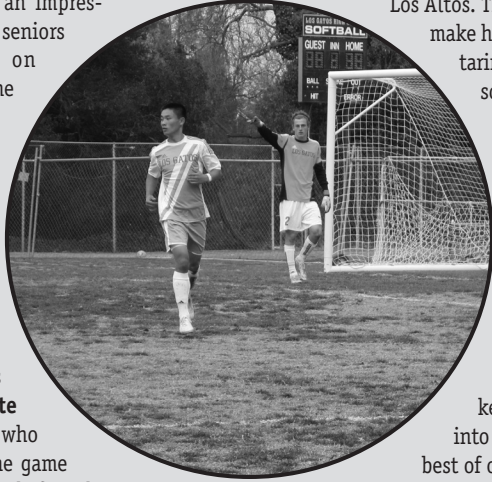
Boys' soccer goes undefeated during regular season

by Madison Prestine

News Editor

The LGHS varsity boys' soccer team finished the regular season undefeated for the first time in school history. They recorded an impressive 11-0-1 in league play. The seniors on the team were honored on Feb. 14 during their last home game. Their coach, Rusty Millard, commented on the team chemistry, saying that "This year's group is very tight, they trust and respect each other at all times."

Much to the surprise of the spectators and the boys on the field the first goal was scored by Palo Alto. Minutes after, senior **Vince Von Luehrte** passed to senior **Adam Jeffery** who scored to tie the game 1-1. The game remained tied until two minutes before the final whistle. Senior **Nick Contarino** received the ball and played senior **Evan Walker** up the sideline. Walker raced to stop the ball before it rolled across the boundary and became another wasted opportunity, then crossed it to junior **Tomo Nishizaki**. Nishizaki jumped backwards and



scored on a diving header. The field erupted. Los Gatos held on to the lead, and the game ended with a final score of 2-1 in favor of Los Gatos.

The boys played their last game of the season at Los Altos. They needed to win or tie in order to make history at LGHS. In the first half Contarino found senior **Ray Pendleton** who scored the game's first goal. Strong defense from both teams kept the score 1-0 and secured a place for the 2013-2014 LGHS boys' varsity soccer team in school history.

The excellent season the boys recorded awarded them the number one seed for CCS. They were given a first round bye, and while an extended break can leave teams rusty Millard explained, "The key focuses for the team as we head into the playoffs are to prepare to the best of our ability each day, to stay humble but confident, and to make sure our desire and hunger to be the best keeps burning inside. We enter this year's playoffs on an 11 game winning streak so it would be easy for the boys to get cocky and not keep up their work ethic...We feel like that is something that was not given to us, we earned it with our collective work since November.

Being the number one seed means everyone will be gunning for us, but like champions do, we will be ready for every challenge knowing we prepared and put in solid work ethic leading up to each match."

The boys played their first game on Mar. 1 and wanted a win. Millard mentioned that "this year's chemistry will have a huge impact on our playoff success as the players will need to rely on each other when the tough gets going. There will be times when our opponents will put us on our heels defensively, possibly score on us, and control parts of the game, so we will need to stick together, trust each other, and stay positive with each other. Those moments will be when our chemistry gets put to the test, and I am confident it will shine bright at those moments."

Despite a season of preparation the boys lost to Overfelt 2-0 on Mar. 1 in the CCS quarterfinals. The team played well and it was a heartbreaking loss, but they will back next year to take the title.



photos M. Prestine

Boys' baseball works hard to start their season strong

by Kelsey Fleming

World Editor

On Tues., Feb. 25, the LGHS varsity baseball team defeated Overfelt High School in a striking performance. Despite the brisk weather, LGHS persevered and beat Overfelt 10-0. Roars of support sounded from the bleachers as LGHS fought hard and played a spectacular game. Varsity Head Coach Bobby Hill said, "I thought we played a real sound game all around, defensively and offensively."

In the bottom of the first inning, sophomore **Hunter Bigge** hit a powerful double, bringing in two runs. In the third inning, LGHS scored two runs off of a sacrifice fly to right field and an excellent at-bat from senior **Campbell Robertson**. Then, senior **Corey Olivet** hit a single and stole second base, third base, and home, bringing the score to 5-0.

In the bottom of the sixth inning, an explosion of strong offense sent runners home and earned LGHS several runs. After two walks and one out with senior **Johnny Briedenthal** at first and Olivet at third, junior **Matthew Wilcox** hit a single, bringing Briedenthal home and advancing Olivet to second base.

Then, senior **James Detweiler** hit a hard grounder to left field, sending one runner home and loading up the bases. Soon after, junior **Aiden Finch** hit a single and brought one runner home. With a powerful hit to center field, Robertson sent two runners home. By the end of the sixth inning, LGHS scored an additional five runs.

In terms of defense, LGHS played a solid game. Shortstop Wilcox had an exceptional game, throwing several runners out at first and turning a double play in the sixth inning. Senior **Cameron Ackerman** started the game and pitched an impressive first four innings. Bigge pitched the fifth inning and struck out all three batters he faced. In the seventh inning, Olivet came up to pitch and ended the game with a strikeout.

With an auspicious beginning, the team anticipates a year of growth and success. Hill stated, "I would like to see my boys continue to want to get better and understand the game. And last, to believe in themselves and not be afraid to fail."

On Sat., March 8, the varsity team will be playing Willow Glen at LGHS at 2:00 PM. Bring your friends and family for a fun day of baseball, food, and school spirit, and make sure to cheer on the Wildcats as they pitch and run their way to victory.

POM: Nick Bertram wrestles his way to the top

by Liat Rubin

Sports Editor

For senior athlete **Nick Bertram**, sports are more than a way to stay healthy; to him sports are truly a lifestyle. And at the center of Bertram's life lies his love for wrestling.

Wrestling has important familial value in the Bertram household. All of his brothers, his father, and his grandfather, wrestled throughout high school and even college. Bertram, who was living in Weston, Connecticut, at the time, began his wrestling career in eighth grade but didn't feel an initial love for it. He felt it was "tough at first, because wrestling is a sport of experience." As his career progressed, Bertram began to enjoy the sport, and loved the way it enabled him to spend time with his dad, who initially coached Bertram. The father-son duo traveled all over the Northeast finding tournaments for Bertram to compete in, advancing his wrestling potential and skill.

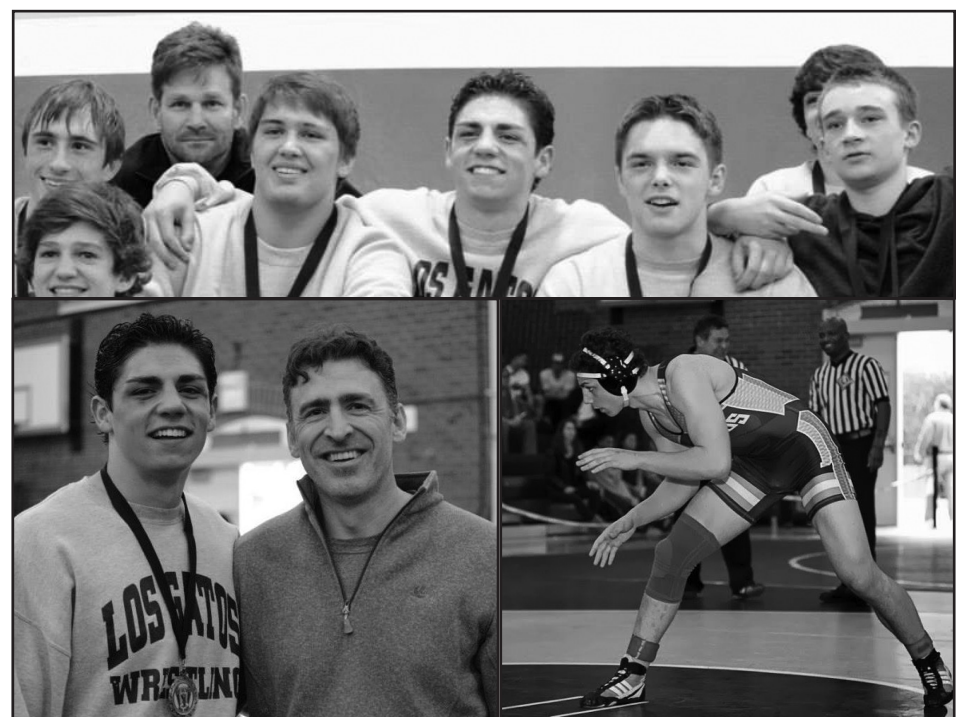
During his sophomore year of high school, Bertram joined his first wrestling club, Iowa Style Wrestling. Bertram believes that Iowa Style Wrestling was essential in helping him "develop a strong work ethic and a perfect basis of moves."

Luckily, when he moved from Connecticut to California later that year Bertram made a smooth transition both socially and athletically. He joined a new club called Wrestling Prep his junior year and continued to advance his talent.

A skilled wrestler with a plethora of experience, Bertram has excelled in California. He recently placed eighth in the 2012 Las Vegas "Freak Show" tournament, an impressive accomplishment seeing as he faced over 64 competitors.

Bertram currently wrestles for both his club and the LGHS team and has thoroughly enjoyed his experience being a part of both. He recently competed in and won League finals. Although this is an impressive accomplishment, Bertram says that "the real goal is to win CCS and place in the State meet."

Bertram will carry his passion for wrestling with him to California Polytechnic State University in San Luis Obispo (better known as Cal-Poly) next year, where he is committed to wrestle on the D1 team. His goal for his college career is to become a NCAA qualifier or All American. With the years of experience behind him and a strong work ethic, he will hopefully achieve this.



photos courtesy N. Bertram