

# SPORTS

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## X-Country sprints ahead

by Liat Rubin

Editor-in-Chief

The LGHS boys' varsity cross-country team is much more than your average sports team in both character and skill. After reciting a 20 stanza poem written by senior **Ben Haderle** and winning what the announcer called the "best dressed award" for their neon pink zebra print uniforms, the team dominated at the Stanford XC Invitational on Saturday, Sept. 27.

The boys placed first at the highly competitive meet, beating 24 teams from all over the state. Among the teams defeated by LGHS were Bellarmine High School, which was previously ranked second in the state, Arcadia High School, and Jesuit High School. "Everything they did was exactly what they had to do," said boys' team coach Matt Snee, who had nothing but good things to say about his runners' performances.

Last year, the team did not place in the top three, which Snee largely attributes to bad weather conditions and a weaker strategy in terms of speed at different parts of the race. "Last year they went out too fast; this year we have really focused on going out slower and finishing strong. This has helped us so far in every race we have been in."

Individually, all of the boys performed extremely well, with a standout performance from the sen-



sional senior **Chris Foster**. Foster averaged a 4:51 minute mile for the five kilometer, or 3.1 mile, race and placed fourth overall, with a time of 15:03. Foster describes his strategy as relaxed but calculated. "I started off the way I usually do, which is to have a really fast start so I don't get bunched up with the rest of the racers, Foster said, "I tried to relax but stay with the front group. The last 1000 meters started to pick up a lot and I started to drop back, but I do think that I held on the third place guy as best as I could."

Seniors **Jack Sexton** and Haderle finished 37th and 36th, respectively. Reaching the finish arm in arm, the boys were just milliseconds apart and finished with a time of 5:55. Sexton felt that it was very motivating to run next to Ben, "Sometimes he would be in front of me or I would be in front of him; this allowed us to push ourselves further and further." Junior **Stephen Crowe** placed 46th with a time of 16:03.

The girls' team also performed well, placing fifth overall. Senior co-captain **Cecily Johnson** had a great race and placed sixth with a time of 18:54 and average mile of 6:05. Her fellow wildcats, which include freshman **Caitlin Huang**, senior co-captain **Erin Chessin**, and sophomore **Sydney Stephens**, followed close behind. Huang displayed an impressive performance, placing 35th with a time of 19:34. Chessin placed 40th with a time of 19:51.



photos courtesy P. Foster

## Girls' golf is in full swing

by Brent Gingell

Web Editor

The girls' golf team is off to a solid start with a record of three wins and two losses through five tournaments. The team's wins came against Homestead, Monta Vista, and Saratoga. Both their losses came at the hands of Palo Alto, one of the strongest teams in the league. They face two upcoming matches against Gunn, another one of the top



D. Lyle

teams in the league. Aside from stiff competition from Gunn and Palo Alto, the girls' golf team has a very solid chance to dominate any team in the league.

The team's top three players, junior **Liam Sklar** and sophomores **Nicole Foster** and **Katie Kaminski**, have had strong showings in each tournament, consistently posting low scores. The wildcard sixth tournament spot has been switching between sophomores **Lark Breen** and **Emily Vindasius** with some appearances from freshmen rounding out the tournament roster.

Head coach Jim Marino summed up the situation saying, "The team's doing well. They've had some tough losses against Palo Alto, but they'll be able to recover well." The season is just over the middle mark, and the team does have ground to make up. However, they have plenty of time to do it in the remaining tournaments. The team has four more tournaments leading up to the end of season tournaments against Gunn, Lynbrook, Monta Vista, and Saratoga.

The team's top three will have a lot of work to do in order for the team to get some wins coming up to the end of the season. With no seniors, they've had a baptism by fire, and are rapidly gaining a strong tournament form.

Despite being viewed as an individual sport, the girls' golf team is developing camaraderie and are working together to make up for any lack of experience. With their incredible commitment to the sport and to each other, the sky's the limit. Everyone should be looking forward to seeing their efforts come to fruition.

## Crew prepares for Boston

by Rachel Salisbury

Editor-in-Chief

Just like the rest of California, the LG rowing teams have felt the effects of the drought. Since there is no longer enough water in Lexington reservoir to row their regular distances, practices have been moved elsewhere on the weekends. This past weekend the team ventured to Palo Alto for a larger lake, but they will have to go even farther—all the way to Redwood City—in the future.

Girls' rowing team coach Matt Pinschmidt commented on the relocation, "Practice has been impacted because of the need to load our boats on a trailer and take them back and forth every weekend, but the impact is minimal when balanced against the extra distance we get to row by going to the Port of Redwood City."

For the rowers, the major setback with the alternative location is its distance from Los Gatos. Girls' rowing team member, junior **Naomi Field**, commented on the Redwood City location, saying, "The area is beautiful, but 45 minutes away is a pain." Senior **Spencer Kankel** commented that another benefit of the new location is "the water is flat too, which is nice, because the water at Lexington typically is not flat."

Despite setbacks, the teams continue to prepare for their trip to Boston, where they will compete in the Head of the Charles Regatta. The race will take place from Oct. 18 to 19. "We just finished selection, because only 12 girls and four boys can go," said

senior **Olivia Woodford-Berry**, also a member of the women's team. A total of 14 girls from the women's team will go to Boston, including the two coxswains, and 5 people from the men's team, four rowers and one coxswain. Seniors **Kankel** and **Wyatt Taylor** are the two boys from the LGHS team going to Boston.

Based off his experience at the head of the Charles regattas in previous years, Pinschmidt says that the race has "a very challenging course to steer." Due in part to the crowding caused by the competition's boats, "there can be some pretty nasty collisions with bridges, other boats, and the shoreline." Pinschmidt's hopes for the team are "a clean run for our entries free of any contact with solid objects," and to "at least place in the top half in order to guarantee a place in the next year's Head of the Charles regatta."

Though the team has not necessarily altered their routine to do anything special in preparation for the regatta, Pinschmidt says anticipation for the Head of the Charles has "added focus and intensity to practices, which is great to see this early in the season." Both the girls' and boys' team are training hard for the regatta and expect good results in Boston.

Hopefully, the teams' preparation, relentless work ethic, and focus will pay off both in Boston and their following regattas, as they are scheduled to race in the Head of the American regatta in Sacramento on Oct. 25. They will also race at the Head of the Lagoon regatta in Foster City on Nov. 8.



courtesy O. Woodford-Berry

## Field hockey dominates

by Ruth Murai

Web Editor-in-Chief

On Sept. 26, the LGHS field hockey team had their first game of season, and they were determined to send a message. "Today we play Los Altos, one of the best teams in our league," coach Henry Reyes prepped his team. "Tomorrow, when everyone else in the league opens up their newspapers to check the score, I want them to know where we stand." The girls proceeded to score 12 goals. Needless to say, the message was very clear, "12-0 says be afraid," said varsity captain senior **Keats Iwanaga**. "It says look out because LGFH is coming for you."

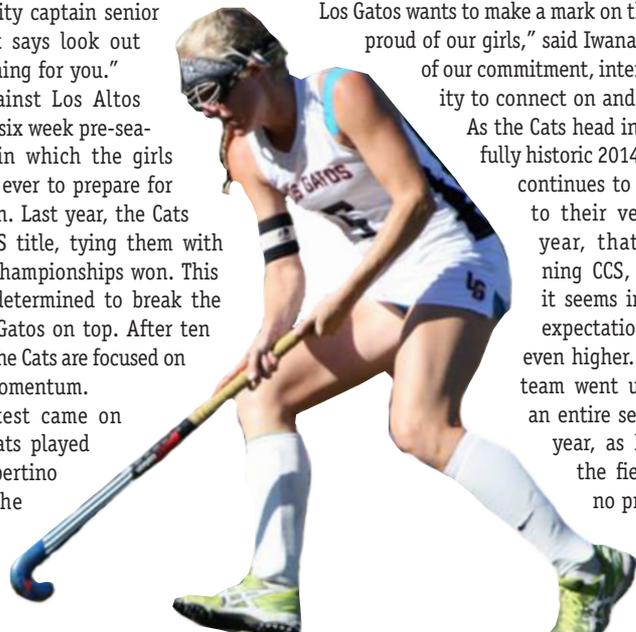
Their match against Los Altos marked the end of a six week pre-season for Los Gatos in which the girls trained harder than ever to prepare for the oncoming season. Last year, the Cats won their tenth CCS title, tying them with Lynbrook for most championships won. This year, the girls are determined to break the record and put Los Gatos on top. After ten months of training, the Cats are focused on maintaining their momentum.

LGFH's second test came on Oct. 1, when the Cats played the Pioneers at Cupertino High School. In the first thirty seconds of the game, senior **Maddie Abene** scored, setting the tone for a game that

LG would eventually win 11-0. Goals were scored by seven different team members, including a hat trick from varsity captain senior **Melina Moore**. Moore commented on her team's first two games, "Our goal has been not only to win but to show that we have a whole team of amazing players who all bring something to the table. I am very happy with how our first games went and can't wait to see what we have coming for us this season."

In years past, the team would stop attempting to score at six or seven goals. But this year is different. Los Gatos wants to make a mark on the league. "I'm proud of our girls," said Iwanaga, "I'm proud of our commitment, intensity, and ability to connect on and off the field."

As the Cats head into their hopefully historic 2014 season, Reyes continues to push the girls to their very best. Last year, that meant winning CCS, and although it seems impossible, the expectation this year is even higher. Last year, the team went undefeated for an entire season, but this year, as Reyes puts it, the field will "take no prisoners."



R. Murai