

# Boys' Water Polo Makes a Splash



A black and white photograph of an outdoor swimming pool. In the foreground, a white starting block is mounted on a stand on the pool deck. Several swimmers are in the water, starting a race from the edge. The pool has lane lines and a building with "OLIMPA VERDE POOL" is visible in the background.

“We have so much fun at practices and games,” said Huynh.

# Sports Banners on the Move

**Charwel Manlapid**  
In-Depth Editor

Inside Otay Ranch High School's gym, your head will turn... not to the huge Mustang logo but to the wall opposite of it, holding our school sport banners.

"A good reason of why it's there is because it serves as intimidation, showing all our victories and continuity, compared to other schools where it's scattered around the gym," said Dean Nafarrate, ASB Dean.

ORHS has an abundance of sport banners, many dark and light blue, few gray, and two white. These colors are not only for mere decoration but to distinguish the banners: the dark blue represents the boys' sports while the light blue represents the girls' sports. The gray banner was earned by the Academic Decathlon team in 2005 while the white ones are CIF state banners achieved by the boys' soccer team in 2007 and by the boys' volleyball team in 2011. To earn a banner, a varsity team must be the champion in its league.

But as the years progress and as multiple banners are added per season, the wall is filling up quickly. Have you ever wondered where our banners will go once the wall is full?

"We will start to put them on the wall where the Mustang logo is, on its left and right side," said Mr. Nafarrate.

So be expecting the wall with the Mustang emblem to contain some sports banners, boasting our athletic victories on the other side of the gym.



Photo by Marla Schieferstein

*The wall in the gym with the banners is filling up quickly so future banners will be placed on a different wall.*



Photo by Helen Bae

*Alessandra Corrao, Aldo Moreno, Cesar Ramos, and Jose Corona prepare for the first cross country practice.*

## On the Run Mustang Cross Country Begins

**Charwel Manlapid**  
In-Depth Editor

Running multiple miles a day in whatever weather the day brings and working through numerous workouts is Otay Ranch High School's very own championship cross country team.

The team is headed by Ian Cumming, who has been at ORHS since it opened in 2003, and under his guidance, the team has consistently earned banners for the school. The 2011 season began on Monday, August 15 and started on a good note with some varsity returnees, such as seniors Zach Velasquez and Steven Martinez and juniors Carina Gillespie and Catie Ledesma.

Coach Cumming has high expectations for this year's season and hopes to win league on both the boys' and girls' side, ultimately earning two more banners.

The first meet, the Mustang Invitational, will be on Friday, September 9 at Rohr Park; the first race will start at 3 p.m. The first league meet is against Mater Dei High School's team on Friday, September 30 at ORHS, also at 3 p.m. Be sure to support your fellow Mustang runners on these days and at future meets!

## Girls' Field Hockey Even Stronger

**Esteban Mora**  
Staff Writer

Last year's Otay Ranch High School's girls' field hockey team was a huge success, according to Brianne Rodriguez, who coaches the team. Placing second in the Metro League, the team was thirteen and eleven overall. At C.I.F. playoffs, the team was beaten by another team competing in the same league.

"Each end every person on JV and varsity worked extremely hard last year. The girls can definitely attest to that. They know that wins, even losses, do not come easy. Everything they have ever achieved has been through hard work. Last year's accomplishments are only a preview of what the girls are truly capable of achieving and I believe they can go further this coming season," said Coach Martinez. "As a coach, I feel very fortunate to have such a talented group of student-athletes."

This year, Coach Martinez has high expectations of as well as high confidence in the girls' field hockey team. The team looks forward to making ORHS proud by winning a league banner. Currently, Bonita Vista High School's team is the team's biggest

competition and beating BVHS is a high priority for ORHS's team.

"My expectations for the team are what they expect of themselves. As a coach, the best I can do is support and facilitate their goals at practice and during games by using my prior experience as a player and coach. It is up to them as players how hard they are willing to work in order to achieve their goals. I support them 100% and believe they are capable of great things," said Coach Martinez.

Coach Martinez also gave advice for girls looking forward to trying out. Leadership qualities and a general field sense are very important. It is important to be in good physical condition to compete. Girls should be ready for a very long season and to work hard.

Signing up for a sport is very easy; clearance packets are the most important part. Clearance packets were due for girl's field hockey by August 10, the day of the first tryouts. The tryouts went

well, with many girls showing up ready to play, and the first game, which is highly anticipated, will be on Wednesday, August 31 at 3 p.m.



Photo by Leilani Luna

*The girls' field hockey team works hard at practice.*