

SPRING 2014

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HIGH SCHOOL ILLUSTRATED

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PLAYER OF THE YEAR

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GRADY WILLIAMS

MISSION VIEJO SOFTBALL
ALYSSA PALOMINO
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HARD WORK AND DETERMINATION LEAD TO GOOD THINGS

For every edition of *High School Illustrated*, I spend hours here in front of my computer screen compiling images and editorial for the magazine, and then more hours working with our team to produce online, digital, and iPad tablet editions. I'm able to read each article and all the great interviews. This time around, I was especially struck by a quote from one of our feature student-athletes, Grady Williams: "Hard work + Determination = Success."

I thought about what Williams said and it called to mind all of the areas of life, not just sports, where this motto, this straightforward formula, works for us all. Hard work in practice and games on the field, pool or track. Hard work in and out of the classroom, completing homework and projects. Hard work at home, helping your family around the house and doing your chores. All of these can be considered areas you are doing your fair share of "Hard work."

Determination, that's what keeps you going at the hard work. I thought about the determination I had as a high school student-athlete, and the determination I have at home, with family, business partners, and everyone.

Determination to always do your best at every task you undertake; in sports, school, family and as a leader in your community and with your peers.

It has taken a lot of hard work and determination to launch *High School Illustrated* magazine, website, and now iPad digital magazine. I am determined to continue to provide a quality publication for both the local communities such as Orange County. *High School Illustrated* is now launching the National magazine on the iPad for everyone to enjoy... all for FREE!

If you haven't done so yet, please go to the Apple App store and download the *High School Illustrated* magazine — HSI will have your local edition available as well as the national magazine. It took a lot of hard work and determination, but I am sure you will enjoy it.

Work hard and be determined to make your high school experience a success. At *High School Illustrated*, we're here to highlight your hard work and success.

Paul Graff
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SPRING 2014
SOUTH ORANGE COUNTY
ISSUE #11

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HIGH SCHOOL ILLUSTRATED magazine is published 4 times per year and is a free publication by High School Media LLC. HSI is dedicated in helping student athletes, families and the community with positive and education information. Information on distribution or subscriptions please contact Paul Graff @ 714-276-5265.
All content is supplied. HIGH SCHOOL ILLUSTRATED is not an expert in fitness/training or nutrition and is not responsible for the information within the articles - please see a your doctor or coach for specific training and or health recommendations.



NATIONAL NEWS

SATELLITE BUILT BY TEENS BLASTS INTO SPACE

HIGH SCHOOL STUDENTS IN
VIRGINIA MAKE HISTORY

A rocket blasted into space last night with what Space.com calls a record 29 satellites, but one of them in particular is making headlines for all the right reasons: It's the first satellite designed and built by high school students, reports NPR. Teens at Thomas Jefferson High School for Science and Technology in Alexandria, Va., achieved the feat with their 2-pound TJ3Sat device. Even better: The satellite will be able to receive text messages that will be turned into audio and rebroadcast on ham radio, explains the Washington Post. (The project's web page has instructions on how to contact the satellite and track its orbit.)

The satellite's main mission is an educational one. "It used to be that kids growing up wanted to be an astronaut," says a NASA official. "I think we might be seeing kids saying, what they want to do is build a spacecraft. The idea here is that they really can do that."

NATIONAL NEWS

UTAH TEEN WITH TERMINAL CANCER DONATES 'MAKE-A-WISH' MONEY TO LOCAL HIGH SCHOOL

A 13-year-old Utah girl battling terminal cancer made an unbelievably selfless gesture when asked by the Make-A-Wish Foundation what she wanted.

Instead of a trip to Disney World or a chance to meet her favorite athlete, Jayci Glover asked the foundation to buy a new scoreboard for the high school gymnasium in her hometown of Kanab, Utah.

Before a Kanab High School basketball game on Wednesday, Feb. 12, the Make-A-Wish Foundation presented a check for \$7,500 to Principal Brenan Jackson in Glover's name, with the expressed purpose of buying a new scoreboard for the gym. The boy's basketball team also donned black T-shirts reading "Fight Like Jayci" to pay tribute to the brave teenager and each member of the home team gave her a rose and a hug or kiss prior to the game.

Glover has been fighting a rare form of terminal lymphoma for nearly a year. The treatments have mostly kept her in Salt Lake City – a five-hour drive from her small Southern Utah hometown. On Feb. 7, Glover's family made the decision to bring her home so she could be comfortable and spend more time with friends and family.

THE GAME'S ALWAYS ON, EVEN FOR AWAY TEAMS.

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Do you think we should feature a student-athlete or coach from your school? Send your submission to: pgraff@highschoolillustrated.com

HSI

Scholar Athletes

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SPORT: SOCCER
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 ST. MARGARET'S HIGH SCHOOL
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GPA: 4.14

NATASHA MANGHAM
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EVELYN FOX
 SAN JUAN HILLS HIGH SCHOOL
SPORT: BASKETBALL
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TRENT SAMAHA
 TROY HIGH SCHOOL
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GPA: 4.4

EDWARD DEEB
 MATER DEI HIGH SCHOOL
SPORT: GOLF
GPA: 4.55

KAYLA DARNBROUGH
 YORBA LINDA HIGH SCHOOL
SPORT: TRACK AND FIELD
GPA: 4.34

ZACH ENNIS
 BECKMAN HIGH SCHOOL
SPORT: SWIMMING
GPA: 4.83

CARTER JOHNSON
 TRABUCO HILLS HIGH SCHOOL
SPORT: SOCCER
GPA: 4.80

KATE SASSER
 FOOTHILL HIGH SCHOOL
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CHEER SAFETY

THE EMERGENCE OF CHEER AND THEIR INJURIES

BY CHRIS PHILLIPS

An estimated 400,000 high school aged athletes are now involved in competitive cheer throughout the United States (www.varsity.com). The sport has evolved from a mixture of gymnastics and sideline cheer, with the first club like squad being formed in the early 1960's. Back then, early cheer teams used acrobatic stunts and tumbling to engage a crowd at a sporting event. In the 1970's, cheer companies began holding competitions that were judged on appearance, crowd involvement, dance, acrobatics and tumbling. Today, there are over 500 member gyms within the governing body of the U.S. All Star Federation for Cheer and Dance Teams with the culmination of events occurring every year in April at the Cheerleading Worlds at Disney World in Orlando, where in 2009, over 250 teams from 30 countries competed.

Moving Towards the NCAA

The growth of cheer has led to the emergence of the Na-

tional Collegiate Acrobatics and Tumbling Association (www.thencata.org) which currently oversees 11 collegiate teams including Azusa Pacific and the University of Oregon as the sport moves towards NCAA status. This new sport, called Acro and Tumbling follows all of the standards set by the NCAA where participating schools treat it as any other varsity sport. A meet typically consists of two to four teams that compete in six events including compulsory, acro, pyramid, toss, tumbling and a team event.

The Rise of Cheer Injuries

The increase in participation paired with the increase in the difficulty of cheer has led to an incredible increase in cheer related injuries. The research has shown a wide variance of injury statistics, but all relate to an increase over the past two decades. In a 2009 article in the Journal of Athletic Training, researchers found that injuries to the ankle, wrist and low back to



be the most common. More injuries were noted during stunts than in tumbling and also included concussions.

The increase in injuries has led Coaches and Athletic Trainers to spend more time on the prevention of common cheer injuries as well as a more cheer specific rehab protocols. John Neville, owner of OC All-Stars Cheer and Dance in Lake Forest, California states "At OC, we have an onsite certified Athletic Trainer that cares for our injuries. They have done a great job at reducing injuries and return to competition time". Aside from having a sports medicine professional such as an Athletic Trainer to care for these young cheer athletes, organizations such as StopSportsInjuries.org also suggest incorporating a regular strength training program that targets the abdominals,



low back and shoulders as well as a thorough flexibility program.

Conclusion

The sport of Cheer is growing at an exponential rate but so too are the increase in cheer related injuries. While this fact should not curb an athlete from participating, athletes, coaches and parents should be keenly aware of this and take proactive approach in finding ways to make the sport more safe and fun to compete in.

Chris Phillips is a certified Athletic Trainer and Strength and Conditioning Specialist. He has spent over 20 years in professional sports including the National Hockey League, Men's and Women's Professional Soccer and Professional Football. Chris currently owns Compete Sports Performance and Rehab in Lake Forest, CA and can be reached at chris@competeperformance.com or through their website, www.competeperformance.com.

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RESEARCH MADE EASY

5 WAYS TO MAKE ONLINE RESEARCH EASIER

Going online to do research when you're writing papers and doing projects is a no-brainer. But all of the choices at your fingertips can seem overwhelming sometimes. Knowing how to evaluate and choose online resources can help you avoid headaches and wasted time.

HERE ARE 5 WAYS TO MAKE RESEARCHING ONLINE AS EASY AND EFFECTIVE AS POSSIBLE:



1. Start at school.

Ask your teachers or librarian which resources they'd recommend for your project. That way you can be sure the resources are school approved and the information is accurate. In some cases, your school or teacher may have paid subscriptions to online journals or websites. These can give you information you wouldn't get through a regular Internet search. Unless your teacher says otherwise, using the Internet should be an additional tool, not your only tool for researching a topic. Your school library is full of books, magazines, and other resources to help you. Many schools block access to online images or entire websites that may be valuable to your research. So plan on spending some or most of your online research time at home, your local municipal library, or anywhere else you have online access.

2. Sort fact from fiction.

Before you begin your research, make a list of the kinds of sites that are best for your topic. Government sites ending in .gov and educational sites ending in .edu are usually safe bets. Established news-related sites are OK, too, but be sure that you're using the original source. If a newspaper article mentions another source, like an organization or website, go directly to that source to find the information. Sites ending in .org are usually nonprofit organizations. They can be good resources, but it's always best to check with your teacher to make sure he or she considers the site appropriate. Wikipedia is popular and ranks high in search results, but it can be edited by anyone, whether a person has accurate knowledge of the topic or not. At most schools, using Wikipedia as a source is not a good way to build credibility in your report. On commercial websites ending in .com, check to see if the site has advertising. If it does, it may be biased. Blogs, personal websites, and social media sites (like YouTube, Digg, Tumblr, Pinterest, or Facebook) are personal sources and can be biased as well.

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3. Search smart.

Start with an established search engine, like Google or Bing. Although search engines often do a good job of guessing what you need, you can use specific search methods to narrow down your results. If you haven't learned about things like Boolean searches in school, ask your teacher or librarian for guidance. Many search engines are paid to place certain results as advertisements. Sometimes these ads show up at the top of the search result page. The ads will look different from the regular results (appearing on a shaded background, for example) and should be clearly marked as ads. Even when the top results aren't ads, they still might not be the best possible choices. That's why it helps to know how to decode the best sites for your needs (point #2 above).

4. Stay focused.

When you're ready to check out websites or go to search engines such as Google, log off your chat, Facebook, and email (and turn off your phone!). That way, you're not tempted to get lost in the surf. Just a few clicks can take you far from your topic. If you need to take a break from your research, make a

note of where you are before you walk away from your computer. Taking a 10-minute break from the computer every hour works well for most people. Use the time to move around and stretch a bit.

5. Cite right.

The format for citing online resources is different from print resources, so be sure to check the particular style your teacher wants you to use for Internet citations.

When you research online, it can be easy to copy and paste text, then forget to cite the source or go back and put the thought in your own words later. Just like teachers can recognize your voice in class, most can recognize your voice in your writing. Even accidental plagiarism can have serious consequences for your grades — so don't take a chance. Identify the text you've quoted and add the citation before moving on to the rest of your paper.

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RSI

WHAT ARE REPETITIVE STRESS INJURIES?

Repetitive stress injuries (RSIs) are injuries that happen when too much stress is placed on a part of the body, resulting in inflammation (pain and swelling), muscle strain, or tissue damage. This stress generally occurs from repeating the same movements over and over again.

RSIs are common work-related injuries, often affecting people who spend a lot of time using computer keyboards.

While most common in adults, RSIs are becoming more prevalent in teens because they spend more time than ever using computers. Playing sports like tennis that involve repetitive motions can also lead to RSIs. You may hear sports-related RSIs referred to as overuse injuries. Teens who spend a lot of time playing musical instruments or video games are also at risk for RSIs.

In general, RSIs include more than 100 different kinds of injuries and illnesses resulting from repetitive wear and tear on the body. These injuries vary from person to person in type and severity.

In teens, overuse injuries most often occur at growth plates (areas at the ends of bones where bone cells multiply rapidly, making bones longer as someone grows). Areas most affected by RSIs are the elbows, shoulders, knees, and heels.

What Causes Repetitive Stress Injuries?

Most RSI conditions found in teens are linked to the stress of repetitive motions at the computer or in sports. When stress occurs repeatedly over time, the body's joints don't have the chance to recover, and the joints and surrounding tendons and muscles become irritated and inflamed.

Certain jobs that involve repetitive tasks — such as scanning items as a supermarket checker or carrying heavy trays as a waiter — can lead to RSIs. Sometimes, playing musical instruments can cause problems from overuse of certain hand or arm movements. Any repetitive movement can cause an injury — even text messaging!

Using improper equipment while playing sports is another important factor in RSIs. For example, running in athletic shoes that don't provide enough support can lead to shin splits and foot and ankle problems. Improperly fitted tennis rackets can contribute to a condition called tennis elbow.

Teens may be susceptible to RSIs because of the significant physical growth that occurs in the teen years. The growth spurt (the rapid growth period during puberty) can create extra tightness and tension in muscles and tendons, making teens more prone to injury.

Nutritional factors also come into play in RSIs. Proper nutrition is essential for developing and maintaining strong muscles and bones — and to keep up the energy levels needed to play sports and perform other physical activities well.

What Happens When Teens Have RSIs?

Symptoms of RSIs include:

- tingling, numbness, or pain in the affected area
- stiffness or soreness in the neck or back
- feelings of weakness or fatigue in the hands or arms
- popping or clicking sensation



If you notice any of these warning signs of RSIs, make an appointment to see a doctor. Even if your symptoms seem to come and go, don't ignore them or they may lead to more serious problems.

Without treatment, RSIs can become more severe and prevent you from doing simple everyday tasks and participating in sports, music, and other favorite activities.

What Kinds of Repetitive Stress Injuries Can Teens Get?

RSIs that can develop in teens include:

Bursitis. Inflammation of a bursa, which is a fluid-filled sac that acts as a cushion for a joint, is known as bursitis (pronounced: bur-sye-tis). Signs of bursitis include pain and swelling. It is associated with frequent overhead reaching, carrying overloaded backpacks, and overusing certain joints during sports, such as the knee or shoulder.

Carpal tunnel syndrome. In carpal tunnel syndrome, swelling occurs inside a narrow "tunnel" formed by bone and ligament in the wrist. This tunnel surrounds nerves that conduct sensory and motor impulses to and from the hand, causing pain, tingling, numbness, and weakness. Carpal tunnel syndrome is caused by repeated motion that can happen during activities like typing or playing video games (using joysticks). It's rare in teens and more common in adults, especially those in computer-related jobs.

Epicondylitis. This condition is characterized by pain and swelling at the point where the bones join at the elbow. Epicondylitis (pronounced: eh-pih-kon-dih-lye-tis) is nicknamed "tennis elbow" because it frequently occurs in tennis players.

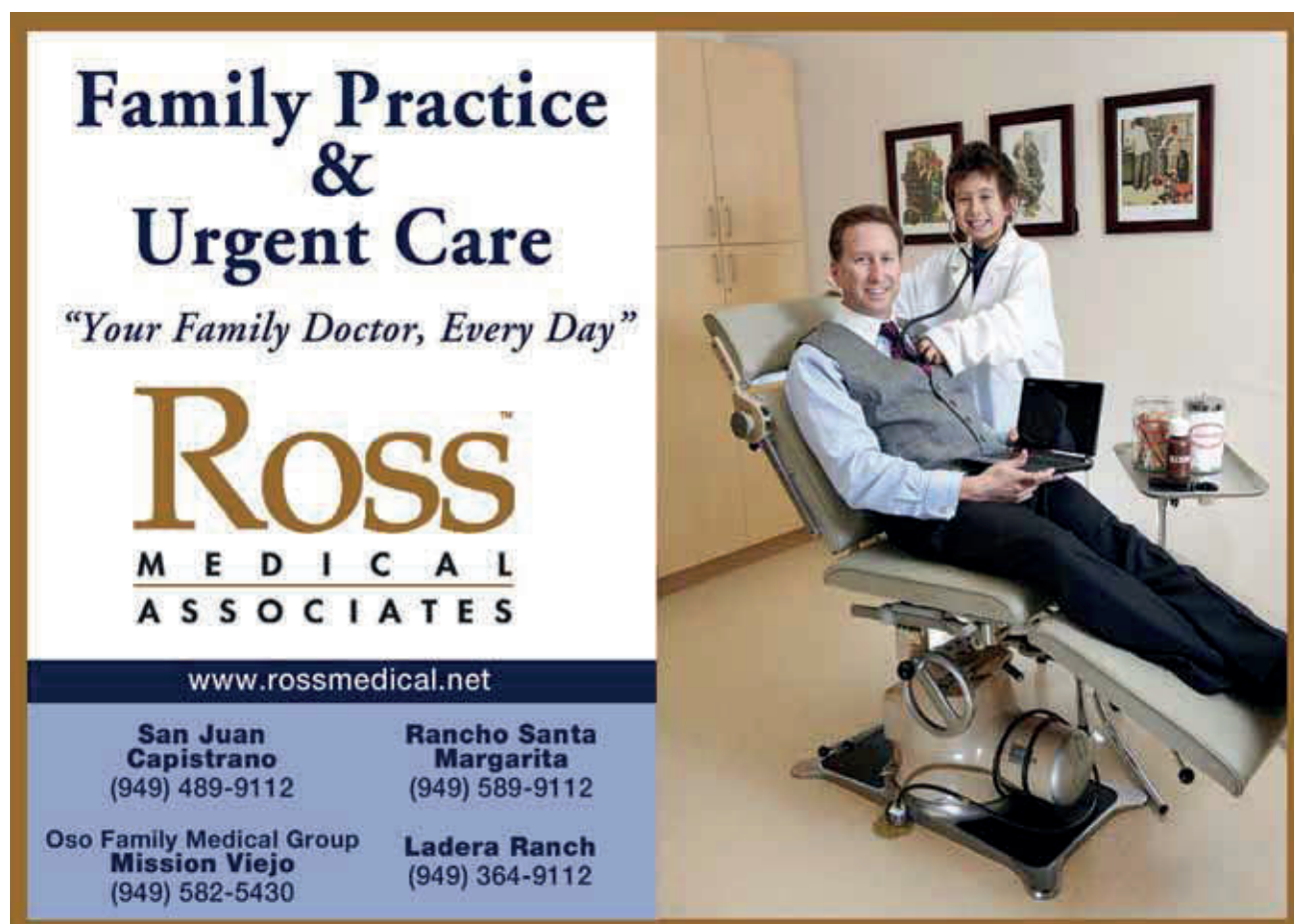
Osgood-Schlatter disease. This is a common cause of knee pain in teens, especially teen athletes who are undergoing a growth spurt. Frequent use and physical stress (such as running long distances) can cause inflammation at the area where the tendon from the kneecap attaches to the shinbone.

Patellofemoral syndrome. This is a softening or breaking down of kneecap cartilage. Squatting, kneeling, and climbing stairs and hills can aggravate pain around the knee.

Shin splints. This term refers to pain along the shin or front of the lower leg. Shin splints are commonly found in runners and are usually harmless, although they can be quite painful. They can be difficult to tell apart from stress fractures.

Stress fractures. Stress fractures are tiny cracks in the bone's surface caused by rhythmic, repetitive overloading. These injuries can occur when a bone comes under repeated stress from running, marching, walking, or jumping, or from stress on the body like when a person changes running surfaces or runs in worn-out sneakers.

Tendonitis. In tendonitis, tearing and inflammation occur in the tendons, rope-like bands of tissue that connect muscles to bones. Tendonitis is associated with repetitive overstretching



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The advertisement features a photograph of a male doctor in a white lab coat and a young boy sitting in a medical examination chair. The doctor is smiling and looking at a laptop computer. The boy is also smiling and looking at the camera. The background shows a typical medical office setting with framed pictures on the wall and a small table with medical supplies.

of tendons from overuse of certain muscles.

Preventing Repetitive Stress Injuries Preventing Computer-Related Injuries

To prevent injuries from computer use, make sure your computer equipment and furniture fit you properly and that you use correct typing and sitting positions. If your parents are shopping for new computer furniture, suggest that they buy pieces that can be adjusted for each family member.

Here are some tips:

- Make sure the top of your computer screen is aligned with your forehead.
- Sit up straight with your back touching the back of your seat. Chairs that provide extra support, especially lumbar (lower back) support are helpful. Avoid slouching over your keyboard or tensing your shoulders, which can place unnecessary stress on your neck, back, and spine.
- Let your legs rest comfortably with your feet flat on the floor or on a footrest. (To test whether your legs are in a good position, try placing a pencil on your knee — the pencil should roll toward your waist, not off of your knee.)

- Use a light touch when typing. Place the keyboard close to you so that you don't have to reach for it.

- Fingers and wrists should remain level while typing. Try a wrist rest for extra support. Your wrists and forearms should be at a 90-degree angle to the upper part of your arms. Elbows should be placed close to the side of the body to prevent bending the wrists side to side.

- It's easy to lose track of time when you're surfing the Internet or immersed in a homework assignment. Be sure to take breaks (to stretch or walk around) about every 30 minutes — even if you don't feel tired or feel any pain. (If you lose track of time, use a timer so you know when you're due for a break.)

- Try an ergonomic ("ergonomic" means specially designed for comfort) keyboard that has a curved design, and use a trackball instead of a mouse.

Preventing Sports-Related Injuries

Begin any sports season with a full physical exam from your doctor so that any problems or concerns can be addressed before you begin workouts and competitions. More tips:

- Always warm up and cool down with appropriate stretching



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exercises before and after playing.

- Wear the proper clothing and equipment for your sport. For example, tennis players should be fitted for rackets that allow for a good grip on the handle. Wear appropriate safety gear for your sport, such as kneepads and wrist supports.

- Drink plenty of water before, during, and after your work-outs. Listen to your body and rest when you feel tired.

- Vary your day-to-day activities. Alternate distance running with bicycling or swimming, for example.

If you are experiencing symptoms such as pain, swelling, numbness, or stiffness while playing your sport, stop playing right away and see your doctor as soon as possible.

What Do Doctors Do?

The sooner an RSI is diagnosed, the sooner your body can heal, so be sure to see your doctor if you have symptoms.

The doctor will try to assess how the injury occurred and what motions cause pain. Your doctor may perform X-rays, blood tests, or other tests to make sure there are no other health problems. In addition to doing a physical examination, the doctor may ask you about any concerns and symptoms you have, your past health, your family's health, any medications you're taking, any allergies you may have, and other issues.

This is called the medical history.

If you are diagnosed with an RSI, resting the affected area is the key to getting better. Your doctor may recommend that you take anti-inflammatory medication (such as ibuprofen) for a period of time. Ice packs are sometimes recommended to reduce pain and swelling.

After the swelling and pain have gone away, your doctor may suggest a rehabilitation program with a physical therapist to exercise your muscles and prevent loss of joint movement.

Taking Care of Yourself

Prevention is the best medicine when it comes to RSIs. Overall flexibility and strength can help to prevent RSIs, so exercise regularly and stay active (remembering warm-ups, cool-downs, and stretching, of course!).

To avoid overusing muscles and joints, be sensible about the amount of time you spend doing any repeated motions. If an activity is repetitive, take breaks and do something different every 30 minutes or so.

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VITAMINS AND MINERALS

WHAT DOES IT ALL MEAN?

Breakfast cereals advertise that they're packed with vitamins and minerals. Sports drinks claim they can rev up your flagging energy with a jolt of vitamins or minerals (sorry, but even powerful vitamins and minerals can't act that fast!). You know vitamins and minerals are good for you. But which ones does your body really need? And is it possible to get too much of a good thing?

What Are Vitamins and Minerals?

Vitamins and minerals make people's bodies work properly. Although you get vitamins and minerals from the foods you eat every day, some foods have more vitamins and minerals than others.

Vitamins fall into two categories: fat soluble and water soluble. The fat-soluble vitamins — A, D, E, and K — dissolve in fat and can be stored in your body. The water-soluble vitamins — C and the B-complex vitamins (such as vitamins B6, B12, niacin, riboflavin, and folate) — need to dissolve in water before your body can absorb them. Because of this, your body can't store these vitamins. Any vitamin C or B that your body doesn't use as it passes through your system is lost (mostly when you pee). So you need a fresh supply of these vitamins every day.

Whereas vitamins are organic substances (made by plants or animals), minerals are inorganic elements that come from the soil and water and are absorbed by plants or eaten by animals. Your body needs larger amounts of some minerals, such as calcium, to grow and stay healthy. Other minerals like chromium, copper, iodine, iron, selenium, and zinc are called trace minerals because you only need very small amounts of them each day.

What Do Vitamins and Minerals Do?

Vitamins and minerals boost the immune system, support normal growth and development, and help cells and organs do their jobs. For example, you've probably heard that

carrots are good for your eyes. It's true! Carrots are full of substances called carotenoids that your body converts into vitamin A, which helps prevent eye problems.

Another vitamin, vitamin K, helps blood to clot (so cuts and scrapes stop bleeding quickly). You'll find vitamin K in green leafy vegetables, broccoli, and soybeans. And to have strong bones, you need to eat foods such as milk, yogurt, and green leafy vegetables, which are rich in the mineral calcium.

Fuel for Growth

People go through a lot of physical changes — including growth and puberty — during their teenage years. Eating right during this time is especially important because the body needs a variety of vitamins and minerals to grow, develop, and stay healthy.

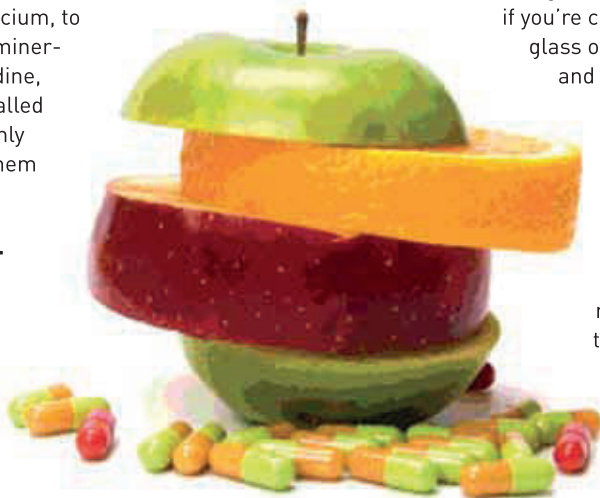
Eating a variety of foods is the best way to get all the vitamins and minerals you need each day, as well as the right balance of carbohydrates, proteins, fats, and calories. Whole or unprocessed foods — like fresh fruits and vegetables, whole grains, low-fat dairy products, lean meats, fish, and poultry — are the best choices for providing the nutrients your body needs to stay healthy and grow properly.

It's OK to eat foods like potato chips and cookies once in a while, but you don't want to overdo high-calorie foods like these that offer little nutritionally.

To choose healthy foods, check food labels and pick items that are high in vitamins and minerals. For example, if you're choosing beverages, you'll find that a glass of milk is a good source of vitamin D and the minerals calcium, phosphorus, and potassium. A glass of soda, on the other hand, offers very few vitamins or minerals — if any.

You can also satisfy your taste buds without sacrificing nutrition while eating out: Vegetable pizzas or fajitas, sandwiches with lean cuts of meat, fresh salads, and baked potatoes are just a few delicious, nutritious choices.

If you're a vegetarian, you'll need to plan carefully for a diet that offers the vitamins and minerals found primarily in meats. The best



sources for the minerals zinc and iron are meats, fish, and poultry. However, you can get zinc and iron in dried beans, seeds, nuts, and leafy green vegetables like kale.

Vitamin B12, which is important for manufacturing red blood cells, is not found in plant foods. If you don't eat meat, you can find vitamin B12 in eggs, milk and other dairy foods, and fortified breakfast cereals. Vegans (vegetarians who eat no animal products at all, including dairy products) may need to take vitamin supplements. If you're thinking about becoming a vegetarian, talk to your doctor or a registered dietitian about how to plan a healthy, balanced diet.

Common Concerns

Lots of teens wonder if they should take vitamin or mineral supplements. If your diet includes a wide variety of foods, including whole-grain products, fresh fruits and vegetables, dairy products, nuts, seeds, eggs, and meats, then you are probably getting the vitamins and minerals your body needs.

But if you're skipping meals, dieting, or if you're concerned that you're not eating enough items from a particular category, such as vegetables or dairy products, then talk to your doctor or to a registered dietitian. These professionals can help you create an eating plan that includes the nutrients your body needs.

Check with your doctor before taking vitamin or mineral

supplements. Some people think that if something is good for you, then the more you take in, the healthier you'll be. But that's not necessarily true when it comes to vitamins and minerals. For example, fat-soluble vitamins or minerals, which the body stores and excretes more slowly, can build up in your system to levels where they could cause problems.

If you do take supplements, you should be careful not to get more than 100% of the recommended dietary allowance (RDA) for a particular vitamin or mineral. The RDA is calculated to provide 100% of the dietary needs for 98.6% of the population. Chances are that's all you need.

There are hundreds of supplements on the market and of course their manufacturers want you to purchase them. Beware of unproven claims about the benefits of taking more than recommended amounts of any vitamin or mineral. A healthy teen usually doesn't need supplements if he or she is eating a well-rounded diet.

Your best bet for getting the vitamins and minerals you need is to eat a wide variety of healthy foods and skip the vitamin pills, drinks, and other supplements. You'll feel better overall and won't run the risk of overdoing your vitamin and mineral intake.

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KATIE TA

CAPO VALLEY TENNIS STAR AND 2014 PLAYER OF THE YEAR

BY DEBORAH TSOGBE
PHOTOS COURTESY OF BRIAN TA

For Capo Valley High School junior Katie Ta, what started as a way to be more like her brother and sister has turned into a dedicated activity. Katie was just 10 when she started to tag along with her brother Matthew and sister Ashley to tennis matches and practices, and soon tagging along turned into championship tennis.

"I really liked the idea of playing the same sport as my brother and sister, thinking that maybe some day I could finally beat them (especially my brother). I didn't like how they would never take me seriously because I was younger, so tennis became a place where I could even the playing field," said Ta.

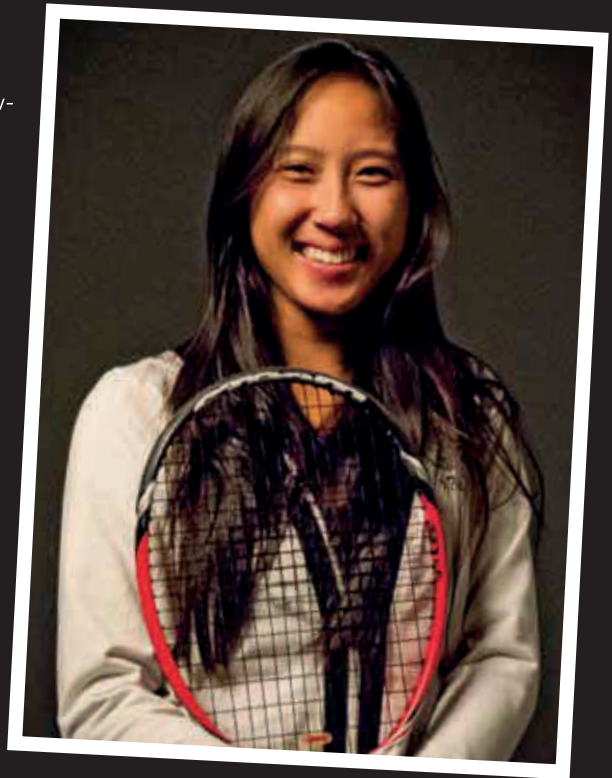
"Once she started winning, she just enjoyed playing more. She enjoyed that it is an individual sport where she can continue to improve on her own terms. It really helped her focus not only on the tennis court, but also in school - she saw first hand that hard work paid off, and she was getting positive results on the court," said her mother, Gigi Le-Ta.

To win more matches and keep doing well in school, Ta had to buckle down.

"Though I am proud of my academic progress, I feel that some nights I could have spent studying were spent at practice or at tournaments. However, balancing tennis and school has really helped me learn to manage my time and priori-

ties a lot better," said Ta.

Katie spends up to four days of training a week at Woodbridge Tennis Academy in Irvine with her personal coach. And she taken five annual trips to nationals in Arizona over winter break. This type of commitment means that tennis is part of Katie's life; not an addition.





Her focus on tennis, though, has not diminished her education commitments. She maintains a 4.46 cumulative gpa while training over ten hours per week in average.

"Like a lot of juniors, I've thought about quitting several times, but tennis has become so much a part of my life, I can't imagine what I would do without it. And in spite of all the frustration with the time management and hard work that tennis involves, I really love to play," said Ta.

"Katie is very dedicated and always gives her all on the court. She has never complained about a workout and I value that very much. I know it is not easy to perform at your best every time, however, she finds a way to overcome every obstacle and capitalizes on opportunities," commented Yasu Minoda, her private coach.

The teen certainly has several balls in the air, but her family has been there through it all. Katie's parents encouraged and supported all three of their children in private lessons. The whole family supports her in her efforts and cheers her on.

"Since her siblings all play, we, as parents, have always extremely supportive in her decision to play. You can say we are a tennis family," said her mother.

"My siblings helped me a lot as they would always take the time to warm up with me before matches, come to my tournaments, keep track of match statistics on their phone, string my rackets, help me train during the summer, and countless other things. My entire family even traveled with me this past Christmas Day to Arizona just to

KATIE TA FUN FACTS

What do you do in your spare time? "I'm obsessed with Netflix. I'll watch pretty much anything except for horror movies."

"I love listening to music. I'll lie on my bed for hours or maybe go on runs and listen to music. I listen to a lot of genres ranging from alternative rock, moody folk, jazz, classical, techno--pretty much anything except for country and screamo."

Who is your favorite artist? "Vampire Weekend, Young the Giant, Daughter, and a whole lot more."

What is your favorite movie? "My favorite movie of all time is Moonrise Kingdom (I just watched it for the 10th time last week)."

Something surprising about you? "I don't really enjoy watching professional tennis. The only times I watch are the big matches during the grand slams but besides that, I'm not really a huge fan. I'm not really sure why.. sometimes I just need a break from tennis and watching it doesn't really help haha."

Do you have any pre-match rituals? "It's kind of strange and probably not recommended, but I tend to take naps before my matches. Between matches, I usually go to the car to listen to music and take a nap. It's hard for me to focus when I'm tired so sleeping for a bit helps me relax. I also have to listen to certain music before a match. It varies a lot, but my recent pre-match music consists of the Black Keys and Alternative Rock kind of music."

Something people may not know about you? "I used to play violin (private lessons and everything) but had to quit to dedicate more time to tennis."

watch me play at Winter Nationals--one of the many trips they came with me on for tennis tournaments. I really don't think I could have gotten as far as I have without them," said Ta.

Sacrifice and hard work have paid off, earning Ta the title of Girls' Tennis Play-

er of the Year from OC Varsity. The teen gained the title after advancing further in CIF Individuals than any other Orange County player in December of last year. She also competes in the Zonals every summer, one of 20-30 girls that Southern California sends with 20-30 boys to



"I hope Katie is accepted to the school of her choice, continues to play tennis and takes it as far as she can go, potentially play pro-tennis. I would love to see her [at] the US open some day!" said her school coach, Terri Machado.

For now, Ta continues to focus on her studies and her playing.

Katie commented on learning how to balance dedication to tennis and school, "There is definitely a certain level of dedication needed to compete successfully. I feel that I've learned this in the past few years and this realization has helped me become a higher level player. I have learned that sacrifice is a major part of this dedication; a major sacrifice being academics. But I think I have been able to maintain a balance between school and tennis to which I can reach my goals in both, whether it be top 25 in So. Cal or maintaining a 5.0 GPA."

With offers pouring in from schools, the next year is sure to be eventful for the teen as she decides where to go from here. Ta has steadily worked her way to the top of several 'best' lists, and will surely continue to be a force to be a formidable talent, on the court or off. •

compete against other areas' best.

Ta also received the 2013 USTA Southern California Sportsmanship Award, and won her first designated tournament in Long Beach.

"This was a huge moment in my junior tennis career where I realized that my hard work was really paying off--I was

finally moving into the range of top players in the section," said Ta of the event.

Though a professional career is not in the picture right now, not playing at all is out of the question. She hopes to play at a Division 1 Ivy League school, and says it has always been her dream to play tennis competitively at the college level.



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[DANA HILLS WATER POLO]

GRADY WILLIAMS

SUPPORT + DETERMINATION = SUCCESS

BY, JACQUELINE ADAMS

What is it in us that reaches for more? How do we decide whether something is worth every breath we take, every injury, every sacrifice?

For Grady Williams, the Center Defender for the Dana Hills Dolphins, there is no question, you do something with focus and commitment or you don't do it at all.

A long-time swimmer, Grady craved the opportunity to push himself to the next level, find a dynamic that not only improved his skills but also challenged him to be his best at all times. Water Polo provided that occasion for young Mr. Williams. In his sophomore year he was named for the Cadet National Team. In his junior year he made First Team All League and 3rd Team All CIF, followed by a stellar senior season where Grady claimed 1st team all-CIF, South Coast League MVP, and 2nd team all California-Hawaii.



“I NARROWED IT DOWN TO HARVARD AND STANFORD AND SPENT A MONTH DECIDING... IT WAS BY FAR THE HARDEST DECISION I HAVE EVER MADE.”

Grady's focus and drive extend beyond the pool. He carries a weighted GPA of 4.6 including several advanced courses. While what he is doing is important to Grady, what matters is that he is doing it well, completely, passionately, and with inner enthusiasm.

While Water Polo provides Grady the platform for excellence, he plans to pursue a career in the field of Mathematics. The language of equations, black and white, yes or no, a subject that demands discipline, foundation, absolutism; yet a large degree of creativity - this all fits Grady.

Also, Grady maintains his own blog. (<http://www.huffingtonpost.com/grady-williams>) One interesting piece explains Grady's view about the negative impact of multiple choice problems on the quality of education, "A multiple choice test is not an accurate indication of a student's knowledge. The fact that there are classes on 'test-taking strategy' is proof of this. The only test-taking strategy should be having complete knowledge of the material, not wondering when and if you should guess...Eliminating multiple choice would be a huge improvement in the way we judge the intelligence and



work ethic of our youth." This steely approach to education is mirrored in Grady's work ethic and integrity.

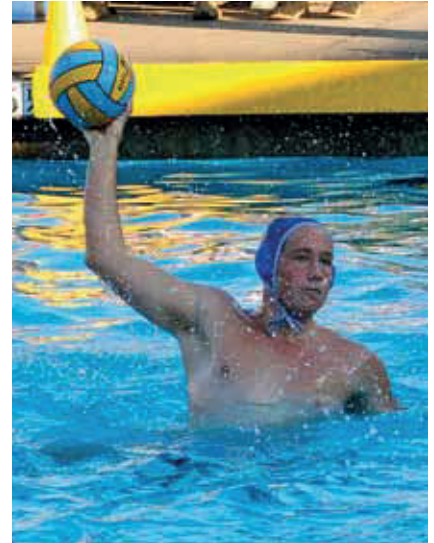
But is that enough? Is it enough to have goals, talent, and drive? What about decisions that are not so black and white, long-term decisions, life-long decisions that are surely the most stress-

ful. During these overwhelming times, a support system paired with personal determination is often the key to victory. If you are someone like Grady, you will be courted by many to choose your path quickly. Recruiters vying for your attention and the pressure for an answer can be overwhelming, "I narrowed it down to Harvard and Stanford and spent a month deciding." Says Grady on his final decision for college, "It was by far the hardest decision I have ever made."

Perhaps the greatest combination for success is to have a collaboration between your goals and encouragement from the outside world, an inner focus mixed with an environment of support. The encouragement and support of your teammates, your coaches, your friends, and your family. Looking at Grady's busy schedule, I wondered about the toll it must take on his family, so I asked his mom, Linda, about any sacrifices they have faced for Grady's success, she replied "I don't think we have sacrificed for Grady's schedule. Our family motto is, 'If it's important to you, it's important to me.' We really live by it.... Bryan and I are delighted. I guess essentially we just feel pure joy for him. We never dared



Grady Williams - club water polo coach, Peter Asic



to hope for Stanford and we can see the world opening up to him."

That's family support. That's important.

"We have always asked Grady to do his best at school and at water polo but we never said he had to be the best at anything" recalls Linda. "We just tried to place value on effort and hard work."

That seems to be the magic formula, an inner fire to be all you can be coupled with an early understanding that your life is your own, you create it, and no matter what road you take your loved ones and teammates will stand by you in every way.

When I asked Grady what kind of advice he would give to his teammates

and future Dolphins he replied, "High school water polo went by extremely quickly. I focused too much on what I wanted and didn't too enjoy what I was doing." This was Grady's counsel to others in their high school experience. Stay focused, relish the experience, and take the courage and support that those around you are willing to offer.

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DOUBLE THREAT

THE BEST OF ORANGE COUNTY SOFTBALL

BY YASMEEN ALSHABASY

PHOTOS COURTESY OF PETRA MCQUILLIN & CARLOS ARIAS, OC SIDELINES

Taylor McQuillin, pitcher, and Alyssa Palominos, center-field, both attend Mission Viejo High School and are currently in their junior year. Both girls earned numerous athletic achievements, titles, and rankings in softball. Alyssa was ranked OC Player of the Year and broke the OC record for homeruns her sophomore year with 18 homers. Alyssa is also the co-MVP for the South Coast League, along with friend Taylor McQuillin. Taylor was ranked OC Varsity Sophomore Pitcher of the Year for 2013 and also placed #5 in the top 100 2015 list on Student Sports.

Seventeen-year-old Taylor McQuillin and sixteen-year-old Alyssa Palominos invest every fiber of their beings into each game. Taylor is able to keep the score low with her pitching and Alyssa field's all infield balls to stop any scoring runs, making for a winning combination. The teamwork and friendship of the girls, on and off the field, has enabled them to experience significant and memorable athletic achievements.

Taylor and Alyssa are team leaders for the Mission Viejo Diablos girls softball team. The team had a great 2013 sea-



son, beating CIF-SS Division 2 champion Chino and coming in fifth overall in the highly recognized Tournament of Champions in Arizona. The team was undefeated in the South Coast League. Mission Viejo was able to power-through an upsetting playoff with the help of junior slugger Alyssa Palominos and pitcher Taylor McQuillin.

Not surprisingly, it wasn't just the two players that made them earn such a win-- it was the way they worked together.

Taylor and Alyssa will continue as teammates and friends for at least

another six years. Both have committed to four years of play at the University of Arizona, in addition to the two years each has remaining at Mission Viejo. Prior to their team play with Mission Viejo, Alyssa and Taylor played together at BatBusters and for a period of time when they were twelve.

An early start in their sport provided a solid foundation for both McQuillin, who began softball at seven; and Palominos who started earlier, at five-years-old. Approaching the sport singularly is part of their overall success, but the cooperative and collaborative nature of their play seems to

have provided these student athletes an extra dimension - the significance of being true teammates. Taylor summed it up "[T]he whole team has a general effort and that benefits our team, but there is a certain reassurance when [Alyssa] hits and I go on that field. It's reassuring to me and everyone"

Taylor McQuillin had 266 strikeouts in 173 innings last season. The junior outfielder broke Chamberlain's OC home run record with 18 hittings the previous season. This co-MVP also batted a .522 along with eight stolen bases, 50 runs, and nine doubles. McQuillin helped the



“I THINK THAT OVERCOMING ADVERSITY IS A BIG PART OF LIFE IN GENERAL. SOFTBALL HELPS BY JUST STEPPING IN THE FIELD AND IT’S A WHOLE NEW WORLD. IT ZONES OUT REALITY AND YOU JUST PLAY THE GAME. FROM THE MOMENT YOU STEP ON THE FIELD, THE REST OF THE WORLD IS SHUT OUT AND YOU PLAY THE GAME,”

Diablos win a second straight South Coast League title and maintain their state’s number one ranking for much of the season. She had 17 games with more than 10 strikeouts, including a season-high 14. McQuillin also hit .416 with eight homers and 22 RBIs.

Taylor’s father, Bob, provides her deep strength and motivation. As Taylor has lived with her dad and watched him deal bravely with MS, she learned the silent strength that not only grounds him and his family, but also a daily commitment to do her best, for herself and for her dad. She relates that even though her father cannot participate physically as other parents, he is a huge source of her inspiration each time she knows he is at a game or school event. In addition, Taylor’s mother plays a huge role in supporting her, Taylor reflects that, “my

mom has supported me and taken me to every game and has always been there to watch me play no matter how far away it is.”

“I think that overcoming adversity is a big part of life in general. Softball helps by just stepping in the field and it’s a whole new world. It zones out reality and you just play the game. From the moment you step on the field, the rest of the world is shut out and you play the game,” Taylor reflected quietly.

Palominos played in the Tournament of Champions, the Best of the West Tournament, the Saddleback Valley Tournament and in the South Coast League and still managed to exceed a county record with 18 home runs. Despite the fact that she faced difficult pitching in Southern California, she was able to hit .522, score 50 runs and have 33 RBI on her way to

being named co-MVP of the South Coast League with Taylor. Alyssa is the Register’s softball player of the year.

Alyssa is inspired by her aunt, who played softball professionally with Arizona Heat after she graduated from college at University of Arizona, as she hopes to do. Alyssa even shares her coach. “My aunt is always supportive and pushes me. She helps me play to my full potential” reflected Alyssa during our interview. Alyssa’s says her parents have supported her athletic choices and encouraged her participation.

Both girls share a common mindset, knowing that if they leave their hearts on the field and walk away with clearer eyes, they can’t lose. McQuillin says that the essence of the game lies proper techniques and the right attitude. “You have to go on the field



with the mentality that we will all play our best. We have to know that we are going to succeed.” Alyssa agrees. “You have to have a full heart and love for the game. You have to play because you love to play -- not for anything else, and that in itself helps you win.”

The duos’ attitude and technique certainly have shown results. Taylor ranks fourth in the top 10 Orange County softball players with her powerful pitching. Taylor is also a weekly blogger for studentsports.com, connecting with other potential players and spreading this mentality. And Alyssa’s passion for softball has earned her the rank of number one in the top 10 Orange County softball players.

As Taylor and Alyssa see it, softball

does not interrupt with life, softball and life are intertwined. Both agree that they must cast aside doubts and remain clear-headed to win games. McQuillin related that, “[softball] teaches you to not doubt yourself because you will have struggles and strengths, but you have to offer a different perspective in the game, this way you can better yourself every single day.”

Alyssa and Taylor support one another on and off the field; they spend most of their time together, says McQuillin, and help one another with the game, but also with schoolwork and outside activities. “Recently, we both have had family illnesses and the biggest support we had besides our families was each other. It was a hard time for both of us

FUN FACTS:

TAYLOR:

My favorite food: kettle cooked jalapeño chips

My favorite pro athlete: Jennie Finch

My favorite quote: “Clear eyes. Full heart. Can’t lose.”

My favorite subject in school: math

My favorite musical group: Beyoncé

Something that people don’t know I like to do: I like to draw

My favorite restaurant: Panera or Chipotle

My favorite song: All of Me- John Legend

My favorite tv show: Friday Night Lights

My favorite movie: The Last Song

ALYSSA:

My favorite food: spaghetti

My favorite pro athlete: Michael Jordan

My favorite quote: “Speak for the silent. Stand for the broken” - Mike Smith

My favorite school subject: English

My favorite music group: One Direction

Something that people don’t know I like to do: I like to write

My favorite restaurant: Olive Garden

My favorite song: All of Me by John Legend

My favorite TV show: The Walking Dead

My favorite movie: A League of Their Own

and for our families and knowing that we were both there for each other was a big help” says Taylor. Sometimes they laugh, sometimes they bicker, but despite the pushes and pulls, they always come back stronger as friends.

These are two girls who have found the satisfaction of superior performance and the strength, comfort, and courage provided by family and cemented by friendship. Good for Arizona, you recruited not just two great players but a duo team, with passion and power. ●

ALUMNI SPOTLIGHT

DAN JAMES & EL TORO HIGH SCHOOL 2013 GRADUATES

BY DYLAN BORDONARO



From a similar start in Little League baseball, Dan James and Chasen Ford followed varied paths to successful high school baseball careers, college scholarships in the sport they both love.

Dan James and Chasen Ford were both highly regarded baseball players at El Toro High School in Lake Forest, CA. Dan is now a utility infielder at Oregon State University in Corvallis, and Chasen is a pitcher for Yale University in New Haven, CT. They both had their best seasons during their junior year. Dan batted .364 with 4 home runs and 25 RBIs, and Chasen went 11-0 with a 1.06 ERA in the 2011-2012 season.

Dan and Chasen started playing the game of baseball as young kids in

little league. Dan has always been self-motivated in the sport and has always committed himself to improving and moving up to the next level. Conversely, Chasen didn't decide that baseball would be his primary focus until the summer between his sophomore and junior years at El Toro, after which his performance exploded. Both of the guys said their fathers and coaches were their biggest influences in deciding to play the game and develop their play. Dan's father coached him from a young age, always encouraging him to continue playing as long as he kept having fun doing so. Chasen's father pushed him a little harder to stick with the sport, and Chasen credits a high school coach with his love of pitching.

They each received numerous accolades for their high level of play at El Toro, but Dan and Chasen both believe their most meaningful award came directly from their team. After his first year on the varsity team at El Toro, Chasen was named Rookie of the Year. He explained that the team's recognition provided him with affirmation that he could succeed as a pitcher, as he and others were unsure of his ability to perform at that position before the season. The same year, Dan was named MVP of the El Toro varsity baseball team. He appreciated the award the most because it was voted on by his teammates, demonstrating that he was valued as a leader in the dugout. Dan elaborated on the importance of the



CHASEN FORD



award by explaining that it was more important to be part of the team than to put up big numbers at the plate.

Because of their outstanding performance in high school, both players were recruited by multiple universities. Chasen explored opportunities at Duke, USC, and Stanford before deciding on Yale, and Dan was impressed by the coaching and community in Corvallis after hitting a snag with rival University of Oregon. Chasen said the most stressful part of the recruiting process was making his final decision, explaining that, "when it came down to the decision that would affect [his] future, it took weeks to weigh the pros and cons" of each school.

Dan and Chasen provided some insight about the shift from high school to college baseball. Dan explained that "everybody is good in college. Every-

body is competitive. Some high schools are show-and-go, but that's not the case in college. It doesn't matter where you're from," smaller colleges have a good chance of beating larger universities. Chasen cited the larger scale of all aspects of the game as the biggest change. "It's a lot faster [in terms of] game speed and practices. It becomes a bigger part of your life when you go to college. It's a bigger stage. You're playing against guys that are a lot older, a lot bigger, and a lot stronger than you."

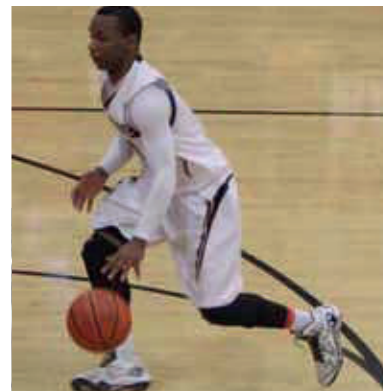
At Oregon State University, Dan is a sports management and marketing major. He was influenced by one of his former coaches, who is now a sports agent, to pursue a career in that field if playing professionally isn't an option. Chasen has always been interested in math and science classes, especially physics, and is an engineering major.

To him, academics and baseball have always been very separate priorities.

Chasen provided some solid advice on creating a balance between schoolwork and baseball. "The biggest help is separating everything and taking [each task] one at a time. If you put everything together you can get overwhelmed. I have a paper to do, I have practice, I have to work out. If you take it all separately you can definitely do it." Dan similarly retorted that "you have to prioritize. You have to work out a schedule." He also explained that schoolwork must come before baseball and social activity, and scheduling is imperative to deal with baseball's long hours. Playing baseball at a collegiate level is certainly not easy, and both Chasen Ford and Dan James worked very hard through high school to finally attain the opportunity. •



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SPEED TRAINING WARM-UPS

HOW TO WARM-UP THE BODY FOR SPRINTING ACTIVITIES.

BY COACH DIXON

I believe the warm-up should take about 20 - 30 minutes to raise the core temperature and get your muscles ready for sprinting. The warm-ups are done from low intensity to high intensity with each segment and rep. The intensity of the workout scheduled for the day will determine what dynamic warm-up drills we will do. Also, if the athlete continues to do the same drills over and over the body will adopt and there's no growth for the Central Nervous System (CNS). The

CNS is also a critical component that needs to be warmed up and usually forgotten about and not just in the warm-ups but in the entire workout/practice (another article).

For the most part I stick with a 4.2.2 or later in the season a 6.3.3 followed by the dynamic warm-up drills. For myself and the athletes I coach I do not promote static stretching until after you've completed the whole warm-up routine. I'm not totally against static stretching

however it should not be done when the muscles are cold. I believe static stretching places microscopic tears in the muscle fibers which can thus cause serious problems later (of course, I could go into more detail on this topic but not today). In addition, you're stretching the muscles in ways that you're not going to use them. Even a hurdler will not have his or her leg fully extended when going over hurdles. Their knee is slightly bent.

Also, you increase the chances of diminishing your power output with static stretching. This is because you've stretched out the elasticity (Stretch Shorting Cycle or SSCs). I feel that static stretching does have its place however, it should be performed only if necessary and after your "Warm-up routine" or after the workout. Now, if you're a hurdler, high jumper, etc... or need the extra stretching because you're just genetically very tight it's ok to do static stretching but again after your warm-up runs and dynamic warm-up drills and only in moderation.

The Warm-up routine: The "Warm-up routine" serves several purposes:

1. Warm-up: To get the blood flowing and warming up the muscles in the way there going to be used for the upcoming sprinting session.

2. Communion/Mental Prep: This is where you get ready mentally, physically and the CNS for what's to come, "Speed work".

a. Getting inside your head (psyched up); it's up to you what works to get into pre launch mode!





you to decide if you should keep going or shut it down! Be smart; listen to your body it knows more than you!!! What you have to decide is if it's a good pain or bad pain. Conversely, what you don't want to do is ignore it and start compensating for the precondition or restriction. Doing so, will lead you down the path of more problems and or injuries later. As athletes we will automatically compensate and ignore it. Don't do this! We should Identify with it and know it's there. Remember, you only have two choices; 1) keep going with no compensation to your form or 2) Shut it down!

4. Form work: You're also teaching your body the proper form when you're going slow as well as fast.

Note:

Sprinters should not be doing long distance jogging for their warm-ups. That's old school and reason for another article.

For additional training articles, Warm-ups video clips, Speed training video clips, Weight training video clips or updates to this article please, contact Coach Dixon or go to: Tachyon TC website (info below).

b. Preparing your body (warming-up); you need to get the fuel systems flowing and engine revving!

c. Systems check (CNS); you need to get the com lines open from brain to muscles.

3. Talking inventory: As you start off slowly and increasing speed with each

rep you're taking an inventory of your system/body. As the blood starts to flow through parts of the body that may not have had much stimuli during the day you may start to feel twinges and soreness from the last few workouts. That's your body telling you that something's not quite right (good or bad). It's up to



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Special Edit

C2BK^{DM}

COOL 2 BE KIND STUDENTS AGAINST BULLYING



On May 1st of 2009, San Clemente was shocked by the tragic loss of 16-year-old, Daniel Mendez. Daniel loved football and skateboarding, and he was an outstanding student and friend. He lost his life to bullying-related suicide.

After his death, Daniel's friends banded together and fought back. They started the Cool 2 Be Kind club to combat bullying on campus and make sure that this would not happen to anyone else.

Cool 2 Be Kind works to provide a support system for kids who are being bullied—to let them know that someone has their back. It also strives to empower students to speak up against bullying when they see "Saying something as simple as 'That's not cool' can change a situation completely," says President, Victoria Mendez. "It lets the bully know that they don't look better for being mean to someone else, but that they actually look worse. They often stop at that point because they don't have a reason to do it anymore."

The club organizes various events in order to raise awareness against bullying. They have hosted two anti-bullying marches in Laguna Beach and three dances for high school

kids. The club also first brought Blue Ribbon Week to San Clemente in 2010, which is a week dedicated to bullying awareness and the spreading of kindness that has been celebrated annually ever since. During Blue Ribbon Week, Cool 2 Be Kind puts on assemblies at local elementary and middle schools to teach kids why it is important to show kindness, and how they can have a part in stopping bullying.

Cool 2 Be Kind's mission is to make San Clemente a place where bullying is never tolerated, but they don't stop locally. There are currently nine Cool 2 Be Kind chapters across the country. With about 40 active members at the San Clemente chapter, the club is immensely proud of the way that their movement is growing. They've received local, state, and national recognition from the Mayor of San Clemente, the Orange County Anti-Violence Coalition, the Orange County Board of Supervisors, the California State Senate, and even a letter from President Obama.

Daniel's parents also began the National Association of People Against Bullying (NAPAB) in Daniel's memory. The organization offers free therapy, martial arts, and investigative service to victims of bullying and their families. It is a non-profit that runs completely on donations and volunteers.

For more information on how you can start a Cool 2 Be Kind chapter or volunteer your services for NAPAB, visit www.cool-2bekind.org and www.napab.org. Remember, it is everyone's responsibility to take a stand against bullying.



SANTA MARGARITA HIGH SCHOOL 2014 CIF CHAMPIONS

Photos courtes of Robert Russell Photography & SMCHS





GOT SAND?

TRAINING TIPS TO HELP WITH YOUR GAME

I am often asked three questions about training during the volleyball offseason:

“How do I jump higher?”

“How do I get to more digs?”

“How do I hit the ball harder?”

My answer: “Get sandy!”

I have done research and have many ideas but the one common denominator I have for all of these questions is to just go play beach volleyball! Playing in the sand is the answer for almost every off-season question. Playing in the sand has provided plyometric, cross training and cross fit benefits long before these training techniques were in vogue.

The best volleyball team in the world for the past twenty five years has been the Brazilian National Teams. For the first week of every season, their

mastermind coach has his team play 6v6 sand volleyball using an indoor ball. He runs the same technical and fast paced offense in the sand as he does on the hardwood. He believes the sand cures volleyball athletes of all ailments from playing a nine month season on terrible hard floors in pro leagues.

I don't think the beach can cure everything, but aside from an occasional sunburn, there are relatively few negative side effects to playing sand volleyball. When athletes do get hurt in the sand, the injury is usually easily treated and just as preventable as a sun burn. As my PT buddy explains, “Playing volleyball on sand improves joint proprioception.” In layman's terms, playing sand volleyball is like playing on a giant Bosu Ball! Since sand is not a controlled

environment, every jump and landing will be different which results in eccentric and concentric contractions. As a result, the body adapts to this plyometric environment with huge improvement in strength to the muscles that support the joints. Athletes get stronger in the sand with every dig, block and spike since the brain and spinal column has to fire more sensory information (proprioception) to the ligaments, tendons and muscles in a joint. Playing on the sand creates a dynamic stability issue—but with a soft landing!

I whole heartedly endorse all athletes (not just volleyball players) to play in the sand whenever possible and not just during the off season. Like the Brazilian national team, Tstreet Volleyball Club schedules several practices a month in the sand. Instead of working out for 2 hours, we get it done in 90 minutes with a concentrated and efficient practice plan. We find that teams are rejuvenated after a sand practice and play with more energy and synergy when they return to the hardwood. I often hear my athletes say they feel like they are jumping three inches higher after one sand session. You gotta love proprioception!

At the Tstreet Volleyball Club, we have wonderful sprung wood floors to play on so we never tire of providing camps and private lessons all summer long. Our athletes rarely get impact inflicted injuries like tendonitis, strains, sprains and stress and avulsion fractures because we play on the best floor any club has to offer. We also house JAFitness Strength and Conditioning in our gym so it is not uncommon to see an athlete several days a week during their offseason. We provide a wonderful setting for athletes to develop into the well rounded athlete they dream of being. With great sand courts and the best climate in the world at our toe-tips, sandy feet are encouraged!





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COLLEGE RECRUITING GOES VIRAL

HOW THE COLLEGE RECRUITING PROCESS IS EVOLVING FOR COACHES AND THE ATHLETES THEY HOPE TO LAND

BY REX GRAYNER

College Recruiting 2.0

There may be no clear definition of College Recruiting 2.0 ("CR 2.0"). One thing is for certain though: CR 2.0 marks a fundamental change in how college coaches recruit, and how prospective athletes connect with them. CR 2.0 is not about athletes "getting seen" by college coaches, but how the two interact throughout the entire courting process. It's a move toward a social, collaborative, interactive and responsive "experience." It's a complete overhaul in the philosophies of college coaches and the athlete is they're hoping will represent their universities someday.

College coaches haven't always relied up on the internet to recruit athletes. In fact, until even recently, there were plenty of old-school coaches who refused to abandon their traditional recruiting practices. If it ain't broken, why fix it? They religiously scouted players in person and called on high school coaches for those ever-important "intangibles."

Many of those practices have survived, of course. But what's happening in our society today is too obvious even for the most traditional, technologically-challenged college coaches. And a decision not to adapt is potentially devastating to their programs – and their jobs.

The fact is, people – student-athletes and coaches alike – have changed the way they use the web, and as a result, they've changed the way they interact with each other. People aren't just getting information dumped to them from a computer; they are reaching out to connect with one another to learn what's being said about something. The college recruiting process is no different.

With the help of social media platforms such as Facebook, Twitter, LinkedIn, Digg, MySpace, Wikipedia, YouTube and more, coaches connect with recruits and vice versa. The common theme of each of these websites is human interaction. On blogs, we post comments. On social networks, we make friends. On social news, we vote for articles. And, on wikis, we share information.

So what is CR 2.0? It's a completely new and socially-driven twist on traditional college recruiting. Information is far more transparent and shared between coach and player in the world of CR 2.0. Coaches don't have to interview nearly as many player references anymore, because the "background checks" are virtually hand-delivered in the form of Facebook pages.

If a coach "likes" an athlete's Facebook page, he can follow every conversation, peruse every picture, and get introduced to every friend of that recruit, all from the confines of his laptop. CR 2.0 also means that information is equally available to recruits. Prospects can "like" certain coaches and their staffs. They can walk side by side with that program on a daily basis. They can see which coaches are "following" them on Twitter, and which ones have joined their parents' LinkedIn networks. Video, schedules, resumes, transcripts and scouting reports are uploaded, downloaded and exchanged in nanoseconds.

An athlete can even take a virtual campus tour at most any college in America now. In reality, CR 2.0 is far more advanced than the simple notion that athletes must "market themselves." It's about creating, nurturing and sustaining relationships with college coaches. It's not about traveling around the country in hopes of getting discovered at tournaments that are supposed to "showcase" you.

Guess what? These days, if a coach elects to spend part of his valuable (and tight) recruiting bud-

get attending such an event, it's not because they're looking for players. Nope. They are in attendance to watch the players with whom they're already well-connected.

CR 2.0 is not about blasting unsolicited game tapes to college coaches either. Want to know which films coaches are taking the time to study? Easy. They're watching film on athletes they already know. And CR 2.0 is not about who your high school or club coach knows either. While coaches still play an instrumental role in a player's recruitment, this advanced relationship game takes a lot more time, a lot more than just a phone call, and requires the proactive involvement of the student-athlete from start to finish.

So what is CR 2.0? It's athletes and college coaches, connecting. How to use social media to help connect with college coaches?

Twitter:

- Tweet about your recruiting experiences and about your opinions of coaches, programs, facilities, etc.

- Tweet a bout schools you're researching. Your ability to share information about campuses and programs will impress your followers, and it will tell college coaches that you're serious about your college recruitment.

- Ask great questions via Twitter. College coaches cannot tweet about or with a specific prospect, but they can answer questions via email.

- Follow any coach who follows you or sends you an email.

- Review who coaches are following and follow them too.

- Ask coaches to follow you on Twitter. A great way to do this is by including a link to your Twitter page in your email signature.

- Use your name in your Twitter account for easy identification, and add key vitals in your personal description...i.e. school, position, grad year, gpa, height/weight, goal statement. @yourfullname

Facebook

- Build your own Facebook page
- Not a person page that you use to post pictures and write on your friends' walls, but a separate "fan page" that is used only for college recruiting purposes.

- LIKE the programs you visit online and certainly any program that contacts you by mail or email. That way, you can stay connected and informed with what's happening.

- Invite coaches to add you as a friend so they can see your wall posts and current status

- Block any friends who can harm your reputation or hurt your collegiate opportunities by posting bad material.

- In the INFO section of your page, show schools you are communicating with regularly, and schools that interest you.

LinkedIn

- Ask your parents to invite certain coaches to join their LinkedIn networks once these coaches start contacting you.

- Parents should post updates too! Schools visits, questions for their coach community, etc. (couple posts per month)

- Ask parents to look for groups that these coaches have joined.

General Tips

- Know the rules! Understand what college coaches can & cannot do as it pertains to social media recruiting rules.

- Sign up for a program like HootSuite that manages the process and integrates social media accounts to make it easier to post new entries.

- Start a recruiting blog and chronicle your college recruiting experience for others to see. Be transparent about who you're communicating with, which schools are doing the best job recruiting you, which coaches aren't good about getting back to you, upcoming campus tours, how things are going in school, for your team, upcoming club tournaments/showcases, etc.

NCAA Rules on Social Media: What college coaches can & cannot do Under NCAA rules, direct messages to recruits on Facebook are permissible because it's considered private contact, similar to an e-mail. But posting messages on a recruit's Facebook wall is considered a public forum and not allowed.

Is it permissible for a college coach to...	D-I	D-II	D-III
Comment about possible recruits on their own Facebook, Twitter & LinkedIn pages?	No	No	No
Post photos of prospects on their Facebook, Twitter or LinkedIn pages?	No	No	No
Send messages directly to prospects through Facebook, Twitter or LinkedIn?	No	No	No
Send "direct messages" to prospects on Twitter?	No	No	No
Send "direct messages" to prospects on Facebook?	Yes	Yes	No
Use Facebook, Twitter and LinkedIn to advertise their program?	Yes	Yes	Yes
Follow a prospect on Twitter?	Yes	Yes	Yes
Become "friends" with a prospect on Facebook?	Yes	Yes	Yes
"Like" a prospect's Facebook page?	Yes	Yes	Yes
Join a parent's LinkedIn network?	Yes	Yes	Yes

Observations on the NEW Facebook Email System Using @facebook email accounts If you are NOT Facebook friends with a college coach, then you are at a disadvantage. If you are friends with a college coach, and you send a coach an email to his/her @facebook email account, then that email will go directly into their priority inbox on Facebook. If you are not friends with the coach and you email them, it will automatically go into their "other" inbox, which is a secondary inbox designed for bulk messages. If you are friends with the college coach then your PICTURE shows up next to your email message. This is huge! It makes the email familiar to the coach and gives a layer of comfort in accepting your message.

And for college coaches, it works just the same, especially if it's one of college sports' bigger name programs...it will add an extra layer of excitement to the coach's message if his/her picture appears alongside their Facebook email.

If you are not friends with a coach, then a generic "email" image shows up next to your message. This gives off a "bland" impression, and does practically no branding of you. This is important because if one recruit "friends" a coach and another does not, then the recruit who is friends with the coach has the "first movers advantage," as their emails show up in the priority inbox with their picture next to it.

Recruits can attach documents. Recruits can attach documents to their messages in this new Facebook system. So if they send a coach an email, they can also include pictures, transcripts, and even video.

Getting recruited by the *right* college coaches is easy.

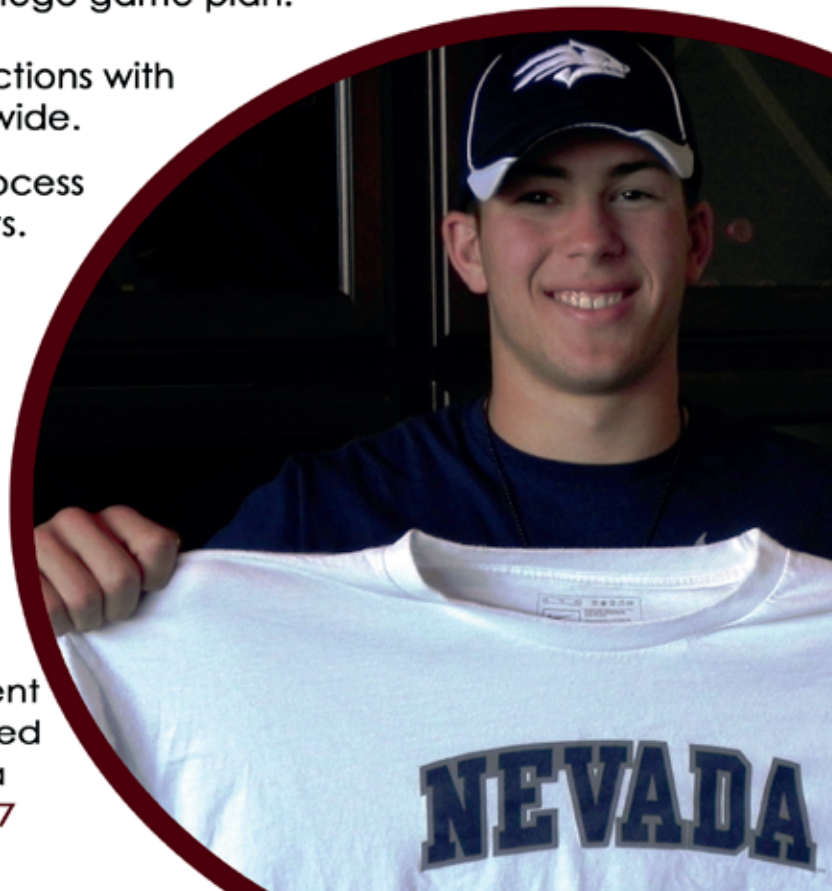
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JP'S SURF CAMP

Located in San Clemente Founded in 2001, JP's Surf Camp is a camp where surfing is taught in a safe, well-staffed, instructional environment. All instructors are CPR and first aid certified. Wonderful friendships are created amongst surfers where they also learn to appreciate and respect our oceans. Located in beautiful San Clemente, California, JP's Surf Camp offers children and adults the opportunity to learn how to surf or better their surfing ability in a small group environment with a 3 to 1 student to instructor ratio. This small group instruction provides students with more individual attention and a safer environment in which to learn surfing.

SOUL SURFING SCHOOL

Located in Laguna Beach The Soul Adventure Club, Laguna Beach is an action packed week of activities that all kids will love including surfing, skimboarding, body boarding, skateboarding, visits to the local surf shops, a local surf board shaper, a local wilderness hike, etc. The club will be facilitated and supervised by their professional staff who will provide all levels of instruction in a safe and super fun format. Available to ages 6 – 14

GIRL IN THE CURL SURF CAMP

Girl in the Curl Orange county surf camps are designed for beginners and intermediate to advanced level surfers. Participants are worked with on an individual basis according to their own abilities and goals for the week. For girls we offer the roxy surf camp. For boys, we have the boy in the barrel surf camp. Participant must be a swimmer and confident in the ocean. Cold drinks are provided. Space is limited.

ERIK NELSON'S QUICKSLIVER & ROXY SURF CAMPS

Welcome to Orange County's number one, all day surf camp! Erik Nelsen's 25 years experience makes this well supervised, well organized surf camp the one to go to! Boys and girls will develop the skills and confidence to become lifelong surfers. With gentle waves, and a safe environment, camp surfers will be introduced to ocean safety, surfing techniques, surf etiquette, and ocean awareness! Classes are taught by CPR certified instructors with a 4 to 1 student/instructor ratio.

NEWPORT SURF CAMP

Newport Surf Camp provides all the Surfboards, wetsuits and leashes. Learn everything you need to get out in the water and start charging waves. Our Instructors are chosen from the most elite group of surfers. They have been surfing for years and will give you everything from ocean safety to the latest tricks and maneuvers. Newport Surf Camp is located at 28th street, Newport Beach. (at the 28th street Lifeguard Tower) You can either sign up online or call us at toll free 1-866-Surf-Camp.

ALOHA BEACH CAMP

Aloha Beach Camp : Orange County Beach Surf Camp located in San Clemente, California. Year round private surf lessons for children and adults: This 14th annual summer program is designed for boys and girls of all levels. For personalized instruction we provide surfing groups with 1 instructor for every 2 campers. Bodysurfing, bodyboarding and beach activities have 1 instructor for every 5 campers. For more advance surfers, we supply hard epoxy boards or you can bring your own. . Learn important beach and ocean safety skills needed to surf and body board. We use boards made of soft body board material to provide the safest learning environment. We put a special focus on the education of water safety, rip currents, lateral currents, in-shore holes, beach hazards and judgment. Choose from morning or afternoon camp times, or send your child to both for a full day of beach fun.

THE ENDLESS SUMMER SURF CAMP

offers a surf program to meet everyone's needs. Whether you have never surfed before and always dreamed of learning or if you just want to improve your existing skills, we have the coaching that will enable you to reach your goals. Our programs consist of personalized surf instruction on the beach, in the water, professional surf photography and video analysis back at the camp. The focus of our sessions is on water safety and surfing instruction while having fun in the sun. The Endless Summer Surf Camp is all inclusive (meals, surfing equipment, accommodations) so all you need to worry about is getting here. Thanks for taking an interest in our surf camp programs. We are one of the Original Surf Camps in the world and are celebrating our 20th year in business. Please take a look at our website and the videos below to familiarize yourselves with our programs. Don't miss another wave Come Surf With Us Today!

EDUCATIONAL CAMPS

BRAIN BUILDERS EDUCATIONAL PROGRAMS

Located in Laguna Niguel For grades 1 through 8. While creating and building LEGO® structures that move, your child won't even know they are learning about engineering, the

concepts of energy, friction, aerodynamics and many more fundamentals! Learning is fun with Brain Builders' Summer LEGO® Camps, where kids will construct and destruct colorful, mobile Lego creations! Classes are grouped by age - 11 classes to choose from. Weekly half and full day camps run through the summer starting June 17th

EXPLORE OCEAN

Located in Newport Beach ExplorOcean is pleased to offer a summer camp program for ocean explorers ages 8-12. Each week, participants will enjoy activities related to the Ocean Literacy principles and 21st Century learning. ExplorOcean Academy, on the waters-edge in Newport Harbor, features ocean-themed classrooms and galleries filled with maritime artifacts, scenes and historic stories of our harbor. Through exploration, excursions, and hands-on activities, kids will learn about the ocean and the world around them from multiple perspectives. Visit our website at www.explorocean.org for each week's theme. Registration is only available online or by mail. Morning Session: 9 AM - Noon Afternoon Session: 1 - 4 PM Prices begin at \$119

LANGOKIDS IRVINE

Hola, Bonjour, Ni Hao! Welcome to LangoKids Irvine! Camp Lango Irvine is for kids ages 5-10 years old and it's an immersion day camp designed to give children a unique summer experience. They'll get to spend their summer-time having fun, acquiring a second or third language, and taking pretend trips to different destinations of Latin America, France, or China. Without the hassle of lost luggage, we are able to "visit" these places and learn about their traditions, recreation, and cuisine. Each week ends with a celebration for parents, family, and friends. Extended care in the morning and afternoon is available for FREE. Weekly mommy/parent and me, preschool, elementary, and advanced classes also available. Irvine (714) 864-4680

LANGUAGE DOOR

Located in Irvine 2013 Summer Camp Programs run 6/24/13 to 8/30/13 Language Door Orange County is offering a Language Summer Camp for Kids with Arabic, Spanish, French, Farsi,

Italian, German, Korean, English (ESL), Japanese and Chinese. Their foreign language camps make learning a language fun, and give kids the opportunity to learn a language from a native speaker, and practice with their peers. This summer, Language Door is excited to offer for the first time an intensive summer camp, which pairs daily instruction with fun activities. Choose between 8 week, 4 week or 1 week programs.

UCI GIFTED STUDENTS SUMMER PROGRAM

2 programs - Grades 1-4 & 5-8 The Gifted Students Academy for grades 5-8 is an intensive summer program for gifted middle school students. Participants select courses in each of the major subject areas of math, science, language arts, social studies and the arts. Students may attend as a commuter student or reside on campus in the UCI residence halls. The Gifted Students Network Exploratorium for 1st through 4th graders is an all day innovative program for gifted and talented students. The Exploratorium is an integrated program of art, creative writing, computers, math and science. Sessions begin in June.

DIGITAL MEDIA ACADEMY

World's Best Tech Camp! With locations all over the US & Canada such as UC Irvine, UC San Diego, & Stanford, beginning to advanced campers age 6-18 learn by doing, Hands-on instruction from technology educators with real-world experience builds and develops STEM (Science, Technology, Engineering, and Math) skills. Learn video game design, iPhone and iPad App development, Google Android app development, robotics, computer programming using Java or C++, digital filmmaking, surfing & filmmaking, website design, 3D modeling, animation and more. Visit our website to check availability, and to register online. Or call 1-866-655-3342 to speak to a Guest Experience Representative who can recommend a customized summer schedule based on your interest. Create the future at DMA!

ID TECH CAMPS

Summer Camps in California Held at UC Irvine, UCLA, UCSB, Cal Lutheran, UCSD, Stanford, and



949 VOLLEYBALL BOYS & GIRLS 2014 SUMMER CAMPS

WHY 949

949 Volleyball club has earned 4 Junior Olympic Volleyball medals and a National Championship in just four short years!



WHEN:

CAMPS AVAILABLE JULY THROUGH AUGUST!
Boys and Girls; Ages 8 through 18 years

VISIT:

www.949vb.com for camp programs and details

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60+ universities in 27 states. Love gaming, programming, or filmmaking? Take hobbies further and gain a competitive edge! Ages 7-17 create iPhone apps, programs with C++ or Java, video games, websites, movies, 3D models, robots, and more. Enroll in weeklong, day and overnight programs held at 60+ universities in 27 states including UC Irvine, UCLA, UCSB, USCD, Stanford, Princeton, and others. Small classes (guaranteed max 8:1) are taught by adult-only instructors for personalized instruction. Also 2-week Teen-only programs where ages 13-18 immerse in specialized, pre-college, overnight programs held at UCLA, Stanford, UT Austin, Yale, Princeton, and others: iD Gaming Academy, iD Programming Academy, and iD Visual Arts Academy. Call 1-888-709-TECH (8324) or visit www.internalDrive.com.

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World's Best Tech Camp! With locations all over the US & Canada such as UC Irvine, UC San Diego, & Stanford, beginning to advanced campers age 6-18 learn by doing. Hands-on instruction from technology educators with real-world experience builds and develops STEM (Science, Technology, Engineering, and Math) skills. Learn video game design, iPhone and iPad App development, Google Android app development, robotics, computer programming using Java or C++, digital filmmaking, surfing & filmmaking, website design, 3D modeling, animation and more. Visit our website to check availability, and to register online. Or call 1-866-655-3342 to speak to a Guest Experience Representative who can recommend a customized summer schedule based on your interest. Create the future at DMA!

ART & MUSIC CAMPS

ACTING ACADEMY FOR KIDS

Located in San Juan Capistrano Seeking a fun venue in which your child can create lasting summer memories, become more confident, and grow their repertoire of skills at the same time? Look no further... Campers are guided through the production of a popular musical theme from start to finish via four daily classes (music, art, acting, and dance) and the culminating event—a

Friday showcase on the main stage at Camino Real Playhouse! A child can participate for one week, the entire summer, or anywhere in between! It's time to watch your star shine! 2013 Camps run June 24 - August 30, 2013

ARTSTEPS

Classes Mission Viejo & Yorba Linda At Art Steps, we teach realistic, classical drawing and painting skills to kids ages 4 and up, teens and adults. Students receive hands-on, step-by-step guidance as they walk through lessons in a variety of subject matter and media, from crayons through oil paint, gaining confidence through learning to skillfully render what they see, one step at a time.

MELODY MAKERS

VOCAL/MUSIC Development Camp! Located in Irvine Write & Record Your Own Song & Music Video Like Your Favorite Pop Star! Under the direction of Melanie Andrews, the award-winning multi-platinum songwriter/vocal producer. Your child will gain confidence while having an amazingly FUN experience learning to write, record and star in their own music video. Each day is filled with exciting activities, special crafts & creating a one of a kind experience with new friends! Camp includes: Production of original song, Professional Vocal Coaching & RECORDING engineer, Professional co-writers on all songs, Mixed/Mastered copy on CD/Mp3, PHOTO SHOOT for album cover and MUSIC VIDEO. Weekly Camps run from July 1 - August 12, 2013 FULL DAYS: 9 am-3:30, HALF DAYS: 9 am-noon OR 12:30-3:30

CULINARY CAMPS

FOOD TRADE CONSULTANTS

Located in San Juan Capistrano A fun filled week of entertaining and scrumptious recipes designed for children, this summer cooking camp highlights a safe and fun approach to cooking. Your young chef will get the chance to enter the kitchen under the watchful eye of an experi-



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enced certified culinary staff as they bake, decorate and expand their cooking education with a wide selection of fun foods to cook each day of the week.

YOUNG CHEFS® ACADEMY CAMP

Can-I-Cook? Located in Irvine Camp Can-I-Cook is ready for another amazing year! This year our theme is 'Camp Adventure' and each week will offer 16-20 new and exciting recipes prepared from scratch by our campers! From favorites like Cool Treats, Baking at its Best, and Discovering Italian to NEW camps such as Chocolate week, and Celebrity Chefs! Don't miss out on all the fun! Serving Ages 4 to 14 in age appropriate groups. Space is limited - Call Today 949.679.8390, or visit our website for Enrollment!

PERSONAL DEVELOPMENT CAMPS

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Training Today, the world is more complex, competitive and demanding than ever before. The Dale Carnegie Teen Leadership & Communications Course is designed to help your teenager; build greater self-confidence, communicate effectively, strengthen people skills, develop leadership skills, as well as manage stress & peer pressure more effectively. This College Accredited Course gives teenagers the skills needed to reach their goals and live up to their full potential at school, home and future careers.

DANCE & THEATRE CAMPS

ACTING ACADEMY FOR KIDS

Located in San Juan Capistrano Seeking a fun venue in which your child can create lasting summer memories, become more confident, and grow their repertoire of skills at the same time? Look no further... Campers are guided through the production of a popular musical theme from

start to finish via four daily classes (music, art, acting, and dance) and the culminating event—a Friday showcase on the main stage at Camino Real Playhouse! A child can participate for one week, the entire summer, or anywhere in between! It's time to watch your star shine! 2013 Camps run June 24 - August 30, 2013

ARTS & LEARNING CONSERVATORY

Located in Costa Mesa Join the fun! One week to two week half-day summer camps. Choose from Little Mermaid, Lion King, Star Wars, Grease, Wicked, and more! Click on link above to learn more and to register! Each Exploratory Theater and Theater Production camp ends in a full performance with make-up, costumes, and backdrops. Classes may include choreography, learning musical numbers, craft activities, and of course, learning life skills through the arts. Sign up for a summer camp today! The Arts & Learning Conservatory makes hands-on experiences in the arts accessible to all children, regardless of race, age, income or level of experience.

THE CENTER STAGE STUDIO

Located in Aliso Viejo Voted "Best Musical Theater Camp" (Fox LA.com) featuring a new show each week including "Mary Popins", "A Little Mermaid", "Alice in Wonderland" & more! Ages 7 - 12. Friday's are special! Pizza party and autograph session with new friends and SHOW for friends and family! Many discounts available including Police, Fire, Armed Forces and Siblings! Hurry, we have a waiting list by June! Visit our website to sign up and learn more about the summer fun at Theater Adventure Camp at CSS!

PERFORMER'S ACADEMY

Located in Laguna Hills All-day summer camp starting with early morning drop off at 8:30 am with breakfast. Then the fun begins! All Day Camp Includes: Musical Theatre Summer Camp - Campers will learn, cast, block and perform a musical in just one week, plus learn the songs and choreography! Friday is a special day at The Performer's Academy. It's Performance Day for Family and Friends! INFORMATION: 949-609-1600 Early enrollment is recommended.

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LEADERSHIP CAMPS

CONCORDIA UNIVERSITY TEEN ENTREPRENEUR ACADEMY

Learn How to Start Your Own Business A unique one-week residential summer camp program for high school students that encourages and trains the next generation of entrepreneurs. Living on campus in Irvine, participants get total immersion in entrepreneurial culture and business principles while writing their own real-world business plan. To register or for more information, please visit www.cui.edu/tea by clicking the link above or call 949-214-3198. The academy occurs Sunday, July 14 to Friday, July 19, 2013

DISCOVERY & OUTDOOR CAMPS

JOURNEYS TO THE PAST

Three great camp locations: Crystal Cove, Zoomars & Mission San Juan Capistrano. Journeys to the Past is offering week long day camps at three different locations. Animal and art camp with Jacque Nunez and her great staff will bring you a fun week learning about animals all around us at Zoomars in San Juan Capistrano. Close by, they also have

a camp at Mission San Juan Capistrano that celebrates culture, diversity, and California's heritage. Or you can join them at the Pelican Point of Crystal Cove for a week. Take a trip down to the beach daily, meet new friends and learn about the indigenous Native American people and their ways. Camps run from June through August. Click link above for dates on website.

PACIFIC MARINE MAMMAL CENTER

Located in Laguna Beach Dive into the fascinating world of flippers, fins and flukes at a working hospital for marine mammals! Campers learn how to take care of our seal and sea lion patients - from rescue all the way to release. We'll explore marine biology, watch animal rehabilitation in action, create ocean art and make seal smoothies! Proceeds from camp go towards the care of our animals. Ages 8-12. See web site for dates and prices.

STARR RANCH SANCTUARY

Located in Trabuco Canyon For ages 8 - 13 During our summer camps (June-July) kids join the Starr Ranch scientific team to experience how biologists study wild animals and their habitats. Kids discover how much fun wildlife research can be as we gradually take them through the scientific process during three progressive week-long sessions. SRJB I kids explore native ecosystems and have fun with some of the techniques scientists use to study wildlife. In SRJB II, children participate in simulations of ecological research on animals and habitats as they identify simple research questions, learn techniques for answering questions, and collect data. SRJB III is an advanced program offered for older children ages 10 - 13, who camp at the Ranch and do a week long study of the animals and ecosystems introduced in SRJB II. Make reservations online, or call 949-858-0131. For more information see our website or call 949-858-0309

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Located in San Juan Capistrano Horses, Riding, Games, Crafts and LOTS of Horsing Around Experience the wonderful world of horses through Bridges Training Stable Equestrian Training Center! We are a full spectrum riding school and training facility dedicated to the complete education of Rider and Horse. With a professional staff of 4 instructors, 3 trainers and 24 school horses, we are ready to help you set your goals and see you through! Our camp is available for beginner and intermediate riders. 26282 Oso Road San Juan Capistrano, CA 92675

FALLON RIDING CENTER

San Juan Capistrano Carol Fallon Riding Center will be enjoying their 18th year of Horse Camps. These 4-day camps are small groups of 4-6 campers, ages 5-14 and offered for multiple weeks during school summer vacation. These equestrian camps provide a fun, hands-on experience with horses and riding in a small group environment, supervised by highly qualified instructors on well-trained, gentle horses in a professional environment. Learn all about horse and horseback riding, with lessons in horse care and safety, grooming, tacking up and riding plus more fun activities. 26282 Oso Road, San Juan Capistrano 949-673-3746

IVY GATE FARM

Located in San Juan Capistrano An elite hunter jumper training facility dedicated to the goal-oriented rider. Specializing in hunters, jumpers, equitation and sales; Ivy Gate offers a full range of training services catering to all levels from beginner to advanced, competing at shows or riding for pleasure. Devoted to ensuring each and every rider at Ivy Gate accomplishes their personal goals through creating a focused, yet relaxed training environment. Summer Camp sessions include instruction in walking, trotting, cantering, basic horsemanship/incl. grooming & begin/improve on jumping skills. 28411 San Juan Creek Road San Juan Capistrano, 92675

SILVER STIRRUP RIDING ACADEMY

Located in Lake Forest The Silver Stirrup Goal is to bring a solid foundation of horsemanship to any and every horse-enthusiast! At any age, whether you're looking for your very first experience with horses, or a returning rider who needs some help getting back in the saddle, they've got the horses and the qualified instruction for you! Summer Camps at Silver Stirrup are offered as one day adventures, or week-long courses. Whichever you choose, your child will have the experience of his/her lifetime! Serrano Creek Ranch in Lake Forest 25200 Trabuco Rd, Lake Forest, CA

FISHING CAMPS

DANA WHARF SPORTFISHING & WHALE WATCHING KIDS FISHING CAMP

in Dana Point Dana Wharf Sportfishing will have our annual summer camp in July. Your child will experience local fishing on a private boat each day. Our experienced crew along with an instructor will teach your child the fundamentals of fishing or give new pointers to those already familiar with the sport. This trip includes; fishing equipment, lunch & drinks, fishing instruction and a kids raffle at the end of the clinic.

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SPORTS CAMPS

949 VOLLEYBALL CAMP

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T-STREET VOLLEYBALL CAMPS & CLINICS

Located at 1 Autry, Irvine. Camps for everyone from beginners to advanced competitors. Full complement of Girls-only, age and ability-specific clinics. Low coach to player ratio. Emphasis is on proper movement patterns, repetition, feedback and FUN! 949-305-8083. www.tstreetvolleyball.com

ETNIES SKATE PARK SUMMER SKATE CAMP

Located in Lake Forest With over 500 participants successfully completing skate camp at the Etnies Skatepark of Lake Forest since we opened in 2003, our skate camp programming has

grown into one of the most successful skate camp programs offered through city programming. Each day of camp will consist of detailed instruction, camp activities, skateboard movies, games, and a lunch break. Specific clinics covering the basics of ollies, kick flips, rails, boxes, and ramp skateboarding will be held by experienced Skatepark staff. Each week campers will also receive a DVD of the week's highlights produced by the Skatepark staff along with an introduction to skateboard videography. All proceeds go directly to keeping the park free. Fee: \$195 per person Limited to 10 per session/Ages (5-16) For more information please call the park at 949-916-5870

PREP STARS

Prep Stars offers sports clinics and camps throughout the calendar year. Prep Stars is the premier youth athletic training organization in Orange County. With four sports offered, soccer, basketball, tennis, and volleyball, young athletes can improve their skills in their particular sport of interest while enjoying an entertaining and safe atmosphere (Prep Stars' full-time coaches are CPR and First-Aid certified). If you're a parent seeking instruction for his or her child, Prep Stars has the coaches and convenient courts and fields to choose from. With dozens of associated courts and fields in Orange County, finding a convenient training spot and start time is a sure-thing

TEAM 13

Located in Irvine Youth Speed/Agility Camps Team 13 Speed/Agility camps are designed from beginners (age 6), held in Irvine and will be given from Collegiate athletes. The program's unique combination of skills, fundamental development combined with speed, agility & quickness makes it the most complete training camp operating in Southern California. Please contact 949-500-1328 for more information and schedule your free evaluation.



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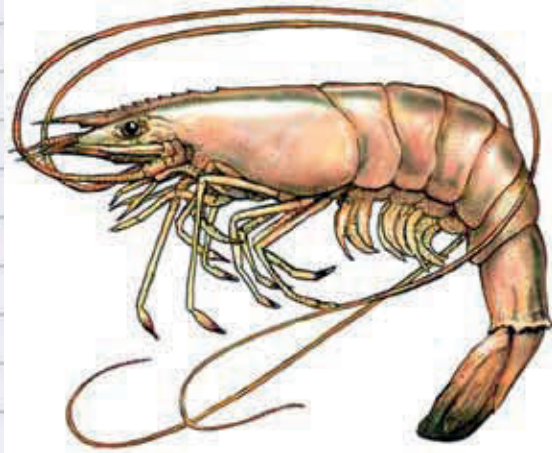
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San Clemente (Enter Avenida de la Estrella)

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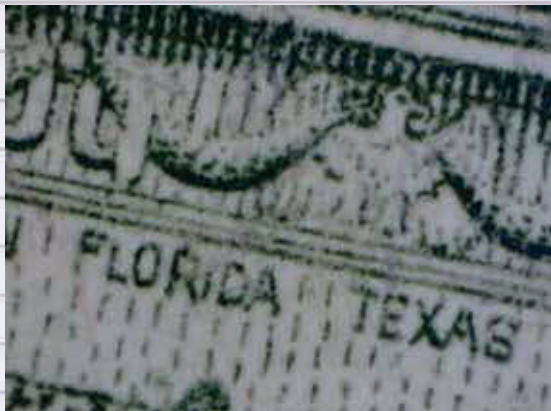
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Did You Know?

California Gold Rush

The California Gold Rush (1848–1855) began on January 24, 1848, when gold was found by James W. Marshall at Sutter's Mill in Coloma, California. The first to hear confirmed information of the Gold Rush were the people in Oregon, the Sandwich Islands (Hawaii), and Latin America, who were the first to start flocking to the state in late 1848. All told, the news of gold brought some 300,000 people to California from the rest of the United States and abroad. Of the 300,000, approximately half arrived by sea and half came from the east overland on the California Trail and the Gila River trail.

The gold-seekers, called "forty-niners" (as a reference to 1849), often faced substantial hardships on the trip. While most of the newly arrived were Americans, the Gold Rush attracted tens of thousands from Latin America, Europe, Australia, and Asia. At first, the gold nuggets could be picked up off the ground. Later, gold was recovered from streams and riverbeds using simple techniques, such as panning. More sophisticated methods were developed and later adopted elsewhere. At its peak, technological advances reached a point where significant financing was required, increasing the proportion of gold companies to individual miners. Gold worth tens of bil-

ions of today's dollars was recovered, which led to great wealth for a few. However, many returned home with little more than what they had started with.

The effects of the Gold Rush were substantial. San Francisco grew from a small settlement of about 200 residents in 1846 to a boomtown of about 36,000 by 1852. Roads, churches, schools and other towns were built throughout California. In 1849 a state constitution was written, a governor and legislature chosen and California became a state in 1850 as part of the Compromise of 1850.

New methods of transportation developed as steamships came into regular service. By 1869 railroads were built across the country from California to the eastern United States. Agriculture and ranching expanded throughout the state to meet the needs of the settlers.

At the beginning of the Gold Rush, there was no law regarding property rights in the goldfields and a system of "staking claims" was developed. The Gold Rush also resulted in attacks on Native Americans, who were forcibly removed from their lands. An estimated 100,000 California Indians died between 1848 and 1868, and some 4,500 of them were murdered. Gold mining also caused environmental harm to rivers and lakes.





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