

SUMMER 2014

SOUTH ORANGE COUNTY

HIGH SCHOOL ILLUSTRATED



SAN CLEMENTE SURFING

CONNER DAND

NSSA HIGH SCHOOL CHAMPION

2014 FOOTBALL PLAYER PREVIEW

PLAYERS TO WATCH IN THE FALL

TESORO GOLF
JACK IRELAND

JSERRA BASEBALL
CHASE STRUMPF

CAPO VALLEY GIRLS LACROSSE
RILEY EGGEMAN

UNIVERSITY TENNIS
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NEW HORIZONS

WE'RE ALL SAYING GOODBYE TO ANOTHER YEAR OF HIGH SCHOOL AND WELCOMING SUMMER DAYS.

As you finish up your final days at school, complete your final exams, scribe words of everlasting wisdom and fun notes in each other's yearbooks, say goodbye to your favorite teachers and attend a few graduation parties — you will realize how quickly another year has come and gone and you are another year older.

This summer, some of you will be training hard to help yourself become a better athlete, some of you will take summer school classes to get a jump start for next year, some of you may have a summer job to earn extra money, and others of you may just take the summer off to relax with friends or take a vacation with family.

Whatever your plans are for the summer, we encourage you to reflect on this past year and ask yourself what you could have done differently to help yourself become a better person, a stronger athlete, a more solid student, or a better friend or sibling.

Each year you get older, your priorities will change and what you thought was important as a freshman will probably drastically change by the time you are a senior. Your dedication to a sport may change and you will begin to think about college and beyond. Growing older means being more responsible. Responsibility brings challenges and rewards. Your challenges can be as simple as juggling your daily schedule with sport training and summer fun activities or it could be finding the time for enjoying friends and summer activities but you are working too much.

In each issue of High School Illustrated we try to feature some of Orange County's best students who showcase hard-work and dedication to their lives as students, athletes, and community leaders. In this issue we feature Conner Dand, NSSA Surfing Champion of SCHS; Chase Strumpf, baseball standout from JSerra; Jack Ireland from Tesoro Golf; Riley Egge-man of Capo Valley LaCrosse, and University High School tennis stars, Drew Dawson and Eric Tseng. We also have the 2014 football Player profile preview for the upcoming season — some of the area's top football players to keep your eye on in the fall.

And don't forget, in addition to the great print publication, High School Illustrated is entirely digital as well. Download the full South Orange County edition from the App store (FREE). And, we are now pleased to announce our new High School Illustrated National Edition which is available on iPad (FREE). Please take a minute to visit the App store and download both publications — and please tell your friends!

Thanks and have a great summer

Paul Graff
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SUMMER 2014
SOUTH ORANGE COUNTY
ISSUE #12

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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.



TOP 10 OF THE MOST DOMINANT CALIFORNIA FOOTBALL PROGRAMS IN THE MAXPREPS ERA

1. De La Salle (Concord)

Overall record: 127-12-2

No question who is No. 1 here. The Spartans have not finished outside the Top 10, and have finished No. 1 four times. De La Salle has five state championships and three runner-up finishes.

2. Centennial (Corona)

Overall record: 123-18

Centennial finished No. 1 overall in 2008 after going 15-0 and winning the Division I state title. The Huskies also have two runner-up finishes.

3. St. Bonaventure (Ventura)

Overall record: 105-29

St. Bonaventure has two state titles since the inception of the California State Bowl Games. The Seraphs have finished inside the Top 20 eight times.

4. Long Beach Poly

Overall record: 108-24

The Jackrabbits have been in the state title game twice, losing by a combined six points. Poly has finished in the top five of the rankings five times.

5. Mission Viejo

Overall record: 108-17-1

Mission Viejo finished No. 1 overall in 2004 after completing a perfect season. The Diablos have been ranked in the Top 25 all but one year.

6. Oaks Christian (Westlake Village)

Overall record: 119-15

A 2006 state title and nine Top 25 finishes have the Lions tied for No. 6 overall.

7. Oceanside

Overall record: 110-18-3

The San Diego power has captured two state titles. The Pirates finished No. 4 overall in 2007.

8. Serra (Gardena)

Overall record: 107-24

Serra has two state titles and a runner-up finish over the past 10 years.

9. Servite (Anaheim)

Servite won the 2009 state title.

Overall record: 84-39

Servite has finished 14-1 twice since 2004. The Friars finished No. 1 overall after their 2009 state title.

10. Orange Lutheran (Orange)

Overall record: 86-31

Orange Lutheran finished No. 2 overall in 2006 after a state title win. The Lancers have finished in the Top 25 six times.



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Conner Dand: Showing some airtime.
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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



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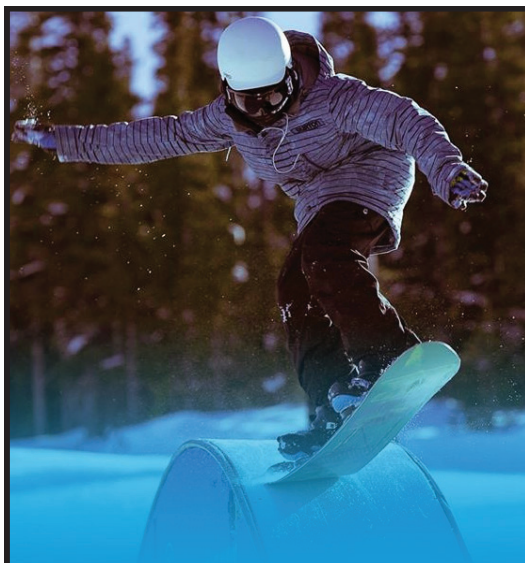
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GOT A JOB?

FINDING A SUMMER JOB OR INTERNSHIP

Thinking about a summer job? As more people continue to compete for fewer openings, you'll need to start looking early, do your research, and apply to more positions. So it's more important than ever to have a job search plan.

WHAT'S THE RIGHT JOB FOR ME?

To find a job that's right for you, make a list of your interests and strengths, as well as your dislikes and the things you need some improvement in, and keep them in mind as you look for a job. For example, if you love books or writing, a job in a bookstore or library might be perfect for you. But if little kids drive you crazy, a babysitting job may not be ideal.

A job or internship should be about learning as well as making money. Try to find something that can help guide you toward your long-term goals. For example, if you want to study veterinary science in college, finding a job in a vet's office or animal shelter, or even a pet store, may be better choices for you than working in a restaurant.

As jobs become harder to find, you may have to take whatever's available — and that's OK. Learning to readjust goals and priorities is another important life skill. Just try to find some aspect of the work that you love and can learn from.

WHERE SHOULD I START?

Prepare a Résumé

A good résumé is your best job-hunting tool. Unlike an application form, which you only fill out when you apply for a particular job, you can hand résumés out to relatives, friends of the family, teachers, and other people you know. Talk to your school counselor for advice on preparing a résumé.

Find Job Leads

For job listings, check out online teen job sites or the classified ads section of your local newspaper. Lots of online sites let you search by zip code for job opportunities in your area.

Of course, some of the job listings you'll see — like those that claim you can make thousands of dollars a week working at home — may be too good to be true. Be sure the job ad mentions what the work entails (e.g., "server, evenings and weekends" or "day camp counselor").

Some people get job leads from their school counselors. Others fill out applications or drop off résumés at prospective employers and temporary employment agencies. If you're interested in working at a restaurant, bookstore, garden center, or other service business in your area, the best approach is to go there and fill out an application form.

Your parents, relatives, or other adults you know might be able to help you connect with possible employers. Don't feel that it's not right to ask them. Once you get the interview, it will be up to you.

Be Your Own Boss

Traditional summer jobs in malls, stores, or restaurants are harder to come by in a tough economy. If your job search hits a dead end, don't give up: get creative and entrepreneurial. Start a pet sitting, dog walking, childcare, computer services, yardwork, or cleaning business — whatever there's a need for in your area.

Print up flyers advertising the services your business offers, your rates, and your phone number or email address, then drop one off at every house in your neighborhood or ask supermarkets or coffeehouses if you can post one on their community bulletin board.



Volunteering

If you can afford to work without pay, volunteering is a great way to build experience that looks good on a résumé. Plus, if your school requires you to get volunteer credits, summer is a great time to earn them.

As with paid jobs, you can find volunteer opportunities online. Here are some other places to check out:

- Your local Y or community center. Offer to coach or help out with a summer camp.
- Hospitals. Think you might want to be a doctor or nurse? Sign on with your local hospital's volunteer office. You don't have to be interested in medicine, though. Some hospitals have organized volunteer programs where you can do everything from help out with patients to work in the public relations office.
- School. Talk to your favorite teacher and offer to help tutor summer-school students. Some schools run summer camps for kids, too — maybe you can volunteer as a counselor.
- Local environmental organizations. Get involved in a river cleanup or help the National Park Service maintain hiking trails in your area.

Internships

Some companies and businesses offer bright students short-term, hands-on training in exchange for a willingness to learn and work hard. A few internships even pay, although the point of internships is usually to get work experience, not earn money.

If you do well at your internship, you may be offered a

full-time job next summer or even an ongoing part-time job. Internships can also provide you with valuable references that can help you to land future jobs.

Start by asking adults you know — your parents, their friends, your pastor, your school counselor — if they know of any internships in your area. If you're willing to work for free, you may be able to create your own position at a family member's or friend's company. Or, check out the websites of companies in your area to see if they offer internships.

STAYING SAFE

Online Job Searches

When searching for jobs online, be sure to keep a parent or other adult informed of what you're doing. If you decide to apply for a position you find online, run it by a parent or school counselor first — and definitely don't go for an interview without involving an adult. Unfortunately, a tough economy can mean more online scams.

Jobs to Avoid

Some jobs just aren't right for teens. Jobs that involve working alone late at night can put someone at risk for muggings or assaults, particularly people who are young and inexperienced. The National Consumers League warns teens to avoid working in farm fields or with agricultural processing equipment, landscaping or lawn service jobs, construction jobs, jobs that involve driving or operating heavy equipment, and jobs that involve door-to-door sales.

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Know the Law

Federal and state laws limit the number of hours teens can work. For summer employment (when school is not in session), the federal government does not allow 14- and 15-year-olds to work before 7 a.m. or after 9 p.m., and they cannot work more than 8 hours a day or 40 hours a week.

You can find out your state's laws and curfews (times when teens are not allowed to work) by calling your state department of labor. If you know your curfews and mention them when interviewing for or starting a job, your boss can keep them in mind when he or she schedules your start or quitting time.

Getting There

If you don't have your license or access to a car, be sure your job is within walking distance or on a regular bus route. If you drive, leave a few minutes early — especially on the first couple of days you're working — to be sure you arrive on time without feeling pressured.

THE INTERVIEW

What do job interviewers look for? It's not just previous work history or unique skills that matter at the interview. Interviewers want to hire candidates who are smart, who think quickly and clearly, and who can express themselves and communicate well — regardless of work experience. Both your attitude and your appearance affect your chances of getting the job you want, especially when the job market is super competitive.

Here are two things to remember:

- Dress the part. When you head out for your interview, avoid

looking too casual. That means no sandals, jeans, or cutoffs. Even if you'll be scooping ice cream behind a counter, it helps to look professional for the interview. Not sure how to dress? Ask a parent or adult.

- Do your research. You know what you want — a job. But what does the company want from you? You might not know many details about the position until you interview, but you can prepare by researching the company itself. Go online and learn everything you can about the organization, from its corporate mission (the company's purpose and what it's trying to achieve) to what customers say about its products or services. Then use what you learn when answering the interviewer's questions.

Why Get a Summer Job or Internship?

Summer jobs and internships (whether they're paid or not) are a great way to prepare for life after high school or for college. The skills you learn early on will help you develop the professional talents you'll need throughout your life. These include basic but important skills like customer service or working with people who may be very different from the friends you hang out with.

Work experience can also help you feel good about yourself. The self-esteem and self-confidence you can develop at a job or internship will come in handy when you're ready to interview for college or a job after high school.

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit KidsHealth.org or Teen-Health.org. © 1995-2008. The Nemours Foundation. All rights reserved.

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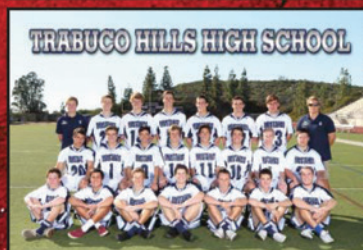
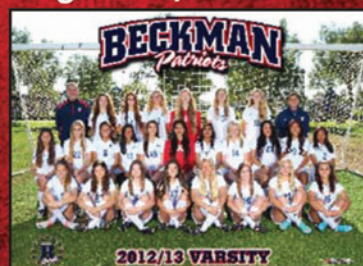
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CREATING ROTATIONAL POWER FOR SPORTS

Power can be defined as the ability to exert maximal force as quickly as possible. In sports such as ice hockey, baseball and golf rotational power is a prime attribute for an athlete. How an athlete develops the power, how efficiently they develop the power, how much power is developed and how the power is controlled and decelerated all play factors on performance as well as prevention of injuries. Improving power is nothing new in the training world, but how we do it has vastly changed over the years. Olympic lifting has been proven to develop power and has been around forever, but is it the best thing for all athletes and all stages of their development? What are the goals of the training program and is the program devised to meet those goals?

A big problem I find today in sports performance training is that Coaches see these cool looking exercises that are difficult and just throw them into a program. Does the athlete have the stability and strength to perform the exercise correctly? Does the exercise relate to the sport they are trying to improve in? These are all questions that must be deciphered prior to utilizing an exercise. Renowned Strength Coach, Mike Boyle states "The ability to resist or to prevent rotation may in fact be more

important than the ability to create it. Clients or athletes must be able to prevent rotation before we should allow them to produce it." He makes a valid point here. Can an athlete control the motion we are asking them to? In my opinion, this is where your program should begin. I suggest using exercises such as planks while lifting an arm or leg, chops with either a medicine ball or with a band or pulley system. These exercises will create a rotational force and the athlete must maintain a proper and stable position.

Once the athlete shows rotational stability in a neutral position, they must be able to perform exercises with trunk rotation that is controlled. This not only includes core stability, but also the stability that is provided by the hips and legs. Rotational force is produced from the ground up from the feet through the trunk and out the hands. Think of someone whipping a towel. The force begins where the person holds the towel and is transmitted through the length of the towel until it snaps at the end (occasionally stinging a friend at the other end!). Watch a power hitter in baseball or a hockey player with a great slap shot and look how they begin their motion with their legs and end with the bat driving the ball or the puck exploding off the stick. The

most powerful athletes are not always the strongest, but the ones that can create the most power through an efficient and stable motion.

There are tons of exercises out there to resist and produce a rotational force. The one I use the most is just a plain rotational medicine ball toss off a wall. It is functional and simple and most athletes can relate it to their sport. I utilize the Load and Explode method where an athlete will rotate the trunk so that the chest turns as they get the back hip over the foot "loading" the back leg. The athlete then begins to push off the back leg towards the front leg initiating the trunk rotation and throwing the ball off the wall. Now that the athlete has created the force to throw the ball, they must be able to control and decelerate the ball as it bounces off the wall and comes back at them (sometimes quicker than they expect). I ask the athlete to control the catch, rotating and shifting back to their "load" position and pause. Why pause? This exercise, as simple as it looks, is very complex. By breaking it down and coming to a complete stop, the athlete is reminded to load and explode, not just fire through as many reps as possible. Think of how it relates to sports. Does a golfer load and explode and drive a



ball one at a time, resetting between shots or hit ten balls as quickly as possible? This is the time for the athlete to work on becoming efficient at creating power. It is a skill that must be practiced just like shooting a puck on the ice.

Now that we have some core stability and an exercise to begin to work on creating and controlling rotational power, we have to choose the right resistance to use in the exercise. Gray Cook, author of *Athletic Body in Balance*, has talked about this in depth. I used to think if we want to create power, we need to use heavy resistance. Look at the Olympic Power Lifters, they lift tons of weight. Gray Cook reminds us to look at the definition of power. There is one word that needs to be emphasized, quickly. The larger the mass, the slower the athlete can move it. Evolution! More isn't always better. Pick a medicine ball that the athlete can fully control and throw quickly. Talk to a hitting coach and ask what he looks for in a power hitter. Most will answer "bat speed". What distinguishes a golfer that can drive a ball farther off a tee, "club speed". An athlete needs to use a resistance that allows for maximal speed. This is not to say, that with more advanced athletes, you cannot mix in training days where they use heavier resistance to build strength, but if

the focus is on power, the resistance must allow for maximal speed.

Power development should be involved in a well rounded sports performance program as it plays such an important role in athletics. To gain maximal performance and prevent injuries, each power program should have goals in mind that are specific to a sport and developed with specific steps to improve athletic development. Athletic movements are skills that are developed over time and repetition. Utilizing proper progression and mechanics will vastly improve an athlete's efficiency to develop rotational power and be more successful on the field, ice or course.

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, Arena Football and Men's and Women's Professional Soccer. Chris currently owns Compete Sports Performance and Rehab in Orange County, CA and can be reached at chris@competeperformance.com or through their website, www.competesportsperformance.com.

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5 HEALTHY FRUIT SMOOTHIES FOR AN EASY BREAKFAST

WAKE UP AND BLEND UP ONE OF THESE HEALTHY SMOOTHIE RECIPES FOR A GREAT START TO YOUR DAY

ORANGE AND BANANA SMOOTHIE

Orange and banana are the perfect marriage of tart and creamy for this breakfast smoothie. A touch of brown sugar and almond extract add another level of flavor.

- ¾ cup (185 ml) orange juice
- ½ cup sliced banana
- 2 teaspoons brown sugar
- 1/8 teaspoon almond extract
- 2 ice cubes
- mint sprig

In blender, combine orange juice, banana, sugar and almond extract.

Add ice cubes and blend until thick and smooth. Garnish with mint sprig.

STRAWBERRY-YOGURT SMOOTHIES

When summer arrives and strawberries are in season, this is the perfect way to enjoy them. Whirl up the berries with yogurt for a creamy, refreshing snack. Orange juice adds a sweet tang.

- 1 quart (4 cups) ripe strawberries
- 1 cup plain yogurt
- 1/2 cup fresh orange juice
- 1 tablespoon sugar
- 4 thin orange slices (optional)

Hull all but 4 of the strawberries. Add the hulled strawberries to a food processor or blender. Add the yogurt, orange juice, and sugar. Process on the highest speed until a well-blended puree forms, about 15 seconds, stopping to scrape down the sides of the container once or twice. Taste the mixture and sweeten with more sugar, if you wish.

Pour into tall glasses. Slit the 4 whole strawberries and the orange slices halfway through to the centers. Attach 1 strawberry and 1 orange slice, if using, to the rim of each glass before serving.

BLUEBERRY-ORANGE YOGURT SMOOTHIES

This naturally sweet and creamy smoothie will get you off to a good start in the morning. Blueberries and fresh orange juice are high in vitamin C, antioxidants, and fiber.

- 3 or 4 ice cubes, optional
- 1 cup plain low-fat yogurt
- 1 cup fresh orange juice
- 1 cup fresh or frozen blueberries (if frozen, omit ice cubes)
- 1/2 teaspoon vanilla extract

In a blender, puree the ice (if using), yogurt, orange juice, blueberries, and vanilla until smooth. Pour into two tall glasses.



BERRY-FLAXSEED SMOOTHIE

A smoothie is a smart way to start your day, especially when it includes this tasty mix of foods for better blood sugar.

- 2 tablespoons whole flaxseeds
- 1/2 cup orange juice
- 1/2 cup nonfat vanilla yogurt
- 1 cup unsweetened frozen mixed berries or blueberries
- 1 small banana, sliced

Place the flaxseeds in dry blender, cover, and blend until ground into a fine powder. Add the orange juice, yogurt, mixed berries (or blueberries), and banana. Cover and blend until smooth and creamy.

Flaxseeds may seem like an unusual addition, but they blend in seamlessly and make this breakfast drink an excellent source of fiber.

MANGO SMOOTHIE

Mango blends smoothly with the yogurt and cardamom lends just a hint of fragrant spice to this healthy breakfast smoothie.

- 1 ripe mango
- 1 2/3 cup (85 g) plain low-fat yogurt, chilled
- 200 ml skim milk, chilled
- 1 tsp honey
- Seeds from 6 green cardamom pods

Peel the skin off the mango and cut the flesh away from the stone. Chop the flesh roughly and place it in a blender or food processor. Process until smooth.

Pour in the yogurt and milk, and continue to process until well mixed and frothy. Sweeten with honey.

Pour into two tall glasses and sprinkle the cardamom seeds over the top. Serve immediately.

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OFF SEASON TRAINING

QUESTION: DO ATHLETES NEED OFF SEASON TRAINING?

ANSWER: ONLY IF YOU WANT TO GET BETTER! (SEE BELOW)...

BY COACH DIXON

Why you need an offseason?

You need an offseason 2-3 weeks to rest; this will give you time to work through both the physical and mental issues that accumulated during season. However, if you've sustained injuries then you may need more time off. Also depending on your sport(s) and length of your season you may need additional rest time to fully recuperate. This is where your Coach or Sports Trainer should be advising you on what's next. You both need to talk about what happened during the season and

what's expected next season. You should also develop a training program (Periodization table) for next season. No matter what your sport is it's tough on the body therefore, as your season progresses you will place stressors on your body. You may not feel them now but in time (years to come) trust me you will! If you don't take a break to rest, and rebuild before your next season you risk the probability of burnout before College or repetitive injuries during your sports career. Also, your power/strength levels, force production, and speed will diminish.



Not to mention your skill level and technical execution could also suffer. Most athletes will get weaker during the competitive part of their season. This is due to several reasons:

- School work comes first so you don't have enough time to maintain your strength levels.
- The emphasis is on practices (during the week), tournaments and games (on the week-ends) again, no time.
- You've sustained injuries, little nagging tweaks, strains or muscle pulls.
- Mentally and or emotionally you could be burnt-out and tired to...

The point is you need a break to rest and heal, mentally and physically so you can get ready to do it all over again!

Why you need offseason training?

You need offseason training to prepare your body and mind for the upcoming season. It's like getting a tune-up for your body. Off season training should start 2-3 weeks after your last event and can last for 4 to 8 weeks or more depending on your periodization schedule/training program. It will also help prevent Nervous eating and weight gaining because you're active again.

This training phase will be used to address the physical imbalances that are inherently developed when competing in competitive sports i.e. one side stronger than the other. Think about it, in most sports you're working one side of the body more than the other. One side is getting work and hopefully maintain-

“OFFSEASON TRAINING IS WHEN YOU START REBUILDING YOUR BODY FOR THE NEXT SEASON “BASE TRAINING”. BASE TRAINING (BT): AS THE WORD STATES, THIS IS WHERE YOU BUILD YOUR BASE/FOUNDATION”

ing your strength levels throughout the season. However, the other side is not doing much and is losing strength levels at a quicker pace. This is a major area that needs to be address during the offseason. This training phase is your transition from your rest phase to your recovery or “Active Recovery” phase to Base Training. At the very least it’s about recovery, and Cross-Training to maintain at least 50-75% of your fitness level. In addition; this phase will help prevent “Detraining”: (doing nothing) and is better than starting from scratch next season. If done correctly, offseason training will help prevent injuries and help you develop a broader base/foundation for your upcoming season.

In addition, offseason training is when you start Rebuilding your body for the next season “Base Training”. Base Training (BT): As the word states, this is where you build your base/ foundation. Don’t have a strong base and again you take the risk of injuries and poor performance. You cannot build on top of a weak base. Unfortunately, due to the athlete’s participation in other sports and time constraints of the High

School system this phase is sometimes removed from the training program. However, I feel this is the most important phase of the season. If you build a proper and strong base you increase your odds of NOT sustaining injuries during the season. Because, of the short training season athletes will go straight into the Early Competitive phase. However, Base Training is where you work on your Strength Training (Power vs Strength-not the same), Core Strength, Balance/Control, Speed/Agility, Speed/Strength Endurance, and or Endurance depending on your sports requirement and where you are in relation to those requirements. This is also when you need to work on, Hamstrings, Hips, Ankles, Knees, and Thoracic/ Spine Flexibility — which are additional areas of importance for Mobility Strength.

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).

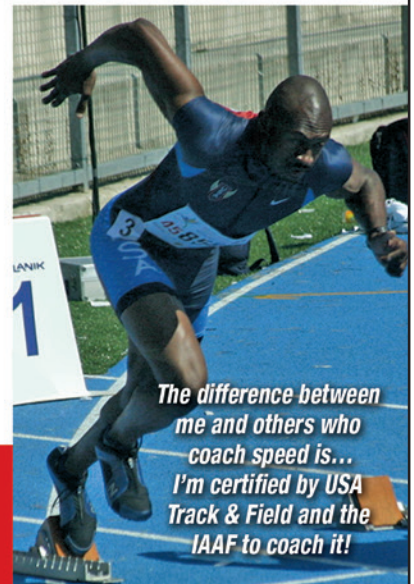


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COLLEGE-BOUND ATHLETES

ARE YOU READY FOR JUNE 15?

REX GRAYNER, Student-Athlete Showcase, LLC

If your plan is to play sports in college, then you might want to circle June 15 on your calendar.

Why? Because it's a pretty significant date in the world of college athletic recruiting, and it is right around the corner.

Let's face it, grasping the athletic recruiting process is no easy task. Costly mistakes are far more customary than the spotless, stress-free experience. And with all the rule changes implemented recently, the NCAA has not done us any favors.

So let's set the record straight a bit. June 15 is quickly approaching and the date will impact thousands of college-bound prospects nationwide. Wondering if you're one of them? Here are two important facts that you may or may not be aware of.

1. NCAA Division I men's basketball coaches can start making phone calls to players on June 15 following their sophomore year in high school.

2. On June 15, Division II college coaches have unlimited recruiting access to prospects who just finished their sophomore year. In other words, they can call, email, direct message on Facebook, text and have in-person off-campus contact with a prospect as often as they want to.

In reality, June 15 is an important date. And so is July 1. And September 1. And April 15. Each of these dates carries a different meaning for different colleges, and for prospects, they should be circled on their recruiting calendars.

What's important to realize though is that parents and student-athletes should not wait for these dates to arrive before becoming proactive. True, recent NCAA rule changes mean the recruiting floodgates open for Division II programs on June 15. On this date, Division II coaches can begin contacting a rising junior as often as they want to. But that doesn't mean student-athletes should wait until June 15 to get serious. Have a plan well in advance.

And don't forget about NCAA Division III programs. I hear it all the time... "D3 schools can't offer sports scholarships." Newsflash: You can still get a substantial portion of your education costs paid for at a non-athletic scholarship school. There are thousands of student-athletes

nationwide who are saving \$100,000 and dominating their athletic teams at smaller colleges.

Plus, NCAA Division III programs can begin calling, texting, emailing and sending recruiting materials beginning the first day of classes of a prospect's freshman year.

So can NAIA schools, who take a much more simple and straightforward approach to recruiting. They don't have recruiting calendars nor any other recruiting restrictions for high school students. It is perfectly permissible for NAIA coaches to contact high school students as early as they would like — freshman, sophomore, junior year — and as many times as they feel it is necessary to recruit the student to their institutions.

And yes, athletic scholarships are offered by NAIA programs.

In summary, the NCAA college recruiting calendar includes a few key dates. Parents of college-bound athletes should circle these dates on their own calendars and understand their implications. But don't let these dates dictate your athlete's ability to interact with college coaches. Even though September 1 of a prospect's junior year is the first day the NCAA allows you to receive "athletic recruiting materials," don't be fooled into thinking this is the day college coaches begin recruiting. In fact, personal dialogue should begin much sooner than this.

For more information on acquiring a plan that helps your athlete interact with college coaches nationwide, call Student-Athlete Showcase (888) 234-6735 for a free consultation or visit <http://student-athlete-showcase.com>.



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BY JEANNIE BORIN, M.ED, PRESIDENT & FOUNDER, COLLEGE CONNECTIONS

HOW ARE YOU CONDUCTING THE COLLEGE SEARCH?

In conducting the college search, it is important to make sure a college list is well balanced with “reach,” “50/50” and “likely” colleges that fit the student’s profile academically and socially. Thorough research is necessary to be sure that students are applying to the right colleges for them. The research will also come in handy when completing applications and when answering essay questions that ask why an applicant wants to attend that college.



Here are some helpful tips that should help in your college search:

Examine the Campus Life

Prepare questions about housing (on campus/off campus, requirements for living on campus...), food plans and dining options, the recreation center, various clubs and organizations, dorm setup, roommate assignment, degree of community involvement, Greek life, campus security.

Explore Academic Programs

If the intended major is known, research the faculty and course offerings in the department of interest, learn who does the teaching and grading, visit the department’s web page, learn about any requirements or prerequisites, what if any are the core requirements, is the student assigned an advisor, can the student assist in designing an independent major, internship opportunities, average class size.

During the college search, if the student enters as undeclared regarding a major, review requirements for the bachelor’s degree and core requirements.

Review College Statistics

Remember that admission rates can provide information but will not necessarily be a factor in deciding whether a student should apply to that college. Numbers to consider would include a college’s retention rate, the make-up and diversity of the student body, number of males/females, how residential that college is (number who live on and off campus) what percentage of students obtain internships and go on to graduate school.

Other Factors to Consider

Size, location, climate, distance from home, affordability

As students conduct college research, they should scrutinize information. Colleges want to impress their readers and visitors and they encourage students to apply. Validate information found by checking additional sources. If possible visit the colleges, as that is the best way to know whether that school would be a good fit. Know, too, that if students can’t visit, they can apply. If accepted, students have many weeks to plan a visit before they make their final decision.

When research is completed, create a balanced college list. The information collected will help when filling out applications, writing essays and when interviewed. The more students learn about colleges, the better they will be able to make an informed choice.

Students should work closely with counselors who assist with the college search and make sure students apply to their best matched colleges

SUMMER BEFORE SENIOR YEAR: GET GOING!

Build your Activity Resume or Brag Sheet

This should be a rough draft and a work in progress (of your extracurricular activities, work experience, awards and honors) as you may want to add to this in the fall. Colleges generally do not look at activities prior to the ninth grade — so make this about high school. List approximately how much time you spend on each and your position or role in the various activities. Writing a brief description of your part in each (up to 10 words) is a good idea too.

Begin your College Search

Create a short list of colleges that interest you and get on their mailing lists. You can visit websites or if possible the college itself. Look in state and out, public and private universities, more and less selective. Identify relevant cost factors.

Campus Visits

If you can’t go far, visit colleges that are near you. If possible sign up and take the informational college tour. Seeing what colleges are actually like will help you make your decision when the time comes.

College Essay Ideas

This is generally about one passion, one experience or a person of influence who has had an impact on you. This is your unique story and you own it! Make it personal and reveal your character. Just let your ideas flow and perhaps keep a journal. When you begin a rough draft watch the word count as college essays can be anywhere from 50 — 600 words

Organize Personal Information

Every college application will request family data. Having this information ready, will save you time when you fill out your applications. In addition, get a copy of your transcript as you will need this as well

Standardized Tests

Create a test prep timeline and learn when the tests are given and what the different colleges require. Two important websites are: www.collegeboard.com and www.act.org.

You really just need 30-45 minutes every other day to work on this. Waiting to the last minute is not a good idea as students are not able to complete thoughtful applications. For more information, visit: www.college-connections.com

Enjoy the lazy, hazy, crazy days of summer!



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Field *of* Dreams

NO. 3 NATIONALLY RANKED CHASE STRUMPF'S HARD WORK AND DEDICATION IS BEGINNING TO PAY OFF

BY KENDALL MURTHA



Watching Chase Strumpf send balls sailing over the heads of his opponents, it's hard to believe that this kind of power and ease is coming from a high school sophomore. But continuously raising expectations is nothing new to Chase. He ranked no. 3 in his age group by Baseball America, proving he was someone to watch even before he debuted on JSerra Catholic High School's Varsity team.

Although he played soccer and basketball as a child, baseball was always Chase's true passion. "I tried everything, but in the end it was always baseball," he said. His baseball career began when he was seven years old, on travel teams. He caught the attention of his current coach, Brett Kay, when he was twelve. Strumpf had enrolled in Kay's youth baseball camp at JSerra, and it didn't take long for his coach to spot his potential.

Upon entering high school, Strumpf became a starting shortstop for the JSerra Lions. Kay is the first to commend Strumpf on the maturity of his game. Kay has commented that Strumpf does not act like a freshman and his maturity level is more like a junior or senior.





The current high school sophomore committed to playing at UCLA when he attends college in the fall of 2016, a decision he made before he'd even played his first varsity game. "I'd gone to UCLA twice over summers to play baseball. I just really wanted to show them what I could do, and hope for the best after that. I guess you could say they were the first to ask, but I never really thought about going for another school. I'd always focused all my energy on UCLA, so when they offered, I instantly said yes."

Having the pressure of the college application process off the table is definitely a relief for Chase, but don't expect him to slow down because of it. "It's awesome. I really can't express how thankful I am that I don't have to worry about the application process. I

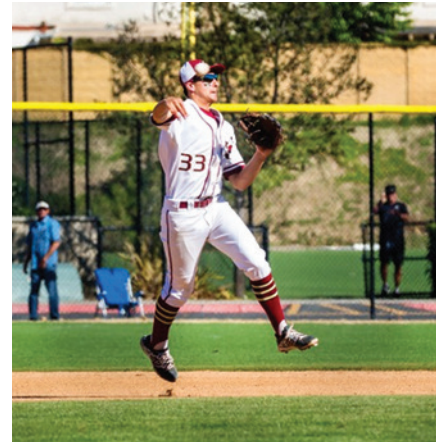
can just focus on my schoolwork, focus on my game- I would say I can just kick back, but I want to finish strong. Obviously my dream is to play in the major leagues, but a degree is really valuable. College is important. My parents taught me that from a young age, but I honestly believe it."

JSerra High School has a national ranking of 60 and a state ranking of 14 for its baseball program. "We're definitely known for our athletics, and our baseball program is really strong. It makes me proud to know I can grow here." Indeed, Chase has the chance to join the top tier talent JSerra has a penchant for turning out. Austin Hedges (class of 2011) signed a \$3 million dollar contract with the San Diego Padres soon after graduation, and is praised as one of

the top catching prospects in the sport. Colton Plaina (class of 2009) is a senior catcher at Loyola Marymount University, who played on the US collegiate national team in the summer of 2012.

Chase got the chance of a lifetime when he played for the USA 15U baseball team in the Pan-American championships last summer. "It was the first time out of the country," he remembered. "I'll never forget the experience of getting off the plane. It's just so different. It's such a stark contrast, and you realize how privileged you are." It was another chance to stun supporters and dispel any doubt that remained about the young athlete's raw talent: Strumpf hit his fifth home run in six games and helped the team secure a 9-0 victory over Brazil.

"We have practice every day for three



to four hours. It's not easy. We lift weights for an hour or so, and then it's pretty much whatever my coach decides to have us do. During the off-season, we work just as hard." With such a demanding schedule, Chase relishes the free time he has: "I like going to the beach, hanging out with friends- nothing special really. I try and get as much down time as I can."

Friends and family play a big role in what attracts Chase to the game. "My favorite part of the game has to be being

part of the team. These are some of the closest guys I know, and the friendships you form give the game a whole new meaning. My biggest inspiration has to be my dad. He taught me everything I know. He taught me everything about baseball. He has such a big heart, which is something I really admire. I'm really trying to follow in his footsteps, live the way he lived at my age. For me, there's nothing better to strive for."

When asked about his advice for prospective student athletes, Chase was

only momentarily stumped. "Well, there are a lot of things I could say. School comes first. If you think you want to go pro, and that's a great thing to strive for, but you'll always have options with a degree. The second piece of advice I have is if there's somewhere you wanna go in life- if there's something you wanna do- never give up. Put your mind to it and just commit. That's how I always approached baseball: if you really want to play, play."

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

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[SAN CLEMENTE SURFING]

SURF SCHOOL

CONNER DAND NATIONAL SURFING ASSOCIATION
2014 HIGH SCHOOL SURFING CHAMPION

San Clemente High School Junior Surfing phenom takes his first major win at the 2014 NSSA High School surfing championships and helped his team take home another National team championship trophy. HSI had a chance to ask Conner a few questions and here is what he had to say...

What sports did you play as a youth and did those sports help you become the athlete you are today? I played a lot of sports growing up such as baseball, basketball, soccer, golf. I actually played baseball year round, up until like 2 years ago, and I would just surf when I had time between practices and games. All the sports helped a lot with my coordination and sportsmanship.

When did you start surfing? I first started surfing when I was 6 with my dad. I wasn't super into it at first, but the more I did it the more I loved it.



KURT STEINMETZ PHOTOGRAPHY

When did you compete in your first surfing contest? And how did you do and what was your overall memory of the experience? My first surf contest was a WSA at Goldenwest street in Huntington. I was 9 and I won! I remember the first heat where I pulled into a little close out barrel and my board smacked me in the face and came in with my mouth bleeding. I ended up making the heat though and surfed the rest of the



contest with a fat lip.

This year you won the NSSA State high school surfing championship — coming into this year, did you anticipate have such a successful season? I really hope so! haha But I mean anything can happen, I just really hope our team keeps doing well and things will fall in place.

You've had a great year for San Clemente high school, can

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FUN FACTS

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Favorite Food:
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Favorite Song:
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(Peking Duk remix)

Favorite Band:
Lumineers

Favorite Movie:
Dumb and Dumber

Favorite Actor:
Will Farrell

Favorite Place to Hang Out:
the beach

Something people don't know about you?
I really really like gummy bears

you tell me about some of the most memorable highlights of your year? Yeah it has been a great, fun year and some of my most memorable highlights would have to be winning States and the winning the Oakley high school team challenge.

What are your long-term goals and wishes as a surfer and as a student? I would obviously love to make the WCT one day but I'm just taking surfing as far as I can go and stay in school through college.

What's a typical day look like for you? I wake up go surf for an hour or so at t street with the team, then I go to school until 2:45, get home then go surf again somewhere in San Clemente. Every monday and Wednesday I go train with Kevyn Dean at DSC surf training from 8-9.

If you could play another sport in high school — what would it be and why? Baseball or volleyball because I kind of miss playing baseball sometimes and volleyball because it's a really fun sport and I play a lot down at the beach in the summer.

What advice can you give incoming youth athletes? Play hard study harder.

What is your favorite high school sports memory? Winning the Oakley High School Team Challenge.

Where are some of the places you've traveled to surf? And where is your favorite and why? I've been to Hawaii, Costa Rica, the east coast, and the Mentawais. My favorite place was definitely the Mentawais because the waves are so perfect there and everyday you wake up in paradise without a care in the world.

If you could thank or acknowledge someone who would it be and why? My dad for taking me to all my contests growing up and for teaching me how to surf.



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CLASH OF A TITAN

JACK IRELAND, TESORO GOLF LEADER AND THE 2013 SOUTH COAST LEAGUE CHAMPION

After a successful 2013 season, Jack Ireland has his eyes set on his future — finishing his high school career on a high note and going off to college and playing golf. High School Illustrated had a chance to catch up with Jack and here is what he had to say.

You've received some awards as a student-athlete – can you tell us about those awards and what they mean to you? 1st Team All Orange County, CA as a sophomore; Team MVP Sophomore Year; Low Team Scoring Average Junior Year; Principle List honor Roll, Fall Junior Year

It means the hard work I am doing in school and on the golf course are paying off. It is nice to see the rewards of what I am doing.

What is a typical day for your work-out/training during the Golf season? School starting at 6:30 each day, out of school between 1:00 - 3:00 depending on the day of the week, play or practice golf until dinner, (Mondays workout in gym, matches Tuesday and Thursday, practice Wednesday and Friday), homework until bed around 10-11.

What's your typical work-out/training day in the off-season? There is not really an off-season, when school golf is not going on there are always tournaments to play or





FUN FACTS

Favorite Subject in school: Spanish

Favorite Teacher: Mr. Pulido

Favorite Restaurant: Chipolte

Favorite Food: Steak, any kind!


Favorite song: Homeboy, by Eric Church

Favorite band: Florida Georgia Line

Favorite movie: Batman - Trilogy

Favorite place to hang out: Lake Mission Viejo in my hometown

Something people don't know about you? I love dogs, my nickname is the dog whisperer




get prepared for. But when the school season stops it gives me time to spend some time fishing or spending a little more time in the gym in addition to playing and practicing my golf.

What are your long-term goals and wishes for Golf? I would like to play collegiately, and then play professionally.

If you could play another sport in High School besides Golf – what would it be? And why? I probably would wrestle, I get a lot of practice with my younger brother so it might be fun.

What is your greatest sports memory in High School? Shooting -72/65 in the last round of the league finals to win by 7 shots, total score of 72-65=137/-7 breaking my friend and PGA Tour player Cameron Tringale's record.

Who is your biggest inspiration in life? And why? Jim Akers, Retired Executive, Founder of ImpactfulNotes, Family Friend, Jim provides wisdom and advice that helps motivate me through challenges in life.

Cameron Tringale, PGA Tour player, I have had a chance to spend some time with Cameron practicing and playing and I see the dedication he has to golf and his great attitude.

What advice can you give incoming youth athletes about High School?

Learn to manage your time well so you can study and play sports.

Do you have any plans for college? Yes, but not formally committed anywhere yet.

Did you get recruited to play Golf? And if so, can you tell us about your experience with the recruiting process?

Yes I am being recruited by several schools. It has been fun along with a little stressful trying to make that decision. There are many things I have had to think through, location, costs, quality of team, coach, schedule the teams play, quality of the education.

What advice can you give us about the recruiting process that you wish you knew? I wish I had known how much the

coaches focus on the person, grades and test scores as much or more than the athletic results.

If you were coach for a day – what would you add to your practice/training? And why? I would add more short game, wedge and putting practice to what I practice. It seems that I never have enough time to do those things and they are important to every round, it all makes a good round better and a bad round decent.

If you could thank or acknowledge someone, who would it be and why? My Mom and Dad, they encourage me every day to do my best in school and golf.

What sports did you play as a child? and when did you start playing golf?

I played Baseball when I was younger and began playing golf at age 14.



FIERCENESS ON THE FIELD

RILEY EGGEMAN'S FORMULA FOR SUCCESS

BY YASMEEN ALSHABASY

She cradles, she passes, and she catches; the mesh of Riley Eggeman's lacrosse stick is always hugging the surface of a ball, ready to rocket it across the line of the opponent's goal. Riley was recently named the Orange County Register's Player of the Year for lacrosse, a distinction which goes along with many other accolades and accomplishments over the years.

Riley currently attends Capistrano Valley High School and plans to attend the University of Denver in the Fall with a Lacrosse and Academic scholarship. Riley selected Denver from several other offers as she experienced the recruitment process.

Riley has exceeded the national average play for her mid/center position with 238 goals. She holds a national rank of 25 and a California statewide rank of 5 for girl's lacrosse.

But, Riley recognizes that the awards and recognition do not come without works, lots of it. "My junior year was the year that I worked the hardest having multiple trainings outside of practices and it paid off. I was awarded with the orange county player of the year along with being first team all county and sea view league MVP. I was very surprised and so honored to be chosen for these along with being so happy my hard work paid off for me," commented Riley about the formula for her success.





Every student athlete has some favorite and most memorable moments, including Riley.

"I still consider one of my greatest athletic achievements to be when I made varsity as a freshman for both soccer and lacrosse. For soccer, one other girl and I were the only four year players to make the team freshman year and to play on varsity through senior year. Each year in both my sports I trained extra and worked harder to be the best I could be. I was very humbled sophomore year when I made the 1st team all county lacrosse team. That was the first big achievement I made in lacrosse," exuded Riley during our High School Illustrated interview.

Versatility has also been part of Riley's formula. In addition to lacrosse, she participated in soccer for her entire high school career. Soccer seemed to be the perfect transition sport into lacrosse. While Riley didn't have her stick skills perfected when she started lacrosse, she could run continuously and effectively. "Soccer taught me to see the field even in places where the ball is not and it got me very fit. I did not need hand

eye coordination in soccer but I did learn how to dodge and use quick feet from soccer."

When she was younger, she tried out swimming, dance, gymnastics and soccer before discovering lacrosse. She realized that lacrosse was the sport she wanted to pursue when she joined club XTEAM. This team provided a taste of what it may be like to play college lacrosse. Riley noted "[Lacrosse] taught me so much as a player and a person. Playing on that team made me love lacrosse so much."

Lacrosse has been a part of Riley for seven years, since the fifth grade, when she began playing at a private school. Initially, she tried out because it was a new and interesting opportunity, however the sport followed her long after she left that school. Riley joined La Paz Storm, a local Mission Viejo club team, and met some of her best friends there. Her friends continued to be an inspiration. "They pushed me to be a much better player. Some of my friends are amazing lacrosse players and playing with them and adjusting to play faster

and smarter really helped me improve," explained Riley. Her experience at private school and at the club reawakened an eagerness to continue playing. As she began to travel for tournaments out of the state and staying in hotels with her team, she knew for sure that she wanted to play in college. When Riley joined XTEAM she further realized what the sport meant to her and how much she wanted to keep playing.

Despite the encouragement of her team, Riley underscores the influence of her lacrosse coach, Ryan Gustafson. "I couldn't have asked for anyone better to coach my team these last four years. It has been an honor to play for him and it has been awesome for the team to grow so much under him. From my freshman year to now, we are a completely different team because of him and it is the best senior year because of his coaching. Also being a senior and leaving next year I am happy knowing we had a great record this year and went out with a bang." In addition, Riley has been training with Nick Tintle of Athletes Choice for the past 2 years. He has pushed her



FUN FACTS

Favorite Professional Athlete:

LeBron James

Favorite Quote: "You have to want it more than you are afraid of it"

-Anonymous

Favorite Subject: Psychology- I've only taken it one year but it's the most interesting class I've ever taken.

Favorite Musical Group:

O.A.R. or Taylor Swift.

Favorite Food: I love almost any type of pasta. My favorite dishes to get are either the classic spaghetti and meatballs or Chicken Marsala.

Favorite Restaurant: I love Riptide because it's a nice restaurant and the food is great. I love to get tepep where they cook in front of you. I get excited every time! Or they also have a really good sushi bar.

Favorite Song: That was a crazy game of poker-OAR

Favorite TV show: 24

Favorite Movie: Forrest Gump

Something That Most Don't know about you:

Besides my close friends and family a lot of people don't know that I love writing music and trying to teach myself new instruments. I played piano for around 11 or 12 years so now I am attempting to teach myself guitar and ukulele.



to work hard, get in shape, and become a stronger and faster player. Riley notes that it was Nick Tittle that helped her prepare for the achievement of her high school career-- playing D1 lacrosse at Denver.

Lacrosse is important to Riley, but it does not consume life to the exclusion of other activities. She also enjoys writing and playing music. Riley noted that she, "love[s] to write lyrics and make up songs and I enjoy teaching myself new instruments. It's the best feeling when I finally get the song right or finish writing a song. When I'm not writing, I love to read. I usually read really late at night or right when I wake up."

Throughout her young adult life, Riley has kept her goals in sight as she con-

templated what she wanted to study and how she could make an impact on her team when she went to play in college. With these aspirations, Riley credits her role models for renewing this passion for success. Riley had a great big smile as she described how her parents "helped and supported every choice I've made and guided me down a very good path." Riley's parents, Barb and Rocky Eggeman, have taken her to tournaments, to potential schools, and came to every single one of her games.

Riley's two coaches, LC and Crista Samaras, were also enthusiastic role models. They have helped her develop technique in terms of lacrosse but also personally, helping her grow as a person. Riley notes that, "I would not be where I am today without them." Riley's coaches have been the biggest supporters of her decisions while also challenging her in new ways. Without them, Riley says, she would not be playing lacrosse at DU next year. With strong objectives and influential figures in her life, Riley came to experience the proudest moment of her life-- when she signed her NLI and made it official that she was going to play lacrosse at Denver.

Dedication, passion, and her strong work ethic seem to be Riley Egge- man's formula for success on the field and are a very solid foundation for continued success.

DYNAMIC TENNIS DUO

ERIC TSENG AND DREW DAWSON POWER SUCCESSFUL UHS TENNIS

BY DEBORAH TSOGBE

All great athletic programs have length, in the form of a strong history; and depth, with great talent. The University High School tennis team fills out both dimensions as it earned a legacy as one of the best tennis programs in Southern California. The numbers indicate the length of the program's success: 193 wins and only six losses within the last nine years, fourteen former players currently playing college tennis.

Added to this show of strength are eight straight CIF title matches and 103 successive high school dual-match wins. Tradition. Success.

A big part of the driving for the team's current success are two exceptional co-captains: Eric Tseng and Drew Dawson.

Both seniors, Eric and Drew, have played on the team throughout their high school careers, and both will play tennis in college. Eric Tseng will add to a powerful UCSD tennis program and Drew Dawson is headed with high shops to play for the Fighting Irish at Notre Dame.







Both players recounted the lessons they learn with four years of varsity tennis. Tseng summarized the mental shift from an individual sport to the notion of tennis as a team endeavor. "Tennis, until high school, was absolutely only an individual sport. When I won, I took all the glory, and when I lost, I bore all the fault. As an incoming freshman to not only another high school tennis team, but one that was hailed and had a reputation of class, I could not wait for my turn to partake in it. Hearing how great Coach Kessler was, on and off the court, excited me just as much as being a part of an elite squad of high school tennis players"

Tseng, in addition to being co captain, is a highly ranked SoCal player, has been named All-Orange County for three years in a row and is defending CIF double's champion.

Dawson has been a highly ranked national player since he was fourteen,

and among other accomplishments has won the Ojai doubles title two years in a row, going for three this year.

"I joined the tennis team because I wanted to experience a side of tennis that as juniors we rarely get to. The team aspect of high school tennis was very appealing to me and my older sister enjoyed her years on the girls team. I wanted to make my mark at Uni and figured tennis was the best way to do that," said Dawson.

The two boys are certainly not the first co-captains the team has had, but they have made great headway in turning a team into a family.

"I am very proud of these boys. First and foremost they are student/athletes. The trend among many top junior players is not to play high school tennis or to even skip high school completely. These boys work hard in the classroom and hard on the tennis court. I admire

their ability to play under the pressure that is put upon them by the press, the coaching staff and the inherent pressure of continuing a tradition of winning and excellence," said coach John Kessler.

With the school year, and the season, coming to an end, the boys can look back at their four years and say that they have had a great run.

"Like all athletes, I have my days when I cannot stand tennis but tennis has given me so much in my life that I wouldn't change my decision to play competitively for anything. I have been fortunate enough to meet amazing people, experience the country through tournament travels, and learn so many valuable life experiences. It has been a roller coaster ride in which I have experienced some of the greatest moments of my life and some of the lowest moments but at the end of the day, it has kept me busy and focused and got me into the school of my



dreams," said Dawson, of his choice to play tennis.

With their time on the team, the two boys have really worked at bettering the chemistry of the unit. With team dinners, outings, and even a freshman initiation this year which required freshman boys to give away roses to girls at the mall, Tseng and Dawson's efforts have resulted in a united team instead of just a group of boys.

"As a co-captain, I make sure everyone on the team is buying in to the camaraderie and chemistry of our team. The other captains and I try to plan as many dinners and bonding sessions as possible and has really payed off this year. I believe we are closer as a team than any year prior. It has been one of the most rewarding experiences of my high school career," said Tseng.

With all that said and done, the boys will be leaving high school behind next

year to compete at the college level.

"I can not wait to be trained like a college athlete such as participating in not only on-court practice but consistent and demanding off-court training. I honestly have loved the high school tennis experience and atmosphere and look forward to continue on for another 4 years," said Tseng.

"I am looking forward to having the team atmosphere [in college] and being able to compete and travel across the country with my teammates. Like high school tennis, I am excited to be able to represent my school while competing against other schools... Obviously I will miss my teammates but I think I'll miss most the family feel that Uni tennis has for both the boys and the girls team. I hope to find this at Notre Dame. I will also miss Ojai and the All American tournaments because they have been my favorite tournaments in my junior tennis

career," said Dawson.

The boys will be leaving behind not only a great team, but a supportive community.

"We are very fortunate to live in an area where tennis is valued and played at a very high level. Also, many of our parents feel that they are getting a very strong tennis program and a very good school....so we do have a certain level of talent coming to Uni. Honestly, you have to have talent to have the kind of success that we have enjoyed. Having said that, I think we also have an incredible tennis program. Our coaching staff is exceptional. We have several USPTA pros working with our kids including Larry Scalia. We have former Uni students who played college tennis hitting with our kids... Our success has really been a collective effort on behalf of all of the interested parties," said Coach Kessler. "When Eric and Drew graduate we will



need to find those players who are able to step up on the court and step up and lead this team into the future. Thankfully we have some juniors who are ready for the opportunity.”

As the year draws to a close, these young men are excited and looking forward to the next four years but are also sad to be leaving behind such a great

team.

“Enjoy your last season. It will go by quickly but in order to do their best they will have to enjoy the moment. Also, make sure that they understand they are the team leaders, not just in terms of tennis but in terms of the team,” said Dawson, as a word of advice to upcoming team members.

Southern California has not seen another team quite like the force to be reckoned with that is the University High tennis team, a legacy that will continue on after Tseng and Dawson, and countless other captains, have moved on. Next year, those watching can expect fresh, talented faces to step up and lead Uni into the future.

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FUN FACTS

ERIC:

Something surprising about you?

I play sets with my friend with wooden rackets which helps me learn how to play points without using much power. It also significantly cleans up the volley and serve mechanics.

Something people may not know about you? I always keep a deck of cards with me because I enjoy performing magic tricks.

Something funny or memorable that's happened in your time on the team?

Last year when we play San Marino in the finals of State Regionals, we were missing 2 of our top players because they needed to play a tournament to qualify for a supernationals. Our team pulled together and we won 5-2. This was extremely exciting as it showcased our depth.

DREW:

What sort of pre-game rituals do you have? Nothing really. I like to keep myself as relaxed as possible before so listen to music and avoid tennis talk.

Something surprising about you? The greatest moment I have felt while playing a sport was hitting my one and only over the fence home run.

What's your favorite type of music? I like a wide variety of music but my favorite genres are alternative, country, and dance/house.

Favorite thing to do in your free time? I like to hang out with my friends and go to the beach, hike, and eat.

Something funny or memorable that's happened in your time on the team?

My freshman year Kessler told one of my teammates to cheer for one of the doubles teams. In his Japanese accent he replied "when everyone is crapping." He obviously meant to say when everyone was clapping but he has a fairly strong accent. It was one of the funnier memories on the team.



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2014 FOOTBALL PREVIEW

PLAYERS TO WATCH

PHOTOS SUPPLIED BY COACHES/SCHOOL

As we come to end of the 2013-2014 school year we say goodbye to many great student-athletes across Orange County and a few football champions.

We can look forward to the 2014 Football season in September. Orange County has a tremendous amount of talented football teams with many outstanding players... Here's a look at 20 players to keep your eye on eye when we kick-off in the Fall season.



D.J. BAILEY

JSERRA HIGH SCHOOL

POSITION: DE/RB

HEIGHT: 6-4

WEIGHT: 255 LBS

NOTES: In 2013 DJ broke the school record for sacks in a game, season and career and tallied 24 tackles for loss on the season. All Trinity League Defensive Line selection. Won team awards for Defensive Player of the Year AND Scholar Athlete of the Year with over a 4.5



GPA. DJ currently has offers from Northwestern and Boise State, and has generated interest from schools like Duke, Stanford and the rest of the Pac 12, and all of the Ivy League Schools.



SAM DARNOLD

SAN CLEMENTE HIGH SCHOOL

POSITION: QB

HEIGHT: 6-4

WEIGHT: 215 LBS

STATS: Passing: 29-46, 337 yards, 4 td, 0 int
Rushing: 35 carries, 322 yards, 5 td

COLLEGE OFFERS: Oregon St., Utah, Nevada, Duke, Wake Forest, Tennessee, San Diego St., Colorado St., Harvard, Yale, Northwestern



WILL SEDGWICK

LAGUNA HILLS HIGH SCHOOL

POSITION: LB

HEIGHT: 6-3

WEIGHT: 225 LBS

AWARDS: 2012 Seaview Defensive Player of the Year
2012 1st Team All League Seaview, 2012 1st Team All CIF LB,
2013 Season Will was injured periodically throughout the season and did not receive any post season awards.

COLLEGE OFFERS: From BYU and he has verbally committed to BYU at this time. He is getting interest from all over the country.

SCHOOL: Will has a 4.6 GPA.



KEISEAN LUCIER-SOUTH

ORANGE LUTHERAN HIGH SCHOOL

POSITION: DE/OLB

HEIGHT: 6-5

WEIGHT: 220 LBS

AWARDS: 1st Team All Trinity League/1st Team All Orange County. Selected and committed to play in the 2014 Army All American game.

COLLEGE OFFERS: USC, UCLA, Oregon, Oregon State, Washington, Washington State, Notre Dame, Michigan, Alabama, Texas, Tennessee, Florida, Arizona State, Arizona among others.





COLE NORRIS

NEWPORT HARBOR HIGH SCHOOL

POSITION: QB

HEIGHT: 6-1

WEIGHT: 92 LBS

STATS: Passing Yards: 2958; Comp %: 59.1%;
TDs; 27:



JOE BABROS

MISSION VIEJO HIGH SCHOOL

POSITION: DE

HEIGHT: 6-4

WEIGHT: 215 LBS

COLLEGE OFFERS: COLORADO



Action Sports Photography



COLE MARTIN

CORONA DEL MAR HIGH SCHOOL

POSITION: RB

HEIGHT: 5-10

WEIGHT: 180 LBS

STATS: Rushing Yards: 188; TDs: 21

AWARDS: First Team All CIF, First Team
All Pacific Coast League, Daily Pilot
Dream Team, CDM Offensive Back of
the Year





ZACH HICKMAN

TESORO HIGH SCHOOL

POSITION: OL

HEIGHT: 6-3

WEIGHT: 260 LBS



KYLE SWEET

SANTA MARGARITA HIGH SCHOOL

POSITION: QB/DB/WR

HEIGHT: 6-0

WEIGHT: 191 LBS

PASSING: 31/59, 3157 yards

RUSHING: 235 yards

RECEIVING: 51-909 yards

TDS: 12

AWARDS: 1st Team All-League



COLE SMITH

MISSION VIEJO HIGH SCHOOL

POSITION: C

HEIGHT: 6-3

WEIGHT: 255 LBS

AWARDS: 1st Team All League/All Orange County, All State





JAKE NELSON

SAN JUAN HILLS HIGH SCHOOL

POSITION: OL

HEIGHT: 6-4

WEIGHT: 275 LBS

1st Team All-Sea View League

AWARDS: 1st Team All-CIF,
3rd Team All-County



PARKER CHASE

CORONA DEL MAR HIGH SCHOOL

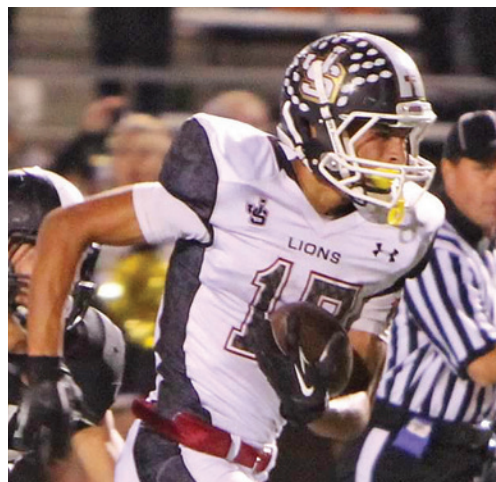
POSITION: DE

HEIGHT: 6-3

WEIGHT: 200 LBS

STATS: 97 Tackles, 16 Sacks, 1 Interception, 4
Fumble Recoveries (1 TD), 3 Forced Fumbles

AWARDS: First Team All CIF, Defensive MVP, First
Team All Pacific Coast League, 2nd Team All County, First Team
All State (Medium Schools), First Team Daily Pilot Dream Team,
CDM Defensive Player of the Year



ETHAN AGUAYO

JSERRA HIGH SCHOOL

POSITION: WR/CB

HEIGHT: 6-0

WEIGHT: 175 LBS

STATS: 622 Receiving Yards,
Avg. 14.8, TDs: 5





JAKE SMELTZER

TESORO HIGH SCHOOL

HEIGHT: 6-3

WEIGHT: 196 LBS

AWARDS: 1st team All South Coast League,
3rd Team All State by CalHi Sports.

COLLEGE OFFERS: Harvard & Yale



JACOB BREELAND

TRABUCO HILLS

POSITION: WR

HEIGHT: 6-6

WEIGHT: 215 LBS

KJ COSTELLO

SANTA MARGARITA

POSITION: QB

HEIGHT: 6-4

WEIGHT: 205 LBS

DEVON MODSTER

TESORO HIGH SCHOOL

POSITION: QB

HEIGHT: 6-2

WEIGHT: 190 LBS

RICK ELLISON

SANTA MARGARITA

POSITION: CB

HEIGHT: 5-10

WEIGHT: 181 LBS

OSCAR GOMEZ

ST. MARGARET'S HIGH SCHOOL

POSITION: RB

HEIGHT: 5-7

WEIGHT: 171 LBS

AUSTIN MAIHEN

SANTA MARGARITA

POSITION: OL

HEIGHT: 6-5

WEIGHT: 290 LBS

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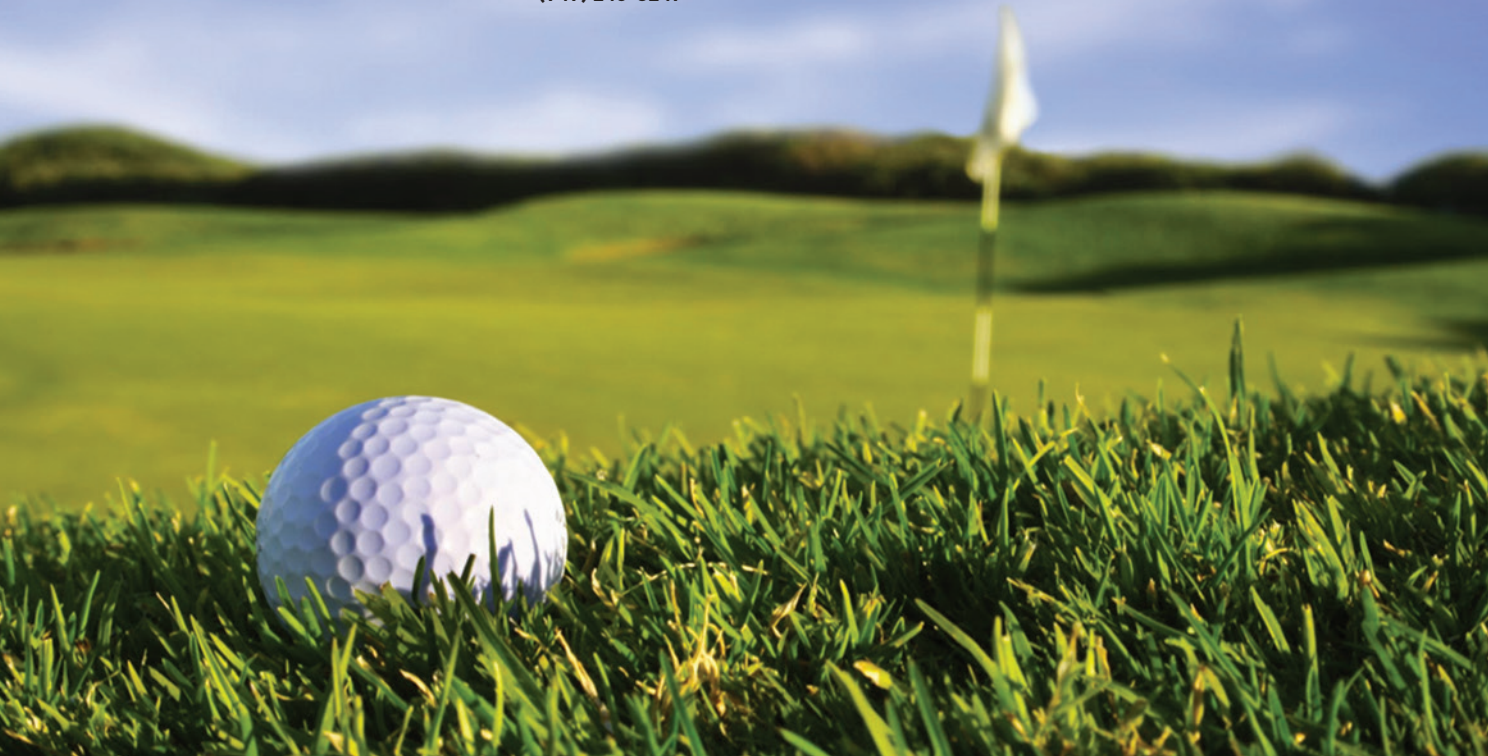
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9:00 am to 12:00 pm
\$395.00/1 week

JULY 7-11
JULY 14-18
JULY 21-25
JULY 28 - AUGUST 1
JULY 29 - AUGUST 2
AUGUST 4-8
AUGUST 11-15
AUGUST 18-22
AUGUST 25-29

4 Day Camps

JUNE 30 - JULY 3
Full Day Camp
\$475.00/4 Days

Half Day Camp
\$325.00/4 days

Current Junior Group Lesson Schedule

Mondays

3pm - 4pm Intermediate/Advanced
4pm - 5pm Beginner/Intermediate

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8am - 9am Advanced By Invitation
9am - 10am Intermediate/Advanced
10am - 11 am Intermediate/Advanced
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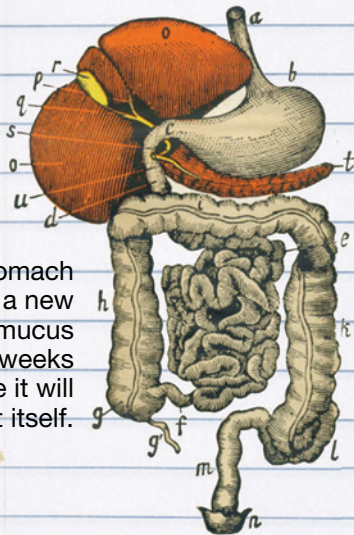
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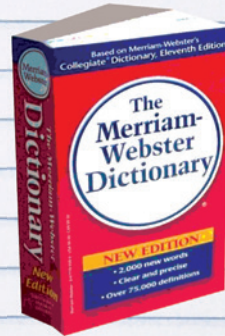


More than 50% of the people in the world have never made or received a telephone call.



Your stomach produces a new layer of mucus every two weeks - otherwise it will digest itself.

315 entries in Webster's 1996 Dictionary were misspelled.



Sloths take two weeks to digest their food.



Guinea pigs and rabbits can't sweat.



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Did You Know?

6 CIVIL WAR HISTORY FACTS

1. One-third of the soldiers who fought for the Union Army were immigrants, and nearly one in 10 was African American. The Union Army was a multicultural force—even a multinational one. We often hear about Irish soldiers (7.5 percent of the army), but the Union's ranks included even more Germans (10 percent), who marched off in regiments such as the Steuben Volunteers. Other immigrant soldiers were French, Italian, Polish, English and Scottish. In fact, one in four regiments contained a majority of foreigners. Blacks were permitted to join the Union Army in 1863, and some scholars believe this infusion of soldiers may have turned the tide of the war.

2. Black Union soldiers refused their salaries for 18 months to protest being paid lower wages than white soldiers. When black soldiers began signing up with the Union Army in early 1863, they were paid \$10 a month. White soldiers were paid at least \$13, with officers earning more. Blacks were further insulted when only they were charged a \$3 monthly fee for clothing, lowering their pay to \$7. As a result, the highest-paid black soldier earned about half the lowest-paid white soldier's salary. To protest these conditions, black regiments refused to accept their inferior wages. Finally, pressure from abolitionist congressmen coupled with the courage black soldiers had shown in combat persuaded Congress to rectify the pay structure. In September 1864, black soldiers finally received equal pay that was retroactive to their enlistment date. For many, this meant they finally had enough money to send some home to their families.

3. Lincoln was shot at—and almost killed—nearly two years before he was assassinated. Late one August evening in 1863, after an exhausting day at the White House, Lincoln rode alone by horse to the Soldiers' Home, his family's summer residence. A private at the gate heard a shot ring out and, moments later, the horse galloped into the compound, with a bareheaded Lincoln clinging to his steed. Lincoln explained that a gunshot had gone off at the foot of the hill, sending the horse galloping so fast it knocked his hat off. Two soldiers retrieved Lincoln's hat, which had a bullet hole right through it. The president asked the guards to keep the incident under wraps: He didn't want to worry his wife Mary.

4. General Ulysses S. Grant wasn't the bloodiest general of the war—Robert E. Lee was. Mary Lincoln called Grant a "butcher" for the horrific losses sustained by his troops during the Overland Campaign

in the spring of 1864—twice the number of casualties as Lee's army. But if casualties are counted proportionally, Lee's army suffered the most throughout the war. This is because Lee relished the attack, a trait that won him key battles such as Chancellorsville and Fredericksburg but cost him heavy casualties—Pickett's Charge at Gettysburg is an example—and eventually decimated the Army of Northern Virginia.

5. Robert E. Lee's Virginia estate was confiscated by the Union and turned into a cemetery during the war. As war descended on Virginia, Lee and his wife Mary fled their 1,100-acre Virginia estate, known as Arlington, which overlooked Washington, D.C. In 1863 the U.S. government confiscated it for nonpayment of \$92.07 in taxes. Meanwhile, Lincoln gave permission for a cemetery to be built on the property, including a burial vault on the estate's former rose garden. The idea was that, should Lee ever return, he would "have to look at these graves and see the carnage that he had created," according to his biographer Elizabeth Brown Pryor. After the war, the Lees quietly looked into reclaiming Arlington but took no action before they died. In 1877 their oldest son, George Washington Custis Lee, sued the federal government for confiscating Arlington illegally; the Supreme Court agreed and gave it back to him. But what could the Lee family do with an estate littered with corpses? George Lee sold it back to the government for \$150,000. Over time, 250,000 soldiers would be buried in what is now Arlington National Cemetery.

6. More men died in the Civil War than any other American conflict, and two-thirds of the dead perished from disease. Approximately 625,000 men died in the Civil War, more Americans than in World War I, World War II, the Korean War and the Vietnam War combined. If the names of the Civil War dead were arranged like the names on the Vietnam Memorial, it would stretch over 10 times the wall's length. Two percent of the population died, the equivalent of 6 million men today. Rifles were by far the war's deadliest weapons, but deadlier still was disease. In 1861, as armies massed, men once protected from contagion by isolation marched shoulder to shoulder and slept side by side in unventilated tents. Camps became breeding grounds for childhood diseases such as mumps, chicken pox and measles. One million Union soldiers contracted malaria, and epidemics were common.





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