

## SANTA BARBARA ATHLETIC ROUNDTABLE LUNCHEON : Trio helped coach deal with Royal pain - Local prep football teams are licking their wounds

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Misery enjoys company, or so the saying goes. And San Marcos High football coach Dare Holdren appreciated those who helped him share it.

He used Monday's Athletic Round Table press luncheon to salute three veterans who stuck with him throughout last year's 0-10 season -- and who then stuck it to Rio Mesa during last Friday's breakthrough, 10-8 victory over Rio Mesa.

"The great thing about these seniors," he said of Adrian Stimson, Max Cavalier and Jordan Kuykendall, "is that they went through all of this stuff with me last year. They have suffered right along with me, and they're the ones who deserve the praise."

All three played key roles on Friday -- Stimson with 12 tackles, Cavalier with a leaping touchdown catch, and Kuykendall with a team-high 56 yards of rushing. But Kuykendall also had to go through a little more suffering:

"He dislocated his pinky back in the second quarter, and I had no idea," Holdren said. "But he kept running the ball the entire game and never complained."

- **CARPINTERIA:** Nobody suffered more last weekend than junior Eddie Sanchez. Monday's luncheon after his MCL and a torn meniscus

part of our team," said lot of heart."

Injuries have reduced the Warrior roster to just 21 players for this week's game, but Moorhouse still likes the quality that they're putting on the field with the likes of senior Ivan Millhollin: "He's a starting H back and linebacker, and a real important part of our team," he said.

- **SANTA BARBARA:** The Dons lost their opener to powerful Oxnard, but they're hoping to heal along with all-leaguer Lenny Vargas.



"Lenny is one of the few guys who goes both ways for us," said assistant coach Sergio Barbosa. "He got dinged up a little bit during the summertime, but he's healing and hopefully we get him at full strength for Friday night's game."

He said that Santa Barbara did receive a strong performance last week from another returning all-leaguer, linebacker Ian Echternacht.

"He anchored the defense and was in on almost every play," Barbosa said.

- **BISHOP DIEGO:** Despite a 0-2 start, the Cardinals are excited about their prospects due to last Friday's return of lineman Joe Yonke from a major injury that he suffered last year.

"Joe just completed his Eagle scout -- he's thrifty, kind, brave, and he has a lot of courage, that's for sure," said athletic director Dan Peters. "He's coming off a knee injury which can end careers."

"He's the anchor of our line. He could've easily tapped out on Friday, but he played every single down."

The Cardinals were also excited to see sophomore Bruce Garcia come off the bench and score a touchdown against St. Joseph.

"Coach (Tom) Crawford can't wait to get him out there again and give him more carries," Peters said. "He's quite a young man and he works hard."

- **DOS PUEBLOS:** Charger coach Jeff Uyesaka is on crutches with his own leg injury, but he said his team wasn't limping away from its season-opening defeat at San Luis Obispo.

"Usually when you go up to those northern teams, there's a chance you might get manhandled, and that definitely was not the case," he said.

He said he will be leaning heavily on two-way starter Brennan Eccles.

"He's an outstanding gentleman, plays outside linebacker, receiver and tight end, and he runs a little bit of fullback," Uyesaka said. "And this week we're going to teach him a little offensive line and defensive line."

Also playing on both sides of the ball is Tyler McGaughey, a defensive back and wide receiver who, "is a tremendous asset and has a contagious laugh that keeps our guys in good spirits."

- **LAGUNA BLANCA:** Coach Ray Robitaille was happy that his Owls emerged injury-free from their season-opening defeat to second-ranked eight-man power Windward.

"We'll play at home this week on a more level playing ground against Valley Christian Academy of Santa Maria, with a 1 o'clock kickoff," he said.

Laguna Blanca is celebrating its 10th season of football, and the Rusack family will keep it stocked in good players for about the next 10. Hunter Rusack, a lacrosse star and one of the few seniors on the Owls' football team, played well on both sides of the line, Robitaille said.

"It's his 13th year at Laguna Blanca School, and he's got a couple brothers behind him who play," he said. "He did a really tough job on Saturday."

- **SBCC :** The Vaqueros also had to weather a highly ranked opponent, losing big to No. 3 College of the Canyons.

"They should be No. 1," said SBCC coach Craig Moropoulos. "With all the emphasis on character, and that character counts, and with all the things that we coaches have to go through, you should get beat by 50 and then have to come and talk about it in front of a bunch of people . . . you can't hide from it."

"College of the Canyons is the best football team that I've seen in 24 years of coaching. They're athletic, physical, talked a lot of trash -- their coaches included."

He was pleased with the performance of Oscar Loza, who had six pass receptions, and of the second-half effort of his entire team.

"At halftime, it was about 35-7 or 27-7, I can't really remember," Moropoulos said. "All I said was, 'Guys, all I want you to do is get out there and play like it's 0-0 . . . I'll judge you on how hard you play.'"

### GIRLS VOLLEYBALL

- **SANTA BARBARA :** The Dons were publicly celebrating their "private-school double" last week: Wins over powerhouses Harvard-Westlake and Santa Margarita.

But coach John Gannon doesn't want them to get satisfied.

"I told our girls after the first two games that the biggest temptation in life is to settle," he said. "I don't want our girls to get complacent."

- **DOS PUEBLOS:** The Chargers have high hopes, as well, and want to toughen up against what assistant coach Tina Brown calls "probably the toughest schedule we've ever had -- we're playing some of the top teams in the nation."

But while DP's lineup is comprised of many juniors, it does have two talented seniors leading the way with Caitlin Racich and Laura Penner.

"Caitlin is an incredibly dynamic player," Brown said. "Those of you who know Caitlin know that she is just a ball of fire and a joy to be around. She's one of our great outside hitters and plays defense and she brings a ton of both offense and leadership to this group."

"Laura is our utility player. She'll go in and play left front and middle front and right front -- wherever we need her to bring a sparkplug and be that leader on the court."

- **SAN MARCOS:** The Royals toughened up on the beaches of Hawaii at a preseason tournament.

"We had a great time and learned what the Aloha Spirit is all about," said coach Roger Kuntz. "That Aloha Spirit is a real giving spirit, and we brought that giving spirit back last week."

They did so by giving away 13 straight points to Westlake, turning a 21-12 lead into a 25-21 defeat in game four. But the Royals did recover to win the match.

"We actually have a very good team," Kuntz said, while lauding sophomores Hannah Warwick and Emma Campbell. "As football coaches would say, dynamite comes in small packages and these two are dynamite."

- **BISHOP DIEGO:** Coach Joe Reiken is also counting on some underclassmen, including freshmen Nicole Tetherow and Haley Fuller.

"What a spunky player," he said of Tetherow. "She's everywhere on the court . . . setting, she's hitting, she's blocking -- she's blocking -- and just serving our team in so many ways."

"Haley is already showing strong potential as a hitter and a blocker. In the Laguna Blanca Tournament, she accumulated a total of 16 kills in the course of pool play."

But Reiken does have senior, Heather McIntyre, that he can count on.

"Heather has been in the program for four years," he said. "We lost seven seniors last year, but she's back and one of our leaders this year."

- **CARPINTERIA:** Coach Katie Dolge is depending on the hitting of Kelci Jones and setting of Hannah Denitz.

"Kelci struggled a little bit last year with consistency, but this year she's just hammering the ball and doing great things in the back row," Dolge said. "She's strong and she's aggressive."

"And (Denitz) is my leader on and off the court. She does great things for the team as a whole, setting up pregame stuff, getting the girls excited to play. If you want to see a great personality on the court, it's her."

- **LAGUNA BLANCA:** Coach Jim Alzina has perhaps the most veteran team in town, with nine returning players from his CIF runnerup team of last year. The bigger schools know it, too.

"One of the exciting things this year is that we have teams like San Marcos calling us up and wanting to play us, which isn't always the case," he said.

He brought two of his returning stars, hitter Jackie Harvey and middle Jessie Ditmore, who both made the all-tournament team of Laguna Blanca's own event last weekend.

"Jessie did something that I've probably never seen in volleyball before," Alzina said. "We were down 20-15 against Village Christian, and it looked like it was all over, and she had five solo blocks in a row. It was pretty crazy."

"So we're really excited to have these girls."

### CROSS COUNTRY

- **SBCC :** Coach Scott Fickerson didn't get a chance to recruit before he took over the Vaquero program, but he still had 13 men and 10 women off and running at the Ventura College Invitational.

"That's an accomplishment in and of itself," he said.

Fickerson introduced two of the leaders of the Vaquero pack: Paige Colijn, who took ninth out of more than 100 runners at Ventura, and Wesley Korpela, who finished among the top half in the men's race.

- **SAN MARCOS:** Numbers are no problem for coach Lawrence Stehmeier, who greeted 72 runners to his team.

"Forty-eight of them are either freshmen or sophomores," he said.

He introduced one of the star sophomores, Quetzal Vallejo-Howard, as well as key juniors Ian Miley, Alex Simes and Jenny Haden. Miley and Simes are serving as co-captains for the Royal women.

- **DOS PUEBLOS:** The Chargers had an even larger turnout of 107 runners, which coach Leslie Wiggins-Roth admitted is "logistically challenging."

She brought six of them to the luncheon, including senior leaders Raymond Trujillo and Christopher Braden from the boys team, along with No. 1 runner Sergei Sushchikh, who is only a sophomore.

Also taking a luncheon bow were CIF girls qualifier Kelly Kosmo, their No. 1 runner again this year, as well as star sophomore returnees Erin Campbell and Sophie Pollack.

Wiggins-Roth said that Pollack showed the grit of a football player during the season-opening meet at Morro Bay, running on an injured hip: "By the way she ran on Saturday, you'd just never know it," she said.

- **CARPINTERIA:** Coach Angel Silva was excited with his large turnout, considering that the Warriors graduated a lot of seniors last year.

He was also happy to introduce team captains Maritza Torres and Hilary Ribbens at Monday's luncheon:

"They're actually helping with the numbers that we have," he said. "You get kids who are learning to run, you always need somebody to guide them and support them."

"Maritza Torres is actually a soccer player, so she's also bringing in some soccer players. We also had our parent meeting last week, and lots of parents showed up all because of our captains, and Hil played a big part in that and in getting things organized."

### COLLEGE SOCCER

- **SBCC:** Sports information director Dave Loveton noted that the Vaquero men, who beat Cypress 8-0 and San Bernardino Valley 5-2, are dispelling the myth that there's little scoring in soccer.

"That's 13 goals in two games, which is more than the Galaxy has scored in their last 10," he said.

He also noted that SBCC's women (3-0-2) are still undefeated after ties of 1-1 against Santa Rosa and sixth-ranked Cypress.

### LUNCHEON NOTES

Diane Hahn, a dedicated bowler and swimmer, was honored as the Special Olympics Athlete of the Month . . . Checks of \$3,420 each were presented to the athletic directors of five local high schools by Rich Hahn, who served as chairman of the Athletic Round Table's annual High Five Golf Tournament. The annual benefit of local high school athletics raised \$17,000 altogether.

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