

Athletes run like the rain

Written by Michaela Go

For some athletes, rain means canceled practice. For track and field, however, rain means nothing more than soaked clothing, shoes and socks.

During rainy days, to avoid sitting on the drenched football field, warm-up and conditioning takes place inside the main gym lobby. Afterward, practice is taken back outside. Workouts are unaffected during light rains, but during harder rains, workouts change accordingly.

The rain affects sprinters, long-distance runners, and field event athletes at varying degrees. A sprinter always runs on the track, but long-distance runners usually train around Quarry Lakes where they may be presented with puddles and mud. Throwing practice is probably the most affected. It's trickier to hold the discus because it's slippery when wet. The shot put ring also get slippery. This causes as a result, instead of outside running and calisthenic

exercises, throwers work out in the weight room. "When you're throwing, you don't want [your foot] to have too much grip [on the ground], but you need a little grip," senior Seth Eddings said.

Despite the uncomfortable conditions presented by the rain, many runners actually enjoy rainy-day runs.

"The rain makes running more fun," freshman Chloe Ng said. "It cools you down, as you run." Likewise, the workouts prevent athletes from getting too cold.

Meets are only canceled if the weather is "ridiculous." Rain during a meet makes staying warm more difficult, especially while the athletes wait in between their events.

"We have a waterproof, all-weather track, and all-weather skin," track and field coach Ben Vose said. "And while everyone is skipping practice because of the rain, that's when we improve."

Brower finishes with MVP

Written by Yama Hazeer



Senior Chase Brower has been playing soccer for almost his whole life.

"I got into soccer at two years old when my dad was playing. I always kick the ball in the backyard with my brother," Brower said. "I've always loved it because my dad played in high school and then went on to play in the police Olympics."

This past season, Brower played defense for the boys varsity team. Despite an injury sustained to his kicking foot earlier in the season, he still played the majority of the games. By playing with the injury, Brower motivated his teammates to give their best effort on the field.

"When Chase came to practice with the injury, it encouraged us to play harder," senior Antonio Garcia said. "It was nice to see him play even though he was injured. It showed that he was dedicated."

The team did not win as often as Brower would have liked, but he still enjoyed going out on the field and playing hard. He gave it his all on the field on defense, and the opposing team would usually get frustrated because of the tactics he used on the field to prevent them from passing him.

Brower intends to play soccer for Ohlone College next year.

Pack the House: Huskies lose to Newark, 50-54



Jimmy Young | Photographer

Huskies upset San Leandro

Written by Edin Cristofi

The boys basketball team, ranked seventh in North Coast Sectionals (NCS), played against San Leandro High School, Feb. 23. San Leandro, ranked tenth in NCS, competes in a league against schools like Bishop O' Dowd and Castro Valley, two of the most talented teams in the NCS boys' basketball. San Leandro looked to pull an upset against Washington but came up short. San Leandro was behind the Huskies by one or two baskets throughout the game. In the fourth quarter, San Leandro and Washington alternated the lead position. When San Leandro tied the game with a two-pointer, senior Mark Wik raced down the court with 6.7 seconds and dished a no-look pass to senior Jack Veronin. He went for the game-winning layup, giving the Huskies the ultimate lead.

"I had to keep track of the clock, so I would know how much time was left," Wik said.

After the shot, San Leandro called a time-out to prepare for a chance to tie the game. They went for the win but they failed. The Husky fans rushed onto the court at the sound of the buzzard, cheering on their team after a hard-fought victory.

The Huskies lost against De La Salle High School, 47-66, in round two of NCS, Feb. 26. De La Salle is the number two seeded team of the NCS playoffs.

"I saw the big man open, and I fed him the ball."
-Mark Wik

