

GO DRAGON sports!

the newsletter
of the
SHS Athletic Boosters Club

Fall 1999

Back at Sac!

Patience pays off for varsity football coach



Charles
Thorntona

For five years he had been trying to come back to Sacramento High School. This past summer Charles Thorntona finally made it.

Football coach Charles Thorntona graduated in 1970 from Sacramento High, where he played football and ran track. His five brothers and sisters also graduated from Sac High.

Coach Thorntona's wife, Elizabeth, is his right-hand assistant. "She's my backbone," he said.

Coach Thorntona's last coaching job was at Burbank High School. There he had worked on showing his football



Players hone their reflexes during conditioning training.

players that everything they did — schoolwork, home life, their attitude — was reflected on their performance on the field.

Coach Thorntona allows neither swearing nor for the players to be disrespectful either to each other or to the other coaches.

"Whatever direction they want to go, [the students] still have to do the same step levels ... a gaining of respect for themselves as well as giving that same respect," he said. ■

Run with the fire-breathing dragon!

There are no plays to memorize, and you don't have to agonize over your weak serve.

You set your pace, and you get to look at beautiful scenery.

The catch?

Your success depends on you — your determination to stick it out, to keep on running because you're not ready to quit.

In cross country your toughest competitor is yourself. In most sports the player can depend on teammates for help, but not in cross country.

Are you ready to "run with the fire-breathing dragon"? The typical course for varsity is 3.1 miles, 2 miles for JV. Runners are accepted throughout the season.

Stop by the track office in the Pavilion, leave a message in Coach Crocker's mailbox, or call 277-6515.

Coach Thomas Crocker, a Sac High graduate (1972) who works at Sac High, has been coaching at Sac High since 1982. ■

Where's your team?

The next newsletter comes out in March. The deadline for articles, photos, and updates is Feb. 17. Call Sandra Williams at 456-0625 (day) or 457-8580 (evenings until 9).

Short! Not in Dragon spirit

The first year she coached Sac High's team, volleyball coach Lisa Maneggie had two returning players, and there was no freshman team. This year the varsity team alone has seven returnees, some of whom developed their volleyball skills playing on Sac High's first freshman team.

Coach Maneggie said the girls' skills and overall interest have increased in her four years at Sac High.

Some of the players now play on club teams. The extra playing time makes them more competitive with players from schools with a volleyball program that starts in junior high and earlier.



Dragons setter Amber Dalske passes during a recent practice.

Playing in the Pavilion might also improve the volleyball program.

"We do really want to play in the big gym," Coach Maneggie said. "The kids wouldn't have to practice at such bizarre hours."

Volleyball games are currently played in the Fieldhouse Gym because the Pavilion isn't set up with nets. The smaller size of the Fieldhouse Gym prevents more than one team at a time from practicing there. The varsity team practices from 6 to 9 a.m. during the summer, then changes to 5:45 to 7:45 a.m. with the start of school.

Girls who want to play volleyball should stop by the Fieldhouse Gym before or after school or call athletic director Thomas Allen at 277-6234. ■



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Bringing back high school spirit



Graduated from high school over 20 years ago? Remember game days, when the cheerleaders wore their uniforms, the playing team wore theirs, and spirit-boosting banners were plastered all over campus?

New cheerleading coach Christine Johnson, herself a former cheerleader, wants to bring those days back.

The cheerleading squad's "main goal is the motivate the school," she said, and to "bring back school spirit." That means cheerleading support for all teams, freshman and JV as well as varsity.

New and improved!

Boosters re-formed, revitalized, and ready to support athletes

After a dip in membership the last few years, club membership is back on the upswing. The club is now on solid financial footing and has begun the long-term planning that will keep Boosters active and growing.

Parents earn money for teams

One of the first issues to be handled by the new, improved club last year was finding parents to staff the Pavilion snack bar during home basketball games.

Snack bar proceeds go to Athletic Boosters. Then, according to the number of hours worked by parents representing the different sports, Boosters allocates money to the represented sports.

To ensure this process works fairly, all coaches and sports clubs have to be contacted so they have an opportunity to work the snack bar. Boosters spent many hours calling coaches and other parents.

The hard work paid off. Sports that have already claimed Boosters proceeds are Women's Soccer, Men's Basketball, Women's Basketball, Swimming, Track, Women's Softball, and Football.

Sports to receive funds are Men's Soccer, Women's Volleyball, Men's Baseball, Women's Tennis, and Cross Country.

Membership director added

As soon as basketball season ended, Boosters tackled the next project: updating the club's bylaws. The bylaws' biggest change was the addition of a new position, membership director. The more active members Boosters has, the better the club can support Sac High athletes.

The first elected membership director is Pam Ossmann. Call Pam at 452-0339 or email her at pamellao@aol.com.

Coach Johnson said cheerleading is one of the "most intense sports" because it lasts all school year, not just one season.

Cheerleaders must perform all year round and usually can't play any other sport. Additionally, the cheerleaders have to be physically fit to perform the stunts.

Cheerleaders, including the four boys who are part of the squad, have been practicing during the summer and will be ready for the first game.

Anyone interested in cheerleading, especially freshmen, should contact Coach Johnson through athletic director Thomas Allen.

Go Dragons! ■

Freshman parents needed

If you're the parent of a freshman, we especially want your input. Your participation now will ensure your teen's senior year is the best it can be.

Some of the things we're working for may not happen in time for our teens. But if you join us now they can happen in time for yours.

A club for every sport

Athletic Boosters supports all Sac High sports by working with coaches and the clubs associated with each sport.

Every sport — swimming, soccer, football, and so on — has a club. Ask your coach or athletic director Thomas Allen about the club. If it's inactive, start it up again!

Your coach needs the support, and through your club you can organize fundraisers for your sport plus make sure your sport is represented at Athletic Boosters fundraisers.

Remember, Boosters proceeds are divided up by the hours each team contributes. Some of the fundraisers currently planned include the Boosters fireworks stand, snack bar sales during home basketball games, and T-shirt sales.

Make sure your team is represented at every Athletic Boosters meeting. **Meetings are held at 6:30 p.m. the second Monday of each month in the Sac High library.**

Sac High sports info on the Web

Athletic Boosters' new Web site, www.sacdragons.com, has game schedules and other sports information.

Boosters Webmaster Lori Jablonski, who has done a terrific job of building the site, worked with Web host QuikNet (www.quiknet.com), to get the site up in time for Fall sports. Check it out to see if your team's there! ■

SHS swimmers break Metro record

The Sac High varsity team broke the Metro League record for the men's 200-meter free relay at the Championship Finals on April 23 and 24.



This powerhouse team, whose competition includes Jesuit and Kennedy, consists of Matt Casto, Matt Larsen, Joe Woodbury, and Jonathan Hubbard.

Since all four boys should be back this year (all are seniors except Jonathan, who is a junior), look for more great news this spring.



In all, the swim team won first place in five swimming events, and the diving team won one.

Congratulations to swim coach Jacquie Anderson, diving coach Sarah Van Der Volgen, and all team members.

First place awards went to:

- Lacey Mael, diving (freshman-sophomore)
 - Jonathan Hubbard, Chris Alburn, Matt Casto, and Matt Larsen; 200-meter medley relay (varsity)
 - Jonathan Hubbard, 100-meter freestyle (varsity) and 50-meter freestyle (varsity)
 - Matt Casto, Matt Larsen, Joe Woodbury, and Jonathan Hubbard; 100-meter free relay (varsity)
 - Matt Casto, 100-meter breaststroke (varsity)
- Matt Casto also took second place in 100-meter freestyle (varsity). ■

FALL SPORTS

- Cross Country
- Football
- Men's Soccer
- Women's Golf
- Women's Tennis
- Women's Volleyball

WINTER SPORTS

- Wrestling
- Men's Basketball
- Women's Basketball

SPRING SPORTS

- Diving
- Swimming
- Track and Field
- Men's Baseball
- Men's Golf
- Men's Tennis
- Men's Volleyball
- Women's Soccer
- Women's Softball

YEAR-ROUND SPORTS

- Cheerleading

For official info about Sac High sports programs call athletic director Thomas Allen at 277-6234 or vice principal Judy Billingsley at 277-6212.

Scores and more!
www.sacdragons.com

Tennis, anyone? All girls welcome!

Even if you've never played tennis before, there's a spot waiting for you on the women's tennis team.

Many of the players are new to tennis, according to Coach Meredith Nelson, not just on the Sac High team but on teams throughout the Metro League.



Last year one of the new Sac High players was a senior, the tennis team her first sports experience, and she had a great time.

The girls who play on the tennis team learn how to work as a team and often become good friends, Coach Nelson said.

Coach Nelson, a Sac High teacher, has coached for six years, and she enjoys working with the girls.

"They're wonderful," she said, "hard-working, polite, and mannerly."

Girls of all experience levels are welcome. For more information leave a note in Coach Nelson's mailbox, stop by classroom AEO, or call athletic director Thomas Allen at 277-6234. ■

New Sac High BoosterWear!

Athletic Boosters has two new T-shirt designs, a new hooded sweatshirt, and a purple polo shirt with an embroidered dragon.

Look for our T-shirt display at on-campus events, visit our Web site, or call 456-0625 (day) or 457-8580 (evenings until 9).



Yes! I want to support Sac High athletes!

- Put me on the volunteer list.
- Send me a Booster card.

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email _____

My daughter/son is _____

She/he plays _____

I want to help with _____

Select your Booster membership

- Regular – \$8 per year *Discounts and voting privileges!*
- Super Booster – \$25 per year *Discounts, voting privileges and a Sac High hat!*
- Alumni Booster – \$50 per year *Complimentary pass for two to Homecoming plus a Sac High hat!*
- Lifetime Booster – \$250 for lifetime membership *Annual complimentary pass for two to one football and one basketball game plus a Sac High hat and sweatshirt!*

Here is my check/credit card authorization payable to

SHS Athletic Boosters for \$ _____.

Charge to: MasterCard Visa Exp. date (mo/yr) __ __ - __ __

Card No. __ __ __ __ - __ __ __ __ - __ __ __ __ - __ __ __ __ - __ __ __ __

Signature _____

Fax to 916/451-5636 or mail to SHS Athletic Boosters, 2315 34th Street, Sacramento CA 95817

~ your donation to SHS Athletic Boosters is tax-deductible ~

BRAGGING RIGHTS

- Barkum Ballard, All Metro Football
- Leon Ballard, Optimist Game and MVP, Men's Basketball
- Scott Gilbertson, All Metro Baseball
- Rashida Lester, All Metro Women's Basketball, Athletic Boosters Student Athlete Achievement Award
- Eduardo Lopez, Athletic Boosters Student Athlete Achievement Award
- Chris Menchaka, All Metro Baseball
- Carolyn Miller, All Metro Women's Soccer

INSIDE

- ✓ Swimming
- ✓ Football
- ✓ Tennis
- ✓ Volleyball
- ✓ Cross Country
- ✓ Cheerleading
- ✓ Boosters

Soccer spoken here

Sports with an international flair

Sac High's reputation for excellence has travelled around the world!

For proof, look at last year's men's soccer team. No less than four exchange students left their friends, families, and countries to play soccer with the Dragons.



Adding international excitement to the 1998 season were Steffen Annies (Germany), Gunther Kinsky (Germany), Alex Amaloot (Belgium), and Marcio Lima (Brazil).

Local players were graduating seniors Alfonso Del Toro, Alberto Ramirez, Ricardo

Vasquez, Mike Grant, and Jose Romo. All will be missed.

Coach Sotero Cavazos believes this year will be just as exciting. He's counting on returning seniors Mike Holkko, Mario Martinez, Alex Roque, and Tony Jones, combined with juniors Oscar Leal and Max O'Casey, plus transferring senior Nick Chadwick, to keep Sacramento High School on the globe for the 1999/2000 season.

The freshman team still has room for players who want to be internationally famous!

Contact Coach Cavazos or athletic director Thomas Allen in the Sac High physical education department at 277-6234. ■

An international game of her own

By Rita Halfman

It came as no surprise to Carolyn Miller that Women's World Cup fever swept people — including the President of the United States — off their feet this past June and July.

What did come as a surprise to Carolyn was being named to the women's soccer All Metro team for the second year in a row.

Carolyn, a junior this year, was named All Metro as a freshman and sophomore, but she quickly pointed out she was "supported by a great group of girls also deserving of recognition."

When asked about the future of women's soccer at Sac High, Carolyn said the teams are constantly improving.

She added, "There is always room for new

talent and growth within our team. It would be great for all girls interested in soccer to play for Sac High."

Women's soccer is a spring sport at Sac High, but conditioning begins in the winter.

Carolyn also noted that fundraising starts early. You can contribute to women's soccer through Athletic Boosters.

Girls or boys who want to play soccer for Sac High should contact either Coach Cavazos or athletic director Thomas Allen in the Sac High physical education department at 277-6234. ■



- ☞ Si usted necesita que se le traduzca esta note o forma, favor de llamar 277-6847 ext. 1131
- ☞ Yog koj xav tau daim ntawm no pes ua lus Hmoob, thov hu tus xov tooj ntawm no, 277-6847 ext. 1136
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Supporting Men's and Women's Sports

www.sacdragons.com

Sac High sports info on the Web!

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