

Swimming looks unbeatable as they start off the season

by Rowyn van Miltenburg
National Editor

Almost three months into its 2015 season, the LGHS Swim and Dive Team is off to a great start. So far the team has competed in three meets - The Palo Alto Spring Invitational, and two dual meets - and the varsity girls have won all three.

The team's first meet, the Palo Alto Spring Invitational, was not a league meet, so they competed against nine other schools both in and out of their league. The varsity girls took home a first place trophy, while the varsity boys got fourth place. Both junior varsity teams placed fifth at the meet.

At the meet, senior **Alex Grimes** took home first in both the 100 yard butterfly and 100 yard backstroke, and sophomore **Han Nguyen**



placed second in the 100 yard freestyle. Both girls aided their teams' relays, helping place first in the medley relay and second in both the 200 freestyle relay and 400 freestyle relay.

The Palo Alto meet was freshman **Maia Draca's** first high school swim meet, and while it may have been unfamiliar, Draca said, "It wasn't as stressful as I thought it was going to be." She added, "The spirit was great and our team was very fun to hang out with."

On Fri., March 13, the swim team had its first dual meet of the season against Saratoga, where all teams won. The varsity boys beat Toga by a whopping 67 points. Senior **Lawrence Tao** took first in both the 50 yard freestyle and 100 yard freestyle, while junior **Koji Kusumi** won the 200 yard IM and 100 yard backstroke.

The JV girls also had a great meet, taking home first in all of their relays. After the meet, JV girls coach, and LGHS alum, **Greg Crites** said, "While we've only had one league meet this season, I feel our results are indicative of the positive results to come."

Coming off their wins, the team travelled to Gunn High School on Fri., March 20 for its first away meet of the season. At Gunn, both JV and varsity girls won, while the JV and varsity boys faced their first dual meet defeat. The JV girls beat Gunn by 78 points. They won all of their relays, and placed first, second, and third in three events.

With a solid beginning to what looks to be a great season, Crites said, "This season we've made a considerable effort to push our swimmers harder... the results are evident in the pool and in our team's camaraderie."



Los Gatos Rowing builds bonds through competition

by Rachel Salisbury
Opinion Editor

The Los Gatos Rowing Club has started off their regatta season strong, with two regattas already behind them and many more to come. With nearly yearlong practice to prepare them for the regular season, their goal for the remainder of the regular season is to unite the new members with the veterans.

For their first regatta of the year, the team participated in the Oakland Strokes' Faultline Faceoff Invitational at the San Pablo Dam Reservoir near Oakland, which runs from Feb. 28 to March 1. The team, including both LGHS and non-LGHS students, had a good showing at the regatta. On Saturday, the team captured second place in the Men's Novice 4+ and the Men's 2x. The women's team took first place

in the Novice A-8+ race, and the men's team came in second in the Novice B-8+ race.

The Los Gatos team competed in a variety of other races at the Faultline regatta, but was generally more successful at their following regatta, the Shamrock Invitation near Redwood City.

The course at Shamrock differs from others, as senior **Olivia Woodford-Berry** commented, "You race three boats, but only two boats can fit under the bridge at once so everyone has to race to the bridge. If you don't get to the bridge first, you yield or you're going to die."

The Shamrock Invitational gave the team a chance to grow as a cohesive unit. Having lost most of its members as graduating seniors last year, the younger members were able to test their skills before

applying them at the Shamrock Invitational; as a result, the team performed better at Shamrock than they did in Oakland.

In addition to being a relatively young team, the rowers have also faced difficulties this year as a result of the drought. During their preseason, the rowers found themselves traveling back and forth from Redwood City on the weekends to practice. Their regular practice area, Lexington Reservoir, was too shallow, but has now been somewhat replenished due to a marginal increase in rainfall.

Although water levels are expected to decrease over the course of the regular season, they would have to drop dramatically for the team to practice elsewhere. The long commute is inconvenient, and even impossible for some of the team members, so the team expects to stay at Lexington until the end of the school year.

Injuries plague pro sports

by Brent Gingell
Web Editor

Professional sports have been plagued by a seemingly ever-increasing amount of serious injuries. These concerns are all the more relevant as the MLB's Spring Training begins, and another batch of pitchers fall to season ending Tommy John surgery, a surgery which reconstructs a pitcher's torn ulnar collateral ligament. San Francisco 49ers' linebacker Chris Borland retired recently over concerns regarding the effects of repetitive head trauma sustained in the NFL. In the NBA, players such as Derrick Rose have had their careers marred by injury trouble. It seems like players are more prone to injury than ever before.

In the NBA, the last generation of superstars like Michael Jordan seemed more durable. For example, Jordan missed two or fewer games in eleven of his fifteen seasons. In LeBron James' twelve seasons, he has only met the same criteria twice. Dwyane Wade has never met it. Last year, Major League Baseball saw more Tommy John surgeries than during the entire 1990s. The anatomy of humans has not changed in a significant enough manner to account for these changes in the number of major injuries faced by players.

Perhaps this number is simply aided by medical advances over time. Players could be more likely to get major surgeries because of the higher success rates of modern medicine. In an article on ESPN affiliate Grantland, baseball analyst Jonah Keri cites a survey claiming that over a quarter of people think that having the Tommy John surgery actually makes the affected tendons and ligaments stronger. The rise in injuries could simply be a misguided attempt to gain a competitive advantage in a time when steroids are tested for rigorously.

More likely comes the idea that there is over-practicing and over-specialization among the youth. Kids are playing one sport, year around. Sometimes that is because the coaches have off-season practices that string them along, other times they simply have a favorite sport. The problem with this is that kids are stressing the same muscles and tendons year-round. As these kids grow older, and the lucky few begin to reach the pros, they are simply more likely to be injured because of the history of stress on their bodies.

These injuries can be devastating to professional sports leagues. The loss in entertainment when last year's Most Valuable Player, Kevin Durant, is shut down for the foreseeable future is incalculable. Baseball loses a crop of young talent to the Tommy John every season. Football faces achilles injuries and concussions. Injuries will never be completely eliminated, but the increasing trend of major injuries is nothing short of worrying for all sports fans.

(Sources: Grantland, NY Times)



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