



Racing toward the finish line: Cerritos College runner Juan Tapia places first against Riverside's Chris Chamness in the 400-meter dash on Saturday at the Mt. San Antonio College Relays. Tapia beat out several others schools as well during the dash.

ALEXANDRA SCOVILLE/TM

Runners earn top three places at Mt. SAC Relays

ENRIQUE RIVERA
News Editor
news@talonmarks.com

Seven Falcon men and women runners earn top three spots in their races during the Mt. San Antonio Relays invitational on April 14 at Mt. San Antonio College.

- Sophomore Brandon Hendrickson took second place in the 110-meter hurdle.
- Freshman Hadijah Hall took first place in the 100-meter dash, second heat.
- Sophomore Seth George took third place in the 110-hurdle, first heat.
- Sophomore Juan Tapia took first place in the 400-meter dash, first heat.
- Sophomore Mitchell Ramirez took first in the 400-meter dash, second heat.
- Sophomore Lily Trinh took third place in the 400-meter hurdle.
- Sophomore Dominique Pearson took third place in the 400-meter shuttle hurdle.

The Falcon men's team also took first place in 4x110-meter shuttle hurdle. The team consisted of sophomore Shawn McCoy, freshman Jarrod Lipscomb, George and Hendrickson.

Hendrickson raced in two events and took second place in the 110-meter hurdle.

"I still feel like I could have done better, my start was kind of weak.

"I didn't really get to prepare for today too much this week because it was raining," he said.

Hendrickson feels that his goal for the next race is to perform better than the runner from Mt. SAC who took first place.

"He's very fast, he's a strong person and he's definitely the person I will try to catch next week," he said.

Not having to fight the wind would've been something that could have helped to place in the top five, according to sophomore Aaron Koepple who placed eighth in the 400-meter dash.

"I just know where I'm ranked and I'm not really looking at my opponents, I'm just trying to get my own personal best time," Lynn said.

He placed 12th on the 5,000-meter run. Sophomore Daniel Herrera, who didn't

race in the invitational was pleased with his teammates' performance.

"Everyone seems to be stepping up at the right time, the coach is doing a good job at making sure we're running as fast as we should be running.

"We're close to the conference and we're starting to run really fast," he said.

Having to recover from an injury in the beginning of the season, Mitchell Ramirez ran the 400-meter dash and took first place.

Herrera said about Ramirez, "For him to be running that fast, at this point, is crazy."

The conference match-ups begin in two weeks at Compton Col-

lege.

Cerritos College will be hosting the Long Beach Invitational on Friday and Saturday at 9 a.m.

This will be Cerritos' last invitational of the season before the South Coast Conference Prelims.

Mobile News

Scan to listen to the full story



<http://bit.ly/lkAHzk>

Coach Murray leads Falcons softball to southern conference



PROVIDED BY CERRITOS COLLEGE ATHLETICS
Fighting for conference: Coach Kodee Murray has been the Cerritos College softball coach for 11 years. The team currently has an overall record of 26-7 and a conference record of 17-1.

LUIS EQUIHUA
Contributor
sports@talonmarks.com

In her first 10 years as the Cerritos College head coach, Kodee Murray has a record of 324-116-2, four south coast conference championships and the team has advanced to the Southern California Regional Playoffs every year.

She was the 2007 Southern California Coach of the Year, and named Conference Coach of the Year twice.

Coach Murray has over 20 years of experience with 14 of those at the community college level.

She also spent six years coaching at Woodbridge High School in Irvine and won the CIF Championship in 1988.

This year she has led the Falcons to a record of 26-7, coming off a strong win against conference rival Mt. San Antonio College on April 10. "The measure of success is how many students you move on not championships," Coach Murray said.

Since 2003 coach Murray has had 22 of her players move on to play at universities, and some

even returned to be assistant coaches with her. A shortstop in 2007-08 and an assistant coach since 2010, Jenel Guadagno said of Murray, "Awesome motivator, motivates you on and off the field."

She was a two time First Team All-South Coast Conference selection for the Falcons and she helped lead the team to the state championship two years in a row, while they on the title her sophomore year.

Former player and current assistant coach Nichole Deel said, "I am a whole different person had I not stepped on this campus."

Deel left the program with the school's home run record (since broken) and was a Second Team All-state, First Team All-Southern California and First Team All-South Coast Conference selection at shortstop her sophomore season.

Outfielder Maiya Tallakson said, "The way she coaches has brought out a much better person and player in me, its brought my confidence up."

The team will play its last home game against Long Beach City College on Thursday at 3 p.m.

Cheerleaders have better things to do



Lauren Gandara
Sports Editor
sports@talonmarks.com

come popularly known especially after all of the "Bring It On" movies that keep being made and keep getting lamer and lamer.

Cheerleaders are athletes themselves and cheer at enough sporting events already.

Therefore, it is best if cheerleaders just stick to cheering for the two main sports they cheer for: football and basketball.

It takes cheerleaders all summer to come up with routines, chants and band dances to perform during big school functions and football and basketball games.

They spend the summer also learning about the basic fundamentals of the two sports so that they can call out cheers during plays.

There are 19 sports at Cerritos College, both men's and women's.

How do you cheer at a wrestling tournament?

P-I-N, Pin him, pin him! I don't think so.

To have to learn about all of these sports and remember the fundamentals of every sport would take more than just a couple of months in the summertime to learn and memorize.

Plus, cheerleaders have their own events they need supporting at.

In the winter and springtime, cheerleading teams participate in cheerleading competitions.

These competitions have be-

These girls are hardcore athletes and have to practice constantly in order to win.

It's a lot of work and pressure and to add on to that, having to cheer at even more sporting events that the team isn't even paying attention to, to begin with? How fair is that to the cheerleaders?

Most cheerleading squads don't even cheer for all sports in high school or grade school.

I've heard of the Laker Girls and the Dallas Cowboys Cheerleaders, but I've never heard of the Dodger Girls or the LA Kings Cheerleaders.

Mobile News

Scan to listen to the story against cheerleaders cheering for every sport.



<http://bit.ly/HSEEPi>

Cheerleaders should cheer for all sports



Alexa Bazua
Assistant Arts Editor
alexa.bazua@talonmarks.com

rowdy. So what is wrong with having cheerleaders there?

If they bothered people so much, the crowd would leave, but

The Cerritos College cheerleaders only cheer at the men's football and basketball games when in reality they should be cheering for every sport.

Cheerleading was invented for the sole purpose of supporting its teams through organized chants and dances so it should do its job and do so for every team.

Cheerleaders should have to cheer for all teams because it makes more important than any other sport.

Not only does it make those two sports seem higher prioritized, it also makes it seem like men's sports deserve more recognition and support than women's.

Many times, family members will attend a game or event to cheer on only one athlete.

While that may be good for that one athlete, it does not support the team as a whole, and that is what cheerleaders are there to do; to encourage the whole team to win.

Some might say it is annoying to have them cheering because the audience wants to just focus on the game.

What about all of those people around you being loud?

Some want to focus on the game, but there are also people that are there to have fun.

The crowd gets loud. It gets

it doesn't.

Sometimes the crowd doesn't even get in to the game, and afterward it wonders why the team lost.

Support from fans helps motivate the athletes to do their best, and they can get it at every single game from the help of cheerleaders.

Just as cheerleading has evolved from being male dominated to female dominated, cheerleaders should move on from cheering just for football and basketball to cheering for every sport.

Traditions are broken all the time, and the times are changing. That is why the tradition of cheering only for football and basketball needs to change.

Mobile News

Scan to listen to the story in favor of cheerleaders cheering for every sport



<http://bit.ly/l3rgBJ>