



Blowing away the competition: Freshman forward Alexis Clark pushes aside Los Angeles Southwest defender on the way to the basket. Clark would finish the game with four points and four rebounds as the Falcons cruise to their second straight conference win, putting them at 2-0 on the season.

Falcons remain undefeated after conference win

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The Falcons traveled to LA Southwest College and captured their second straight victory putting them at 2-0 in conference play.

The Cerritos women's basketball team beat the Cougars 54-44 in a game Cerritos dominated, leading in nearly every statistical category.

Despite coming away with the victory the team still has some areas it hopes to improve on.

Cerritos shot only 42 percent from the free throw line making a total of 15 out of 35.

Head coach Trisha Raniewicz said, "It's on us to get to the line against a physical team, and make them pay for being physical and knock down free throws."

The first half of play between the two teams was all about defense with the half ending 17-14 in favor of Cerritos.

"I wasn't happy with our first half," said Raniewicz.

At the start of the second half Cerritos came out on a 9-0 run and took a 12 point lead.

Despite the Cougars many attempts to take the lead Cerritos never allowed them to come within four points.

The Falcons were not able to duplicate their shooting success from their previous game against EC-Compton. Cerritos shot 35 percent from the field against LA Southwest. However, Cerritos still managed to control the game.

Freshman forward Crystal Ro-

driguez said, "We've just learned to play with each other, before it was all individual now we're all about the team."

Raniewicz added, "I really respected how we came out from half time with a lot of energy."

Second half issues were a weakness for the Falcons in pre-season, but in conference they have found ways to execute.

In both conference games thus far Cerritos managed to not only score more than 25 points in the second halves of both games, but also come away with wins.

The Falcons closed out the game against LA Southwest 54-44, and are now undefeated in conference play.

Cerritos forced 14 turnovers, 12 of which were steals, and out rebounded LA Southwest 37 to 20.

The Falcons struggled in pre-season posting a 5-13 record, but since conference play has begun the team has come into its own.

"It feels more like a family," Rodriguez said, "through the struggles we've learned to stick together."

The next challenge for Cerritos will be LA Harbor, who it will host this Wednesday

LA Harbor is also 2-0 in conference after defeating Long Beach City and EC-Compton.

No matter the opponent the Falcons feel they have a chance to win every game in conference.

"Honestly if we work hard, and do what he have to do, it's definitely all wins [from here]," Rodriguez concluded.



Preparing for the year: Right to left Carlos Mendez and Biel Roca Carreras prepare themselves with the rest of the team for the new season. The men's season begins Saturday against Cal Lutheran University.

Cerritos tennis strive for greatness

Mens tennis looking to avenge last season

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The Falcons are looking to build on their success from the previous season and compete for the state championship.

Last season the Falcons enjoyed great success as a team finishing with a 24-4 overall record and going undefeated at 8-0 in conference.

Cerritos concluded last season with a loss to Irvine Valley in the Southern California Regional Play-off championship.

The men's tennis team consists of 13 total members, 10 of which are first year players.

The team also consists of nine international players who will be looking to impact the team by winning Championships.

Second year player Henry Ayesgia said, "My goal for this semester is to perform to the best of my ability and to win the state champion-

ship for the first time, that's something that we are working toward really hard and hopefully that can come true."

Head Coach Alving Kim shares his players mentality

"Last year unlike the women's we didn't win state, we didn't have any individual champions either, so to try to get as many of those as possible, [goal] No. 2 is the state [championship], our goal is to be No. 1, that's our intent," he said.

First year Assistant Coach Jon Neri is excited about the opportunity of working with the team this year.

Neri said, "Our goal is to try to win the state, we came really close last year from what I heard, hopefully we can help this guys on areas that they need to work on technically and tactically."

Cerritos will begin their season against Cal Lutheran University Saturday.

The Falcons will play their first conference game of the season on Feb. 28 against Mt. San Antonio College.

Cerritos womens tennis hope to repeat prior success

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The reigning Southern California women's tennis team champions will look to replicate last years' success this season.

The Falcons finished with a 25-1 overall record and went 12-0 in conference play.

Head Coach Alvin Kim said, "Last season was our first state championship, it was kind of like a dream season, we had an undefeated record in the state, we swept a lot of the awards as well, [...] pretty much as a season it was well expected."

This years women's tennis team consists of six players, only three of which are returning players.

Among the members there are multiple players from other countries looking to make their mark this season.

First year player Petra Such said, "I'm from Hungary and I'm 19 years old, I came here to study and to play tennis, my goal for this semester is to win as many matches as I can for my team."

Last season the entire team fared well in both singles and doubles, every singles player and tandem had a winning record.

Returning players on the team will hope to develop their skills.

Sophomore Elizabeth Aceves said, "This season I'm just hoping to get better in doubles, I'm more passionate in doubles than singles. Hopefully I will learn [how to improve] my serves."

Despite having success last season in conference and in the play-offs coach Kim understands that every season presents new challenges.

"This season [it] will be hard to follow a season like that, we had some trouble with a couple recruits who cannot join our team on time, so we will not be as strong as we hope to be, we have a good group, we will do the best we can," Kim said.

New year new season new expectations

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The institution of Cerritos College Women's Track and Field is one that extends back decades and includes seven CCCAA state championships.

With a new generation of Falcons coming out into the competition, the coaching staff for the program has nothing but high hopes for the season which will begin on Feb. 4 for the South Coast Conference opener.

Director of Track and Field Christopher Richardson said, "It's going to be interesting how they

step up. We have some pretty high-caliber meets [this season.]"

He mentioned being invited to UCLA twice for invitationals which will see all the PAC-12 schools.

"It's gonna be some heated competition toward the latter stage [of the season.] That's where [the women] get the exposure, that's the fun part."

Now, with the team coming off its second straight state championship the quest for a third is underway.

"The hardest thing is to repeat," Richardson said, "One hundred percent of our sophomores last year transferred [...] that is a great thing

but at the same time really hurt [the team] in some key event areas, like [the team's] distance and throwing areas."

For the first time in two years the Falcons will be without Destiny Mack-Talalemotu, a prominent thrower who was crucial in the team's winning of the last two state championships.

Women's Head Coach Michael Allen said, "[The team] has four freshmen, and we have Crystal Rodriguez who went to state last year."

The coaches believe that they have high caliber athletes to fill her shoes. They described Talalemotu has an all-around athlete who ex-

celled in all areas of throwing, but the new throwers will add depth to the program.

Richardson commented that he anticipates record being broken during the upcoming season.

He said, "I can see both hurdle record being broken, the javelin record, long jump and high jump."

The team has a some time before competition starts. While the conference opener is important it is really only used as another practice.

"It's more of just breaking the status quo of training," he said, "It's gonna be a good eye opener for the second tier athletes who are about to break through to the top."

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