



ECHS SPORTS

Winter 2010

Girls' Varsity Basketball

The 2010 ECHS women's basketball team are Frontier League Champions! We currently have a 18-3 record and we went undefeated 8-0 in league play. We as coaches are extremely proud of the accomplishments of our Lady White Tigers.

With two return players from last season, Natasha Keyser & Catherine McGowen, the Lady White Tigers are gearing up for the playoffs again. Most schools don't have two Freshman starting on a varsity team, but throughout the majority of the season, we did. I want to take the time to recognize the teams statistics and characters that made this team so special!



<u>Grade</u>	<u>Position</u>	<u>Player name</u>	<u>Total points</u>	<u>Assists</u>	<u>Rebounds</u>	<u>Steals</u>	<u>Blocks</u>
Freshman	Guard	Nicole Mats	34	50	48	50	0

She is one of our starting point guards and a huge sparkplug on defense. Nicole plays with a high level of energy and passion. Can't wait to see her mature as a person and basketball player.

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Freshman	Forward	Miranda Armendariz	49	10	42	32	8

If you haven't seen her run down opponents with her speed, you should be at our games! She is a *FAST* young lady! Miranda is a rare specimen, in which she is tall, lanky, oh and did I mention really *FAST*?! That is a recipe for the makings of a great basketball player.

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Freshman	Forward	Emily Aldridge	2	0	10	8	0

"Em" is a great player in the making as well. She is learning the skills in her first year playing basketball. She is the calmness of the team, the "Quiet Storm". She never gets overly emotional and when it is time to run, she doesn't break a sweat! If fact, she doesn't fear running or suicides because she never shows she is tired. Go figure....

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Freshman	Guard	Kendall Price	10	0	9	3	0

Kendall is also learning how to play the game. She is coming out of her shell proving to be growing in her abilities, confidence, and being a vocal leader out on the court. Did I mention she really likes singing on the way to and from the games? Her attitude and demeanor make her a joy to coach.

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Freshman	Guard	Amanda Dixon	16	8	16	9	0

Amanda is the quintessential "coachable" player. You tell her to do something, and she will do it. Even if she really doesn't know how, she will try it! She got some valuable playing time and showed us coaches what she has to offer as a point guard for the future squad. She is showing she has the ability to play with the starters and is gaining confidence in her abilities.

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Sophomore	Center	Mandy Matz	48	4	57	13	5

Mandy is the Professor, making sure she knows exactly what the coaches expect from her. She brings a strong game in the middle and we are looking forward to her development as a Post player. She is also growing in her knowledge of basketball and always asking what she can do to better her skills and abilities to help the team.

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Sophomore	Center	Morgan Dewberry	156	14	162	24	21

"Mo" played against us last year at Calvary Christian Vista. She liked the vibe so much, she decided to join us this year. What a huge lift in character and in play. She has grown tremendously as a player in her abilities and likes to be pushed to be a better player. Did I mention she has a weird sense of humor?

JV Boys' Basketball

The Junior Varsity Basketball team has had a very successful season making great gains in their basketball IQ and their growth as a team. Led by Sophomore captain Tyson Stevenson and junior sharpshooter Ryan Panlasigui their season started off with a boom, winning six of their first seven games with notable wins against rival Calvin Christian twice, including a 31-30 win at Calvin Christian. The hopes were set high for the Tigers as they went into the Tri-city Tournament. Unfortunately, their play was stifled as the competition was a lot better than the team had experienced in the first part of the season. Although they were outperformed they weren't outmatched and the team understood they had to go back to the gym and put in some time if they wanted to start the second half of the season like they did the first half.

After a tough game against San Dieguito Academy, the JV team started implementing the famous Coach Jackson press with a certain tenacity and efficiency unknown to JV team in the first half of the season. The team came out and

practiced their press against a young and inexperienced team in Preuss. The true test was going to be against powerhouse La Jolla Country Day at La Jolla Country Day. The Tigers came out fast and hard led by point guard Victor Cruz and guard Tyrell Bradley who applied the pressure. With the help of big man Tyson Stevenson and Erik Frawley the team was able to mount an impressive victory against La Jolla Country Day.

The team has really come together with the help of the coaching staff and the mentality of the players that have bought into the system. Although the team is young, they have the desire that is needed to compete at this level. Notable players like Michael Chung, Joseph Ramli, Jerry Tegno, and Justin Merrill have made great gains in their game and will be a force to be reckoned with as they continue with this great game. Last, but not least, I have to mention the late addition of Griffin

McGlinchy. His passing skills and heart is unmatched by most in the league and has been a great addition to the team.

As the Charter Tigers season comes to a conclusion, we look back at the moments, whether up or down, bad or good, and we see the growth we have made and the fun we have had doing it. The work ethic was tremendous and it was a great season. Tune in next year for more good things to come.

Coach Jackson & Coach Prodan



GO WHITE TIGERS!!



Varsity Boys' Basketball



ECHS 67- GPA 58

ECHS Men's Varsity Basketball defeated Guajome Park Academy for the first time in the program's history behind a strong team effort, led by Derek Philen's strong drives to the basket and Shane Tanksley's lay-ups and three 3 point shots. Philen and Tanksley scored 22 points each. Thomas Marino added 9 points and grabbed 16 rebounds to help seal the win.

ECHS 62 High Tech High Chula Vista 18

Derek Philen led the scoring with 14, Braydon Racciato was next with 9

points and Tobi Peters and Shane Tanksley each added 8 points.

ECHS 66 Gompers Prep Academy 12

In the breakout game of his career, Tobi Peters led the White Tigers with 17 points, Shane Tanksley was next with 14, hitting two 3 pointers, Thomas Marino added 9 points, and Colton DeLoach 5.

The Rock Academy 70 ECHS 37

In a loss to the always tough Rock Academy, Thomas Marino led the team offensively with 12 points, Shane Tanksley was next with 9, Derek

Philen added 6 points and Thomas Jennings scored 5 points to put up the highest total against the Rock in our history.

Coach Tanksley (760) 445-2704



GO WHITE TIGERS!!



ECHS SPORTS

GIRLS BASKETBALL—Cont. from Front Page...

<u>Grade</u>	<u>Position</u>	<u>Player name</u>	<u>Total points</u>	<u>Assists</u>	<u>Rebounds</u>	<u>Steals</u>	<u>Blocks</u>
Junior	Forward/Center	Melissa Badillo	6	0	24	2	3

In her first year playing high school level basketball, Melissa grew in her knowledge and confidence. She is beginning to enjoy the game except for running at practice....but hey, who likes running suicides???

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Junior	Forward	Jessica Michaud	66	14	88	26	5

Co-Captain Jesse comes as a transfer from the state of Maine. One word to describe her, "Gritty". She has a toughness about her and desire to do what she can to make the team better. She is tough and not scared to take the rock to the basket. We look forward to seeing her confidence and abilities grow.

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Junior	Guard/Forward	Catherine McGowen	63	20	49	43	4

"Cat", one of our return players from last season, began playing the role of coming off the bench. It didn't sit well with her and she was determined to crack the starting line up. Well, it paid off and she became a huge impact player, especially on defense. Cat is a huge team player and loves this game of basketball! She is the team spokeswoman for fun and sparks the LWT on defense when we need a steal or a hard foul.

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Junior	Guard	Natasha Keyser	377	27	61	89	22

The star of the team is Captain Natasha Keyser. She leads the team averaging 19 points per game. Natasha is the team leader by action/play and is the heart & soul of this team. She is one tough gal with desires to play at the next level. We are expecting big things from her next year, her senior season.

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Senior	Forward	Sarah Pulido	4	3	4	5	0

Sarah is a converted ice skater who has skated with the likes of Michelle Kwan. This is Sarah's first year playing basketball. Her competitive nature drew her to basketball and so she tried out. Her lack of experience in basketball is overshadowed by her "coachability", spirit and attitude, which is what epitomizes the Lady White Tigers.

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Senior	Guard/Forward	Lorin Brunelle	87	6	44	33	11

Lorin is relentless on defense and loves playing basketball. She also cracked the starting line up as she was bound and determined to be a leader on the court. Her confidence is oozing and her play is getting better each game! Lorin wants to go out her senior season a winner!

The Coaches:

Coach Chris Keyser helped to start this wonderful program. He is the teacher and can't stay in his seat too much during the game. Not only has he coached his two daughters (Natasha & Micha), but he is teaching Coach Micha the ropes in her second year as a coach so she can be a head coach one day.

Coach Jay Luce is his assistant. He is the disciplinarian, the entertainer, vocal amplifier of Coach Keyser's play calling and has been with Coach K for 6 years now.

All three coaches love coaching and love the girls they coach! They are looking eagerly to see how these young ladies develop because they will be "a force to be reckoned with" in the future.

The Lady White Tigers have wonderful personalities, attitudes and are a joy to coach! Next stop, the playoffs...please come cheer our girls on to victory!

Coach Chris Keyser (760) 670-7415
Asst. Coach Micha Keyser
Asst. Coach Jay Luce

GO WHITE TIGERS!!



Softball

The softball team will move things into high gear this weekend with their first Winterball double-header. They play at 10am and 12 noon on Saturday, January 30.

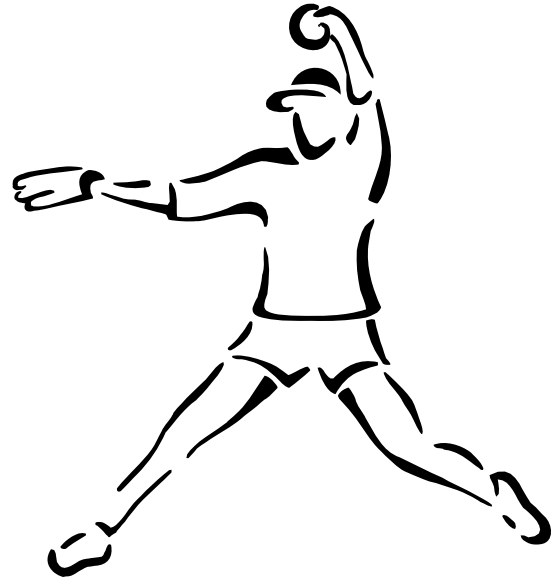
Every returning player and prospective player is invited to play – but you must contact Coach Boyer to make the arrangements. It is very easy – call him at 760-801-6342.

Also the ECHS Softball team is only 3 weeks away from tryouts for the 2010 campaign. You must, of course, have your paperwork turned in at the ECHS front desk BEFORE the day of tryouts –

which are on Saturday, Feb 20th at 8:00am SHARP. The field is at Washington Park. Bring your glove, cleats and a bottle of water or two. Don't be late!

For more information call Coach Boyer at 760-801-6342.

GO WHITE TIGERS!!



**Mark your calendars!!
2010 SENIOR AWARDS BANQUET
Monday, May 3, 2010**

**E
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S**

Congratulations!!

Rob Burnes

1st Place

Torre Polizzi

2nd Place

*Coast
League
Finals*



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