



SPORTS NEWS

By: Mr. Noel Martinez



Hafa Adai Crusader Family! Here is a Crusader Sports Update. Our Boys Volleyball and Girls Soccer seasons are just about wrapped up. Our Girls Soccer team had 7 first time players. They were able to battle through the season and finish with a record of 4 wins 4 losses and 1 draw. Our offensive attack was led by Brienne Leon Guerrero, Shyann Roberto, Jenna Young, Kira Cruz, Michelle Merfalen, RickiMya Balajadia and Emma Pleadwell. They paced the team with precision passes and scoring. Our defense was anchored by Kiyoko Afaisen, Celine Doronila, Kiara Leon Guerrero, Justine Almandres, Kimie Okada, Isarene Quintanilla, Reisa Aguon, Delneisha Garcia, and Taylor Mendiola. Together they were able to thwart the efforts of opposing teams. Our 6th graders on the team, Sia Taisipic, Delsherae Garcia, Hali Lujan-Gonzales, Chloe Calvo, and Avah Masnayon, provided strong play on the field. 8th Grade student, Ella Balajadia is a first time soccer player. She joined soccer without any knowledge of the game. She was asked to try-out for goalie and she accepted. With awesome training by the coaches and the support of her teammates, Ella was able to adapt to one of the most pressure-filled positions on the field. We are all proud of you Ella! Thank you to Coach Sara Pleadwell and Coach Gideon Tyquiengco for doing an outstanding job leading our girls! Let's all support the Girls as they participate in an island wide soccer tournament on March 7th at the Guam Football Association Facility.

Our Boys Varsity Volleyball team has bounced back from losing four straight games to start the season. After that fourth loss, they have since won four out of five games! Way to go boys! Team Captain Shayden Attao has played part of this season with an injury but was still able to lead the team with his tough serves and spikes at the net. Co-captain Manny Paulino and setter Luke Reyes have done an excellent job setting up hitters like Shayden, Peter Cruz, Joshua Gumataotao, and Randy Taimanglo. Caelan DeVera and Galen Cepeda provide instant offense off the bench with their ace serves and timely hitting. Swing Players Nicholas Guerrero, Roi-Ryan Cruz, and Shaun-Paul Martinez also provide steady gameplay. Thank you Coach John Afaisen and Coach Eugene Flores for continuing to push the boys and keep their spirits up! Our Junior Varsity team has amassed a record of 6 wins and 3 losses. Shaun-Paul Martinez has done an awesome job being a vocal leader on the court. Backing Martinez up in the leadership role are Roi-Ryan Cruz and Nicholas Guerrero. Edwin Rengiil, Neill Franquez, Noah Flores, and Justin Lee, round up the team with their teamwork and court awareness. Thank you Coach Johnny Chargualaf for guiding our junior varsity team!

Physical Education

Noel Martinez

1st – 5th Grade

Balance, hand-eye coordination, and team building skills are what the students are practicing. They participated in a drill where a ping pong ball is placed in their open palm and they had to run through an obstacle course without dropping the ball. The purpose of this drill is to develop balance. Another drill involved tossing a ping pong ball up and down in one hand while trying to catch a basketball being thrown at you with the other. This drill helps with hand-eye coordination. We also did a drill where a group of 3 students had to hold hands and they each had a ping pong ball placed on the floor in front of them. The goal was to guide each ping pong ball using their feet to a designated spot on the floor without letting go of each other's hands. The purpose of this drill is to develop teamwork. Other activities include basketball, volleyball, and hula hoops. All students switch groups throughout the activities to promote teamwork. There also periods of physical fitness where students participate in crossfit style workouts.

6th – 8th Grade

We are continuing our diverse routine of crossfit and circuit training style workouts. I try not to let the students do the same workout twice in one week. Aside from the usual burpees and squats, students also experienced tension push-ups. A tension push-up is when they go halfway up on a push-up and hold that position for several seconds. They really enjoyed that one! Another one is a focused leg exercise where they stand straight and extend one leg straight out directly in front of them with their hands at their sides and hold it up for several seconds. This exercise is also very popular with the students. They also engage in different sports like basketball, volleyball, and rugby. We go over the basics of each sport before gameplay and review what they learned during gameplay.