

The WARRIOR JOURNAL

February 17, 2007

The Official Newsletter of Carpinteria Track & Field

THE 2007 SEASON IS ON THE HORIZON



CIF medalist Kacey Nomura

the traditional season opener, will be held on March 3. The Russell Cup and County Championships will also continue to make their home at CHS and, on May 12th, for the third consecutive year, the CIF Division IV Preliminary meet will be held in Warrior country.

As the saying goes the only constant in life is change. This year the Tri-Valley League (TVL) has undergone a shake up. Longtime member Bishop Diego has moved to the Frontier League as Nordhoff and Oaks Christian join the TVL. This brings the challenging TVL up to 7 schools with Carpinteria, Fillmore, Oak Park, St. Bonaventure and La Reina rounding out the rest of the league.



High jumper Lucy Musson

Do not fear! The pitter-patter of little feet echoing through the streets and cascading from stadiums across the land is not the harbinger of an ungainly fowl with bundled cotton in its bill. The only surprise the cacophony heralds is the dawning of another exciting season of Carpinteria Warrior Field and Track. The black and red clad athletes once again take to Memorial Stadium to host an assortment of top quality meets. The Rincon Races,

Who are the stalwart individuals retruning to lead the charge of tough, competitive track and field? Returning from CIF Finals last year for the girls and boys are one individual and the 4x400 meter relay teams from each gender. On the sugar, spice and everything nice side of the gender divide is Kacey Noumra who returns to

the sprints in a bid to better her 60.17second, 6th place, 400 meter finish at CIF Finals last year. Kacey is also going to join Tiondra Flynn, Nicole Spaeth and Racer X on the 4x400 meter team to try and better a 5th place



CIF 800 meter finalist Thomas McMahon

finish at CIF Finals last year. Fierce determination can also be seen on the face of high jumper Lucy Musson who is determined to PR and qualify for CIF Finals this year after two previous years of being edged out at the Prelims. Rumor has it she even went to consult a great guru on a mountain for enlightenment regarding this year's season. For the snails and puppy dog tails side of the fence is individual CIF Finalist in the 800 meters Thomas Mc Mahon. Thomas looks to destroy the 2:00 barrier and better his 6th place time of 2:00.61. Mc Mahon will also join the 4 x 400 meters team along with Alex Cuevas, Steven Lozier and Freddy Maldonado. The relay team is eager to better its 5th place finish at Finals last year. The freshman record holder in the 400 meters, Freddy is looking to break more records during his sophomore season.



Freshman 400 meter record holder Freddy Maldonado

The throwers will look to veterans Valerie Chamlee, Sam Buchmiller and Eric La Fevers to provide leadership while the jumpers will lean on Jade Jones, Nicole Spaeth, Carina Celio, and Matt Ross. The very long sprinters will rely on the distance experience of Matt Mulroy, Evan Schoenberg, Gabe Flores, Tesa Coleman, Brianna Stout and Maricela Hurtado. Moving to the short fast stuff, the sprinters will be exemplified by Dustin Donovan, Kaleb Medel,

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Vinny Jimenez, Marissa Carrillo and Lauren Colomy. The obstacle sprints look to *Javier Perez, Whitney Chamlee* and *Katie Buchmiller* for hurdling inspiration. *Whitney* and *Tesa* perform double duty as they lead the pole vaulters as well. *Evan Stanford* returns for the boys team.

Unfortunately, one Warrior star will not be back on the track in '07. Senior CIF Finalist *Haley Bowman* suffered a season ending knee injury during the soccer season and will miss the track season as well. She will be missed by one and all.

As is usually the case, The Warriors will be looking to cover their weaknesses with new talent this season. A strong turnout of new faces is an encouraging sign for the '07 season. It promises to be another competitive and exciting year for Warrior F & T.



Tiondra Flynn and Nicole Spaeth plan to return to the CIF Finals in the 4 x400 Relay this season.



The CIF medalist relay team of Steven Lozier, Freddy Maldonado, Thomas McMahon and Alex Cuevas are gearing up to make an impact again this season.

CONTINUING ON — ALUMNI NEWS *Life After Carpinteria*

The Warrior Journal will be tracking at least six former Warriors in their exploits during the 2007 collegiate field & track season.

Noah Bryant enters his senior year at the University of Southern California. The 2002 State High School Champion in the shot put has his sights set on returning to the NCAA Finals in '07. The Trojan strongman is off to a good start by winning the shot put competition at the Dennis Heimrich Invitational in Albuquerque on February 3rd. His toss of 63' 11¾ broke the meet record.

2004 grad *Lindsey Connolly* will be hitting a new stride at Westmont this season. Lindsey has become a race walker and a pretty darn good one to boot. She qualified for the NAIA Indoor Nationals in the 3K race with a school record time of 18:36.07 in Azusa on February 10th.

Chris Targoni is the top returning thrower for the Montecito Warriors. The 2005 CHS grad threw 35 lb. weight 38' 6" at the Azusa meet. This moves him to #2 on the Westmont all-time list. He also tossed the shot 37' 7 1/4" to finish fourth in the event.

2005 CIF 3200 meter champion *Joaquin Gomez* returns for his sophomore year at Pasadena City College. Walkin will be looking to make an impact in the steeple chase this season as he trains under *Angel Silva's* college coach, *Larry Knuth*. Joaquin won the 1500 meters in PCC's league opener with a time of 4:13.54 He also finished second in the 800 meters in the 4 team meet.

Two Warriors will represent Santa Barbara City College this season. Super jumper *Elena Torres* will be making big marks in the sand in the long and triple jump in 2007. She will be looking to improve upon a strong freshman season with the Vaqueros. *Kevin Cogan* is making a comeback! After skipping the 2006 season, the '04 CHS grad is ready to roll in the distances this season.

Margo Ledig's status at Chapman College is unknown at press time. The former All CIF high jumper is due to start her sophomore season at Chapman.

Help us keep up with the exploits of our heroes. Report results from the track or field. E-mail to J_mac_mahon@hotmail.com or mail to the Warrior Journal c/o Carpinteria High School, 4810 Foothill Road, Carpinteria 93013, Attn: Jeremy MacMahon.

CARPINTERIA WARRIORS

TRACK & FIELD 2007

Mar. 3	Sat.	Rincon Races	Carpinteria	10:00
Mar. 8	Thur.	Maricopa Relays	Ojai	3:00
Mar. 10	Sat.	Tri-County Invitational	Moorpark	9:00
Mar. 15	Thur.	Newbury Park	Newbury Park	3:00
Mar. 22	Thur.	St. Bonaventure	Carpinteria	3:00
Mar. 24	Sat.	Easter Relays	SBCC	9:00
Mar. 29	Thur.	Oak Park	Oak Park	3:00
Apr. 5	Thur.	Tri-City Relays	San Marcos	3:00
Apr. 7	Sat.	Arcadia Invitational	Arcadia	2:00
Apr. 12	Thur.	Fillmore, Nordhoff	Carpinteria	3:00
Apr. 14	Sat.	88th Russell Cup	Carpinteria	9:30
Apr. 21	Sat.	S.B. County Championships	Carpinteria	10:00
Apr. 25	Wed.	Oaks Christian, La Reina	Carpinteria	3:00
May. 3	Thur.	TVL Championships	Carpinteria	3:00
May. 12	Sat.	CIF Div. 4 Prelims	Carpinteria	12:00
May. 19	Sat.	CIF Finals	Cerritos College	11:00

Would you like to know when the Warriors are going to race again? Are you interested in the scores and performance updates of Warrior athletes? Do you want to know who the top Warriors are in the history of CHS track & field? — *HERE IS YOUR CHANCE !!*

You are invited to subscribe to *The Warrior Journal*. A subscription includes: seasonal schedules, weekly team updates, alumni news and the “*Red Book*”, the comprehensive CHS Track & Field record book. Keep up with your favorite Warriors all season long. All proceeds from *The Warrior Journal* will be used for CHS Track & Cross Country teams. Travel expenses, awards, and special equipment costs will be defrayed by subscription fees.

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MEET THE WARRIOR COACHING STAFF

Van Latham, Head Coach – Events: Throws • Coach Latham enters his 25th field & track season at Carpinteria. A Carpinteria native, Van has directed 11 varsity boys and 8 varsity girls teams to TVL titles in his 20 years as head coach. In 1999 and 2001, the Carpinteria boys won CIF track & field titles. Over half of all Warriors to qualify for the state championships have come during Latham's coaching tenure. Van has coached 25 CIF medal winners, including 5 CIF champions and a state champion. Latham has been an instructor on numerous occasions for both the AAF Track and Field coaches' clinic and the Know-It-All Clinic of the Central Coast. In his spare time, Latham teaches math and computer graphics at CHS.

Ben Hallock – Events: Sprints, Relays • Ben embarks on his 15th year with Warrior Field & Track. A long time coach, Ben adds his vast experience to the CHS staff. He was previously head track coach at both Bishop Diego and Santa Barbara High Schools. Hallock coached athletes have reached state qualifying competition in both hurdle and jumping events. Ben is also found on campus most days teaching a variety of science classes. When he isn't teaching or coaching, Hallock can be found doting on his granddaughter, Saraita.

Jeremy MacMahon – Events: Hurdles & Jumps. • A 1996 Carpinteria graduate, Jeremy begins his 8th track season coaching the Warriors. Jeremy has coached CHS record holders in both high and intermediate hurdle events. Jeremy is the co-head cross country coach also. MacMahon was 1996 TVL high hurdle champion. He is currently in his last quarter at UCSB with the goal of earning a teaching credential in math.

Mary Fisher – Events: Jumps • This fourth year coach is a CHS grad from 1997. A multi-talented athlete, Mary was a 4-time TVL champion, twice in the triple jump and twice with the 400 meter relay team. Mary holds spots in the CHS record book in all three jumping events and in 1997 was an all-CIF triple jumper. The U. of Washington graduate is an elementary teacher in Goleta.

Angel Silva – Events: Distances • Coming off the resounding success of the Warrior cross country team's league title, Angel enters his fourth year as the Carpinteria distance coach. A former Ventura College & USC cross country/track star, Angel is prominent on VC and USC record boards in the 5,000 and 10,000 meter events. Angel teaches classes for disadvantaged students in the Ventura School District.

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