



The fast break

By ANKITA CHHABRA
Sports writer

The wet truth

"It's something about the anticipation of the swimmers' last lap to see him or her finish strong and bring the win back home that drives people to this sport," said Ohlone assistant swimming coach Don French.

And that's just one side of the story.

It's the passion, the strong will and the determination of the Ohlone swimmers that allows for the glory that comes after every lap they swim.

"Swimming isn't a sport you can fake - you can either have the will to do it or you don't."

Ohlone Head Swimming Coach Gene Kendall couldn't have said it better. He takes pride in his hardworking team that is up in the weight room at 6 a.m. every day and then in the pool every afternoon at 1 p.m. "If you want to be good you got to practice, but if you want to be great you have to practice hard," said Kendall.

And which athlete doesn't? Baseball players are out on the field struggling and improving through their weaknesses, just as the basketball players are in the gym improving their skills.

But then there are the swimmers too who splash into the warm water to improve "individually" and then improve together.

And that is still just one side of the story, it's the hunger to swim, not the hunger for attention that drives these swimmers.

"Everyone is willing to help and understand and make you better. Like a family"

And family is what swimmer Victoria Zolfarelli has found with the Renegades. Just like the rest of her teammates, Zolfarelli sees this sport's upsides and its downsides as well.

Swimming is the best all around body workout, but that doesn't mean you will be burning fat (you need that to retain heat in your body in the pool), but it is one of the most demanding of workouts out there.

"I like the six-pack abs that it get from swimming," said swimmer Adam Kallabis, who looks past the early morning workouts for the end results.

There are also endless amounts of possibilities that the pool has to offer.

"Compared to a lot of other sports, it is one that is well recognized in the Olympics as a hardcore and demanding sport," Kendall added.

"Everyone can swim, but not everyone can do it on a competitive level. So that's why people forget that it's a sport," French added/

Just take the Olympics into account the next time you have a doubt about swimming being a legit sport.

Just ask Michael Phelps.



Ohlone's chase for state begins

Both men's, women's basketball teams start playoffs this weekend

By ANKITA CHHABRA
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After a great season for both the Ohlone Men's and Women's Basketball team, both are back in the gym making more lay ups as they prepare for the State playoffs.

Since the beginning of the season it was each player's dream to make it this far, and now that the time to perform has arrived as both teams look ready to play.

For the Men's team, it was been a season of growth and learning.

Since game one, they came out strong and played consistently throughout the season as the top spot in conference, until they were tied up with the City College of San Francisco in the number one spot.

It is the battle between these two schools who are seeded third and fourth consecutively, that the Renegades are really looking forward to face off with.

"We work hard, and I know all of us want to really win the state championship because it would mean a lot to win the state championship," said sophomore center Alpha N'Diaye.

Though the Renegades have been able to make it the playoffs in the past several years, the title has not seem to have missed their hands by a two game difference. Both teams have a league record of 10-2; therefore, each team will be working hard to hopefully face off against each other.

Last year the men went headstrong into the playoffs but were eliminated in the Sweet Sixteen against Fresno City 64-62 as Ohlone's Chancious Rose could not get off the last-second three-

pointer.

This year Head Coach John Peterson believes this team can be capable of winning and going to the end.

Their first playoff game will this Saturday as they host Merritt College.

"I heard they were good this year, but I know we are better," said Kevan West, who, like the rest of his teammates is looking confident for playing Saturday night and advancing to the next round.

On the other end of the court, is the Women's Basketball team.

Despite a slow start to the 2008-'09 campaign, the Lady Renegades had their share of treasured memories of this season that was not only perfect in conference, but successful toward the end of the year.

With a great coach at hand to guide them this year, the girls were honored to be part of such a team under the wings of Head

Coach Elizabeth Stanley, who was awarded Coach of the Year by the State Conference Committee.

The girls, who are perfect in conference with a 12-0 record, are seeded number seven in state and are hosting Siskiyou College this Friday at 7 p.m. to kick off Ohlone's chase for the State Championship.

They have been looking forward to the playoffs as well and are looking sharp as they get ready to be played and win the next 12 scheduled games.

After receiving several recognitions and conference awards, the girls are preparing to finish the match-up on Friday strong and move to the next game.

The brackets are in place, and the playoffs are under way as the battle to win the tile begins. This year looks good for both the Renegades teams as the shooting still continues and the hunger to win persists.

Hoff tames the top-ranked Panthers

By JEFF WEISINGER
Sports editor

Sophomore right-hander Ian Hoff is well-known for his lights-out stuff coming out of the bullpen.

However, after Tuesday's 1-0 upset over top-ranked Sacramento City, he's now the guy that just simply has lights-out stuff, period.

Hoff held Sac City off the basepaths until the fifth inning when Panthers left fielder Eli Hynes doubled off Hoff to start the inning.

That would be the only baserunner Hoff would allow in his first win of the season.

Hoff (1-1) earned the complete game victory in a pitchers duel against the Panthers Mikey Torrence, allowing just the one hit and striking out eight on the afternoon.

"I thought I did pretty well," said Hoff after the game. "I did my job."

Hoff had a lot of help defensively, highlighted by third baseman Zach Johnson's diving catch and throw to first baseman Ryan Walterhouse in the sixth inning that prevented a Panther rally with one out.

"Our defense was the key," said Renegades Head Coach Jordon Twohig. "Every time [Sacramento

City] put the bat on the ball, we made some nice plays."

Sac City starter Mikey Torrence also took a no-hitter into the fifth inning until Renegades second baseman Michael Ussery hit a double to right to earn the Renegades their first hit of the game.

Both the Renegades and the Panthers offenses would remain quiet until the eighth inning.

After Hoff retired the Panthers in order in the top of the eighth, the Renegades hitters took over in the bottom half of the inning.

Andrew Galvan took over for Torrence in the eighth for Sac City as the Panthers looked to keep the Renegades off the scoreboard.

Ohlone's Aaron Chavez had other ideas. He led off the bottom of the eighth with a key single. He would advance to second off of a Steven Ramos' groundout.

Cody Foster then reached first after being hit by Galvan's pitch, which brought up the clutch Zach Johnson.

Johnson hit a line drive to the shortstop, and what looked to be a guaranteed out at second turned out to be the go-ahead run as the second baseman, Mike Hagarty, dropped the ball as he tried to get the sliding Cody Foster out at second.

The error ended the scoreless game as Chavez reached home following Hagarty's error to give



Photos by Tara Lynn Lanning

Sophomore Ian Hoff shut down the top-ranked Sac City Panthers Tuesday, holding them to just one hit on the day.

Ohlone the potential game-winning 1-0 lead with one out in the inning.

Hoff finished the one-hit complete game shutout against the Panthers as he struck out Hagarty to end the game.

"The first game [of the season] we were playing against Sacra-

mento City. Today we were playing against the game of baseball and letting the chips fall where the may," said Twohig.

The Renegades have now won 12 of their last 13 games since losing at Sacramento City on opening day and take their seven-game win streak on the road to Gavilan.