**SPORTS**

**Women’s soccer romp over West Valley**

By KYLIE NORDEN
Sports editor

The dampened field and less than desirable playing conditions weren’t enough to prevent the women’s soccer team from walking away with a 6-0 demolition of visiting West Valley College on Tuesday.

Two goals in the opening 10 minutes of play were enough to settle the Renegade nerves and a 5-0 half-time lead definitively put the game to rest.

“We’re happy to get a win,” said head coach Larry Heslin.

“We’re looking to make sure that we are keeping our shape, both defensively and offensively so we can start stretching the field wide.”

Second-year center back Sarah Welker got the scoring started immediately, heading in a corner from the left-hand touchline inside the opening five minutes.

The Renegades’ free kicks and corners proved extremely effective to the undersized West Valley defense, constantly exploiting mismatches and producing good goal-scoring opportunities Ohlone used to their advantage.

Freshman midfielder Jessica Hernandez provided a moment of brilliance when she laced a free kick from approximately 25 yards out in the upper corner of the near post, the West Valley keeper only able to get her finger tips to the ball, hopelessly pushing it into the net and the Ohlone advantage to 2-0.

“We try to work on our set pieces; we got four goals off of set pieces, so that was nice,” said Heslin.

Another goal from an Ohlone corner furthered their stranglehold on the match with the score now at 3-0.

Minutes later, a left-footed strike from freshman forward Elizabeth Mooney struck the near post and bounced in, past the outstretched arms of the helpless West Valley keeper, making it 4-0.

A West Valley own goal on yet another Renegade free kick essentially put the match to rest with another 15 minutes yet to be played.

“There wasn’t much that we needed to change,” Heslin said at the intermission.

“We were going at them. We just kind of took our foot off the gas to respect the opponent.”

Aside from the keeper, the Renegades starting 11 took the field to start the second half.

Feeling comfortable with the five-goal lead, Heslin made eight substitutions just minutes into the second half to get the other girls some playing time with the match in hand.

Second-year forward Cheyenne Kisthardt tapped in a cross from Celia Ochoa to finish the scoring, a fitting way to celebrate her birthday.

“It’s awesome,” she said.

“It’s a nice feeling.”

Many players and coaches don’t enjoy partaking in games this one-sided because they feel the team doesn’t get tested to their full potential, but Kisthardt knows that this victory is still a big one.

“It’s a strong win,” she said.

“Games like this are good for our team confidence and help us get comfortable with each other.”

“They help us build forward for the harder games we have in the future…”

The Renegades now stand with an overall record of 9-3 with a Coast Conference record of 6-1. They are still undefeated at home, having won all eight matches they have played here.

“Tens to get the net out of our field,” said Heslin when asked what makes his team such a hard team to play at home.

“We know what it’s like, we know where the bumps are… Also, there are a lot of teams that don’t play grass. Most of the teams in our conference are all on turf.”

Kisthardt said the work rate of the team is a big difference maker.

“It’s just hard work,” said Kisthardt.

“We’ve really bonded this year, working as a team at home.”

“It’s always good to protect our own house. I think it helps when we all pull together.”

The Renegades are really rolling now, having won seven of their last eight games.

Ohlone is now gearing up for a big showdown with De Anza in Cupertino Oct. 14 at 1:30 p.m.

**Cabrillo edges out men’s soccer in low-scoring affair**

By NAVIN KRISHNAN
Staff writer

The Renegades went into Friday’s game with a sharpened mentality while missing two key players and having to rely on indoor practices following a rainy week.

Ohlone ended up on the short end of a 1-0 loss to visiting Cabrillo College.

That discipline and focus came up just short, with Ohlone’s lone flame of hope dousing into a pile of ash.

They aimed for a 4-4-4 record but went slipping into defeat.

“Discipline and focus are our mantra right now,” said head coach Jan Nordmo before the game.

The only goal came after a failed Ohlone barrage ended up with Ohlone getting the blunt end of the hammer, smashing them into their eventual defeat.

But Ohlone would not let this loss be a reason to lose hope.

“This has been the story of the season,” said Nordmo.

“The first two to three minutes of the half, our focus isn’t there. The first half, we were focused; [during] the second half, guys are still kind of excited, they still think they are going to be playing great, but one little let-down, a few minutes into the second half, ball bounces, the left midfielder gets stuffed for a moment, fails to throw the ball out, and they come in and knock it in.”

Perhaps the best move to make from this standpoint would be to look forward with a positive attitude and try to retain the elements of “discipline and focus.”

But to Ohlone, failure is only another reason to have more confidence.

“That’s been our challenge,” said Nordmo.

“How do you respond to the adversity? How does that impact your confidence? Today, we just failed. We did well. We understood what we needed to do. We lost focus.”

Perhaps it wasn’t simply the luck of the draw that allowed Cabrillo to beat Ohlone, but Nordmo had a distinct view as to how it happened.

“Any team can do anything to anybody in a community college league.”

“We’ve got to get back to the focus and we’ve got to get back our confidence. We’ve got to have a good, solid training session Monday.”

“We know how to play against Mission. We need to go out and dominate Mission. We have to put our feet on the ground.”

Take it out on Mission is the mission.

Here’s hoping it was just the rain.

Kickoff was at 4 p.m. The result of the match was unknown at the time of printing.

Photo by Theodore Domingo

Greivin Pacheco Quesada attempts to play the ball forward during the Renegades’ disappointing 1-0 loss on Friday to visiting Cabrillo College.