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Team logos courtesy of their respective teams.
All schedules are subject to change.
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New year, new plan. Burros get ready for tough season by switching things up

The Burroughs High School varsity football program was still feeling the impact last season after losing 26 seniors at the end of the 2017 season. Many will remember that under former head coach Todd Mather the 2017-18 Burros football team had an 11-3 record and made it to the CIF Finals — only to be defeated by Aquinas High School.

Last year, the Burros named Sean Fullerton as the new football head coach. Knowing that he had large shoes to fill, Fullerton set high but reasonable expectations.

During his first year as head coach, Fullerton and the Burros went 1-9 overall and 1-4 in league, their only win coming in against Hesperia during their last game.

Then, much like the year prior, the Burros were hit with an overwhelming amount of graduating seniors at the end of the 2018 season.

Regardless, Fullerton still holds high expectations for his team. “We are going to be competitive, and we are going to play to win. I expect them to compete,” Fullerton said.

“We say we have a 1-0 mentality. For example, today we had a 1-0 mentality: we want to have a good practice, we want to have a winning effort. So, taking care of those little things, the scoreboard will take care of itself.”

Along with the team’s new motto, Fullerton also has been increasing his player’s football IQ by having them play and learn multiple positions.

“They are going to have a deeper understanding of the game because they are going to have to play both offense and defense side and positions on both sides of the ball,” Fullerton said.

“The first day I told them they are going to have to be the best-conditioned team in America. And they will be well-coached because they are going to have to play multiple positions.”

These are plans that Fullerton and his staff have been working on and preparing for since December 2018.

“We go brick by brick. And...
## Burros Football 2019 Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/15</td>
<td>6 p.m.</td>
<td>Chaffee</td>
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<tr>
<td>08/23</td>
<td>7 p.m.</td>
<td>@ Legacy High School</td>
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<tr>
<td>08/30</td>
<td>7 p.m.</td>
<td>Palmdale</td>
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<tr>
<td>09/06</td>
<td>7 p.m.</td>
<td>@ Pete Knight</td>
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<tr>
<td>09/20</td>
<td>7 p.m.</td>
<td>@ Barstow</td>
</tr>
<tr>
<td>09/27</td>
<td>7 p.m.</td>
<td>@ Bishop Union</td>
</tr>
<tr>
<td>10/04</td>
<td>7 p.m.</td>
<td>@ Apple Valley</td>
</tr>
<tr>
<td>10/11</td>
<td>7 p.m.</td>
<td>Oak Hills</td>
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<tr>
<td>10/17</td>
<td>7 p.m.</td>
<td>@ Serrano</td>
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<tr>
<td>10/25</td>
<td>7 p.m.</td>
<td>Sultana</td>
</tr>
<tr>
<td>11/01</td>
<td>7 p.m.</td>
<td>@ Hesperia</td>
</tr>
</tbody>
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I feel good. Last year we were a little bit behind because we changed the offense after the spring. We decided to go in a different direction after the spring. This year I wanted to be prepared ahead of time.”

After Fullerton and his staff came together and discussed this upcoming season, they knew that things would need to change. And having a young head coach, who has a little bit of “old-school coaching” and “new-school coaching” could be perfect for the Burros.

“Last year we ran a version of the spread offense. This season when we looked at our personnel it doesn’t really fit. Upfront we are a bit lighter than most teams,” Fullerton said.

“We have some really good running backs and we have some good, shifty receivers. Our approach will be more balanced with the run and the pass. We are focusing a lot on misdirection.”

A lot of the focus on offense is geared towards prepping some of the athletes for playing at the college level.

Although this year the team is going in a different direction, the spread offense is used a lot in college and is also

SEE BURROS, PG. 7
The idea is using multiple wide receivers, normally three to five instead of two. It forces the defense to play every square inch of the field and potentially can create mismatches.

Obviously, having fewer players and a light offense, as Fullerton said, this way of playing is no longer sustainable for the Burros. They will most likely focus heavily on defense and the run game, given their numbers.

The Burroughs football team plays its first game on Thursday, August 15 against Chaffey High School at 4 p.m.
Lady Burros excited for season matchups

The Burroughs High School volleyball team is getting pumped for their second season under Head Coach Laura Metcalf.

Last year, Metcalf and the Lady Burros had a winning record of 15-13 overall; however, the team finished 2-8 in league. Metcalf has been prepping in order to finish towards the top 3 in league. One of the teams that gave them the most trouble last year was Oak Hills, who finished first in the Mojave River League. But the Lady Burros are still hopeful.

“Oak Hills is going to be the one to beat. I think we are going to be very competitive [against them]. The team we are going to work hardest to beat is Oak Hills. Last year we took a set from them, and were one of the few teams to do that. This year I want to take two, maybe three,” Metcalf said.

One of the main reasons that Metcalf has such confidence in her team is because of the Burroughs volleyball program as a whole.

“This team is very talented and overall our program is really excited. Our freshman coming in [this year] have been playing for a while and they are going to be really competitive. I think we will do fairly well,” Metcalf said.

Another reason that her expectations are high is because the varsity girls are well-versed in multiple positions. That way, knock on wood, if the team has an injury, there are girls who can come in and help the team. Girls can move around to accommodate.

Even without injury, if someone is having an off game, the team as its options on who to play.

“We have a lot of girls that can play a bunch of different positions. I am excited to see our girls used in different ways and play different spots,” Metcalf said.

Right now, the team is looking forward to preseason. They will have multiple games, but two teams stick out in Metcalf’s mind: Barstow and Tehachapi.

“I will say Barstow beat us last year, so we will have some fire heading into that preseason game,” Metcalf said.

SEE BURROS, PG. 9
“[And] our scrimmage against Tehachapi. I know it is just a scrimmage but I think the girls are going to be excited about that one. I think we haven’t beat them since I have played here [in 2012].”

The team did not face Tehachapi last year, so it will be interesting to see if the Lady Burros have grown since their last face off.

The Burroughs High School volleyball team will play Tehachapi on Tuesday, August 14 at 5 p.m.

The Lady Burros have their first home game against Bishop on Friday at 5 p.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Opponent</th>
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<tbody>
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<td>5:00 p.m.</td>
<td>@ Tehachapi</td>
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<tr>
<td>08/16</td>
<td>5:00 p.m.</td>
<td>Bishop Union</td>
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<td>08/17</td>
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<td>AB Miller / Fontana</td>
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<td>5:30 p.m.</td>
<td>Lancaster</td>
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<td>08/21</td>
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<td>@ Adelanto</td>
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<tr>
<td>08/27</td>
<td>5:00 p.m.</td>
<td>Mammoth</td>
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<tr>
<td>08/30</td>
<td>3:30 p.m.</td>
<td>Burbank</td>
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<tr>
<td>09/03</td>
<td>5:30 p.m.</td>
<td>Granite Hills</td>
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<td>09/05</td>
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<td>@ Victor Valley</td>
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<td>09/10</td>
<td>5:30 p.m.</td>
<td>Barstow</td>
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<td>09/13</td>
<td>3:00 p.m.</td>
<td>Cal City</td>
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<td>09/16</td>
<td>5:30 p.m.</td>
<td>@ Apple Valley</td>
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<td>09/18</td>
<td>5:30 p.m.</td>
<td>Serrano</td>
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<td>09/20</td>
<td>5:00 p.m.</td>
<td>@ Mammoth</td>
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<tr>
<td>09/23</td>
<td>5:30 p.m.</td>
<td>@ Sultana</td>
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<tr>
<td>09/25</td>
<td>5:30 p.m.</td>
<td>@ Hesperia</td>
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<tr>
<td>09/30</td>
<td>5:30 p.m.</td>
<td>@ Oak Hills</td>
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<td>10/02</td>
<td>5:30 p.m.</td>
<td>Apple Valley</td>
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<td>10/07</td>
<td>5:30 p.m.</td>
<td>@ Serrano</td>
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<td>10/09</td>
<td>5:30 p.m.</td>
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<td>10/15</td>
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<td>Hesperia</td>
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<tr>
<td>10/16</td>
<td>5:30 p.m.</td>
<td>Oak Hills</td>
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</table>
Burroughs Cross Country
Head Boys and Girls Coach: Anthony Barnes • Home course: Cerro Coso Community College

Burros cross country continues to make strides towards State

“I have been running about 40 miles a week,” Madelyn Acosta, a senior cross country runner, casually said during the Burroughs High School poster photo shoot.

To the average person, 40 miles a week is over the top. But for Acosta and her teammates, 40 miles is their normal.

The Burros cross country head coach, Anthony Barnes, runs a tight ship over at BHS. He coaches sharp, Monday through Friday, with another practice a little later Saturday mornings. This doesn’t include the optional weight lifting at the BHS gymnasium.

The major reason for the early morning practices is obvious – it is too hot out to be running in the middle of the afternoon. But there is a reason that Barnes works his runners every day. And the results are shown when comparing the program’s recent history and where they finish at the end of the year.

“It really hit me during my third year here [at BHS] ... We knew this was going to be a battle to get back on top in our league. We went from seventh place, out of eight teams to missing the State meet by four points. But it was a couple years process,” Barnes said.

There are some individual and group examples that showcase that Barnes’ program is working.

For example: Bryce Hill holds the freshman and sophomore records for the 1.5 summer mile. Christian Schultz (2014) holds the junior record, while Matt Johnson holds the senior record (2007).

And even though Barnes did not discuss this example specifically, he did talk about the programs improvements from prior years.

Schultz still holds the record for the fastest trial (not by class), while Hill is currently in second, only five seconds behind.

And Hill is still improving, much like his teammates have since beginning high school.

Acosta sits at eighth place in Burroughs history, with three runners from 2018 finishing faster than her. The other runners are from 2013 or earlier.

Another example comes from the team’s combined efforts. The girls cross country team struggled to get five girls under 20 minutes in the three mile event.

This year, the team may have five girls running even faster than that.

“I have dreamed about this. Seriously. Last year we had four girls under twenty minutes. This year, if we do it right, we have five girls under 19 minutes,” Barnes said.

On the boys side of things, the team was still struggling as well during previous seasons.

“Two years ago, we were losing all of the time but we were competitive. And the kids did not get discouraged. We knew we would reap the benefits in the end,” Barnes said.

One of the ways that Barnes helped, and continues to help, the team stay motivated is by sending the athletes weekly newsletters. Included in the newsletters are Burroughs running records, event lists, runners of the week (the winners receive a gift card), practice schedules and goals.

Currently, the goals listed in the newsletter include “CIF Southern Section Finals and State,” “[seven] in the top 15 at [the Mojave River League] Finals, [five] All League,” “Have a team of at least 10 freshmen. Everyone bring a friend,” and “100 mile shirts.”

The “10 freshman” goal is also something that Barnes focused on while revamping the cross country program.

Having runners at the middle school level is a priority for Barnes and the team. Starting the runners at a younger age and prepping them for high school is key.

But it tends to be harder in Ridgecrest, compared to outside areas. There are students who start their running careers in Ridgecrest but move elsewhere by their junior or senior years.

Or, on the other side of things, some student-athletes transfer to Ridgecrest later in high school.

Either way, cross country sees the same struggles as the other programs do, which is why the “10 freshman” is so important.

The cross country season starts a little later than other sports. The Burros will compete in their first invite on August 31 at McFarland at 7 a.m.

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**BURROS CROSS COUNTRY**

**2019 SCHEDULE**

<table>
<thead>
<tr>
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<th>Time</th>
<th>Event</th>
</tr>
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<td>08/31</td>
<td>7 a.m.</td>
<td>McFarland Invite @ McFarland</td>
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<tr>
<td>09/04</td>
<td>3:15 p.m.</td>
<td>MRL Cluster #1</td>
</tr>
<tr>
<td>09/11</td>
<td>3:15 p.m.</td>
<td>Burros Invite</td>
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<tr>
<td>09/21</td>
<td>TBA</td>
<td>Woodbridge Invite @ Silver Lakes</td>
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<td>09/25</td>
<td>3:15 p.m.</td>
<td>MRL Cluster #2 @ Oak Hills</td>
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<tr>
<td>09/28</td>
<td>8:30 a.m.</td>
<td>Wayne Walker Invite @ Craig Park</td>
</tr>
<tr>
<td>10/12</td>
<td>8:50 a.m.</td>
<td>WDW Invite @ WDW</td>
</tr>
<tr>
<td>10/16</td>
<td>3:15 p.m.</td>
<td>MRL Cluster #3 @ Hesperia</td>
</tr>
<tr>
<td>10/26</td>
<td>TBA</td>
<td>Mt. Sac Invite</td>
</tr>
<tr>
<td>11/06</td>
<td>10 a.m.</td>
<td>MRL Finals @ VVC</td>
</tr>
</tbody>
</table>
The Burroughs High School girls tennis team has a new head coach this year, who has a new approach for this season.

Ed Aralar, the new head coach, played tennis in high school. His son and daughter also played tennis, more recently his daughter played for BHS last season.

But it was not until his children graduated that Aralar decided to coach the team.

“I played tennis in high school. And then I stopped playing for a long time. Then I picked it up again here in Ridgecrest. I am a long-time member [of the tennis club] ... I just enjoy playing. I am obsessed with playing [tennis],” Aralar said.

Aralar was always involved in tennis, but one of the reasons why he did not coach while his children were a part of the high school team has to do with his competitiveness. He did not want to pressure his children.

But now that they have left the proverbial nest, Aralar is ready.

“If I took this job five or ten years ago... you know, I really enjoy winning. But now that I am older, winning is nice, but it is not important for me. For this season I want to give the girls a good experience,” Aralar said.

“For me, it is not just about tennis. I have plans for team building, fundraising, and I want them to enjoy that process. I want them to enjoy the whole experience. I want them to bring tennis with them when they leave high school. It is a life sport.”

The Lady Burros lost a lot of seniors after last season, so Aralar expects a challenge in that area.

“We lost a lot of talent last year. We had a lot of seniors, and about half of our team is going to be made up of freshman. So, we do not have a lot of depth on our team right now. But our No. 1 player, Brittany Jacobs, should finish in the top 3. She is a really good player. Our No. 2 player, Tony Cooper, has a lot of potential as well,” Aralar said.

Last year, the Burroughs tennis team had one main competition: Serrano. It was the one school they could not beat.

This year, the focus is more about competing with all the schools, instead of focusing on the individual schools.

“Having a daughter who had been through the process, I kind of know what the girls are dealing with. I want everyone to support each other. Having gone through all of [high school] with my daughter, I would like to think I understand,” Aralar said.

“Think of the court as a sanctuary separate from all of the other things going on throughout high school. There are going to be kids who aren’t going to be nice to you, but the court can always be a sanctuary.”

The Burroughs High School girls tennis team will take on Victor Valley in a scrimmage on August 23 at 3 p.m.

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**BURROS TENNIS 2019 SCHEDULE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Opponent</th>
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<tbody>
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<td>3 p.m.</td>
<td>Victor Valley</td>
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<tr>
<td>08/26</td>
<td>3 p.m.</td>
<td>@ Granite Hills</td>
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<tr>
<td>08/27</td>
<td>3 p.m.</td>
<td>Adelanto</td>
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<tr>
<td>08/29</td>
<td>3 p.m.</td>
<td>@ Palmdale</td>
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<tr>
<td>09/04</td>
<td>3:15 p.m.</td>
<td>@ Lancaster</td>
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<tr>
<td>09/05</td>
<td>3 p.m.</td>
<td>@ Bishop Union</td>
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<tr>
<td>09/07</td>
<td>8 a.m.</td>
<td>Hesperia Tournament</td>
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<tr>
<td>09/09</td>
<td>3 p.m.</td>
<td>Quartz Hill</td>
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<td>09/20</td>
<td>3:15 p.m.</td>
<td>@ Katella</td>
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<td>9 a.m.</td>
<td>First Serve Tournament</td>
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<td>3:15 p.m.</td>
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<td>3:15 p.m.</td>
<td>Sultana</td>
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<td>10/08</td>
<td>3:15 p.m.</td>
<td>Hesperia</td>
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<td>10/10</td>
<td>3:15 p.m.</td>
<td>@ Oak Hills</td>
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<td>10/15</td>
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<td>10/17</td>
<td>3:15 p.m.</td>
<td>Serrano</td>
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<tr>
<td>10/22</td>
<td>3:15 p.m.</td>
<td>@ Sultana</td>
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<tr>
<td>10/24</td>
<td>3:15 p.m.</td>
<td>@ Hesperia</td>
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<tr>
<td>10/29</td>
<td>3:15 p.m.</td>
<td>Oak Hills</td>
</tr>
<tr>
<td>10/31</td>
<td>9 a.m.</td>
<td>League Finals @ Oak Hills</td>
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</table>
Lady Coyotes bring back the basics; focus on fundamentals

The Cerro Coso women’s soccer team has been working tirelessly in preparation for this year’s season.
Under the direction of their new head coach, Brad Buttang, along with new assistant coach Siera Lutz, the team has approached this season a little differently than those prior.
“This year we are going in with different expectations. I expect my girls to know that chances are they are probably going to be outnumbered because of our roster size. But we are not going to be outplayed on the field,” Buttang said.
“That’s the game plan we are going with. We don’t have to be the biggest, largest skilled team out there. If we can stay in the game longer than the rest, then eventually it will all work itself out.”

Buttang was a goaltender in college at UCSD, which plays a huge part in why he took the head coaching position at Cerro Coso.
“I had a coach in high school that said goaltenders make the best coaches, just because they have to see and direct the entire field,” Buttang said.

Although Buttang found himself in Ridgecrest for non-related soccer reasons (work), he still wanted to stay involved with the sport.
“When I came out to [Ridgecrest] there was no adult [soccer] league. So, my only way to stay immersed in soccer was to coach. I started with rec at Kerr McGee. I worked my way up from there,” he said.

But Buttang didn’t join the Lady Coyotes alone. He brought along his long-time friend Lutz to help coach the girls.

Lutz is a lifetime athlete that competed in track and field, her favorite event being the pole vault. Lutz competed at the college level, and after graduating at 20 years old, she opened her own gym.

This is the first time she is coaching at the college level, but she brings something more to the table.
“Believe it or not, [Siera] has no soccer background. But what she has is a kinesiology degree, personal trainer, nutritionist... everything from Cal Poly. So we work off each other's strengths,” Buttang said.

“I take the technical technique side like teaching the game, and she takes the physical conditioning and more or less she keeps the girls healthy, especially since we are low on numbers.”

Buttang also said that his priority and focus this year is not on winning every single game, but rather giving the Lady Coyotes exposure to four-year colleges.

“Hopefully they can get out and continue their education at a four-year school with the possibility of soccer helping them do that,” Buttang said.

The Lady Coyotes play their first game on Tuesday, August 27 at Glendale at 7 p.m.
Cerro Coso volleyball dials in on upcoming season — team fights to be relentless

The Cerro Coso women’s volleyball team has one focus this season — be relentless.

You can see the word “relentless” on the backs of the players practice shirts, and it is something you hear constantly while in the gym.

It is even written at the top of the whiteboard that the Cerro Coso volleyball head coach Kim Young uses during every practice.

“We want to be relentless in everything that we do. Whether that be academically, [or] while pursuing our career goals for the future. Just being relentless to go get it. Relentless goes further than being relentless over the ball. It is a relentless pursuit of our goals,” Young said.

The motto is also incorporated into every practice that the team has.

The girls get points when they give it all out on the court. If a player shanks a ball and two girls chase after it to keep the ball in play, each player would gain a point.

“This is a competitive group of girls who do not want to lose. That passion and competitiveness, they just work hard to keep that ball alive and win every round,” Young said.

The team’s goal for the month of July was to hit relentless 400 points. On July 31, the girls were at 370.

And they hit the mark and then some, Young said.

The team’s motto last year was “to get better every day.” Despite that, Young said that the “relentless” motto really began during the end of last year’s season. Last season, the Lady Coyotes finished with a record just over .600.

“Last year we had a really amazing season. We had a really strong group of girls. We were fourth in our conference of 10. For our conference, if we had gotten third, we would have gotten to go [to playoffs],” Young
This year, the Lady Coyotes have a hurdle in front of them though. Like many other coaches, Young wants the program to continually improve year after year.

With this year’s conference change, things may become a little more competitive.

“Our goal this year is making the playoffs. During the 2017 season, we finished in fifth place. Last year we finished in fourth,” Young said.

Young acknowledged that with fewer teams in their conference (five instead of ten), that the Lady Coyotes would need to at least finish in the top two, if not finish first in the conference.

But that doesn't deter the team. "We want to beat all of them," Young said.

The Cerro Coso women's volleyball team will play their first game on August 28 at East Los Angeles College at 5 p.m.

**CERRO COSO VOLLEYBALL 2019 SCHEDULE**

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<th>Score</th>
<th>Opponent 2</th>
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<td>@ East Los Angeles</td>
<td>5 p.m.</td>
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<tr>
<td>8/30</td>
<td>@ Grossmont</td>
<td>12 p.m.</td>
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<tr>
<td>8/31</td>
<td>@ San Diego Mesa</td>
<td>10 a.m.</td>
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<td>@ Santa Ana</td>
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<td>@ Antelope Valley</td>
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PROUDLY SUPPORTING OUR LOCAL SPORTS PROGRAMS

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Governor Gavin Newsom signed a new law on July 31 that limits full-contact youth football practices.

There are already similar laws in place that limit full-contact practices for middle and high school football programs. Currently, middle school and high school football players are limited to 90 minute full-contact practices a day, twice a week.

The new law would put similar limitations on youth football.

The purpose of the new law, as well as the ones already in place, is to limit the number of concussions that athletes sustain while playing or practicing football.

According to healthresearch-funding.org, “Concussion rates more than doubled among students age 8-19 participating in sports like basketball, soccer, and football between 1997-2007 despite [there] being lower levels of youth participation.”

The new law also requires that a medical professional be present for all games, as well as an independent person to be at all practices.

The program began preparing last year when Assemblyman Kevin McCarty (D-Sacramento) proposed the “Safe Youth Football Act,” eliminating tackling at the youth football level as well as at the middle school level.

The bill never passed. But that did not stop the IWVYF league from prepping for what was inevitable in the long run.

“We started preparing when rumors started about a bill that could pass... Anything we do, we try to take the head out of it,” Armendariz said.

“We are trying to follow [the high school]. As far as affecting us, it is not going to be a giant setback,” Dugan said.

One of the concerns for the program is the amount of time allotted, as defined in the new law. The thought behind that is that with less time teaching the children how to properly hit, the higher the risk of injury to the children.

Which, in reality, is the exact opposite result from what lawmakers want.

“We have cut back on the full contact, but we are still teaching them the same exact things,” Dugan said.

“The setback that we are going to have is, I mean, we are obviously youth football trying to teach [the children] from step one. And you have a team with 40 kids. So that kind of takes up all of your time. [Another] setback will be on Saturday when game time comes and you haven’t had the extra time to teach the kids how to tackle correctly,” Armendariz said.

How will this affect Ridgecrest youth football?

According to the Indian Wells Valley Youth football commissioner Gerald Armendariz, president Mike Stafford and coaching director Joe Dugan — it won’t affect them that much.

“We started preparing when rumors started about a bill that could pass... Anything we do, we try to take the head out of it,” Armendariz said.

“We are trying to follow [the high school]. As far as affecting us, it is not going to be a giant setback,” Dugan said.

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FOOTBALL
Continued from pg. 15

“I think that there could be more injuries, and penalties. The refs are looking more strictly for it, understandably so. But if we are not getting enough time to teach them... It is like throwing a middle schooler out on the road to drive. You give them their license and say, ‘here, go drive,’” Stafford said.

Another worry that the league has is that when their football teams travel out of state, which happens often at all levels, that they will be grossly outplayed by teams who do not have the same restrictions as the teams from California.

“A lot of the high schools travel out of state to play. This is the only state that is implementing [the new law]. So there are teams in Texas, Florida... [we] are even playing a team from Nevada at the start of the year. And they don’t have the same restrictions,” Dugan said.

One question raised during the discussion about the new law included how the new law going to be regulated. There are so many youth teams, as well as middle and high school teams, that it seems near impossible to regulate the law.

But the IWVYF teams will abide by the new law passed, regardless of their worries or concerns. They have taken other measures in making sure that the children, as well as their parents, are more educated.

One step the league has taken is by having parents learn about concussions, and what to look for in children that may be concussed. They also take classes on heat-related injuries as well, a priority for the league because of the elements they practice in.

“In my opinion, the benefit has been the increase in awareness of [concussion related injuries]. We still have some questions, like when does the clock start and when does the clock stop?” Stafford said.

“I think until there is a better explanation of set rules that they want to implement, it is gonna be pretty vague. Different people are going to interpret it differently,” Armendariz said.

Stafford also said he would like to see a similar rule implemented in other sports as well. According to completeconcussions.com, for sports played by those 18 and under, rugby sees the highest amount of concussions, followed by ice hockey in second place and football coming in third. Lacrosse and soccer placed fourth and fifth, respectively.

This may be a step in the right direction for trying to prevent concussions in a sport that is notorious for having head injuries. But there are many problems with passing a vague law, as noted by the IWVYF coaches.

In the meantime, the coaches are continuing to prepare both themselves, the kids, and their parents.

The results are soon to come.
Lady Crusaders hoping for sixth consecutive league win

The Immanuel Christian High School girls volleyball team has high hopes for this season and is looking to repeat their successes from seasons prior.

Volunteer Head Coach Todd Hopkins is entering his sixth year with the Lady Crusaders, and he hopes to build on last year, while also paving a new pathway for this year’s team.

“At the end of the day, we start new. We start over every day, we start over every practice, we start over every year. And we have to do the same things right, and get better at doing the things we did wrong to continue to play at a better level,” Hopkins said.

“At the end of the day, these girls have to recognize that... it’s not just given to you.”

The ICS volleyball program also wants to focus on more than just volleyball. Hopkins and assistant coach Rich Shadden (also a volunteer for ICS) hope to help the girls with their personal development as well.

The adult volleyball league practices after ICS does on Wednesdays, cutting their practice 30 minutes short.

“Instead of kicking the girls out a half-hour early, we decided to stay and take the half-hour to work on our personal development,” Shadden said.

“So each of our girls is working on journaling, working on personal goals that we are trying to help them with. But we’ve also introduced some different learning aspect things because some of the girls learn differently.”

The Lady Crusaders went 17-17-1 overall, and 9-1 in the Hi-Lo League. This year, they will be competing against a couple of different teams, which will allow them to test the new skills the team has been working on.

Besides personal development, the girls have also been getting into the nitty-gritty of specific techniques.

“We are working on specific skills. And breaking some of those drills down. A lot of the stuff that works is what the US National team is doing. Not everybody is going to put that standard out there,” Hopkins said.

“We use a lot of what the US National volleyball team is doing as well as the US Olympic team is doing.”

The Immanuel Christian girls volleyball team will play its first game at Rosamond on Tuesday, August 20 at 5 p.m.
Desert Empire Fair & Events Center

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ICS VOLLEYBALL
2019 SCHEDULE

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TRONA FOOTBALL 2019 SCHEDULE

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<tr>
<td>9/6</td>
<td>7 p.m.</td>
<td>@ Villanova Prep</td>
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TRONA VOLLEYBALL 2019 SCHEDULE

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<td>Silver Valley</td>
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<td>8/22</td>
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<td>@ Lucerne Valley</td>
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<td>8/27</td>
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<td>8/29</td>
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<td>@ Hesperia Christian</td>
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9/6 7 p.m. @ Villanova Prep
9/13 7 p.m. Hesperia Christian
9/20 7 p.m. Mammoth
9/27 5 p.m. @ Lucerne Valley
10/4 7 p.m. Kings Christian
10/11 7 p.m. @ Desert Christian
10/18 7 p.m. @ Lone Pine
10/25 7 p.m. Mojave
11/2 2 p.m. Lancaster Baptist

8/20 4 p.m. Silver Valley
8/22 4 p.m. @ Lucerne Valley
8/27 4 p.m. @ Silver Valley
8/29 4:30 p.m. @ Hesperia Christian
9/7 8 a.m. GV Christian
9/17 4 p.m. @ Lee Vining
9/20 4 p.m. Lone Pine
9/24 4 p.m. Immanuel Christian
9/27 4 p.m. Lee Vining
10/1 4 p.m. @ Mojave
10/3 4 p.m. @ Owens Valley
10/4 4 p.m. 3:30 p.m.
10/7 4 p.m. Victor Valley Christian
10/8 4 p.m. Baker
10/11 4 p.m. Owens Valley
10/15 5 p.m. @ Immanuel Christian
10/18 4 p.m. @ Lone Pine
10/22 4 p.m. Mojave
10/24 4 p.m. @ Baker

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