



## FLYING SENATORS RUN THRU THEIR RECORDS

By S. Valarshkin('08) & S. Mieses('08)

In the fall, our own Cross Country team had a very successful season as members from all grades managed to bring in numerous medals and team trophies. This has placed a lot of pressure on this year's track team which will have to overcome many obstacles if they look to continue in their success.

Michael Dei('09), a current member of the track team, shared early in the season, "we won't even make it to city championships" like the Cross Country team did. His prediction for the year was not so farfetched as this year's team had to overcome the loss of top sprinter twins Travis and Joshua Gardner, who were not able to run this season due to ailing knee problems.

There are those however who were more than hopeful about this season. Abdullah Riyadh('08) stated early in March that, "the success the freshmen had in cross country will carry over onto outdoor track," and "even though we don't have Travis and Josh we have other sprinters who are determined to surpass their personal records and go as far as the City Championships."

Our men's team has not accomplished such a feat since the days of Paul Fiore, who not only made it to city championships but also managed to make it as far as the Outdoor State Championships in 2006, competing in the two mile.

Adonis Fanith('07), a High School of American Studies alum and former Outdoor Track Team captain was also positive when discussing the team, telling *Common Sense* that, "Hiroshi Nobuoka('09) will be right on the heels of Paul Fiore's mile time," and that, "we have a great team so expect the unexpected this year."

Our women's team is poised for greatness with a huge infusion this year of underclassmen, thanks largely to Melissa Shionarain's recruitment efforts.

Looking to put these words into action were this year's four new captains, Steven Mieses('08), Daniel Verdejo('08), Shari Rutherford('08), and Natasha Stanislas('08), as well as Ms. Wong who for the first time will be the full-time coach for our lady's track team.

When reflecting back on the season many shared their thoughts with *Common Sense*.

"We definitely reached new heights," exclaimed Daniel Arcos('08) when asked how he felt about the American Studies' track team this year.

"David Moretti got into the city



H. Nobuoka('09) & D. Moretti('08) will compete at the City Championships

champs" in the pole vault Daniel told *Common Sense*, adding "it was also a year for me to try new things such as hurdles and long jumping. It really paid off. We made the distances we never thought we'd make."

"Yes, I liked it this year" agreed Hallie Marx('11) after being asked about participating on the track and field team. She added that "our 4x400 relay team this year beat the old one!"

When asked what some of their personal accomplishments were, the members of Mr. Elinson's elite track-and-other-various-activities' team did not lack things to say.

Carl Gayle('08) told *Common Sense*, "I've been training for so long to beat Jake and I finally got what I deserved," referring to his ultimate arch enemy, teammate Jake Ruiz('08), who he competes with in the Shot Put.

Although he lost his shot put record at the very last meet, Jake Ruiz shared that the season "was amazing, it was my 3rd time throwing discus and I came in 3rd in the Bronx to some big hulking monsters from Clinton H.S." Jake threw the discus 98.7ft.

Daniel Arcos's highlight was being able to "high jump 4ft. 10in." He added that "it was something that I never considered doing before."

Michael McKinnon's('09) highlights were "setting a personal record in the 200m and 400m dash." Michael shared that at the Borough Championships, "I was a part of the 4x400m team which set a school record of 3 minutes and 41 seconds." Only 3 seconds short of qualifying for the City Championships.

Marcus Berdeguez('08) shared a unique highlight. He remembers going to a competition and Mr. Elinson pointed at him and said,

"you're doing javelin today." An official was bruised but not hurt by Marcus's javelin debut.

Ruona Ughwanogho('10) shared that, "the sport is getting easier for me and I am getting better." She added, "The team is more united, even though the boys and girls team is(sort of) split up."

Amanda Manu('09) saw that Coach Wong, "got more people to branch out into different things, other than running."

Amanda shared that, "personally I wasn't that happy, cause I wanted to do better at the Borough Champs." Amanda earned a medal in the very competitive 400m dash.

David Moretti('08) and Hiroshi Nobuoka('09) will represent the High School of American Studies at the City Championships on June 8<sup>th</sup>, 2008. *CS*

### BRONX BOROUGH 2008 MEDAL WINNERS

**HIROSHI NOBUOKA('09)**  
- 2<sup>ND</sup> PLACE SNEEPL CURSE

**JAKE RUIZ('08)**  
- 3<sup>RD</sup> PLACE DISCUS

**DAVID MORETTI('08)**  
- 3<sup>RD</sup> PLACE POLE VAULT

**CHRISTOPHER YELEZ('09)**  
- 6<sup>TH</sup> PLACE 400M DASH

**AMANDA MANU('09)**  
- 6<sup>TH</sup> PLACE 400M DASH

**4x400M RELAY - 5<sup>TH</sup> PLACE**  
M. DEI('09) M. MCKINNON('09)  
I. SUERO('09) D. MORETTI('08)

**4x800M RELAY - 4<sup>TH</sup> PLACE**  
H. NOBUOKA('09) C. YELEZ('09)  
U. RODRIGUEZ('10) D. ARCOS('08)

**4x800M RELAY - 6<sup>TH</sup> PLACE**  
M. MORRELL('08) M. SHIONARAIN('10)  
S. RUTHERFORD('08) N. STANISLAS('08)



HSAS Lady Senators make the Division "A" playoffs

### Girls Tennis Bronx/Manhattan A 2007-2008 Standings

School Name	Wins	Losses
<a href="#">Stuyvesant</a>	10	0
<a href="#">Hunter College HS</a>	7	3
<a href="#">Bronx HS Of Science</a>	6	4
<b>HS Of American Studies @ Lehman College</b>	<b>5</b>	<b>5</b>
<a href="#">Lab Museum United</a>	2	8
<a href="#">Bard High School</a>	0	10

### Boys Tennis Bronx/Manhattan A 2007-2008 Standings

School Name	Wins	Losses
<a href="#">Beacon School</a>	12	0
<a href="#">Hunter College HS</a>	10	2
<a href="#">Bronx HS Of Science</a>	7	5
<a href="#">Stuyvesant</a>	7	5
<a href="#">Eleanor Roosevelt HS</a>	4	8
<a href="#">Herbert H. Lehman</a>	1	11
<b>HS Of American Studies @ Lehman College</b>	<b>1</b>	<b>11</b>