

New coach leads football team to success on and off field



By **JORGE IBARRA**
Staff reporter

Sequoia High School hired Rob Poulos as the new varsity football coach this past summer. Poulos was living in Southern California when he was looking for schools that had an open position.

"I am really excited," Poulos said about this year's team. "I see a lot of potential and talent in this group of young people that could really develop... they could become really good."

Poulos graduated from Pinole Valley High School where he played football as a quarterback. He then went on to play rugby in college. He moved to Southern California where he taught and coached before being referred to Sequoia.

"I had always wanted the opportunity to move back to Northern California," he said. "I love it here. There's so much history here."

Poulos said that this was the team he hoped for: "I had always known this group of guys had talent." Poulos also said that this wasn't the team he expect-

ed because they proved themselves. "From winning only a couple of games last year, to going into their third game 3-0 is a big improvement."

Poulos is a history teacher as well. He has a set of guidelines for the players as they are in their classrooms. The players are to sit in the first two rows of the class because "they are to be role models on campus. When they are wearing that 'S' on their jersey they are representing the football team," Poulos explained.

Even though the team is 4-1 they have both strengths and weaknesses. "Our strength is numbers. Numbers give you competition and competition makes everybody better... we have a very talented younger group coming through, so we're not senior heavy. Sometimes when you get a senior heavy team it's hard because you're gonna have a good year and then you're gonna have a bad year. We have a good group of seniors, a good group of juniors, and a good group of sophomores, so we have talent spread through the three groups."

The team's weakness is the system. "This is a brand new system. Our guys are having to learn, whereas other teams are running the same system they've run for years," Poulos said.

There are other new traditions that Poulos is starting. Every game has an honorary captain. At every home game, the team recognizes one of the top academic or involved students of the school (not a football player) with the #1 jersey.

"A lot of colleges don't let a player wear the '#1' jersey. It's a feeling of selfishness," Poulos said, "so let's do something with that jersey, instead of blocking it, let's recognize somebody with it... it's exemplifying what we want for our program and what we want at our school."

Homecoming Game vs. Hillsdale Recap: 34-13

Terremere Field was packed with a crowd of over 600 in attendance to see the Sequoia Ravens and the Hillsdale Knights face off, which ended with a 34-13 loss for the Ravens. The Knights took the lead going into half time by 11 points with the score being 17-6. With 0:07 before half time, Sequoia's Tasker Pain (#4) ran for good yardage, but that was not enough for a TD before half time.

Isaias Flores (#35) kicked off the third quarter and Hillsdale's Hutnick returned the kickoff for a 60 yd TD return to put the Knights ahead by 18. Sequoia had quite a lot of unsuccessful plays in the start of the 3rd qtr. Flores had a good run, but, unfortunately, fumbled the ball at Sequoia's 30 yd line. Hillsdale kicked a FG to make it 27-6. Sequoia's Joshua Lauese (#36) returned and got another 15 yd by a handoff from Frank Mems for a 1st down. Flores replaced Mems as QB and responded with a TD run to make it 27-13.

At the start of the 4th qtr. Hillsdale scored to make it 34-13. The Knights tried for a two point conversion, but had no success on that play and failed. Frank Mems then came back in and took over for Flores. After about a couple of plays, he was sacked, injuring what seemed to be his ankle. The final score of the game was 34-13.

—Jorge Ibarra

Zumba dance class offers alternative to afterschool sports commitment

By **ROY MELGAR**
Staff reporter

If you want to dance salsa, merengue, and reggaeton, there's a class for you at school.

Zumba Club is a dance class given by the SAFE program, which focuses on dancing various forms of Latin music such as salsa, merengue, reggaeton, and others. It was started after a student of Sequoia High School attended a Zumba class at the Redwood City YMCA and wanted to start something similar at Sequoia. With the help of Guidance Counselor Glenda Ortez-Galán, and a certified Zumba dance instructor, they were able to make this club happen.

This club is a place where students can relive stress, get exercise, and just spend time with their friends. Ortez says that it is "a good way to have students feel like they belong to something." She also explains that "students from different backgrounds, ages, and grade levels participate and have a good time."

This club meets every Thursday in the dance studio from 3:30 to 4:30 after school. However, when they have a school performance they will practice everyday after school. Zumba club performs at rallies and other school events. Ortez explains that the first time Zumba preformed at a school rally was an amazing experience and was "the first time the school saw what Zumba was about, the fact that it was in the gym made it stand out more".

In the future, Zumba club would like to fundraise to possibly send students to Zumba classes outside of sequoia because there is so much more to Zumba than what is experienced in this club. However, they were lucky enough to receive some money from Coach Parks to help pay for things for the class. For now Zumba club is a great place to spend time with friends and dance to good music Thursdays after school on Thursday afternoons. Expect to see future performances from this club at rallies and other school events and see them demonstrate their hard work.



Zumba members enjoy their time in the dance studio while practicing their routine. Photos by Roy Melgar.