

# THE CAPISTRANO DISPATCH HIGH SCHOOL FOOTBALL PREVIEW



## The Story Lines Are Set ...

BY JONATHAN VOLZKE

Like a running back slamming into the line a foot from the end zone, high schools in San Juan Capistrano are hitting the 2010 football season with a new energy, new circumstances and new hopes.

Having five high schools in Capistrano makes it impossible to catch every game every week. But every school has a storyline worth following, as longtime champions rebuild, long-struggling teams look for that elusive key to success and San Juan Hills High fields its first team of seniors.

St. Margaret's Episcopal School has long been synonymous for gridiron dominance. And while a single loss in 2009 ended the county's longest winning streak, the Tartans finished the season with its fourth consecutive CIF championship. But 2010 also ended the relationship between St. Margaret's and one-time California Coach of the Year Harry Welch, who moved on to Santa Margarita Catholic High School. Rod Baltau, a member of Welch's staff,

stepped up to the head coach job and will now try to continue the school's winning tradition.

Other Capistrano schools have tasted success but not had a chance to feast at the championship table: Saddleback Valley, adjusting to a new offense, went to the playoffs in 2009, and JSerra—another young school—had a respectable 6-4 season, but all four of the losses came in league play. The Lions play in the Trinity League, among the county's toughest.

Capistrano Valley Christian High turned itself around in 2009 with some wins, playing 8-man for the first time, and coach Chris Fore plans to continue that trend this year.

The San Juan Hills Stallions, meanwhile, find themselves playing with seniors on the squad for the first time. That's a mixed bag, coach Greg Gibson says, as the team has remained a unit for three years, but his senior class hasn't had the advantage of older mentors through their career.

The Stallions finished last year with a 4-6 overall record, and 2-3 in league, but the lack of seniority—and even size, in some cases, as the older opponents just out-bulked San Juan Hills—was the difference in more than one game.

"We had a good season last year, but I wouldn't say we accomplished what we wanted to accomplish," Gibson said. "This year, we're confident, but it's going to come down to execution."

Preparation. Determination. Execution...the difference between the running back getting into the end zone or being stopped inches short.



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### STALLIONS QUICK FACTS

'09 Record: 4-6 (2-3 in Sea View League)

Coach: Greg Gibson

Goal for the Season: Playoffs

Playoffs: None

Returning Starters: 22

Key Game: Each league game

Photo by Jonathan Volzke

## San Juan Hills High School

BY JONATHAN VOLZKE

The San Juan Hills Stallions will hit the field with something the team has never had before: Seniors. As the fledgling school starts its fourth year, members of the football squad who have faced seniors on opposing squads the past two seasons find themselves the old men on the field.

The Stallions' experience, growing a school, growing a team together, is a mixed blessing, says Coach Greg Gibson.

"The advantage of that is that every single kid has had a year of playing varsity football and you have every single one of them coming back. That's the advantage of it, you're not losing anybody," Gibson said. "It's not monumental advantage...the kids coming back have never had seniors saying 'this is how things are supposed to

be done.'"

Whatever edge it brings will be important: San Juan Hills plays in the Sea View League this year, where Gibson says every contest will be like a playoff game. While he's got strong returning players—quarterback Will Acromite, running back Michael Perryman and receiver Rocky Bragg among them—Gibson stresses a team approach where every player on the field holds the key to victory, every play.

"We've got all the guys coming back. We've had a good off-season, we've worked hard for three years. They're confident as players, we're confident as coaches, but now the real business starts," Gibson said. "I feel we can have a successful season, but the kids have to come to work every day."

### 2010 SCHEDULE

Sept. 3	@ SWEETWATER	7 p.m.
Sept. 10	@ YORBA LINDA	7 p.m.
Sept. 16	EL MODENA**	7:30 p.m.
Sept. 23	@ FOOTHILL	7 p.m.
Sept. 30	UNIVERSITY^*	7 p.m.
Oct. 8	HUNTINGTON BEACH**	7:30 p.m.
Oct. 15	@ EL TORO	7 p.m.
Oct. 22	LAGUNA HILLS^*	7:30 p.m.
Nov. 4	ALISO NIGUEL*	7:30 p.m.
Nov. 11	@ CAPISTRANO VALLEY	7 p.m.

^ - at Tesoro High School, \* - league game



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# THE CAPISTRANO DISPATCH HIGH SCHOOL FOOTBALL PREVIEW



## San Juan Hills High School Game Previews

BY STEVE BREAZEALE

### SEPTEMBER 3 VS. SWEETWATER RED DEVILS

**Location:** Sweetwater  
**Time:** 7:30 p.m.  
**2009 record:** 4-6 (4-2 league)  
**09 vs. SJH:** DNP  
**Affiliation:** South Bay  
**Coach:** Jose Mendoza



**2010 Team Overview:** Sweetwater's 2009 record might fool most people into thinking they are a below average team but their record in league play displays how tough they can be. All of their four wins from last year came from beating teams in the South Bay League. In high school football, league play is the all-important part of the schedule, and with the Red Devils record in that category, they have proven they can compete. Look for a high-energy game as the Red Devils and Stallions open their seasons against each other.

### SEPTEMBER 10 VS. YORBA LINDA MUSTANGS

**Location:** Yorba Linda  
**Time:** 7 p.m.  
**2009 record:** N/A  
**09 vs. SJH:** DNP  
**Affiliation:** Empire  
**Coach:** Jeff Bailey



**2010 Team Overview:** A team that is still a work in progress, the Mustangs will enter the 2010 season with a big question mark attached to them. This will be their first full varsity season and because of that, no team will have an advantage in knowing how they play and what their tendencies are. Although Yorba Linda might be relatively unknown in the Empire League, they will have to compete against a well-known Cypress High team that has dominated the league for the past two seasons.

### SEPTEMBER 16 VS. EL MODENA VANGUARDS

**Location:** Tesoro  
**Time:** 7:30 p.m.  
**2009 record:** 3-7 (1-4 league)  
**09 vs. SJH:** DNP  
**Affiliation:** Century  
**Coach:** Greg Olquin



**2010 Team Overview:** The 2009-2010 season was a tough one for the Vanguards. They were held scoreless in three of their games en route to a three-win season. Unfortunately for El Modena, this year does not hold too much early promise either. They will be without one of their biggest producers on the field as quarterback Bryan Stiefel has moved on and graduated. With a weak defense that allowed 354 points in 10 games, the Vanguards should be one of the easier opponents the Stallions face this year.

### SEPTEMBER 23 VS. FOOTHILL KNIGHTS

**Location:** Foothill  
**Time:** 7 p.m.  
**2009 record:** 2-8 (2-3 league)  
**09 vs. SJH:** DNP  
**Affiliation:** Century  
**Coach:** Doug Case



**2010 Team Overview:** Having to play Foothill and El Modena back-to-back this year should help the Stallions. They go from playing a team that was 3-7 in 2009-10 in El Modena, to a Foothill team that went 2-8 last year. But last season Foothill seemed to have a hole in their game plan on the defensive end. They lost a few close games but when looking at the final scores, just gave up too many points way too often. With the departure of linebacker Mike Jones, who averaged 10 tackles per game, the defense will be in need of leadership.

### SEPTEMBER 30 VS. UNIVERSITY TROJANS

**Location:** San Juan Hills  
**2009 record:** 3-7 (1-4 league)  
**Affiliation:** Pacific Coast



**2010 Team Overview:** The Trojans look to bounce back from a 3-7 season with a veteran group of 14 returning players that include six offensive starters and eight defenders. One of the key players returning is senior running back Jordan Kemp. Kemp rushed for a team high 552 yards on 88 carries last year and scored five touchdowns. Although the Trojans will be without their starting quarterback and top defender from last season, their junior varsity team has shown some promise as they went 7-3 last year. These newcomers from JV should help fill up the Trojan's depth charts.

**Time:** 7 p.m.  
**09 vs. SJH:** Lost 46-34  
**Coach:** Mark Cunningham

### OCTOBER 8 VS. HUNTINGTON BEACH OILERS

**Location:** Tesoro  
**2009 record:** 7-5 (3-2 league)  
**Affiliation:** Sunset



**2010 Team Overview:** Huntington Beach is looking to have another winning season under head coach Eric Lo who will have nine of his players returning. Part of Huntington's strength is their size on the lines and skill in the secondary, so returning offensive and defensive lineman Luke Holler should keep up that reputation. Holler had 72 tackles last season on defense. The Oilers have proven to be a tough opponent for San Juan Hills but this year will be different considering the Stallions will be facing a new quarterback in the Huntington system. Last season against the Stallions, Huntington senior quarterback Sean Guite burned the San Juan defense for three touchdown passes. However, teams will look to exploit the inexperience the Oilers now have at the quarterback position.

**Time:** 7:30 p.m.  
**09 vs. SJH:** Won 49-35  
**Coach:** Eric Lo

### OCTOBER 15 VS. EL TORO CHARGERS

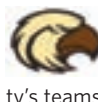
**Location:** El Toro  
**Time:** 7 p.m.  
**2009 record:** 8-4 (4-1 league)  
**09 vs. SJH:** DNP  
**Affiliation:** Sea View  
**Coach:** Robert Frith



**2010 Team Overview:** The Chargers will be playing this year with a chip on their shoulder. A solid 2009 proved that they can play in the tough Sea View League. But with only 10 players returning from last year's squad, that core veteran group will have to prove that last season was no fluke. Holding down the offensive line will be tackle Jack Alvarez (6-4, 280). If Alvarez can unite the offensive line, it will make room for senior running back Nico Jackson to do some damage. Jackson led the team in rushing with 77.2 yards per game last season.

### OCTOBER 22 VS. LAGUNA HILLS HAWKS

**Location:** Tesoro  
**Time:** 7:30 p.m.  
**2009 record:** 10-3 (5-0 league)  
**09 vs. SJH:** Won 48-7  
**Affiliation:** Pacific Coast  
**Coach:** Bruce Ingalls



**2010 Team Overview:** The Hawks enter the 2010 season as one of Orange County's teams to beat. Laguna Hills' overall record for the past few years has been good but their league play seems to be their key to success. Since the 2005-06 season, the Hawks have posted an amazing 19-1-1 record in league play. As the reigning 2009 Pacific Coast champs, the Hawks will have to play this season with a target on their backs. One of Laguna Hills' strengths last year was their ground game. The team ran for a collective total of 2,546 yards with seven different players running for 120 or more yards on the season. The bad news for everyone else in the league is that the Hawks will have six of those seven rushing contributors returning for next season, so look to see the Hawks moving the chains through their run game.

### NOVEMBER 4 VS. ALISO NIGUEL WOLVERINES

**Location:** Tesoro  
**Time:** 7:30 p.m.  
**2009 record:** 2-8 (0-5 league)  
**09 vs. SJH:** Won 26-23  
**Affiliation:** Sea View  
**Coach:** Jeff Veeder



**2010 Team Overview:** In their match against San Juan Hills last year the Wolverines offense exploded in the second half to earn a narrow come from behind victory. The win against San Juan was the first of their two wins in a less than impressive 2009 season. The key to the Wolverines success in 2010 will be their defense. Last year they allowed an average of 35.4 points against, a number that needs to come down if they are to have their first winning season since 2006.

### NOVEMBER 11 VS. CAPISTRANO VALLEY COUGARS

**Location:** Capo Valley  
**Time:** 7 p.m.  
**2009 record:** 4-6 (1-4 league)  
**09 vs. SJH:** DNP  
**Affiliation:** Sea View  
**Coach:** Matt Poston



**2010 Team Overview:** The Cougars appear to have a tough 2010 ahead of them with only seven varsity players (four on offense, three on defense) returning. Someone is going to have to step up and produce as the Cougars skill positions will be depleted. They will have a new quarterback and their top running back and wide receiver have graduated. But whoever steps in to the new quarterback position will have two legitimate wide outs to throw to in seniors Cole Winninghoff (6-4, 185) and Alex Heineman (6-1, 195). Capo Valley slightly improved their record last year under the helm of new coach Matt Poston and went from being a 3-7 team in 2008-09 to a 4-6 team in 2009-10. With another year of experience under his belt, and a slightly easier schedule than previous years, Poston and the Cougars should come away with a few more wins than last year.

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# THE CAPISTRANO DISPATCH HIGH SCHOOL FOOTBALL PREVIEW



## Capistrano Valley Christian School

BY STEVE BREAZEALE

Over the past two years, Capistrano Valley Christian has gone from being a winless team in '08-09, to a four-game winner in their '09-10 campaign. Now, head coach Chris Fore and his squad are trying to build on that momentum and put together a winning season, which is something that hasn't happened in Eagle country for a long time.

The Eagles were on the verge of having a winning season last year, but Fore said it was the team's inability to push further into the win category as a result of playing in a new league. Before the '09-10 season, the Eagles were placed in a smaller league in order to be more competitive with schools their size. But once they entered the Express (8-Man) League, they quickly realized how often the teams they play against run the football.

"We weren't prepared for the run-heaviness of the league at all," Fore said. "The teams [in the 8-Man League] run very heavy so we are trying to stop that".

After their first full season in this new, run-heavy league, Fore and his defensive coordinator have developed an unusual 4-2 defensive scheme in hopes of stopping the run in 2010. In the 4-2, the Eagles will have four defensive linemen up front with two linebackers behind them. A key component to the linebacking core is Philip Wilhelm (5-8, 180) who

### 2010 SCHEDULE

Sept. 4	SAN JACINTO VALLEY ACADEMY <sup>^</sup>	7 p.m.
Sept. 11	UPLAND CHRISTIAN ACADEMY <sup>^</sup>	7 p.m.
Sept. 17	HOPE CENTRE <sup>^</sup>	7 p.m.
Sept. 24	@ CALIFORNIA LUTHERAN	7 p.m.
Oct. 8	@ ST. MICHAEL'S PREP*	3 p.m.
Oct. 16	SOUTHLANDS CHRISTIAN <sup>^*</sup>	7 p.m.
Oct. 23	@ AVALON*	1 p.m.
Oct. 30	LIBERTY CHRISTIAN <sup>^*</sup>	7 p.m.
Nov. 5	EASTSIDE CHRISTIAN <sup>^*</sup>	7 p.m.

<sup>^</sup> - at San Clemente High School, \* - league game

was first team all league at the running back position in 2009. The standout plays both sides of the ball and will be a force for the Eagles this season.

The new scheme seems like a good idea, considering the physical size of the Eagles, and big bodies up front are a sure way to counter an active running game. But something that will determine whether or not the defense will be ef-



Photo By Steve Breazeale

### EAGLES QUICK FACTS

'09 Record: 4-5 (2-3 in Express League)

Playoffs: None

Coach: Chris Fore

Returning Starters: Offense, 4; Defense, 5

Goal for the Season: Win more league games

Key Game: Avalon

fective is the play of their linebackers. Fore described how they are lacking depth at the position and hopes that by adding an extra lineman, the linebackers will be able to roam more freely and also assist on clogging up the running lanes.

The Eagles are hungry to take their new defensive scheme out onto the field come Friday nights and with a full season of experience in the new league under their belts, the team seems ready.

"Last year after that season, we learned that we have to try to evaluate ourselves. We realized we need to put in effort on an everyday basis. From the weightroom to practice. Giving every drill 100 percent and doing 100 percent of your job," Fore said.

## St. Margaret's Episcopal School

BY DAVID ZIMMERLE

The Tartans have a new look and a new coach at the helm, which will offer a 2010 campaign that may be unlike what we've seen in the past four years.

With former head coach Harry Welch off to the dry foothills to coach the Santa Margarita Eagles, former assistant coach Rod Baltau steps in to assume a head-coaching role he's more than ready to fulfill. Baltau was part of Welch's coaching staff that helped guide the Tartans to its fourth consecutive CIF title in 2009.

"I'm looking to continue on with the tradition that St. Margaret's has built on here," Baltau said. "This is a young team and though we've lost players that have either transferred or just not decided to play football, the youth and enthusiasm on this team is great. We've got a great set of coaches and I'm looking forward to having a great year ahead. I don't know how good it's going to be, and I'm not going to base it entirely off our record—I know that—but I will base it off of how we continue to improve as a team."

Taking control at the quarterback helm will be senior Joey Segó (5-10, 175) who will see his first-ever varsity reps at the position. Segó, a transfer from San Clemente High School in 2009, did not play varsity last year due to eligibility reasons resulting from his transfer, taking all of his snaps so far while on junior varsity.

The backfield will be led by junior running back Matt Dueñes as soon as he is fully recovered from a nasty back injury that left him with a double fracture in his vertebrae while playing lacrosse last spring. Dueñes, who totaled 641 yards on 59 carries in 2009, should have a full return to the field by mid-season, according to Baltau. Until then, the Tartans will get most of their run production from both James Muryama (senior, running back/wide receiver) and Kent Iizuka (junior, running back/cornerback).

Heading up the receiving core will be Davis Edwards (senior), Chris Bauer (junior) and Muryama. Edwards led the wideouts last season with 15 catches for 183 yards.

### 2010 SCHEDULE

Sept. 3	MISSION	7 p.m.
Sept. 10	@ PARKER	7 p.m.
Sept. 16	HORIZON	7 p.m.
Sept. 24	WHITTIER CHRISTIAN	7 p.m.
Oct. 1	@ VIEW PARK	7 p.m.
Oct. 8	@ VALLEY CHRISTIAN	7:30 p.m.
Oct. 22	FIREBAUGH	7 p.m.
Oct. 29	@ SAGE HILL*	7 p.m.
Nov. 5	CREAN LUTHERAN*	7 p.m.
Nov. 12	BRETHEREN CHRISTIAN*	7 p.m.

\* - league game



Photo By David Zimmerle

### TARTANS QUICK FACTS

'09 Record: 13-1 (3-0 in Academy League)

Playoffs: East Valley Division CIF-SS Championship

Coach: Rod Baltau

Return Starters: Offense, 4; Defense, 4

Goal for the Season: Continue in the winning tradition of St. Margaret's football under first-year head coach Rod Baltau

Key Game: Toss up—Francis Parker (San Diego), September 10 at Francis Parker, or Whittier Christian (La Habra), September 24 at St. Margaret's.

Meanwhile, last year's starting quarterback Brennan Smith will be a "jack-of-all-trades," according to Baltau. Smith finished last season completing 110 passes on 191 attempts with 1,947 yards through the air with a touchdown to interception ratio of 20-8.

"[Smith] will be playing a little bit of everything as he's our starting outside linebacker and will also be put in at quarterback on certain packages on offense," Baltau said. "He'll also see some time at running back and wide receiver and will be a good fit at blocking kicks as well."

On defense, the Tartans will be led by Edwards at middle linebacker, Bryan Flores (senior) at defensive end and Chase McClure (sophomore) at free safety. Flores is the lone return player on the defensive line.

In all, Baltau said he has high hopes for the season ahead, but knows the road to finding continual small school glory will not be an easy one to tread.

"We've got a tough schedule, and it's one I'd put up against any other year we've played," he said. "We'll find out where we stand coming out of our bye-week after our first gamut of non-league games."

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# THE CAPISTRANO DISPATCH HIGH SCHOOL FOOTBALL PREVIEW



SACS

## Saddleback Valley Christian School

BY DAVID ZIMMERLE

The Warriors will look to reclaim some of the success they achieved last season, but may be in for a year of growing pains. After losing most of their varsity leaders from last year in guys like William Hinn, Jamie Whealen, Christopher Adam and Eddie Edmondson, the Eagles are in rebuilding mode and look very young on paper.

Only six seniors are on the 2010 roster and include David Penalzoa (RB/LB, 5-10, 170), Sinjin Ogan (DB/RB, 6-0, 185), Brandon Castle (K, 5-11, 165), Luke Gannon (RB/LB, 6-0, 160), Samuel Mercer (LB/OL, 5-11, 170) and Joey Molina (OL/DL, 6-2, 230). Adding to the mix is a roster laden with underclassmen and just seven juniors.

The quarterback position is still being ironed out but time behind center will likely be split between three players—Ryan Bialobreski (junior, DB/QB, 5-11, 165), Brandon Camarillo-Towles (sophomore, QB/FS, 5-9, 140) and Morgan Robinson (sophomore, QB/LB, 6-0, 180).

"We're young this year," said head coach Gary Chambers.

### 2010 SCHEDULE

Sept. 4	@ BELLARMINE-JEFFERSON	7 p.m.
Sept. 10	FULTON	7 p.m.
Sept. 23	@ BRETHERN CHRISTIAN	7 p.m.
Oct. 1	WEBB	TBA
Oct. 9	@ RIVERSIDE CHRISTIAN	7 p.m.
Oct. 15	@ SAGE HILL	7 p.m.
Oct. 22	@ ANIMO LEADERSHIP*	TBA
Oct. 29	@ BLOOMINGTON CHRISTIAN*	7 p.m.
Nov. 5	TWIN PINES*	7 p.m.
Nov. 12	FAIRMONT PREP*	7 p.m.

\* - league game

Look for the senior six to step it up in a big way and help guide this team toward their goals week in and week out.

Last year, Gannon carried the ball from the backfield totaling 23 carries for 90 yards while grabbing 13 receptions for 96 yards. On defense, Molina was a mainstay with 42 tackles and nine assists. Keep in mind, Gannon can also be counted on to disrupt offenses and should figure to

### WARRIORS QUICK FACTS

'09 Record: 7-5 (5-1 San Joaquin League)

Playoffs: 68-6 loss to Rio Hondo Prep in second round of Northeast Division CIF-SS Playoffs.

Coach: Gary Chambers

Returning Starters: Offense, 3; Defense, 2

Goal for the Season: Take the top spot in the San Joaquin League and make the playoffs.

Key Game: Bloomington Christian, October 29 at Bloomington Christian



Photo by David Zimmerle

match or beat his two-interception total from last year.

And the Warriors may just have a clutch boot for those crucial three points and long kickoffs as Castle returns to fold following a solid 2009 season that saw him rack up 980 yards on 20 kickoffs.

Either way, the boys have a lot to prove and should continue to coalesce throughout the year and beyond.

## JSerra Catholic High School

BY STEVE BREAZEALE

The Trinity League in Southern California is a minefield for those who have to compete in it. Navigating through a league that is full of high school powerhouses like Orange Lutheran and Mater Dei is no easy task.

For the JSerra Lions and head coach Jim Hartigan, this fact has become their reality. The Lions finally earned their first Trinity league win last year when they edged out Santa Margarita by a score of 14-12.

Now with the 2010 season ahead of them, the Lions and Hartigan know that if they are going to compete, they will have to take care of business one game at a time.

The 2010 varsity roster for the Lions is beginning to shape up and Hartigan seems pleased with his team. JSerra will have 12 returning players for the 2010 campaign. Of the 12, there will be six returning on defense and six returning on offense. While 12 returning

### LIONS QUICK FACTS

'09 record: 6-4 (1-4 in Trinity League)

Playoffs: None

Coach: Jim Hartigan

Returning Starters: Offense, 6; Defense, 6

Goal for the Season: Win more league games

Key Game: Orange High School, September 10 at JSerra

players is a healthy number, the impact of personnel from last year's JV squad has been a training camp headline.

One such player who has emerged in camp to help solidify the depleted linebacking core is junior Keith Parker. The Lions defense will consist of three veteran linemen up front and two veteran safeties in the backfield but there is a gaping hole in the linebacker depth chart. Fortunately

for Hartigan and the team, players like Parker have helped fill the gap.

"We actually have four guys fighting for three spots [at linebacker], and we'll be new in the middle [on defense], but not in the front or back," Hartigan said.

While other former JV standouts like quarterback Jake Hall have helped add skill to the Lions attack and add balance to the team, when asked about how the Lions will succeed, Hartigan stressed how his veterans will be invaluable in the months to come.

"As a group, they need to step up and set the tone for the young guys," he said. "We've upped our schedule from last year. Only time will tell."



Photo by David Zimmerle

### 2010 SCHEDULE

Sept. 10	ORANGE^	7:30 p.m.
Sept. 17	@ WILSON	7 p.m.
Sept. 24	TRABUCO HILLS^	7:30 p.m.
Oct. 1	FULLERTON^	7 p.m.
Oct. 8	@ DAMIEN	7 p.m.
Oct. 15	SERVITE**	7:30 p.m.
Oct. 22	SANTA MARGARITA**	7:30 p.m.
Oct. 29	ORANGE LUTHERAN**	7:30 p.m.
Nov. 5	MATER DEI**	7:30 p.m.
Nov. 12	@ ST. JOHN BOSCO*	7:30 p.m.

^ - at Saddleback College, \* - league game

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