

SEGERSTROM HIGH SCHOOL

JAGUAR FOOTBALL

Volume 3, Issue 1

March 2009

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Important Dates:

- **March 16th-20th-**
Max week- lift-a-thon
- **April 27th**
Spring Football Meeting
- **May 18th**
Spring Football Begins
- **June 11th**
JV City Passing Tournament
- **June 12th**
Varsity City Passing Tournament



NICALAUS POWELL-CALHOUN SIGNS FULL RIDE SCHOLARSHIP

Nicalaus Powell-Calhoun signed a National Letter of Intent on February 4th, 2009. Nic Became the first Segerstrom Football player to sign a full ride scholarship to a Division 1 University. He will be continuing his football career at North Dakota State University in Fargo, ND.

Nic was recruited by several schools and had offers from Sacramento State University in California, the University of North Dakota and North Dakota State. He took official visits to all three and narrowed his choices to NDSU and Sacramento State.

Ultimately he chose NDSU because they have a strong Engineer-

ing program and the community support of the football program.

The team plays in the Fargo Dome to sell-out crowds every game. He will get a top notch

education along with the opportunity to compete in football at the Division 1 level.

Good Luck Nic! We are very proud of you and your accomplishments.



Nic signs his National Letter of Intent alongside his parents

Francisco Partida Wins National Honor & 2nd \$1000

Scholarship

Senior Francisco Partida also achieved a first for the Jaguar football program. Franky was honored as one of the top scholar football players in Orange County on March 9th, at the National Football Foundation Awards Night.



This is a Nationally recognized award. Franky along with approximately 50 other players from around the county were recognized for outstanding scholarship and playing ability.

Franky was nominated by Coach Mac-

eranka. To be nominated each player must have an overall GPA of 3.3 or higher and be voted All League. Each player then creates a resume and the Foundation chooses the recipients each year.

Continued Partida pg. 2

2009 dates set plan your vacations now

The 2009 season is coming quickly and we will be ready. We are still looking for our first varsity, League Championship, 2nd winning record, and looking to move deeper into the playoffs in 2009. It's all there for the taking and it will take hard work, dedication and a commitment from all players and their families.

This years important dates are as follows:

Red and Black Summer Camp:

June 22nd- July 24th

Summer Dead Period:

July 23rd-Aug-13th.

Fall Camp:

Tentatively Begins Aug 13th.

These dates may change. As you know our district is still in the process of budget cuts. These cuts may include teacher duty days. Usually the teachers must report to school 3 days early, which means fall camp begins 3 days earlier. If these days are cut fall camp will begin on Monday, August 17th. Please plan all vacations using the earlier date and when the district releases the 2009-2010 calendar we will let you know. The players have 3 weeks after summer football camp to go on vacation before fall camp begins.

We will be successful this season! For success to occur we must commit to pushing ourselves to be the best we can everyday at every practice and weight workout.

Players cannot miss any practices during fall camp. Fall camp will consist of two a day practices and they are what will prepare us mentally and physically for the season. Any player who misses one day misses two practices and will be penalized severely with playing time. If a player misses five practices during fall camp he will be removed from the team.

**With Commitment
Comes Success!!**

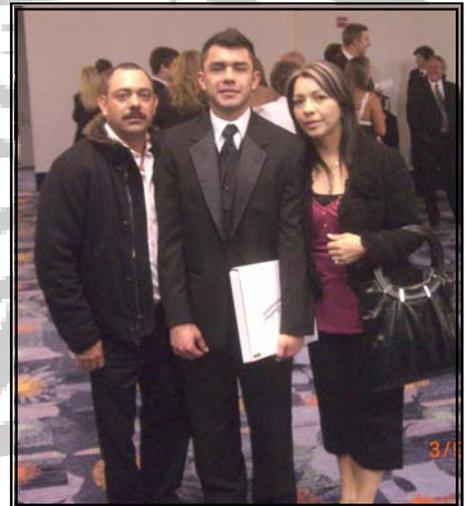
Cont. Partida

The players were recognized at the National Football Foundations Orange County Chapter Awards night at the Anaheim Convention Center. This formal event is one of the most prestigious ceremonies for high school football in the country, each student athlete must wear a Tuxedo and over \$26,000 in scholarships were given out at the 2009 awards night.

Francisco won a \$1000

Scholarship from the foundation. He was one of only a few who actually was rewarded a scholarship that evening. Including his Jaguar Football Scholarship Franky earned \$2000 for college by competing in football at Segerstrom High School. He was also the only Santa Ana Football player to be recognized that night.

Congratulations Franky!



SUMMER FOOTBALL CAMP

2009 Summer Football Camp will cost \$50

The 2009 summer football program will cost \$50 this year. The summer program will be run Monday through Thursday at either 8:00 am-10:00 am or 4:30 pm- 6:30 pm. These times are to be determined by summer school. At this point we are not sure if our district is going to hold summer school or

which classes are going to be offered if they do. In the past most players have taken summer school so our time would be 4:30-6:30 pm so all of our athletes are at practice, but if we do not have summer school our practices will be held in the morning. We will let the players and families know as soon as the district

informs our school what the plan for summer school is.

The Summer Football Red and Black Camp will be run by Coach Maceranka and the Jaguar Coaching Staff. There will be more information and enrollment instructions at the Spring Meeting.

Red Wins January Competition, Gold Wins February

This off season the football program has divided our players into 3 teams, Red, Black and Gold. These teams compete for points and at the end of the month the team with the most points earns \$150 to be spent on them as a team.

The earn points for perfect attendance, attending Segerstrom Games and events, Thursday competitions and outstanding campus achievements and academics.

The teams lose points for attendance, non suits, and campus problems. Each team is made up of 20 players, these teams lift weights together, compete together

and bond together through outside events.

The Red team held a pizza party and Xbox competition, and the Gold team held a Movie night. All three teams attended games during the winter season as a group and earned extra points for their team.

The Thursday competitions consist of various events, we have had a tug o war and relay competition, Basketball tournament, Hockey tournament, Flag football tournament and video competition.

Each team earns points each week with each competition. In

January the red team dominated the Flag Football tournament and basketball tournaments. They also attended a Basketball game which earned 10 extra points. They were the overall points champions for January.

In February the competitions were close but the Gold team pulled out with the win due to having the highest over all GPA at the 1st semester grading period. The overall Gold GPA was 2.72, the Black GPA was 2.62 and the Red Team had a 2.52 GPA.

These competitions are building team spirit and competitiveness we will need this fall.

Jaguars will host City Championship in Spring

This spring the Jaguar Program will be hosting the first Annual Spring City Passing Tournament. With the creation of the new CIF association rule we can begin competing against other schools earlier than ever. This year in place of a Spring Game between ourselves we will be playing the other Santa Ana schools in our own tournament.

This will be a great way to see how far we have come during spring football and how much we need to improve over the summer to get ready for the 2009 season.

The tournament will be held in Jaguar Stadium for both the varsity and JV teams. The JV tournament will be

held on Thursday, June 11th and the Varsity will be held on Friday June 12th.

We look forward to competing and preparing for the summer tournaments we will be traveling to. Trophies will be awarded to the winning teams at both levels.

Parental help will be needed!

"The spring ends with a great competition to springboard into summer."

Jags will travel to the Central Coast for Tournament

The Jags will travel up north to Nipomo High School near Pismo Beach for the Central Coast Shootout June 26th-28th. We will be traveling with our top 18-20 skill position players for the Passing Tournament and top 5 linemen to compete in the linemen challenge.

This is one of the top tour-

naments in California and will allow our team to compete against other schools from all over California. It is another way for our players to compete and get better over the summer.

The Booster Club has rented a house for the players and coaches to stay at for the weekend. It is going to be a great experience

for both players and coaches. We encourage families to travel up and join us. There are many camp sites in the Pismo/Santa Maria area and also several hotels very close to the school.

More information will be coming on exact departure and return times as well as who will be on the traveling squad.

2009 Jags Break All Lifting Records

Strongest Team in School History

Every record was shattered last week. Our program has the strongest team ever at Segerstrom High School. Our off season is dominated by the weight room. For our team to compete and win the Golden west League we must be stronger and faster than our opponents because we will never be bigger. The commitment these players have shown over the last three months has been incredible.

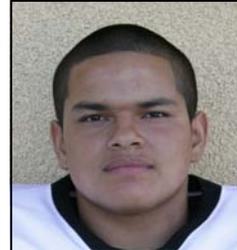


Fastest Jaguar
Aaron Amrine

Squat and Power Clean as well as ran the 40. We set records at every grade level in every event.

That is unbelievable growth for every player and it shows the dedication our players are putting into preparing for 2009.

Pedro Huerta set a school bench press record by lifting 310 lbs. breaking the old record formerly held by Osvaldo Garcia by 20 lbs.



New Bench Record
Pedro Huerta

and broke the previous Power Clean record by 20 lbs with a 275 lb Power Clean.

Aaron Amrine was the fastest Jaguar with a 4.65 40 yd dash, matching his own team record set last season. He was one of 10 Jags to run a sub 5 second 40.

We also had a record number of players reach the 500 lb club, a combination of you squat and bench max with 24,

As a program we have records for Bench, Squat, Power Clean, 40 yd dash, Dead Lift and Vertical Jump. This past testing period we maxed at the Bench,

Gary Ferman continued to shatter records with an outstanding performance last week. He set the squat record with a 455 lb squat

the 750 lb club, a combination of Bench squat and Clean, had 11 members. Our final club had 3 players reach the 900 lbs, which are the same lifts as the 750 lb. Club

2009 Football Fee's

The fee's for 2009 football players will be \$150. The Booster Club and Coach Maceranka have analyzed the costs involved with running the program and the rising costs of everything involved from pride pack costs, summer tournaments, game program, food, uniforms and other extras our players get as members of the football program at Segerstrom High School.

budget cuts have not hit our program. I do foresee a possibility of getting less money for day to day expenses such as, footballs, wristbands, game day socks and replacement goods during the season.

which will be more comfortable and last longer.

Each player will receive one pair of shorts, 1 shirt and a reversible top. We added the reversible top so it makes it easier to practice offense and defense.

At this point district

This years Pride Pack will be an improved version over the past years. The material will be a moisture management material

Players will be able to purchase extra shirts an shorts at \$20 each.

BLACK TEAM

Cordova, Christian	Mankin, Charles
DE LA CRUZ, ROLANDO	MARINE, TYLER
FERMAN, GARY	Martinez, Ruben
Garcia, Andrew	MEJIA, SERGIO
HUERTA, PEDRO	Mendoza, ULises
JIMENEZ, MICHAEL	Mills, Terry
Lopez, Edgar	MIRANDA, JONATHON
Lopez, Gabriel	Moreno, Paul
LOPEZ, JOSE	ROJAS, MARVIN
Lopez,Jorge	ROSALES, MARTIN
LUEVANO, ANDREW	

GOLD TEAM

PARKER, BRIAN	Amrine, Tyler
RAMIREZ, DEAN M	Cormier, Trevor
Rodriguez, Est.	ESCOBAR, MARVIN
RUBIO, ALEXANDER	ESPINOZA, JOSH
Segura, David	Fonesca, Oscar
Sevilla, Roberto	Garcia, Benny
Silva, Henry	LOPEZ, ALEX
SIMMONS, TYLER	MILLS, JUSTIN
Smith, Atlas	OROZCO, EDGAR
SONCRANT, ROBERT	PARKER, BRIAN
VAGLIENTY, ANGEL	Vallejo, Jose

RED TEAM

Acuna, Eric	CHINCHILLA, JEFFREY
AGUILAR, BRIAN	Davaloz, Davon
AGUILAR, RAMON	DE LA TORRE, JESUS
Aguilera, Julian	Diaz, Gus
Amrine, Aaron	DIAZ, HECTOR
Boudab, Basil	Garcia, Ulysses
BURFORD, DAMIAN	KENDRICK, RALPH
CACHUA, ERIC	MURRIETTA, BRIAN
Caliboso, Adrian	NAVARRO, MATT
Chavez, Nick	RAMIREZ, DANIEL
	Villanueva, Eduardo

Black Wins Weightlifting / Gold Wins Video Contest

The month of March has had two huge competitions between the three teams. The first week we held a video contest and the third week was max week.

The video contest was a competition to see which team could create the best video for "Why play football at Segerstrom High School." The teams had two weeks to prepare a 4 minute video which incorporated all 20 team members.

The videos were then shown to the seminar classes of the coaches and they voted on the best. The Gold team took first place in all three classes. Their video incorporated the off season program,

character traits of football players and live game action. The Black team placed 2nd with skits on responsibility and Team, and the Red team placed third with a slide show incorporated or TRLCC motto. All three teams did a great job.

Max week competition was a major competition the teams have been looking forward to for 10 weeks. The off season is really about gaining strength for the upcoming season. Each player set personal goals in the beginning of the program and each week followed a workout which would help him reach his goals.

The competition was based around the total weight increased

by each team member over his previous max in December. That total was then divided by the number of team members who maxed and we arrived at an average per player increase.

When all the weight was tallied the Black team dominated the weightlifting competition with a 132 lb. average per player for 50 points. They were followed by the Red team with a 115 lb. average for 35 points and the Gold team finished in third place with a 102 lb. average.

The scoring for the month of March stands at:

Black- 67 points, Red- 48 points, and Gold- 33 points.

Gary Ferman Shatters weightlifting records

Gary Ferman is on his way to holding every lifting record at Segerstrom High School. As a sophomore he already holds every freshmen and sophomore record as well as the overall record for Squat and Power Clean.

He has 2 more years of lifting and it seems very likely he can at some point hold every record at this pace. Weight training

has become a necessity in modern sports. To be an elite athlete you must not only have athletic ability but you must also have strength and power. Gary has as much strength and power as any sophomore the program has ever seen.

He has continued to gain strength at a rapid

rate. He broke every record by at least 20 pounds. These are records set by players with at least one more year of lifting under their belts.

Gary currently holds 8 of the 12 lifting records at our school, although he is not eligible to break three of them until he becomes an 11th grader.



District Weightlifting Competition at Saddleback HS in May

Once again Saddleback High school will be hosting the District weightlifting competition. The competition tests the player in the three main lifts, Bench, Squat and Power Clean. All three of these lifts are the core of our off season program.

The event will take place at

Saddleback High School on Thursday, May 13th from 4:00 pm- 7:00 pm. Last year the Jaguars had over 15 placers in the competition.

The contestants are divided up into weight classes and max to see who lifts the most for each weight class. It is going to be exciting to see how we stack up against all the other schools in Santa Ana.

Last year we had more athletes place in the top three than any other school. This year we are working hard in the weight room to out due our performance from 2008.

With our last maxes as indication, we will out perform last years individual maxes at every weight class.

500 LB CLUB

NAME	GR	BENCH	SQUAT	TOTAL	NAME	GR	BENCH	SQUAT	TOTAL
HUERTA, PEDRO	11	310	435	745	DE LA TORRE, JESUS	11	195	335	530
FERMAN, GARY	10	265	455	720	Fonesca, Oscar	11	225	295	520
MILLS, JUSTIN	11	255	440	695	KENDRICK, RALPH	10	205	315	520
Aguilera, Julian	10	225	405	630	Amrine, Aaron	11	200	315	515
PARKER, BRIAN	11	235	365	600	DIAZ, HECTOR	11	200	315	515
MEJIA, SERGIO	11	230	365	595	Rodriguez, Est.	10	210	305	515
OROZCO, EDGAR	11	255	315	570	NAVARRO, MATT	11	195	315	510
ROJAS, MARVIN	10	205	365	570	VAGLIENTY, ANGEL	11	225	275	500
BURFORD, DAMIAN	11	215	345	560	ESCOBAR, MARVIN	10	195	305	500
Caliboso, Adrian	10	235	315	550	Smith, Atlas	10	175	325	500
CACHUA, ERIC	11	225	315	540	Chavez, Nick	9	185	315	500
ESPINOZA, JOSH	11	255	275	530	Martinez, Ruben	9	205	295	500

New League Configuration in 2010

The Golden west League is changing for the first time in four years. The only league Segerstrom has ever been in will look slightly different come 2010. Only one team will be leaving and one team will be entering.

Saddleback High School has been placed in the Orange Coast League beginning fall 2010. Loara of Anaheim will be replacing Saddleback. To see all the new leagues go to ocvarsity.com.

750/900 LB CLUB

NAME	GR	BENCH	SQUAT	CLEAN	TOTAL
FERMAN, GARY	10	265	455	275	995
HUERTA, PEDRO	11	310	435	245	990
MILLS, JUSTIN	11	255	440	245	940
PARKER, BRIAN	11	235	365	240	840
MEJIA, SERGIO	11	230	365	235	830
Aguilera, Julian	10	225	405	195	825
OROZCO, EDGAR	11	255	315	245	815
Caliboso, Adrian	10	235	315	215	765
ROJAS, MARVIN	10	205	365	185	755
BURFORD, DAMIAN	11	215	345	195	755
CACHUA, ERIC	11	225	315	215	755
ESPINOZA, JOSH	11	255	275	225	755

Jaguars Scheduled to Play 2 Defending CIF Champs

Once again the Jaguars will open with a defending CIF Champion. The Tehachapi Warriors went on to win their second consecutive Central Division Championship last Fall. Laguna Hills also won a Southern Section CIF Championship along with League Champion Santiago and 5 time undefeated defending Golden west League Champion Westminster this is the most challenging schedule we have ever faced.

The Jags will open at home versus Tehachapi on Friday September 4th, in a rematch of a 12-17 defeat at the hands of the Warriors in Tehachapi. The schedule contin-

ues with an away game at Century and followed by a home game with the Laguna Hills Hawks.



Tehachapi CIF Champs

The Jaguars will then travel to play defending Garden Grove League Champion Santiago and the preseason schedule will conclude with a trip to San Juan Hills High School in San Juan Capistrano.

San Juan Hills is going to be a first year varsity program with only Juniors and Sophomores. They are going to be very tough. They played 2 varsity games in 2008 and were victorious in both. One of those varsity victories were against

Godinez HS.

The League season kicks off on October 16th vs. Saddleback High School. This will be the last meeting between our schools in league play due to Saddlebacks exit from the Golden west League and entry into the Orange Coast League in 2010.

The schedule rounds out with at Ocean View, Orange at home, Westminster at home and the season finale with cross town rival Santa Ana at the

Santa Ana Bowl. The Jaguars will be looking to tie the series at 2-2 with a victory vs. the Saints.



Laguna Hills CIF Champs