

# CCA Athletics Newsletter

October 20, 2017

## Cross Country

The cross-country team is doing great this year! The boys cross-country squad is working hard to unite as a team, and stay as a pack during long runs and workouts to promote pack-running during races, as we don't have any front-runners this year. Supporting one-another and working hard, the boys team is "getting the job done," and improving as team. The girls cross-country squad is, as always, a tight-knit group, working hard and "turning-heads," as they move up to be one of the top-ranked teams in the county. The girls varsity squad placed 10th with over 200 teams at the recent Clovis Invitational race, which was a lot of fun! The cross-country team is working hard, and moving forward!



## Field Hockey

Girls Field Hockey has had a great season thus far, with a record of 11-6 and notable wins against LCC, La Jolla, and San Pasqual. We are currently ranked #3 in San Diego and look forward to defending our league championship.



# Girls Golf

CCA varsity girls golf is finishing up their season at the North County Conference tournament with an amazing record. In the tournament, they placed 2nd overall in the Avocado West league



with individuals Emily Zhao placing 4th overall individually and Miranda Xu and Isabel Heaton tying overall individually for 6th. CCA varsity girl's golf overall record is 8-2 while remaining 2nd in the Avocado West league. They will be playing their CIF qualifying round on October 25th and it is speculated that their competitor will be Poway.

# Girls Volleyball

This year's CCA Volleyball team is 22-7 overall and 6-1 in league, only losing to Torrey Pines. They have competed in some of the highest level tournaments including the Durango Fall Classic in Las Vegas, an invitation tournament with high level teams from all over the country, where they placed 23rd, which is pretty good considering this was their first time. They also placed 2nd at a local tournament called the Hudl Social Invitational, and had three girls named to the All Tournament Team. This season, CCA has also beat LCC twice, never letting them take a set. This is a huge accomplishment considering that last year they were just barely beaten by LCC twice, both games going to five sets. There are only 3 more games left in league, and the girls are excited to take on tough competition during CIF and State!



# Boys Water Polo

The Speedoboy's season is going well. We are currently 16-5, ranked 1st in Division 1 with a big win over Torrey Pines last night. We are all getting excited for CIF.



# Girls Tennis

I am Gaurie. I'm speaking on behalf of our CCA Girl's Varsity tennis team. This year, we have gone undefeated except for torrey pines and we are ranked #3 in the open division (highest division). The girl's jv tennis team was undefeated all throughout, even beating torrey pines jv the two times they played each other. CIF for girl's varsity tennis start next week on Tuesday in our very own tennis courts.