

THE FOOTBALL TEAM PREPS FOR NEXT SEASON

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The Fresno City College Rams Football team is gearing up for next season. The Rams lost the last game of the 2023/2024 season to Contra Costa College in the Gridiron Classic Bowl.

FCC Football Head Coach Tony Caviglia is emphasizing their offensive game in their spring practices.

"We gotta be more consistently efficient, we made some mistakes at some crucial times last year that we gotta clean up," Caviglia said.

Caviglia knows his team turned the ball over a little too much for his liking, but is still confident in their defense.

About half of the players are preparing to go to four year colleges, while the other half prepares for the next season at FCC.

The remaining players are also preparing for the incoming freshmen, and will act as mentors to the new players.

"It's their job to lead the freshman when they come in here and guide them along," Caviglia said.

With community college football being a two year program, the recruiting process is crucial in making the team whole again. Caviglia says they're recruiting "hard" and keeping an eye on local talent.

The new players have made sure to have a Student Education Plan when they come in and also receive priority registration. It is important for the freshmen to be on top of their academics and that all starts with recruiting.

"Most of the guys that come to our football program with aspirations to move on to four year colleges," Caviglia said. "You can't do that unless you take care of your academics."

Team building can be hard when the team is still in high school but the incoming freshmen get to practice with the rest of the team in the summer, and that's when the excitement for the season starts.



FRESNO CITY COLLEGE FOOTBALL TEAM GEARING UP FOR FALL 2024 SEASON ON MAY 2, 2024. PHOTO BY MICHAEL LIN.

Caviglia shouted out his running backs, linebackers and quarterbacks as stand outs in the spring practices. Ahmarion Gaines-Smith, running back for the Rams sat out last season due a back injury, but is fit for this next season.

The team is doing well on fronts, but in the quarterback position, a problem arises on which player to pick.

"We have a really good battle of the quarterback with three good players," Caviglia said.

Caviglia believes good coaches and good players are

the key to win. He feels fortunate to have both here at FCC.

He would like for more students to show up to the games. They haven't gotten the roll out they used to get before COVID at the home games and Caviglia hopes that can change.

"If they don't have anything to do on a Saturday afternoon or Saturday night, they love to come out and play," Caviglia said.

RAMS SLIDE TO VICTORY IN LAST HOME GAME OF SEASON

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The Fresno City College Baseball team won against the Coalinga College Falcons in a 7-5 game on April 23 in the last home game of the season. The Falcons had a late comeback in the eighth inning but it wasn't enough for the Rams.

The weather was almost perfect for a game day. It was a hot and sunny day but a gentle breeze cooled the players and the fans in the stands.

The Falcons were first on the plate. They looked hungry for a win and started off strong with three runs in the first inning.

The Falcons were getting hyped for what they just accomplished, pressuring the Rams to match their intensity.

As soon as the Rams made it to plate they managed to fill the bases, forcing the Falcons to huddle and strategize against the Rams.

The huddle wasn't enough and the Rams finished the first inning with 3 runs, tying up the game.

After the first inning, both teams showed glimmers of hope, but couldn't seem to get on the board. Inning after inning, both teams had nothing to show for their efforts.

Although the innings 2-5 were without any scores, both crowds were cheering on their team to get them back in the game.

The Falcons were scoreless in the sixth inning, but then Rams' Korey Likens went up to the plate and finally brought life back in the game after hitting a double.

The Rams are back in the game and cheer on Likens to continue the momentum they



THE RAMS SHOWING GOOD SPORTSMANSHIP AFTER THEIR WIN AGAINST THE COALINGA COLLEGE FALCONS ON APRIL 23, 2024. PHOTO BY MICHAEL LIN.

have going on as they step up.

Mark Baca walked to first, Likens walked to third causing the Falcons to huddle once more as Rams' Elijah Moultries stepped up to the plate.

Rams added four more runs to the game that all started once Likens was able to open up the play and break the tie, ending the sixth inning.

The Falcons started the seventh inning strong, but it still wasn't enough to put numbers on the board.

The Rams remain scoreless in the seventh inning, which threatens them as the eighth inning kicks off.

The Falcons load up the bases in the eighth inning, and put two runs on the board.

The Rams could score again for security, but didn't in the eighth inning. Austin Watson closed out the game with a perfect ending.

WOMENS TENNIS IMPROVING EACH SEMESTER

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Women's Tennis is coming to an end for the spring semester. Although they lost at the tournament in Modesto, they won their conference game which was a big highlight of the season.

They still hope to grow stronger for the fall even though they've had a solid run. Head coach, Shannon Smith, believes that she has a stronger team compared to last semester.

"We didn't do very well last year," Smith said. "We didn't have a big team before, but now we have 10 girls who help push each other."

One of the players, Chiara Sobenes, is considered the number one player for the team according to Smith. She was a runner-up for singles and doubles in the Modesto tournament, pushing herself hard this season while encouraging others to do the same.

"I think I've been having a pretty solid season," Sobenes said. "But I think I should've pushed a little harder".

She felt intimidated by the person who placed first at the tournament, which affected her performance.

"I want to believe in myself more. Tennis for me is a relaxing moment. I drop all the tensions I have from school and I enjoy this time," Sobenes said.

This is going to be her last season playing at Fresno City College, but she wants to continue playing at Fresno State.

Another top player, Sarah Vor, has been playing well this season. Winning doubles in the CVC tournament as well as placing in the quarter-finals for singles.

"My goal is hopefully to get recruited to Fresno Pacific University on a school scholarship to play tennis for their team,"



WOMEN'S TENNIS COACH SHANNON SMITH GIVING INSTRUCTION TO PLAYERS ON THE COURT BEFORE STARTING PRACTICE. TAKEN ON APRIL 16TH, PHOTO BY DEVIN TAING.

Vor said.

She also wants to bring awareness to the difficulties of being a student-athlete. "Everyone on the team is working really hard. We have to maintain our grades as well as being student-athletes," Vor said.

She encourages her teammates to make sure that self-care is a priority as well since student-athletes spend most of their time in school or practicing.

Coach Smith hopes to recruit more students to join next season but expressed just how difficult it is.

"I used to talk to at least 21 people, but only about six reached out, along with some other surprises," Smith said. "I don't know why women's sports are so tough to recruit for. They want to get into school, they want to work, and want to go into other schools, so it's difficult."