

WOMENS SWIM COACH OF THE YEAR

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Hillary Boos, renowned for her expertise in water polo coaching, recently made waves in the swimming world by clinching the coveted CVC Women's Swim Coach of the Year award.

Her journey with the water polo team has taken a turn for the better. As they started off the first year, with only five swimmers and last year, with four swimmers. Boos didn't think they were going to have enough players on the team.

"It was rough," Boos said. There weren't very many kids, so Boos had it her goal to get as many girls that she could. The more kids you have, the more points you can score.

Boos found the right and hard working players to be on her team. She held early morning and evening practices to accommodate the schedules of her athletes and pushed them to their limits so they can be their best player they can be.

"My kids put in all the time and effort and I just kind of guide them through everything. They really stepped up this year", Boos said.

From their turnaround from last year, the Women's Swim and Dive team took home the Central Valley Conference Champions of 2024. "We ended up scoring enough points to win, I guess because we made such a big turnaround from last year".

Tori Valdez, a player on the women's swimming and diving team, shares her excitement on winning the CVC championship as well as her coach winning the Swim Coach of the Year award.

"Winning the championship felt so exhilarating and rewarding. We were pretty much undefeated throughout the season, however during the conference, the points were really close between us and Merced College", Valdez said. "It was a stressful and climactic meet but there was no better way to end the season than as champions".

As well as winning their own award, Valdez shows her appreciation and gratitude for her coach, Hillary Boos.

"It was no brainer to give my coach the award, not only because she coached the championship-winning team, but there was no other coach that was as deserving as she did", said Valdez. "Her days started with coaching and ending with coaching. I can guarantee that no other coach in the conference put in as much time and dedication that she did."



HILLARY BOOS POSING WITH HER TEAM AT THE MERCED COLLEGE ON APRIL 21. PHOTO BY HILLARY BOOS.

SUCCESSING ON AND OFF THE FIELD

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A STUDENT STANDS ON A PODIUM AS HE IS SHOWERED WITH APPLAUSE AND RECEIVES A MEDAL. COMPOSITE BY MICHAEL LIN.

Fresno City College student-athletes have to be enrolled with 12 credits and have at least a 2.0 GPA in order to keep playing their sport.

Balancing both school and sports life can be tough, but FCC student-athletes are performing better than non-student athletes.

The Associate Dean of Athletics at FCC, Derrick Johnson works closely with student-athletes and understands their drive to succeed in all aspects of their life.

"On average, we perform at a higher rate, we take more units, and we pass more units," Johnson said.

He states that the general GPA of student-athletes is 2.9 compared to the rest of the student's GPA of 2.6.

With some schools that these players want to transfer into do require a 3.0 or better. The idea of getting into their next athletic program pushes them to achieve

their best in the sport and as well as in school.

"They have to excel in the classroom too, they have to present," Johnson said.

If student-athletes keep performing well in all areas, it will make the district better as a whole and will impact how funding goes toward the school.

FCC hosted a Torch of Excellence Banquet on May 1 for student-athletes and their academic achievements.

The Rams Football Head Coach Tony Caviglia was proud to have about half of his football players be honored at this event.

"We have close to 50 football players that have a 3.0 or better," Caviglia said.

Caviglia believes good academics go hand-in-hand with sports and hold the same amount of value. When students go above and beyond at school they deserve their recognition.

"You can't have the sport without the school," Caviglia said.

STUDENT ATHLETE VOICES

What are you looking forward to during the off-season?



ROZHIN LODGE

Civil Engineering Major

"I have an engineering internship in Texas this summer," Lodge said. "I'm going to be playing badminton with some of the locals."



BETHANY ROUSE

Art, Art History and Art Studios Major

"Traveling, I'm gonna go to Washington, Oregon, Canada and maybe Texas," Rouse said. "I'm doing a solo road trip."



DANTE ROBINSON

Kinesiology Major

"I'm attending this basketball summer camp in Seal Beach. There will be a lot of colleges there because it's an exposure program."



NASSIBA AGBERE

Pre-Law Major

"I'll be traveling to New York to visit my aunt and cousins. I'll be checking out the city and spending time with them."

HOMERUN OF A SEASON FOR THE RAMS

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The Fresno City College Rams season has been spectacular. They have a few games left in their 2023-2024 season with 28 wins and 10 losses. The Fresno City Rams are in the race to win the Central Valley Conference Championship this season and are headed into the playoffs.

In his first season as head coach, Mitchell Karraker has been great and hopefully can continue for the next upcoming seasons. Karraker is the head coach on the field but off the field he is also a kinesiology instructor here at FCC.

Looking at the program as a whole the main goal is to improve and keep moving forward.

"Of course we are trying to see how we can improve to win baseball games, but also how we can do better in the classroom and in community outreach," Karraker said.

Karraker believes that this year they have a really close group that really enjoys playing the game and together as a team.

"Getting to know each guy individually and seeing how they interact with each other is one of my favorite parts of coaching," Karraker said.

Baseball is not always about how many games you can win, it's about building those connections within each other that's what builds a team.

JP Acosta, the shortstop for FCC, said "Karraker is always wanting the best for our guys. It's what allowed this team to come together and see the light at the end of the tunnel."

Acosta's favorite thing about Karraker is his willingness to win, seeing his emotions win or lose shows you what type of person and father he is. Karraker's drive towards



FRESNO CITY COLLEGE RAMS BANNERS OF THEIR CENTRAL VALLEY CONFERENCE CHAMPIONSHIPS THAT THEY WON OVER THE LAST TEN YEARS. PHOTO BY JULIAN PADILLA.

the game is what drives the players to keep wanting more.

"I think without a doubt this team has what it takes to make a run all the way. I feel the season went really well. We had our fair share of bumps in the road but we were able to strap it down and come together for our common goal to win state," Acosta said.

What keeps me going everyday on the field is God, trusting him and understanding his plan has been so impactful not only on the field but off the field as well.

Acosta's favorite thing about playing baseball, "I love baseball because it takes me away from the world and allows me to be a kid again and to only worry about the bat and baseball in my hands."