neterna and the control of the contr

1975 1975

TRACK

#### ACKNOWLEDGEMENTS

Marcia Bush
Robert Bustamonte
Debbi Forster
Lee Hemmen
Gary Humphreys
Anneliese Meyer
Linda Ross
Diane Rudisill
Barbara Wilson

#### TOP TEN DUEL MEET POINTS

ORTE	NAME	nimed Remark and Clay Los no constant asset, Roland Color Los sesson, and Clay L	TOTAL
	medw guiesig yd eda KEVIN MCCARTHY (71-72-73)	3 - 115 - 904	babaan ana 2084
zinst		32 - 634 - 100 3/4 Leer even streve thyle	196+125
3.	MARK MILLLHANDT (73-77)	100 3/4 - 72 3/4 db do 100 10g at th	173 <sup>1</sup> á
Li.	(68-69-70) vav sin	eet this year. Ralf H se, coule?-37 - Ofcla Humphreys, swaller th	me0 .not
ersol sid	(69-70-71)	ttion for the Top Spot, ser, a 12812 TOP 12 Top 12 to	1153 6 mt
600	(61-62-63)	all excellent Unrowers, see same of the 82.2 05.00 mg Man, main delcon, s	148 Jes
101's	(65-66-67)	fine prefer and rice of the country	116
8	DOILTH HOTHETTIE	conising deep strength 50 - 65 Tom Bloomeurst is cur	211
9.	FRANK SELTENRIECH (71-72)	to see the light enine out in the wood in	105i som
10.	BOB PAVACICH (69-70-71)  Arin Welson	7 - 33 - 56 13 - 😂 85	96 <b>23</b> 98
	74-75		

# THE CUPERTINO GIRLS' TRACK TEAM

The Cupertino Girls' Track Team has dominated league competition for the last five years. Last year' league championships were no exception! The Tino girls won by 49 points ahead of second place Homstead.

Last season was the first year of CIF competition for the girls' team. Six outstanding performers qualified for the CCS meet at San Jose City College. The entire team has their eye on the CCS meet this year, while hopefuls are anticipating the state meet in San Diego. To be decreased at most depart at faith outstanding the state meet in San Diego. To be decreased at the contract of the contract

Tino looks forward to the season and anticipates the following competition.

Homestead will prove to be the toughest meet. The Mustangs have depth and always a few good sprinters.

Tino girls will have to be ready for this one.

Lynbrook will be a big meet. Although Tino always pulls through, the competitive spirit between teams is at an all time high. Lynbrook has a huge team and lots of talent.

Sunnyvale is a small team. They usually do well in the field events and if Tino does not develop talent in this area, Sunnyvale will provide some good competition.

Fremont is consistent. Their sprinters are

exceptional and they always seem to have field talent. The Indians provide good competition for an exciting meet.

Monta Vista seems to get better each year. Strong in the discus, they seem to have good distance people, as well. Hosting the league meet this year, the Matadors will have a home edge.

# fied for the CCS meet HOAOOUR FONTT City College withe entire team has their eye on the CCS meet this year,

The Tino Girl's Track Team is coached by JoAnn Revoir. Ms. Revoir says, "it's tough for one person to coach all events with forty-plus girls," so volunteer coaches are encouraged and appreciated.

Three years ago there was a tradition of "milk shakes for everyone" if Tino girls win their first track meet, and steak dinners for anyone who breaks a league record. "It's the only time of the year I don't mind going broke," says Ms. Revoir.

# -stof. bas meet eg TINO GIRL'S TRACK TEAM emit Ils me te

Juanita Ammerman has been a race walker with the Tino team for the past couple of years. If Juanita keeps working out regularly she should have a good season.

Donna Anderson, a freshman, has her eye on the long jump. Watch out, Laurel McKenzie! Donna's goal is 16 plus.

Marion Mederios should attend a few big meets to add a strong 1, 2, 3 punch in the long jump. If he could pull himself away from the pole vault long enough.

Mike Latandre, with some more hard work could also prove an important asset. Rolando Salasang, after an amazing frosh season, and Clay Laucella, a hard working junior, could easily fill the ranks by placing when they are needed.

# WEIGHT MEN

The Weight Events have really come out of the dark to become a real strong addition to Tino Track prowess.

Tino could be looking at three discust hrowers in the State Meet this year. Ralf Horn, a senior of immense size, could easily muscle his way to a #1 position. Gary Humphreys, smaller than Ralf, should be in the competition for the Top Spot, with quick smooth form. Tim Blockinger, a junior with two years of Varsity experience, is another member of the big three. The Big Three are all excellent throwers, easily bettering 160 feet. These same three are also shot putters, behind the Do-Everything Man, Arin Nelson, who has proven himself to be a 50 ft. and better, shot putter.

Other fine prospects in the weights will be juniors, Pete Huser, Stan Seiff, and Mike Youmans, all capable athletes promising deep strength in the shot and disc.

Senior Tom Bloomquist is our darkhorse this year. But we expect to see the light shine from Tom. If the performance he shows in the weight room ominates throwing ability, Tom should be a league contender in the shot.

Arin Walson 13-8485 - 5393

Rich Miramon, a couple of sophomores, are working to kill the ranks and although not stars right now, should at least be able to place, and we believe and expect more.

The high jump will be interesting this year with new faces giving it a go. They say basketball stars Kurt Rambis and Ken Sayre have jumping ability and we'll be looking for them in the high jump. Returning letterman, Scott McCarthy, will be holding down the main with a mark of 6'3". Scott needs to go about 6'6" or higher and is well capable of doing so. Jim Viscovich, a soph, will be filling in the depth and will really score important points.

These jumps offer very intriguing contests. Watch and see how Tino fares. It may be one of the crucial events per Meet.

# JUMPERS

If Tino track had a strong point, the jumps (long and triple) would have to be it.

Once again, it's First-Place Finley heading the springer squad. Don is first in the CCS, with a triple jump of 46' ll2". Finley, with a little help from his i.\* friends, is Cupertino's anser to Bob Beamon. A natural track athlete, Finley has excelled since he was a freshman. In the long jump, Don's mark is 23' ½", 8th in the state. This season if Finley decides to go all out, the sky is the limit for this outstanding athlete. However, Don is constantly looking over his shoulder at Arin Nelson, another part of Tino's track backbone. Nelson, primarily a long jumper, jumps 22' 0" and should fly about 23' 6". With a little work, Arin will be right up there among the best.

Juliet Barleban is a sophomore and a newcomer to the Tino Track Team. A sprinter, who specializes in the 100 yard dash, Juliet has ambitions to be a part of the versity relay team. Good performances are expected from Juliet.

Marci Barnes, Hot Dog of the Year. Marci is starting her rookie year on the powerful Tino track team. She holds high hopes of being a champion discus thrower. As a hotdog in Basketball and Powderpuff, she is expected to do well in track. Good luck!

Jeanne Brady Go, Jeanne! The hurdles and long jump pit are ready!

Maribeth Bretzke is also a recruit from the freshman core program and is currently interested in being a high jumper. Good luck, Maribeth!

Cathy Canavan, a freshman is interested in long jump, 220, and 100 yard dash. Cathy has been a Cupertino Yearling and is still deciding whether she will compete for Cupertino or the Yearlings. We hope Tino is her choice.

Nancy Cole is starting her second year in track. Last year sne ran the 440, the last leg of the 880 medly relay team and did long jump. Her outstanding performance last year was a 4th in the 440 at league finals and running the last leg of the 880 relay at

the CCS meet. Nancy is looking for an undefeated season in the 440 this year. Her running form is great and she is a hard worker.

Joyce Coleman is starting her first year on the Tino Track Team. She is interested in being a hurdler, sprinter and long jumper. Knowing that there is lots of competition in these events, Joyce has been working hard to get herself in shape for the upcoming season. Joyce has lots of potential according to her coach.

Diane Cutsforth is also starting her first season with the Cupertino Girls Track Team. Not new to the sport, Diane competed for the Yearlings last year. Competing in long jump, 220 and the 440 relay team, Diane is looking forward to a very promising season on Tino's Track Team. Glad you are competing for Tino this year, Diane!

Nicki Garcia was the J. V. Hockey goalie this fall and did a super job for being a rookie. Her new ambitions include the shot put and discus for which she has good potential. Good luck, Nicki!

Laurie Grijalva is a freshman and has her sights on the 1410 and 880. A hard worker, Laurie is looking forward to the coming season and can be seen working out after school. Good luck, Laurie.

Lisa Haney is a new comer this year. She has the strength to be a great 440 and 880 runner and has been

composed of the cream of the crop. This year's relay teams follow suit to a tee.

In the 440 yd. relay, probably the most exciting of the races, Tino sports a quick and capable team.

Ron Inoye, Rob Regli, John Lucas, Mike Hall, Robert Bustamonte, and Arin Nelson are all ready to take the baton. Each can control his speed for corners, straights and baton exchanges. These athletes love to win and combining their efforts should produce a victory over the tough competition they face.

The mile relay is growing in popularity. One of the last events of the meet, we've seen whole seasons boil down to the winner of this race. In '75, Tino fields a dark horse team. Don Finley, Arin Nelson, Brian Ward, Marion Mederios, Mike Latendre, and Mike Hall are the prospects to fill this event. From a coach's standpoint it will be a tough decision as to just who will comprise this quadsome. These runners are all strong quarter milers at least under 52.0. This team will prove stiff competition to all that dare assail Tino track.

# HIGH JUMP AND POLE VAULT

These are two events very closely with a pole separating the heights and form.

The pole vault this year will be led by our own unfair advantage, Marion Mederios. Marion, a 3 year varsity veteran and holder of the SCVAL soph-frosh, Region II, and CCS records, will attempt to jump the last obstacle to the varsity CCS record. Once again, depth is apparent in Tino track. Brian Brennan and

your opponent is one of the basic contests man has devised.

Marty Wright, a junior, heads our distance men and is a seasoned veteran in varsity competition. Marty, outstanding since a freshman, posts a 9:38.0 in the two mile, as he works through this year, he should cut it down lower. Karl Leal is merely in the shadows for the moment and will be an excellent complement to Wright.

In the 880, Chris Jackson, Mike Vargas and Mike Venning are bidding for the No. 1 spot. This should prove interesting competition as each can travel the distance in 2:0.2. Watch for the 880!

The mile is probably one of the most ingrossing races as well as rapidly growing in popularity. Time's milers, including Marty Wright stand at Mark Nelson, Phil Regli, and Jon Penrod. The common time here is 4:30.0. It will depend on which Junior wants the No. 1 spot and is willing to put out. Each is a potential great (under expert coaching) and it should prove the better man first.

Long and mid-distance are sometimes exonerated from public attention, by those deeming it an unnote-worthy contest. It is however, a contest involving all aspects of athletics. The muscle for power, conditioning for endurance, limberness for agility and the mind for control and pshch. These are the athletes, this in long-distance.

# RELAYS

As you probably already know, the relays are

working off season very faithfully to fulfill her desires. As the Most Valuable Tennis Team member, Lisa knows what it takes to be a good athlete.

Looking as though she will have lots of ability to contribute, Tino wishes her a satisfying track season.

Jeani Horn is a junior this year and has been an intregal part of Tino's Championship Team. Undefeated last year in league meets for the 80 yard hurdles, Jeani earned her way to CCs in this event.

Relays are also her speciality. Running first on this 440 relay team that placed 3rd at the CCS meet last year, Jeani has high hopes of getting to the state meet. She also runs on the 880 medly relay team, and holds the league record for the 80 yard hurdles.

Torie Jones is a former national cross country runner who had decided to start running again. Torie took a year off but has decided to join the Tino Track Team and expects to make a comeback.

Muriel Lasserre is a freshman who is interested in middle distances. She will be a great addition to our miler team.

Ellie Latin is a new comer to the Cupertino Girls Track Team. Not totally unfamiliar to track, she participated in Junior High School. Since she started working out at the beginning of the year when she participated in Powder Puff, her potential to be a sprinter and hurdler is anticipated by her coach.

Anne Laumann is a newcomer to track and is expected to do well is she keeps up the hard work. Anne has a good long stride and hopes to provide some competition in the running events.

Sue Lee is a freshman recruit interested in long jump, hurdles and sprinting. Sue did exceptionally well in the track core program and expects to have a good season.

Terri Leech is a sophomore, and is looking forward to the coming season. New to Tino's Track Team, Terri is not sure what her areas of concentration will be.

Anita Maathuis is expected to be a hurdler and long jumper. A recruit from the freshman core program, Anita is looking forward to her first track season.

Manci Magoun is a senior who has been directing her energy towards the shot put and discus. A newcomer to the Tino Track Team, Nanci is a "natural" and because she puts in a lot or practice time, she is expected to do well. Good luck, Nanci.

Laurel MCKenzie is looking forward to her third season, competing in long jump, 440, 440 relay team and 100 yard dash. Although Laurel got off to a slow start last year, she ended up being very successful. She took 2nd in the 440 and 2nd in the long jump at league finals. Laurel also took first in the 100 yard dash at the Cureton Relays, and ran the last leg of the 440 relay team which also came in first at this meet.

# HURDLERS

As in the past Cupertino relies on the hurdles to score vital points in dual and big meets.

This year Cupertino will post a dominate threat in the CCS lead by Don Finley top high and low hurdler in the league. Finley will have to impose on his good speed nad form to bring down his already fine times of 19.3 in lows and 14.4 in the highs. To follow up on Finley is another fine senior runner Arin Nelson. Arin will have to pull himself away from his other 9 events long enough to put in a few good times for Tino.

Brian Ward a fine sprinter will be making his attempt in the hurdles after a year layoff.

The extension of the 180 lows to 330 yds. should post a definite advantage in the performances of Brian Wood as he makes his comeback.

Rick Napolitan hurdler will post himself as the fourth member of the squad. Rick will be returning after good frosh performances last year.

In overall approach Tino hurdlers stand to be the league powerhouse.

# DISTANCE

The 2 mile, 1 mile, 880, are the races you see but wouldn't want to run.

Being able to run a greater distance faster than

Combined experience, talent and youth and in any sport it's a winning combination. This is what Cupertino counts on as the '74-'75 track season leads on to new paths of competition, and victory.

### SPRINTERS

Once again the Tino Sprinters offer strong potential and possess real running ability.

The limelight has to be on Don Finley, who could and should be in the 9's for the 100 yard dash.

Seniors, John Lucas, and Robert Bustamonte and Arin Nelson are good sprinters and should contribute to the team by placing and combining in the 440 yard relay, to make it quick.

Junior star, Ron Inouye and Sophomore Sensation, Mike Hall, round out the sprints on a good note. These two are quick 100 yard runners and strong 220 yard competitors.

These men should fare well in Dual Meet Competition and we are hoping the work, coaching and talent will fuse to make the sprinters of Cupertino a definite league powerhouse.

Karen Noland is starting her second year in track. She had a good season last year and has been working early for an even better year. Competing in the 440, long jump, and the 880 medly relay, her most outstanding performance last year was 3rd at league finals in the 440, while the medly relay placed 2nd. The medly relay went on to the CCS meet. Her goals for the season include long jumping well over 16 feet and runing the 440 in less than a minute.

Barbara Patnode never started her sophomore track season with the intention of being the fastest race walker in the league. A senior, she now holds the league record for the 440 walk. Barb is concerned with her competition this year.

Sue Patrick has been a trackstar for the past two seasons. Her events last year were shot put, discus, walking and the mile. Sue's outstanding performance last year was placing sixth at league finals for the mile and going to the regional meet. One event she does not talk about is her race walk at one of the meets last year. Sue had never race walked before and ended up placing third at that meet. Never again, she said! Another one Sue does not talk about is her macaroni and cheese salad.

Peggy Pollock did exceptionally well in the track core program and has a lot of potential in the jumping and sprinting events. Good luck, Peggy.

Sue Richter is a freshman and has previously run for the San Jose and Cupertino Yearlins. As a member of the Bcy's Cross\_Country team this year, Sue is prepared for this year's season. She will be running the mile and 880. Her goals are to break the school record for the mile, and to get down to 2:35 in the 880.

Jill Sall was a late comer to the girls' team last year, but for a rookie she did an excellent job in the discus and mile. Her real talents seem to be concentrated in the discus ring. She has her sights on getting more involved in this event. Good luck, Jill!

Carol Sauriders is expected to be a miler. There is a lot of competition in the long distance events this year, so watch cut, Carol.

Andy Shea is beginning her first year on the track team. Planning to be a sprinter and hurdler, you often see Andy working on her own after school. Good luck, Andy. You have joined the best of the track teams.

Bringing such events into the limelight was quite a job, but dedication and personality molded "Dooley's Demons" into cross-country champions and a vital part of our track team. Davis, the weight ceach, is himself an AAU competitor and record holder. His size and experience is inspiration enough for our shot and discus beys. "I was a 97 lb. weakling," says Davis "and I couldn't get girls. New I'm 220, bench 4001lbs. . . . maybe I'm just ugly."

Chuck Bean, a graduate from Tino, is the hurdle coad. Improving already great runners is a challenge that is often slighted, but with Bean a scccer coach also, it will be a challenge accepted and conquered. A new addition in the coaches room will be jumps. Coach Chris Kinder, a rookie, is as firm and wise as a retired beteran. Here age is merely a measurment of time and not ability.

Last, but foremost is head coach Norm Eliason. What can you say about a seasoned coach that exemplifies all that a coach is. Over the years coaching has seen modernization just as anything else. Track and field technique, have seen and been part of the new athletic scene. Instead of waiting around for another "Jim Thorpe," Eliason instructs talent and ability to his team. This is to say, "Be an intelligent athlete. Operate your body as a finely tuned and delicate machine. Don't abuse it, just use it but use it to your full capacity."

Norm is his 2 years at Cupertine has led his team to 2 league championships, 2 CCS titles not to mention numerous college-level athletes that are bing well.

TINO VS. FREMONT: Could go either way. Fremont is boasting fair sprints and good mid-distance. These are the points Tino has to work on. Also Fremont has the talent in sufficient depth to stage an upset. However, it is just such a team that the individual strengths of Tino should score enough to keep the Indians checked.

TINO VS. LYNBROOK: This will be the Meet of the Year. Lynbrook is the league favorite. Their track program has always been good. This year is the year they would love to beat 'Tino. Very strong in the distances 'Brook also boasts strength in the weights, pole vault, fair sprinters and hurdlers. However, it is in these same areas that Cupertino is best. Not only is 'Brook going to be a tough meet but the winner will probably take the league. This should be one of the most intense and fiercely battled meets since Los Altos in '73 when we won by a point. What it will boil down to is the training and coaching these athletes have received. We feel it is here that Cupertino pulls away from the pack.

Behind the scenes seldom seen is the track coach, unlike basketball, soccer, and football the coach is not confined to one area and is often lost in the shuffle... lost to everyone save his own team.

Head coach Norm Eliason flanked by Tom Dooley, Steve Davis, Chuck Bean, and Chris Kinder, when you look at their accomplishments it is easy to understand why foes tremble at the sight of the "Fearless Five." Dooley, an olympian, is our distance coach.

Carolyn Smith is a senior and has been the varsity hockey goalie for the past year. She is joining the Girls Track Team for the first tiem. Carolyn is going t to concentrate on the discus and shot put and is expected to have a good first year season.

Tammy Smith is a newcomer to Cupertino and because she was a member of the Wilcox Cross-Country team before she arrived at Tino, Tammy is expected to do well in the distance events. Glad you are aboard the "Tino Team."

Bonnie Thiebaut is a sophomore, and also a newcomer. She is expected to be a fine sprinter.

Rene Tuscher is a former Cindergal, and an excellent miler. She runs the 880, also. Watch out for Rene, she is looking to break the league mile record.

Elaine Wright is a newcomer to the Tino Track Team and has lots of potential as a sprinter. A junior, Elaine figures the next two years will be productive, good times.

Lisa Wright is a freshman, and one of 'Tino's milers She's been running since age 9, and has been a member of both San Jose Yearlings and Integra. She also ran on the Boy's Cross-Country team this year. Her goals this season are to get down to a 5:45 mile.

Vivan Yant has been an active member of the Girls' Field Hockey team and is now going to try her skills in track. She is interested in the shot put and long jump..

Not knowing what events she will excellin, she also has her sights on the 100 yard dash. Good luck, Vivian.

Jane Zwieg, a senior this year, has been a member of the girls track team since she was a freshman. Competing primarily in the 440 and 880 yard relays, she also does high jump.

Jane has high hopes for the 440 relay team. Expecting to work harder than she did last year, she feels that the relay has a good chance to go to the state meet in San Diego. Last year this relay team placed third at the CCS meet.

Joanne Zwieg ran for the Cindergals before she entered Cupertino. A sophomore this year, Joanne's experience has been a great asset to Tino's track program. Her strongest areas are the sprinting events although she pulled up to the #1 position in the high jump last year.

Joanne was the second runner on the 440 relay team and did a fine job in the 220 and 100 yard dash. She is expected to be Tino's #1 girl in these events again this year.

A top varsity hockey player, Joanne is looking forward to a winning season.

Patty Zwieg is a freshman this year and a newcomer on the Tino Girls Track Team. Previously a member of the Cindergals, she specializes in the racewalk, high jumping, and middle distances. Patty is an exceptional worker and although she sometimes gets upset when she feels she has not done her best, she always comes back.

#### TINO BOY'S TRACK TEAM

Although possibly not the most awe inspiring team in the world, the '74-'75 Cupertino Varsity Track Team is for real!

The toughest obstacle this year's team needs to overcome seems to be lack of confidence. The '75 team is looking at back to back CCS championships (5 out of the last 6 years to be precise) which is really a tough act to follow. However, with the talent and coaching combining in competition, Tino always will rise to the occasion and emerge victorious as they press on to the final goal.

Over viewing the team is not to impressive unless you happen to know the athletes individually. Only then can you see the real strength behind Tino Frack. Perhaps the best way to preview a team is to look at their opposition and see how they would fare.

TINOTVS. HOMESTEAD: Here is a strong rivalry but Homestead lacks depth. This is to say, Tino should place first in most events and if they don't, Homestead lacks depth to place finishers over Tino.

TINO VS. SUNNYVALE: Sunnyvale really isn't strong this year although Tino is wary of all teams they meet. It is in this sort of meet along with Monta Vista that our coaches expect experience and training to garner the victory.

San Mateo C.C. San Jose C.C. Nay 1

# TINO GIRLS TRACK SCHEDULE

DATE :	SCHOOL	LOCATION	TIME
March 18	Interclass Relays	Cupertino	
March 20	McClymonds	Cupertino	3:00
April 10	Los Altos	Los Altos	3:00
April 17	Pioneer	Cupertino	3:00
April 24	St. Francis	St. Francis	during vacation
*May l	Monta Vista	Monta Vista	3:00
*May 2	Cureton Relays	Fremont	5:00
*May 7=	Sunnyvale	Sunnyvale	3:00
*May 15	Homestead	Cupertino	5:00
May 20	Fremont	Cupertino	3:00
*May 22	CCS Qualifying	San Jose	3:00
*May 28	Lynbrook	Lynbrook	5:00
May 30	CCS		
June 3	League Trials	Monta Vista	4:30
June 4	League Finals	Monta Vista	4:30
June 6&7	State Meet	San Diego	

<sup>\*</sup> League meet

		Interclass Relays	
			Parch 20
		Los Altos	
3:00	Capartino	Pioneer	
during vroation		St. Francis	
3:00		Nonta Vista	
	Fremont	Cureton Relays	
	Sunnyvale		#16y 7=
5:00			
	San Jose	CCS Qualifying .	
		Lynbrook	
	. *		
	Monta Vista		
		State Neet	

Day	Date	Opponent	Location	
Fri.		Palo Alto	Home	
Fri.	March 11	Santa Cruz & Harbor	Home	
Thurs.	March 20	M <sup>c</sup> Clymonds	Home	
Sat.	March 22	Stanford Relays	Stanford	
Thurs.	March 27	Sunnyvale	Sunnyvale	
Sat.	March 29	San Jose Inv.	San Jose C.C.	
Thurs.	April 3	Fremont	Fremont	
Thurs.	April 10	Lynbrook	Home	
	April 12	9	Carlmont	
	4	Homestead	Homestead	
		Vacaville Inv.	Solano J.C.	
Thurs.	May 1	Monta Vista	Monta Vista	
Fri.	U	Cureton Relays	Fremont	
Thurs./Fri.				
May 8&	9	F.A.L. Trials	Home	
Fri.	May 1.6	F.A.L. Finals	Home	
Thurs.	May 22	Region II Meet	San Mateo C.C.	
Fri.	May 30	C.C.S. Finals	San Jose C.C.	
Fri./Sat.				
June 6	Sc7	State C.I.F. Meet	San Diego	