

SPORTS ROUND-UP

Jan. 23 – Jan. 28, 2012

This week's games schedule:

Feb. 1	Wed.	HS Basketball vs Kinnick at Kinnick	5:30 pm
Feb. 3	Fri.	HS Basketball vs ASIJ at ASIJ	5:30 pm
Feb. 3-4	Fri.-Sat.	HS Soccer – Kanto Plain Tournament at St. Mary's/YCAC	9:00 am
Feb. 4	Sat.	HS Wrestling - Kanto Plain Tournament at St. Mary's	9:00 am
Feb. 4	Sat.	MS Basketball - Kanto Plain Tournament at British School	9:00 am
Feb. 5	Sun.	Swimming - Kanto Plain Tournament at St. Mary's	9:00 am

Congratulations to the Varsity Wrestling and Soccer teams for capturing their respective Kanto Plain league titles over the weekend. Winter sports wind down this week with Kanto league tournaments in wrestling, soccer and MS basketball. Good luck Titans!

Varsity Soccer

Coach Van Den Bossche

St Mary's 6, YIS 1

A straightforward victory, ensuring that we finished the league season undefeated and won the league by a comfortable margin. **Sean Williams** opened the scoring, **Shin Olsan** scored the second and **Kwi-Soo Shin** slammed in a third to give us a healthy lead at halftime. YIS did pull a goal back after some slack defending, but further goals from **Kwi-Soo, Alan** and **Sean Williams** rounded off a comprehensive victory. A late injury to Sean Williams put a dampener on the celebrations but hopefully he should have recovered in time for next week's tournament.

Junior Varsity Soccer

Coach Twohig

St. Mary's 5, YIS 1

The JV Soccer Titans played their best game of the season with a comfortable 5-1 over YIS.

When we play to our strengths, we will score goals, and our main strength is speed in attack.

A simple ball through or over the defense will always create chances, and so it turned out with **Paulo Tanabe** scoring 2 and **Ken Gallego** bagging a hat-trick.

We still tend to let the ball bounce too much in defense, something we will work on in training this week.

This completes the regular season with three wins and three losses.

The season ends this Friday (at YCAC) and Saturday (at St. Mary's) with the Kanto Plains Finals.

This year any of the four teams (SMIS, BST, ASIJ & YIS) could win the trophy.

If we play at our best, the cup will be coming home!

HS Wrestling

Coach Harlow

League Champs!

Every season, we have 3 goals to achieve. The League, the Kanto Finals and the Far East. 1 down and 2 to go. This is the first time in several years that we have won the League without sharing it and the first time for me as a coach. So a big thanks to the team for helping me with that goal. But, that is over and now we look to the Kanto Finals this weekend. This tournament will feature the 3 best teams in the Far East; Kinnick, Yokota and St. Mary's. This will be a very tough tournament to win and a great challenge leading into the final 2 weeks. Hopefully the boys respond well in practice and to the adversity that comes along with the pressure of winning.

St. Mary's 45, ASIJ 15

St. Mary's 39, CAJ 17

Without two of our studs (**Chidi Agbo** and **Soma Yoshida**) I felt that this was not only going to be a huge challenge mentally, but another chance for the team to respond with intelligent, grind-it-out wrestling. Stay off of your back and prevent the other team from gaining momentum or extra points and let our seniors do their job. We did just that and it was a great set of wins for our program and awesome to know that our seniors have won the League outright.

101 "Little Ray" **Ray Okuno** had 2 forfeits, which will always help in Dual matches.

108 **Kaimi Miyazawa** got a forfeit against ASIJ and did well to beat a tough opponent from CAJ. He gave up only 1 point, which gave their team only 1 point. This was a good match for Kaimi and he is starting to show signs of maturity and good wrestling awareness.

115 **Kentaro Hayashi** got a forfeit from ASIJ and lost in a tough battle with the opponent from CAJ. He won the first period and lost the next two periods during the last 15 seconds of each period. His stamina has to get better and that will come with working much harder in practice. He did get a team point, but gave up the win and they got 3 team points.

122 **Yuto Yamada** is going to have the toughest road of just about anyone on the team. He doesn't seem to get any easy matches. These 2 will probably place in the top 5 of Far East. He is showing his toughness in all of his matches and he is disappointed in himself afterwards, but he has to start being a smarter wrestler. He got pinned in both matches by just putting himself in a bad position.

135/141 **Koki "KFP" Fujiwara** received a forfeit at 135 against ASIJ and pinned his bigger opponent against CAJ. He did exactly what was expected and he is getting easier to rely on.

135/141 **JP Kwak** got a forfeit from ASIJ and pinned his opponent from CAJ at 135. He also did as expected as the team captain and leader. He showed the way from the time we got on the bus to afterwards when we left to CAJ.

148 **Tomo “YETI” Moriya** did an excellent job of pinning a seasoned wrestler from ASIJ and wrestled well against the tough opponent from CAJ but did not score in the second match. He only lost by decision, but needs to find a way to score team points in the duals.

158 **Brendon Hymas** received forfeits in both matches. Good to get some rest, but he always wants to wrestle so it is hard for him to just sit and watch.

168 **Jeffery “bu bu” Koo** pinned both of his opponents. He is a force to be reckoned with right now. Wrestling as well as anyone in the Far East at any weight class.

180 **Kevin Miller** Time lost by pin to his strong ASIJ opponent, and I know he is disappointed, but he will have to get stronger and faster and wrestle smarter to beat guys at his weight. He got a forfeit against CAJ.

215 **Sean British Bulldog Ward** thumped his opponent from ASIJ, getting a pin. But, against CAJ he wrestled as poorly as I’ve seen him in 3 years. He pinned the opponent, but should have made quick work of a kid who took him into the second period.

Please come and cheer on the Titans this weekend here at St. Mary’s. You’ll get the rare opportunity to watch our outstanding wrestling and Soccer teams on the same day. See you there!

Swimming

Coach Moodie

Tokyo-To Senshuken Championships at Tatsumi

The Bucs were at Tatsumi on the weekend for the Tokyo-To Senshuken Championships. The meet provided an opportunity to race in the long course 50-meter format in the midst of the 25-meter short course season. It was a small meet by Tatsumi standards (739 swimmers from 100 clubs) as strict qualifying times were required and only times produced in long course meets were acceptable for participation.

Many elite swimmers were in attendance, with plenty of National team members also competing. Preliminaries and finals were held for each event, and competitors placing well could advance to either A, B, or C finals. University and pro athletes were prohibited from swimming in the B or C finals. Spots in the A finals for the men’s events were almost exclusively taken by university and elite swimmers. Takeshi Matsuda’s performances were unquestionably the class of the meet. Matsuda currently holds the #1 ranking in the world for the 200 Butterfly and is world ranked in several other events. Matsuda hails from Miyazaki Prefecture so, he was ineligible to swim finals.

SMST Seniors Kelly Moodie and Christian Brown made the B final in their events. Moodie qualified in the 50, 100, and 200 Free events. Brown made it to the B finals in the 100 Breast. Kelly won the B final of the 100 Free to take the top spot among Tokyo high schoolers. His 52.27 prelim time was a mid-season untapered best. Best times come with more rest and taper time is looming — Japan’s Short Course Senior Nationals are just two weeks away. The venue for the Feb. 11th + 12th meet will also be the International Swimming Complex at Tatsumi.

The Bucs are looking forward to hosting the Winter Kanto Plains Championships at St. Mary’s on Feb. 5th.

MS Basketball 8

Coach Willis

St. Mary's 36, Nishimachi 45

The team played well the first half- but Nishimachi made several quick steals and went on a 12-point run. The team battled hard but never could make up the difference. **Gaia Numano** came off the bench and played tough offense and defense. The team travels to BST this Saturday for the 8th Tournament. The Titans are the number two seed and hope to get another chance to play NIS and win!

MS Basketball 7

Coach Molina

St. Mary's 39, Nishimachi 24

The Grade 7 Basketball Team ended their season with a victory over the Nishimachi Vikings, 39-24. The Titans resorted to a running game from the outset, scoring most of their first-half points on fast breaks. But as the Vikings threatened to rally in the last quarter, the Titans shifted to a controlled game and patiently executed their set plays to hold on to their lead. Top scoring once again for the Titans was **Thomas Woods** with 10 points followed by **Shane Koslow** with 9 and **Kazuki Martin** with 8. Also putting their names on the scoreboard were **Ryo Mochizuki, Jun Woo Hwang, Leo Stern** and **Shengen Chen**.

With the win, the Grade 7 Titans conclude their season with a 6-1 record. Since their loss to ASIJ early on this season, the team has improved considerably and has played well together. Thomas Woods took up the scoring chores when Tom Matsumoto left mid-season. **Jun Woo Hwang** and **Alex Repeta** stepped up to share the point-guard position with **Ross Sheng**. Meanwhile **Ryo Mochizuki, Shane Koslow, Sagar Daryanani, Adhityan Anbumozhi,** and **Sean Tsui** provided scoring support at the wings. And finally, the tall men of the team were **Kazuki Martin, Leo Stern** and **Shengen Chen**, who manned the boards all season long.

Congratulations, Grade 7 Titans!

MS Basketball 6

Coach Molina

St. Mary's 27, Nishimachi 37

The 6th Grade Basketball Team lost, 27-37 to the same Nishimachi team that played the 7th Graders. The game was close at the beginning, but the much taller and more physical Vikings began to pull away in the second quarter and never relinquished the lead after that. The Titans' quartet of **Jett Lay, Anmol Shah, Elvis Maleko, Ted Ogutu,** and **Tommy Kim** kept the Titans in the game with their drives to the basket, but the Vikings controlled the boards and easily banked in their second shot attempts. Jett led the Titans with 8 points, followed by Tommy and Anmol with 6 points each.

With a 5-2 record, the grade 6 basketball players should be proud of themselves. They play mostly against 7th graders and should be commended for winning five games this season. They also play with a lot of heart and are not intimidated by their bigger opponents. The team mainly relies on its guards (Jett, Anmol, Elvis, Ted, and Tommy) for their scoring but find reliable support at the wings in **Josh Sparling, Sam Wilson, Tony Croce** and **Koki Azuma**. Taking on the chores of warding off the

big boys from the opposing teams are **Greg Tanaka, Aditya Bharadwaj, Nabil Hasan, Jeong Wok Son** and **Hyung Chul Yoon**. The team missed the services of **Ben Matsumoto**, who left in the middle of the season, at the point.

Congratulations on a great season!

MS Wrestling

Coach Yabui

St. Mary's Tournament, Jan. 28

Titan wrestlers competed in 10 weight divisions. Eight individual Titans finished the day as a champion, with 3 placing third. The results were as follows:

Champions: Thomas Monaghan, Chang Young Lee, Itsuki Shibahara, Ryan Vasconcellos, Alex Behr, Ryan Ward, Elliott Henry, and Ryo Osawa

Runners-up: None

3rd (excluding 3-man brackets): Kento Taira, Joe Kraft, and James Bysouth,

Group 5A

Kento Taira had a long day, wrestling 4 matches in this 5-man bracket. He finished in third place with a 2-2 record, pinning 2 opponents. When Kento is aggressive, he can take people down. On Saturday he was sometimes aggressive and sometimes not. When he was aggressive, he took opponents down with a hard headlock, fireman's carry, and he even tried a rather new technique, the arm throw. But when he wasn't aggressive, he waited and got stuck in unfamiliar situations like a left-side head outside single leg situation. Kento looked like he knew what to do, but his body couldn't react fast enough because obviously he has not trained in situations as such. But, overall Kento wrestled tough for a 6th grade rookie.

Group 5B

Thomas Monaghan proved his dominance once again to pin all 4 opponents in this 5-man bracket to finish in first place. Although his offensive techniques were not as clean, once he caught the opponent in a front headlock situation (a defensive hold), it was show time for him. He manhandled every opponent from that position. His arm bar was unstoppable; pinning opponents in a tight sit through finish with his opponent's legs kicking in the air.

Group 4A

Everyone is afraid to wrestle **Chang Young Lee** as his opponents know that they are going to be taken down no matter what and are going to get pinned no matter what. Chang Young probably could have taken home the fastest pin award if his opponents did not run away from him. Chang Young has to spend about 30 seconds to a minute trying to get in contact with his opponents, who are backing up to keep their distance. Otherwise, when Chang Young gets into action, it only takes about 10 seconds to finish his opponents. He pinned all 3 opponents in no time on Saturday. He finished first place with 15 points; a 10 point difference to the runner-up.

Group 4C

Itsuki Shibahara came back strong as the champion in this last tournament of his middle school career, pinning two opponents and winning one due to injury. He had been struggling to get a win from ASIJ wrestlers, but on Saturday he took an ASIJ wrestler down so hard that the opponent injured his elbow. Although his second match was a bit sloppy, he came back in the second period to finish the match. In his

last match, he took his opponent down with his signature fireman's carry beautifully for 3 points. He wrestled like a veteran, smart and tough.

Group 4D

It's a long, confusing name to remember: Vasconcellos. But every coach in the league mentions the name clearly as the best wrestler in the league. **Ryan Vasconcellos** swept through the tournament easily to finish as champion for his last tournament of his middle school career. His setups, technique, knowledge of moves, speed, timing, and intensity all set a great example. But above all, his strength in wrestling comes from his dedication to wrestling. He loves the sport and wrestles whenever and wherever he can. That's just what great wrestlers do. He led the team as captain well this season by demonstrating a high level of wrestling; hopefully something that the 6th and 7th graders inherit in the seasons to come.

Group 4E

Alex Behr gets better every tournament. He only does two things every time: a double leg and an ankle lace. He has probably scored more than anyone on the team with the ankle lace this season. Most of his matches ended in a technical fall (scoring a 6 point difference). But on Saturday he showed the crowd what they have never seen from him: a pin. He got a pin for his last match of the season. It just showed that Alex is capable of more than the ankle lace (which by the way is already more than enough to win). Alex won his second championship of the season; a very impressive accomplishment for a rookie.

Group 4F

Ryan Ward successfully got his revenge with the Yokota wrestler who beat Ryan in the last tournament. Ryan and this Yokota wrestler's record was 1-1. In the last tournament, the opponent completely stopped Ryan's actions with a tight Anaconda Choke. The move was done so tightly, it made Ryan very difficult to breathe. (The legality of this move is in the gray zone; depending on how the move is executed, it can be illegal, but it's hard to tell.) But this Saturday, Ryan had strategized his match well and he did not get caught in the move. Instead Ryan waited for the opponent to make a mistake and caught him in a front headlock position. Ryan scored 1-pointers going behind. There were no big take-downs but Ryan did the right thing to win. Ryan also wrestled very well the last match. He caught the opponent in a reverse lock dump two times. When the opponent countered the move in the third attempt, Ryan was able to react and switch off back to a fireman's carry. He finished his 8th grade season as a champion.

Group 3A

Elliott Henry finished first place in this bracket. His opponents were getting much tougher and better defending off Elliott's fireman's carries. There were a couple of occasions when Elliott was on his back from some mistakes he made, but he was tough and got out of every dangerous positions. In the end, he was very aggressive, as usual, and pinned both of his opponents.

Group 3B

Ryo Osawa has become another Titan wrestler that's unstoppable. Ryo's techniques are solid and he has good mat sense. He sticks to his technique and does not garbage wrestle. His last match, he shot a nice high crotch and quickly switched to a double to get around behind. He wanted to put the arm bar, but his opponent was not opening his arms (which is illegal), but Ryo quickly changed off to an ankle lace (good

wrestling decision). Although he ran out of time to score with the ankle lace, soon after, he took his opponent down with a good headlock to pin his opponent.

A word from the coach:

I had told the team a number of times this season that this tournament at our home is the real deal. Over the past two seasons, the team had performed poorly in their last tournament compared to the other tournaments. The last tournament was at our home this year and that is why I wanted the team to perform their best. And you did. Having 8 champions out of 10 divisions is a CPE (Champion Per Entry = Total Champions / Brackets Entered) of 80%. The last three tournament CPEs were 64% at Yokosuka, 75% at ASIJ, and 50% at Yokota. You definitely finished the season strong. Great job wrestling hard at home.

— LET'S GO TITANS! —