

Women at the World Cup

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GOALS & GOOSE OUT TO SELECTION OF THE SE



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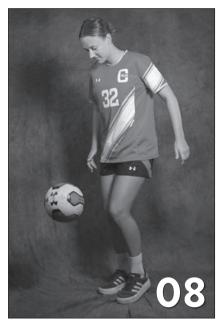
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# Letter from the Editor



Dear Sundial readers.

This fourth issue of the Sundial's magazine has stories connected to sports. With the middle of the semester coming around it can be hard to keep up with studies and taking care of oneself. Everyone can relate to a sport in some way. Either your parents made you join a sport when you were younger, you watch sports or compete in fantasy sports with friends. Sports have brought people together in tough times and good times. They serve as a common ground for people to come together, watch a game and have a moment of bliss.

To me, watching or playing sports is an outlet to help relieve stress. There was no better feeling than having a community of people around you that you faced loses or wins with. Knowing I had a whole group of other women with me who were going through the same emotions I was and moving towards the same goal made me feel a part of something bigger. Playing sports growing up taught me a lot of skills that I still use today. Teamwork, leadership, discipline and determination are the few that stand out above the rest.

Most athletes will use these skills to be leaders in their communities. They are some of the most influential people we admire everyday. We look up to them for health advice, physical training, advocacy, or making our team win the title.

The following stories address our local athletes, national teams closing the gap between men and women, and how students are incorporating themselves into their sport.

I hope these stories bring you a moment of bliss in between studying, make you feel connected to the campus, and offer a new community you may be interested in supporting or joining.

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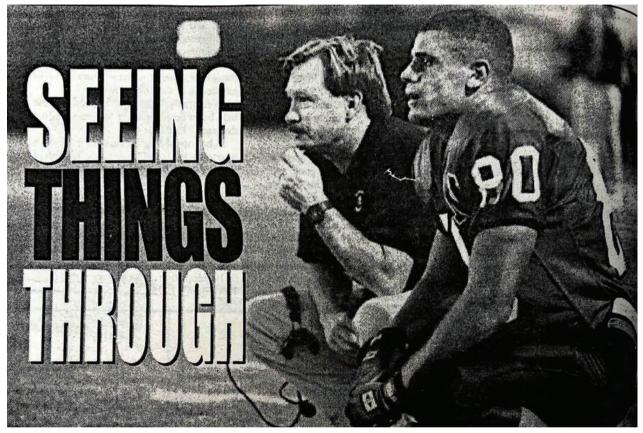
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# Remembering CSUN's football program

WRITTEN BY RYAN ROMERO



Scan from the Daily Sundial archives.

atadors football played its final game with a 50-43 loss to Portland State University on Saturday, Nov. 17, 2001. Just a little less than a week after the final game, then-President Jolene Koester announced the California State University, Northridge football program would be eliminated.

Athletic director Dick Dull recommended ending the 40-year-long CSUN football program to address budget concerns and compliance with Title IX.

Prior to the football team disbandment, there were numerous efforts to save the team, including a 1997 decision to eliminate four men's athletic teams to keep the program afloat. CSUN administrators cut baseball, volleyball, soccer,

and swimming to provide the necessary funding to keep the football program afloat.

Even with the athletic program prioritizing football, Koester stated the annual cost of \$1.3 million for football was far too much for the department to handle. Along with the athletic department reporting \$725,000 of losses in 2001, the institution found itself with the decision to cut the team.

CSUN competed in its last season as an independent team after spending the previous few years with the Big Sky Conference. In 2001, CSUN's athletic program would join the Big West Conference, leaving football as the only sport without conference affiliation, while sports such as softball and baseball made the move.

CSUN's football program Continued on page 20



oing your homework is hard enough. Now, imagine your assignment is to construct a Formula One-style race car that goes head-to-head in an international competition against other universities.

While this may sound like the plot for a "Fast and Furious" spinoff, this is the reality for California State University, Norhtridge's Formula Society of Automotive Engineers team, a senior design class that puts all the students' knowledge to the ultimate challenge. Over the course of the school year, the students work together as a company to manage, manufacture, design, and test their vehicle as part of FSAE.

The competition tasks teams to work as a mock business, where they run their cars on the track in various events alongside a showcase of entrepreneurial skills in presentations for design, cost and business planning. The team, also known as Matador Motorsports, has a fresh outlook and plans to maintain their successful record. In May 2023, they placed 15th out of 120 schools overall and were in the top five for California. In 2021,

the team took home fifth place at the national SAE competition in Nevada.

Project manager Elizabeth Murillo has been part of the crew for two years, and is bringing her experiences from working on the previous project to her role as this year's leader. Murillo's main goal as project manager is to prioritize organization and planning. With thorough preparation, Murillo expects the team to excel with ample time for testing and making adjustments while bringing awareness to FSAE.

"People think that we're only mechanics, but we've been studying mechanical engineering for four years, so that includes thermal classes, fluids, dynamics, structures, material science, electronics—we do a little bit of everything," Murillo says.

On top of having a coordinated workflow, there is an aspect of fundraising and acquiring sponsors that is vital for the team's success. On average, each team spends around \$70,000 to \$80,000 each year.

This year's chief financial officer is Leonel Hernandez, a first-generation student who quickly

learned the business strategies of automotive marketing, despite having a background in mechanical engineering.

Funding has been a challenge for the team due to a lack of monetary connections previous teams had, which came from family members at high-level businesses, according to Hernandez.

"It's on-brand for what we do," says Hernandez. "CSUN students are known for being a scrappy, ragtag group that gets it done."

So far, the group has raised \$12,000 through donations and funding, with another \$22,000 coming from CSUN. Despite the funding from the school, the team relies on fundraising because the money goes quickly, according to Hernandez. To raise money, the team employs grassroots tactics such as selling raffle tickets and tamales.

"If we get all the funding through that, you can say that the car will literally be powered by tamales," Hernandez says.





This sense of community and pride in culture comes from the team's majority of Latino students. Embracing one's identity is encouraged, shares Murillo, who aims to promote the community aspect of the team.

"I'm trying to make it more personal because we have a lot of underrepresented people here, and it would be nice to show that we can do the same thing that anybody else can for a small CSU," Murillo says.

As the only female student out of 27 in the senior design class, Murillo includes representation as another goal for her leadership. Murillo says that by taking this position, she hopes that more women are encouraged to join the field and be taken seriously.

However, by implementing an atmosphere of pride and productivity, Murillo said she feels more at ease, because she is around people in the same culture. The comfort found in the team's Latino identity resulted in Murillo receiving the lighthearted nickname of "La Jefa," which means "the boss."

"She's our boss. Whatever she says goes," says Austin Gomez, another second-year member of the team, serving as the lead for drivetrain and manufacturing.

Gomez recalled his experience about the rushed production of last

year's car as a test of perseverance. The team was sleeping three to four hours a night to get the vehicle completed in time for competition. Gomez said some students would

not even go home for the night, and that they would shower at the Student Recreation Center.

To avoid last season's time crunch and pressure, Gomez is working closely with the other five teams that make up Matador Motorsports to get a head start on the new vehicle's design and needs. Aside from drivetrain and manufacturing, the teams include aerodynamics, chassis, controls, engine, and suspension.

The car is constructed on campus in Jacaranda Hall, with 80%-85% being manufactured in-house. This includes everything from the wiring of the electronics to welding the frame of the car. The only items that are not student-made are the engine, seat, springs, and tires. The team uses Haas Automation, Inc. machines, a gift from CSUN alumnus and company founder Gene Haas.

"It gives us an edge compared to other schools, and it helps us as students understand what's possible, since the machine can only do so much," Gomez said.

Registered as #45, the team is preparing for the FSAE international competition held in Brooklyn, Michigan, in May 2024. The final design and name for the car is still up in the air, but if last year's car is any indication, the name will be witty.

Last year's car was named "Shaquira." The "Shaq" came from the car's number, 34, and the "Shakira" aspect came about because, as Gomez aptly put it, "The car's hips didn't lie."

With the mindset of running the program like an actual company and being mindful of every aspect of the competition, Matador Motorsports is hoping to continue their standings in the races and presentations.

"I don't want to jinx it, but we should be in the top 10 for sure," Murillo said. "We have a really good team this year, and CSUN has always done well, so I think we're going to keep making it big."

# Eat to Win The Diet of an Athlete

WRITTEN BY ALEX PEREZ
PHOTOGRAPHED BY TRISHA ANAS

o an athlete, the body is a temple. The way they treat their bodies from the offseason to the regular season can be the deciding factor for a great year. No matter what sport they play, an athlete must dedicate their time to becoming a great player.

For many, that begins with what they eat. Many student athletes at California State University, Northridge have their own routines and habits to prepare for a season and maintain during it.

Kyle Frelow, a junior on the CSUN men's basketball team, prioritizes his protein intake to prepare for the season. While there is not too much of a change in his diet, Frelow frequently eats chicken and steak for protein

along with broccoli and asparagus to round out his meals. Eating a balanced diet with vegetables provides the body with antioxidants, which support recovery, according to a study of athletes' nutrition for the journal Sports Medicine. Some of these meals also include pasta as a source of carbohydrates, which fuel Frelow on and off the court.

While Frelow is in the gym working to prepare for his season, Jacqueline O'Neill, a junior tennis player, is keeping herself in competitive shape on the court.

O'Neill says there is no real offseason for her because of the amount of matches she plays year-round. She believes that fitness and recovery are the keys to lasting a full year.

There is, however, one major change in her diet throughout the season.

"I consume a lot more carbs when I'm in-season. That's mainly because of the amount of matches I play," she said.

For O'Neill, carbohydrates are important for energy and recovery, especially for tennis players.
Consuming carbohydrates after exercising can maximize recovery, which improves subsequent performance, according to a

study from the University of Birmingham.

A typical meal before matches for O'Neill consists of only carbs and protein. She eats bread, pasta, rice, chicken, oatmeal and much more. However, the key to her quick recovery time is eating a little of all the food

groups so that she has all the nutrients she needs come match day.

Overall, O'Neill believes the biggest difference between her diet in and out of season is the amount of food she eats.

"I'm consuming a lot more when I'm in-season just so I can feel normal," she said.

Both Frelow and O'Neill face various challenges within themselves, depending on the time of the year. They sometimes eat their favorite fast foods, but as their seasons approach, they tend to cut back on processed foods. For Frelow, his inseason routine consists of taking in more protein and extra gym time, while O'Neill's sport requires more carbs for optimal performance. It is true that not everyone is an athlete, but tips can be taken from their dietary habits to improve energy levels and recovery.

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# GOALS AND **GOOSEBUMPS:** INTRODUCIA OF WOMEN'S SC



auline Gericke plays soccer for the goosebumps moments: moments when her team scores a goal against a rival; moments when she realizes she is playing against a professional; moments when she wins a championship, even though her team was not favored.

Her first ever goosebumps moment came when her team scored a goal in a U-17 Bundesliga game 20 seconds after kickoff. It was Gericke's first game in U-17, the highest level of play for girls in Germany. Gericke's team had the opening kickoff and immediately played the ball forward. A costly mistake by the keeper of the opposing team allowed Gericke's teammate to tuck the ball into the net.

"Everyone was just so flabbergasted because we didn't expect to score that early," Gericke said. "Yeah, in the end we tied, but that was - it was a real goosebump moment and I never had that kind of moment before."

Gericke, who hails from Berlin, Germany, has played in 11 games so far for CSUN. She started in eight matches, and played the full 90 minutes in three. The centerback has become a staple in the Matadors' defense early in

She mainly came to CSUN because she wanted to play Division I. As someone who grew up in a city, she liked that Northridge was a familiar environment. She discovered CSUN's program after a highlight video of hers was submitted to the coaches, and they talked to her over Zoom to convince her to join the team.

"Just [by] the way she moves, we could tell she was a pretty good player," head coach Christine Johnson said. "Her movement, her ability and comfort on the left side was something that - for us, we had a hole there. And her decision-making. She's got a high soccer IQ."

Gericke got into soccer in 2012. An only child, the centerback often played by herself.

"When I was younger, we just had this little ball and I was playing two

teams," Gericke said. "Imagine me being on both teams: I just ran with the ball through the garden that we had."

She joined a team for the first time when her grandma signed her up for club soccer. As she got older, she stuck to the sport, but tried cross-country for a brief stint as well.

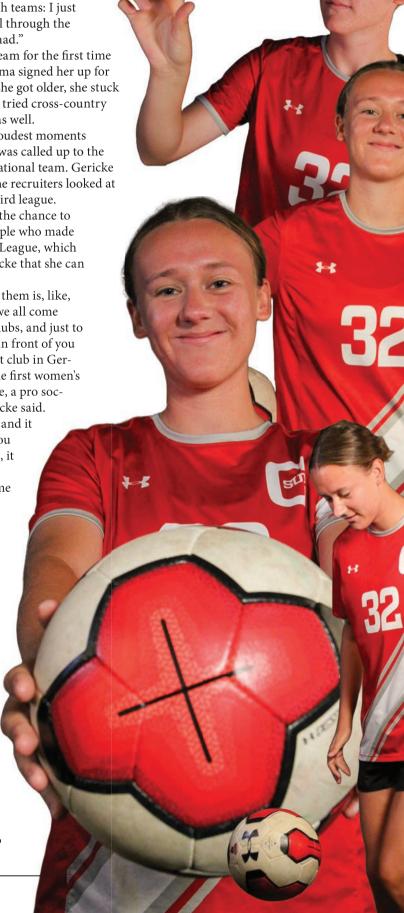
One of her proudest moments came when she was called up to the U-19 German national team. Gericke was surprised the recruiters looked at players in the third league.

This gave her the chance to play against people who made the Champions League, which signaled to Gericke that she can make it too.

"Playing with them is, like, weird, because we all come from different clubs, and just to know someone in front of you plays for the best club in Germany, and on the first women's team, and is, like, a pro soccer player," Gericke said.

"It's interesting, and it kind of shows you what you can be, it pushes you." When she came

to the United States, Gericke had to adjust to some societal norms. The main thing she picked up on in her first couple months living here was how much more receptive Americans are to people asking questions. Gericke said she grew up in a culture where it was frowned upon to



## "Imagine me being on both teams: I just ran with the ball through the garden that we had."

ask more questions than needed.

"In Germany, people often say,
'Okay, ask question if you have to,' but
in general, they mean, 'You better not
ask because I don't want to answer
it,'" Gericke said. "Here, it's
the complete opposite."

Gericke is majoring in art, but says she does not yet know which career path she wants to follow. She knows she does not want to coach, but is open to pursuing art along with playing soccer.

"At the end, I just want to be happy doing what I'm doing, and then it doesn't really matter what I do, but my preference would be something in the creative business for sure," Gericke said.

Gericke's professors support her as an athlete and relieve some of the pressure of balancing athletics with schoolwork.

She misses many things about home, including her father, who flew her to Los Angeles and stayed with her for a week. She also misses Sunny, her family's miniature Australian shepherd. "We just got a

puppy and I'm missing him so bad," Gericke said. "I just miss, like, petting him and, yeah, just miss the texture of his fur."

She calls her family a lot, and says her mom has always been someone she could talk to.

"I talked to her about any kinds of issues and we always communicated well with each other. So we always had this bond, and she's basically my therapist, to be honest," Gericke said.

Her mom rises early, so Gericke calls her when it is 5:30 a.m. in Berlin.

Even though she is a freshman, Gericke has a lot of experience on the pitch, and uses it to solidify the back line for the Matadors.

She played on many soccer teams in her home country, including 1 FC Union Berlin, as well as SV Lichtenberg 47. Gericke made club and national teams ranging from U-13 to U-19 and won nine championships.

Her favorite championship moment came when she played for the U-17 team. Gericke said she felt like an underdog for the first time that season, which made the championship particularly special. The road to the cup that season is what prepared her for Division I soccer in the U.S.

"It was an experience, but everyone, every single one of us, got really good in soccer because we actually had to fight for our points, and defensively, I didn't have to defend as much in the U-15 and U-13," Gericke said. "That was the first time we actually had to really work."

She remembers when her team defeated their rivals, FC Victoria, in front of about 1,500 fans. They won 2-1 after conceding an early goal. These exhilarating games are why Gericke loves the sport.

"I play for the goosebumps moments," Gericke said. "Every time we scored a goal this season, I got goosebumps. I was feeling so happy and that was the best feeling ever, to be honest."

When Gericke got to CSUN, she made friends with Paige Califf, a red-shirt freshman majoring in business marketing. Califf described Gericke as soft-spoken, but someone her teammates listen to.

"Pauline is one of the quieter players on our team," Califf said. "She's not very loud in that sense, but when she does communicate, it's always very effective and you always want to listen."

The two often room together on road trips. Califf, who has also lived in Europe, said she and Gericke bonded over their shared experience.

"We've kind of talked about different experiences living outside of the United States and just different experiences in soccer. She grew up playing a whole different style than we did over here," Califf said. "And so we can just relate for our love of the game."

When CSUN played California Baptist University in their first exhibition game of the season, Gericke felt the jitters of playing in her first ever Division I match, but when she subbed into the game in the second half, she focused on the tactics she practiced. Her dad watched her from the stands, like he always did in Germany.

Coach Johnson said that Gericke does a great job keeping possession of the ball under pressure, and believes the freshman has the potential to be a key player for the Matadors for years to come.

"I'm hoping she finds more of a voice on the field and kind of turns into that leader," Johnson said. "I think it's very possible for her to fulfill that role."

### Women's Soccer Reaches New Heights

Performance at the World Cup Changed the Playing Field

WRITTEN BY LUIS SILVA

PHOTO ILLUSTRATION BY KEVIN SILVA

here is no longer a significant competitive gap in the sport of women's soccer. There is a brighter future than we expected.

The 2023 Women's World Cup held in Australia and New Zealand has wrapped up, where for the first time since the inaugural edition in 1991, the final featured two new teams: Spain and England, competing for their first championship, with Spain emerging victorious 1-0 after a hard fought battle. When FIFA expanded the tournament from 24 teams to 32, there was much skepticism of whether newcomers would be able to make the game more competitive and if the decision to expand would result in many one-sided matches. Some of the skepticism included results from the 2019 Women's World Cup, such as the infamous 13-0 demolition of Thailand by the United States Women's National Team. The tournament featured eight debutants, including Ireland, who recorded a draw, and the Philippines, Zambia, Portugal, and Morocco, all recording a win.

Group D saw newcomer Haiti put up a strong effort against Women's Euro champion England. Although they lost 1-0, it was through a penalty kick, to the surprise of many. An Associated Press News article by Brooke Evans mentions Haiti's spirited fight was "nothing new" given they had "no sponsors nor training facilities."

Morocco, who became the first Arab team to play at the tournament, bounced back from their crushing defeat to Germany, winning 1-0 against both South Korea and Colombia in Group H. They became the only debutants of this Women's World Cup to reach the knockout stage. Panama, despite losing all of their three games in Group F, netted 3 against France with one of their goals, a stunning free kick by Marta Cox, being nominated for Goal of the Tournament

This recent tournament proved to be the most competitive in its 32-year history. From the very first kick of the ball, the tournament was anything but predictable. Co-hosts New Zealand started off the tournament with a 1-0 upset victory over longtime contenders Norway, for their first-ever win at the Women's World Cup.

This year's Women's World Cup also saw multiple upsets, some of which were unprecedented.

A perfect example would be two-time world champions Germany, who, despite crushing Morocco 6-0 in their first game, exited the group stage for the first time after losing to Colombia 2-1 and drawing with South Korea 1-1. Brazil, another top contender, bowed out of Group F after failing to beat Jamaica, a team whom they beat 3-0 at the previous World Cup.

Even Canada, who won the Olympic gold medal in 2021, was knocked out of the group stages after being drubbed 4-0 by host nation Australia after only barely beating Ireland 2-1 and drawing with Nigeria 0-0.

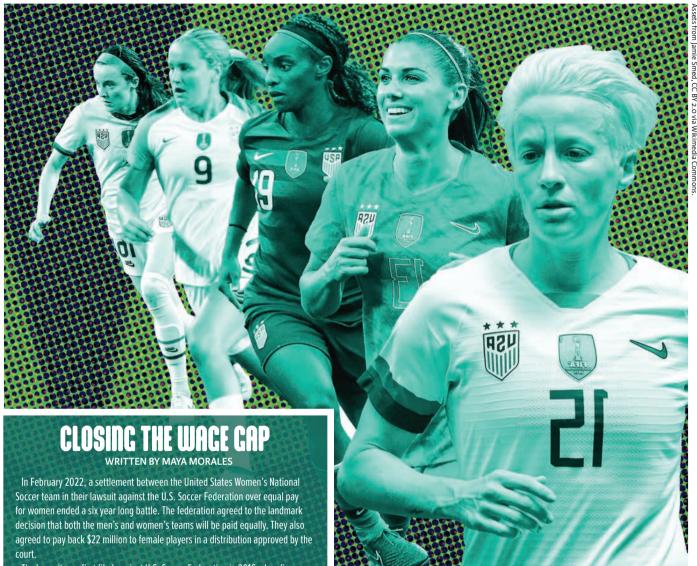
The host nations weren't safe from surprise results, either. The Philippines secured their first-ever victory beating co-host New Zealand 1-0, courtesy of a Sarina Bolden header, and an impressive goalkeeping performance by Olivia McDaniel. Meanwhile, Australia suffered a shock loss to Nigeria 3-2 in the second game of the group stage. However, they were able to recover and ultimately make the semifinals for the first time.

Some teams significantly improved from their previous outings at the World Cup. South Africa, which failed to win a game in 2019, advanced to the round of 16 after upsetting Italy 3-2 and accumulating four points. Jamaica, which conceded 12 and only scored 1 in 2019, did not allow a goal in the group stage, holding France, Panama and Brazil scoreless. They also advanced to the round of 16.

Colombia, who had only won one game in its previous two appearances, also won three games and became the first CONMEBOL team outside of Brazil to make the quarterfinals.

According to a Vox article by Alex Abad-Santos, this tournament was "always going to be a dogfight" for the U.S. So, maybe it wasn't going to be an easy ride for them after all. But this is the United States – they have to be world champions, right?

Instead, the USWNT suffered their worst finish in the history of their participation in the World Cup. Having dominated women's soccer for decades, winning four World Cups and never finishing lower than third place in all their participations, they were highly expected to three-peat after their 2015 and 2019 wins.



The lawsuit was first filed against U.S. Soccer Federation in 2016 when five female players alleged they were being paid thousands of dollars less than the male players, even though they held a superior competitive position to the men's team.

Throughout the duration of the lawsuit, the women's team faced hard losses, with their case being dismissed. However, their cause quickly gained the popularity of the public, with supporters chanting in favor of their goal.

Finally achieving their settlement has been monumental for the women's team. It is the beginning of advancing opportunities and setting an example for the next generation and the world.

It was the worst group stage showing ever by the USWNT, who accumulated a record low of 5 points. They scored only four goals and were held scoreless for two games, easily the lowest number scored by any U.S. women's team, whose previous low was 12 in 2007.

The U.S. defeated newcomer Vietnam 3-0 and drew with fellow 2019 finalists Netherlands 1-1. Their final group stage challenge: Portugal, another debutant, who qualified to the World Cup from a playoff. Yet, little did the USWNT know it would be their hardest match in the group stage, drawing 0-0 and nearly being sent home on an Ana Capeta shot which hit the post.

Although they played their best game in the round of 16 against longtime rivals Sweden, the U.S. ultimately fell short in a penalty shootout decided by a millimeter, 5-4, after a goal-less 120 minutes.

In an Inside FIFA article, former USWNT coach Jill Ellis pointed out how every team has "a special player who can play on any team in the world" and how the "level of organization and defense is making games more competitive." True to Ellis' words, there were many competitive games throughout.

Women's soccer has continued to become more competitive. With the game rapidly increasing in popularity worldwide, and historic showcasings by many teams, the women's game has come a long way in terms of competitiveness since the inaugural 1991 edition of the World Cup. It will only continue to improve in future editions, and it is certain there will no longer be a true world power in women's soccer.



Intramural Sports and Clubs for All

WRITTEN BY CHARLIE GONZALEZ
PHOTOGRAPHED BY RODRIGO HERNANDEZ

ports clubs and intramurals at California State University, Northridge offer students the chance to compete in athletic competitions, both regional and national

As of the fall 2023 semester, there are 24 sport clubs. Overseen by manager John Paul Gale and senior coordinator Bladimir Martinez, the Sport Club program requires each club to pay a participation fee.

Every currently enrolled student is eligible to join a sport club. Seven are categorized as either men's or women's, while the remaining 17 have no gender specification. Each club, though, has additional requirements beyond enrollment.

"Each club is part of their own governing body, and each governing body has certain requirements," Martinez said. "Sometimes that's a unit requirement for undergraduate and graduate students. There are age limits for some of the sports as well."

The Sport Clubs program dates back to 1960, when CSUN was still called San Fernando Valley State College.

Intramurals are separate from sport clubs and have shorter seasons. Sports offered at the intramural level include basketball, flag football, indoor volleyball, outdoor soccer, softball, and swim challenge.

For intramural sports to make their teams and schedule their seasons, students need to register on IMLeagues.com by creating an account. Registering for a sport club is similar. You have to fill out three online forms. The forms consist of a waiver, emergency contact card, academic release, and code of conduct. Once a roster is formed, a medical history

questionnaire is required. For higherrisk sports a physical is needed, while some high-contact sports may even require a baseline concussion test.







then they ended up making it deep into the tournament and playoffs."

Beyond success, some clubs have seen a surge in popularity. "Brazilian jiujitsu is pretty popular and has a lot of insurance," Martinez said.

The Brazilian jiujitsu club offers two separate classes. One is classified as a beginner class. The other is more advanced: it is tailored to those who have experience in Brazilian jiujitsu.

Boxing had more than 130 tryout attendees during the fall semester. However, soccer tryouts had the largest turnout with roughly 160-180 individuals.

The majority of sport clubs play their home games on campus. CSUN and California Lutheran University, though, both play their home hockey games at the Iceoplex in Simi Valley. The baseball club also rents fields around Los Angeles County since they cannot use Matador Field. "They've bounced around and played at fields out here in the valley," Martinez said.

Sport clubs can be found on CSUN's website by going to the Associated Students page and clicking on the Sports Club tab. Students can also speak to staff members in the Sport Club office about starting a club.

#### Cantando

WRITTEN BY JOSÉ DELGADO

eadphones are essential for any workout, and whatever is playing through them can determine the tone of the workout. Athletic performance can be increased with faster-paced music, according to the National Center for Health Research. Whether it be the high-energy instrumental of a song, or motivating lyrics, music can help a person reach a higher level of energy during their workout. The following songs offer a unique blend of musical elements and the variety of genres provide an eccentric workout experience.



#### Rich Spirit Kendrick Lamar

This song keeps a slower pace that can help someone establish a rhythm during a workout, while Lamar's lyrical content inspires pushing in the gym. The combination of the two make the song a surefire addition to serve as the first song that establishes a buildup throughout the rest of the workout, or change the tempo from a hype song. This song is far more laid-back than the rest of the list, but what it lacks in energy it makes up in lyrical content. The song displays Lamar rapping about blocking out distractions and not listening to outside criticism. These themes can motivate someone. Lyrics like "72 wins, lost 10, ballin' with the flu/ More than two M's for a show, but add another two," can serve as inspiration for a person to push through their gym session.



Lana Del Rey Paris Texas

The high energy of this song is sure to provide a boost of energy in between reps. The song jumps out immediately with guitars blasting and bassline building up to the beat drop. The energy of the second verse gives a second wind to the song and is sure to energize someone during a workout. The entire song is dynamic and aggressive, two characteristics that can improve a person's workout.



The Pretender Foo Fighters

This classic track from the Foo Fighters creates a loud backdrop for a workout, one that allows a person to push themselves. From lead singer Dave Grohl's vocal performance to the thrashing drums, the fast pace of this song is sure to get blood pumping and make for a strong performance.



This is Why Paramore

The bouncy tempo of the chorus gives a raw energy any gym playlist could use. Hayley Williams' vocals slowly crescendo into the chorus, creating a high-energy track sure to provide another opportunity for picking up the pace during a workout. While an unconventional addition to a gym playlist, "This is Why" is worthy of a spot with its vocals and energy.



**Igualito A Mi Apá** Fuerza Regida & Peso Pluma

This song brings a change of pace for the playlist, along with a language switch. Fuerza Regida and Peso Pluma feed off each other's energies, allowing them to create an amped-up Mexican regional hit. The fast tempo of the song is meant to get people moving and is an unexpected beneficial addition to any gym rotation.

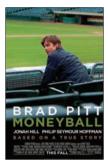
#### **Matador Marquee**

WRITTEN BY ALLISON MALTUN



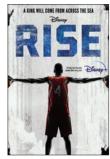
"The Art of Racing in the Rain"

is a 2019 film adaptation of a book of the same name about a lifelong bond between a race car driver and his golden retriever. The owner, Denny, starts out at an auto shop with a passion for racing, and his dog, Enzo, follows along his journey. The pair learn from each other while Denny's life evolves. Enzo's narration guides the audience amidst the film's events. Once Denny is on track to achieve his racing dreams, Enzo's life comes to a close. During their final lap, Enzo recounts his experiences and wishes to meet Denny in his



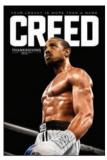
#### "Moneyball"

is a 2011 biographical film that looks inside the process of drafting baseball teams. The general manager, Billy Beane, and assistant manager, Peter Brand, of the Oakland Athletics, take a sabermetric approach to evaluating players, which is an objective look at in-game performance. The duo's sabermetric approach to scouting changed the landscape of baseball analysis, with other teams adopting their strategies.



#### "Rise"

is a 2022 biographical film about a trio of brothers who achieve their dreams of playing basketball professionally. The film follows Giannis, Thanasis and Kostas Antetokounmpo's journey from playing in parks in Greece to playing in the NBA. Amidst hardships, injuries and greed-driven drafters, the brothers succeed and relocate their family to the U.S.



#### "Creed"

is a 2015 drama film about Adonis Creed following in his father's footsteps to become a prolific boxer. Creed trained under an initially resistant Rocky Balboa, who had a complex history with his father, from rivals to friends. Throughout their work together, Creed rose to a high status to carve out his legacy and not be stuck in the shadow of his father.



#### "Remember the Titians"

is a 2000 biographical film that follows a Black coach uniting a diverse football team in 1971 in a newly integrated Virginia school. While training the Titans, the athletes clash due to racial tensions, but Herman Boone's coaching molds them into a winning team. Once the team reaches the state semifinals, the school board rigs the game for the Titans to lose and Boone to be dismissed, but the team prevails.





he Pacific-12, better known as the Pac-12, has ceased to exist as we know it. What happened to the Pac-12 is tragic, but money does talk and the millions were screaming.

Dating back to before the Pac-12 dissolved, the conference consisted of two divisions, the North and the South. The South consisted of the University of Southern California, University of California, Los Angeles, University of Arizona, Arizona State University, University of Utah and University of Colorado, Boulder while the North was made up of University of Washington, Washington State University, University of California, Berkeley I, Stanford

University, Oregon State University, and the University of Oregon.

The Pac-12 was the premier West Coast conference. It had the most history, winning the most NCAA national championships, thus earning the nickname Conference of Champions. As time passed, the conference hit a point where it got surpassed, not only with on the field play, but in terms of media deals. Compared the SEC, the Big Ten, and Big 12, which had games aired on ESPN, FOX, CBS, and ABC. All those channels are found on most basic cable packages, the Pac-12 was on its own channel which wasn't easily accessible. UCLA and USC decided to leave the

Pac-12 for a bigger TV deal and more national games. They took off to the Big Ten, where the majority of the schools are located in the Midwest and stretches as far as New Jersey. Geographically, the move makes zero sense. It is more travel and long days away from school, especially for Penn State, Maryland and Rutgers on the East Coast. In fact, the distance from USC to Maryland's campus is 4,596 miles. Despite the geographical challenge, the move made millions.

According to a report written by ESPN Senior Writer Adam Rittenberg, the Big Ten is projected to pay around \$80 to \$100 million to each of the 16 teams in the conference, Rittenerg wrote.







The Pac-12 itself came out with a report saying the 2021-22 season, each team in the conference earned a measly 37 million compared to the Big Ten money.

For the four teams that left the Pac-12 to the Big Ten, Washington, Oregon, USC, and UCLA, the level of competition stepped up in most major sports.

For example, in men's basketball alone, the Big Ten sent eight teams to the 2023 NCAA Tournament. The Pac-12 sent just four compared to that. Pac-12 football has not been as dominant in the college football playoff era as they were in the BCS era, having only appeared in the playoff twice. The Big Ten has been dominant with eight college football playoff appearances.

Teams did not only leave the Pac-12 to the Big Ten, some went to the Big 12. This time, the realignment made sense from a geographical standpoint. Utah, Arizona, Arizona State and Colorado all relocated to the Big 12, where some could argue is where they belonged in the first place. The Big 12 is made up of schools mainly in the Southwestern part of the U.S., but with recent additions in 2021, stretches as far east as Orlando, Florida, home of the University of Central Florida. Colorado's move to the Big 12 is a return, as it was a conference they called home from 1996-2010.

The final two schools to exit out of the Pac-12 were Cal and Stanford. These schools take a different approach

to athletics than most schools. According to an article by Forbes, both schools are among the top five universities in the U.S. They take academics more seriously than athletics at these schools, but still manage to produce top college athletic teams that compete in a major division one conference.

It was going to take a special offer to get these teams to the table, and the Atlantic Coastal Conference offered just that. The two schools are going to be getting around \$25 million annually in the league. In the eighth year, they will be paid around \$39 million.

Despite finding a home, the geographical fit is the worst of the three. There is not anything Atlantic about Cal and Stanford, which border the opposite coast. In addition to the coastto-coast link up, Southern Methodist University in Dallas, Texas was added to the ACC.

This was the key to the ACC forming together with the two Pac-12 schools. Dallas is going to be the host for a lot of the events as it is seen as a middle ground between the widespread teams.

From 2024 onward, the landscape of Division I athletics will look vastly different compared to the past four years. The next time Oregon and Washington State or Arizona and UCLA play each other in the regular season, it will be the last time as conference foes.



Since the team was cut, students and supporters of the team have voiced their frustration. Students have wanted football to return to CSUN with fond memories of the program that once saw John Elway Sr. coach and quarterback Bruce Lemmerman play in. Lemmerman set records in his time with the team from 1965-1967, including the most yards passing, most touchdown passes, and the offensive record

for most yards gained. He held these records until at least 1989, the last year University Archives noted. He went on to play in the NFL with the Atlanta Falcons for 11 games.

Lemmerman would not be the only Matador to play professionally, or to have a record-breaking season.

Marcus Brady and receiver David Romines had success in the program's final years. Brady, who played on the team from 1998 to 2001, was the starting quarterback for the team in all four years he was there. After his college career came to an end, Brady attempted to play in the NFL, but was unable to get on a roster.

After a few stints in the Canadian Football League, Brady retired at 28 while maintaining involvement in football as a coach. Brady became the quarterback coach for the Indianapolis Colts in 2018 and their offensive coordinator in 2020.

As for Romines, he was named to the Associated Press All American second team in 1996. He was the only CSUN football player to be named to

any of the three AP teams and holds the CSUN record for catches, yards, and touchdowns in a single season.

Romines, who was recruited in 1992, described the football team as the best times in his life.

"In a particular play, I came across the middle, caught the ball and my helmet popped off and stood up with the ball and heard the fans," Romines said. "Having the support of the fans was awesome during this time."

While at CSUN, Romines majored in sociology and minored in criminology, and stated that CSUN was a great choice to play right away.

"I had a scholarship opportunity to go to Cal Poly, but I chose to stay at Northridge; it was close to my family and friends, it just seemed like it was a great opportunity, and the possibility to start right away," Romines said. "My biggest thing is I just wanted to play, and this gave me the opportunity."

When he heard of the program dismantling, Romines

expressed disappointment and sadness for the players and fans.

"I spent a lot of time at that field and it seemed it was going in the right direction, and all of a sudden it was over," Romines said. "I was just sad for the program in general."

Despite the program producing talent from its early days to its final years, the football team never saw much success of its own. Although the program won the California Collegiate Athletic Association in 1981, the Western Football Conference in 1983, and a shared WFC title in 1990, the team only won eight games in 1976 and 1986 while competing in Division II.

In its final years, CSUN faced off-the-field controversy and probation for recruitment violations that held the program back. In 1996, then-coach Dave Baldwin was suspended by the university for covering up the shooting of a football player after reporting that the player had an appendix operation earlier in the year. In 1999, coach Ron Ponciano was fired after an investigation concluded that he and the program committed substantial NCAA violations such as illegal

recruiting, arranging air transportation for out-of-state recruits, and reimbursements of off-campus meals to recruits on unofficial visits. These violations led to the football program being banned from competing in the postseason by the NCAA.

In spite of the program's up-and-down history, football at CSUN had its story cut short in 2001 due to a number of factors and concerns, and it is unclear if college football will ever return to the Valley.



Photo courtesy of David Romines.



WRITTEN BY JESSE ILLANES
ILLUSTRATION BY KEVIN SILVA

Pain and Struggle...
Paying with our souls,
reminds us our hearts still beat.

Contests & competition. Elation from winning – dejection from losing It's human nature.

If you're shooting a three just beating the buzzer,

intercepting a pass running 'til the end zone,

a contentious call gives a penalty kick finally scoring,

even landing a valiant TKO from a well-timed slip.

The competitive flame kindles our might

Reminds us that Our hearts still beat.

Strategy, tactility, showboating & outscoring elates our spirit – dejects our rivals Struggle and Pain... Pays off.

#### **MAXIMIZE YOUR** MATADOR **EXPERIENCE AT THE USU!**

#### THE UNIVERSITY STUDENT **UNION INCLUDES**

- ► Computer Lab
- ► DREAM Center
- ► East Conference Center
- ► Games Room
- ► HEAL Project
- ► Northridge Center
- ▶ Oasis Wellness Center
- ▶ Pride Center
- ► Reservations & Event Services
- ► Student Recreation Center
- ► USU Board of Directors
- ► USU Programs
- ▶ Veterans Resource Center

#### **AND YOU!**



VISIT THE FULL USU

Events subject to change

#### **FEATURED EVENTS**

NOW

**Oasis: Virtual Reality Experience** 

Now through Friday, Dec. 8 Q Oasis Wellness Center

**Pride Center:** 

**Trans Day of Remembrance Open Mic** 

Monday, Nov. 20: 6 – 8 p.m.

**?** Pride Center

NOV.

**VRC: Study Jam** 

Tuesday, Nov. 21: 5 − 7 p.m.

**?** Veterans Resource Center

NOV. 28

**Pride Center: IndigiQueer Coffee Night** 

Tuesday, Nov. 28: 5 – 7 p.m.

**?** Pride Center



29

**Craft Corner** 

Wednesday, Nov. 29: Noon – 1:30 p.m.

**9** Plaza del Sol



**Games Room: Super Smash Bros. Ultimate Tournament (Singles)** 

Thursday, Nov. 30: 5-9 p.m. Plaza del Sol

















