



# LHS BADMINTON APRIL 2024



Hello Friends, Families, and Fans of Lakewood Badminton. Thanks for bringing the energy these past few games. ❤️

This is a historic season for our team.

Lakewood had a commanding win over Animo Venice 21-0. After Animo Venice, Lakewood traveled to Wilson on 3/19.

It was a close game and Lakewood emerged with the victory (12-9). Stand-out performances from Cecilia Fonesca (11th) who won both her singles matches. Fatima Ramirez (10th) and girls doubles partner Isabella Vaca (10th) also secured a win for our JV team, with scores 21-12 and 21-19.

## Varsity Tournaments

Anthony and Andrew Heang advanced to the Quarterfinals of the Arcadia Varsity Open, They faced a strong Mira Costa Pair. In the end, Mira Costa moved up to the semifinals.

Lakewood competed in the annual Cerritos Varsity Open on 4/13. This year, it featured over 15 schools! Teams traveled from all over LA, OC, and even San Diego. Lakewood won a total of 5 games. This was the first varsity tournament Giselle Maravilla and Natalie Maravilla have ever participated in, winning against a Fairmount Prep pair 30-21.



L -> R: Fatima Ramirez (10th), Cecilia Fonesca (11th), Isabella Vaca (10th)



Arcadia Open 3/23 Participants



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Angel Bracamontes (11th)

## Poly Home Game 4/15

The Lakewood Poly home game was a highly anticipated match. We defended our home court with the final score of Lakewood 16-5. There were standout performances from our boys singles players Nato Sarin (11th), and Angel Bracamontes (11th). Together, they won all 4 boys singles matches.



Nato Sarin (11th)

### MENTAL TOUGHNESS

Singles players compete under a lot of pressure because they are alone on the court. There is no one to cover your mistakes. Spectators will see one aspect of the game which is the physical aspect. Our badminton players experience the mental aspect within their games.

“As soon as you give up, you let someone else win. It’s all a mental game.” - Angel Bracamontes.

Angel Bracamontes lost the first set against Nick Jensen from Poly but then proceeded to reverse sweep! 18-21, 21-15, 21-10



L -> R: Andrew Phornsovann (11th), Nathan Phan (11th)

Youe Serey (9th)



### Team Work

Youe Serey (9th) joined badminton this year in October and has been playing on the JV team. She competes in mixed doubles with Andrew Phornsovann (11th).

“Playing badminton makes me feel passionate. I like how in badminton you can play with another player and they can back you up, and we can communicate throughout our moves and steps.” - Youe Serey

