



## Girls Softball Team Senior Spotlight: Jackie Mendez

By: Kimberly Mendez

A senior from your local softball team the 2026 East Ramapo Titans is taking over the field. Her name is Jackie Mendez and she has been a varsity player for three years. How you ask: consistency and hard work.

With being one of the seniors on the softball team, Jackie Mendez #14 has been training and training to become the best at softball. With playing every position and playing for three years up until her senior year where it all stops, and opens up a new softball chapter for her in the real world. She practiced even on off days while others would be in bed all day scrolling through social media. "Jackie is always hyped before a game or even just practice."

Winning the championship two years in a row could they do it again this year? When asked if she thinks they can do it again she said "of course with great leadership". "Anything can be done". The confidence that this senior has is good going into the season, but can they keep up the hits and runs. While playing other sports like basketball, and volleyball she keeps her mind on softball all the time and like her sister, it gets kind of annoying. Going to the batting cages, freezing her glove before preseason for good luck, things like that. Those are the things that keep her from never quitting the sport.

"This team never gives up," said Head Coach Joe Parrinello. "Our record this season doesn't tell the full story. We've been focusing on playing as a family and battling through every inning. That's what we did today—we played hard to the very last out."





## Varsity Baseball Team Pushing for 2026 Success

By: Bryan Guaman-Angamarca

The East Ramapo Titan Varsity Baseball Team starts its 2026 season with a packed roster that is built upon hard-work and the motivation to push each other to get better, while having a common goal to win as a team.

Coming into the season, leadership has been a major focus. While Josiah Daniel was initially named captain, coach Landry expanded that role to include Jacob Plaisted, Esteban Maldonado, and Matthew Sandoval. Each captain contributes in a different way. “Josiah leads by example ... Jacob is more of a vocal leader... Esteban has emerged as a strong voice... Matthew is the glue guy”. Landry explained, emphasizing how their combined leadership strengthens the team.

That leadership has helped shape a positive and competitive environment. According to Landry, one of the most impressive aspects of the team is their attitude. “There’s a genuine eagerness to be at practice, to compete, and to get better with every rep,” he said. This mindset has translated into one of the team's biggest strengths, consistent effort and a willingness to improve.

Senior captain Esteban Maldonado described the team as being built on diversity and unity. “We all come from different backgrounds and experiences but have worked to put together a strong family,” he said. The team's ability to compete with each other while still supporting one another has helped create a strong bond and push everyone to perform at their best.

For captain Josiah Daniel, that bond feels like a brotherhood.”We all put hours in of hard work, using each other as motivation... with our common goal of winning as a team,”he said. He also highlighted the balance between competition and enjoyment, noting that practice helps strengthen both skills and relationships.

Captain Jacob Plaisted shared a similar perspective, pointing to the team’s chemistry as a defining factor. “The team is built on friendship and the fact everyone wants to get better,” he said. He also credits the coaching staff for their passion and knowledge, adding that their guidance had helped players improve both mentally and physically.





## East Ramapo Titans Boys Tennis

By: Josttyn Saguay-Guaman

The 2026 East Ramapo Tennis team trains at Ramapo High School. The team trains to be the best, under the guidance of their coach Mr. Leonard. The 2026 East Ramapo Tennis team is preparing by training hard for their new season, and they are determined to give their absolute best to become champions. Coach Leonard has decided to train his players to be the very best, as his team requires communication and dedication in training. His squad possesses discipline, and the coach wants nothing but the best for them; he has remarked that his players are talented and believes they will ultimately achieve victory.

The boys Tennis Team of East Ramapo, wrapped up the season with six wins, which was a great achievement for the team. Teamwork is an important part of a team strategy that requires constant communication between players. It helps not only each tennis player individually, but also the team as a whole to develop — to work on mistakes, support each other, find inspiration, and stay motivated to win.

One of the players shared what makes the team successful “A team needs structure, support and motivation. Without it a team isn't fully a team, tennis is more than just a physical sport it requires a lot of mental strength which is what I feel like people overlook in this sport. It was a remarkable season for the girls' tennis team which proved and emphasized the importance of teamwork and communication with each other for victory and great achievements.





## The East Ramapo Wrestling Program

By: Noe Garcia and Widman Hernandez

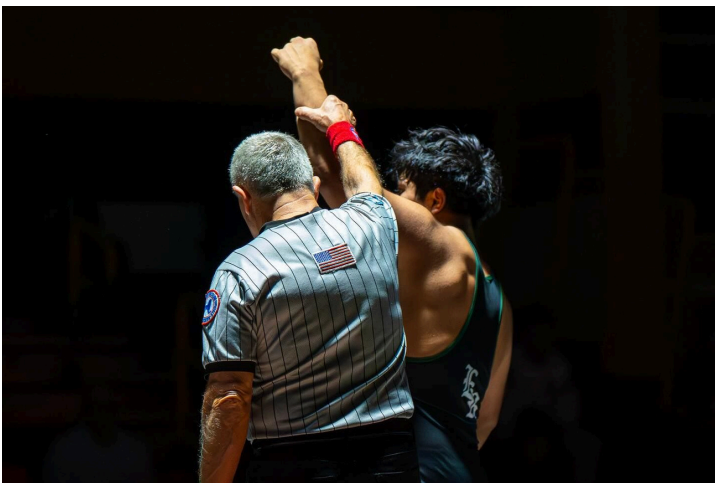
The East Ramapo Wrestling team in Spring Valley, NY, is participating in a very demanding sport that needs a lot of physical and mental work. Wrestling is a winter sport that is very physical and technical, there are lots of moves and strategies to learn.

The athletes work for 2 hours a day nonstop to make themselves the best version they can be for their duals and tournaments. The environment helps you achieve these things. The teammates are extremely nice but they push you at your limit. Wrestling consists of cardio and weight training to maintain yourself during a tournament/match.

The worst struggle of wrestling is the loss. The loss of a match can be very hard because of how hard you tried and giving it your all. The loss shows you how strong you have to be mentally to keep going.

Winning in wrestling is another thing. It's an amazing and rewarding feeling you gain. The accomplishment that you earned. Before the matches, the stress of a match can be extremely scary, with butterflies in your stomach, and the sweats, hoping it can be over with. Once you're on the mat, there's no going back.

Wrestling isn't just a sport, you can learn a lot and use it outside the real world. Wrestling can give you tips on how to get yourself back up or when you are down. Those friends that you made in wrestling are now people that you hang out with outside of school.



The logo for the Super Titans basketball team. It features the word "Super" in a colorful, bubbly font (S: red, u: blue, p: green, e: purple, r: red) and "Titans" in a similar font (T: blue, i: green, t: purple, a: red, n: blue, s: green). To the left of "Super" is a cartoon girl superhero with blonde pigtails, a green cape, and a blue mask. To the right of "Titans" is a cartoon boy superhero with dark hair, a red cape, and a blue mask.

## Super Titans

by Mr. Hall

Spring Valley High School's Super Titans basketball squad kicked off its 2026 season on Tuesday, April 21st, in the lower gym, with a wild match-up against Pearl River. Well-seasoned after last year's string of nail-biters, the Super Titans returned to the lower gym with a strong team of new players - all of whom showed great potential for the games ahead.

North Rockland, Clarkstown and a rematch against Pearl River will keep the Super Titans on their toes, leading up to the Grand Finale Tournament, hosted right here at SVHS on May 7th. All games start at 4:00. Come out and show your support.

