Highlander NATION



Winter Sports

November

October Review

By Tom Connolly



FOOTBALL

After starting off the season at 5-0, the Highlanders ran into a buzz saw in Bravo League play. La Habra dropped all five league games - all high scoring contests. Three of the 5 losses were by 7 or less points. The Highlanders now head into the CIFSS Division 4 playoffs with a home game this Thursday vs Etiwanda at 7:00 pm.

On October 16, the Highlanders traveled to play Crean Lutheran at Sofi Stadium Inglewood, home of the Rams and Clippers, but dropped a tough decision to 35-28.



Barret Blied- Senior Barrett Blied has been a cornerstone of the La Habra Football program as a three-year Varsity starter. This season, he has been a steady presence at linebacker and an important leader on the Highlander defense. Barrett's experience and commitment to the program have helped set the tone for a team working toward back-to-back CIF Division 4 Championships. He leads by example, competes every day, and represents La Habra Football the right way. We are proud to recognize Barrett as our Football Athlete of the Month!



BOY'S WATER POLO

The La Habra boys Water Polo Team finished October with a 6-2 mark and an overall record of 19-8. The Highlanders had a 10-game winning extended into October and finished second in the Crestview League.

La Habra opened the CIF Division 2 playoffs with a dominating 23-8 victory over Glendora on October 29 at home. The Highlanders advance to round 2 and will play at Northwood on Tuesday November 3.

Garrett Carty leads La Habra with 148 goals this season. Caleb Gonzales has scored 63 goals, Luke Magana 62 goals, Logan Fernandez 39 goals, and Carter Johnson 35 goals.



Senior Luke Magana has played a major role in the success of the La Habra Boys Water Polo program this season. His performance in the pool and presence as a leader have helped the Highlanders put together an impressive season and earn a top-four seed in the CIF Division 2 Playoffs. Luke consistently steps up in important moments and brings a strong commitment to his teammates and the program. His impact has helped put La Habra in position to compete for a CIF Championship. We are proud to recognize Luke as our Boys Water Polo Athlete of the Month!



GIRL'S GOLF

"The La Habra Girls' Golf Team battled multiple injuries and missed several weeks of practice this season due to extreme heat," said Highlanders coach Cody Verdugo. "Nevertheless, the girls grew into a tight knit group and improved immensely throughout the season. It's a wonderful group of young ladies to be around. Having two players make All Freeway League Honors (Sophie Oliver and Siena Verdugo) is a testament to their improvement and hard work as a team. I am truly blessed to coach this team."

Verdugo said he expects this season's improvement to continue and La Habra will be more competitive next season.



Junior Siena Verdugo had an excellent season for the La Habra Girls Golf program. Her consistent play and continued improvement throughout the year earned her well-deserved All-League honors. Siena finished the season especially strong and showed how much she had grown as a golfer over the course of the year. She has been a dependable member of the team and a great representative of Highlander Athletics. We are proud to recognize Siena as our Girls Golf Athlete of the Month!



GIRL'S VOLLEYBALL

The young La Habra Girls Volleyball Team battled throughout the season and gained valuable experience. The Highlanders continued to improve weekly and the team never became discouraged. La Habra finished the season strong, winning 2 of their final 4 matches and the Highlanders narrowly missed qualifying for CIF playoffs after losing a close match to Brea Olinda.

"Overall, it was a tough season, at times, but the girls never quit," said First-Year head coach Zoe Herrera. "It was learning process and the girls continued to battle and improve throughout the season. After we changed up our rotations, the girls started to play better. After Mia Fielder was illegible to play at midseason, the team began to play together with more confidence. Mia played very strong at the net and scored half of our team points. Down the stretch of the season, our team was playing with the lead in games, opposed to playing from behind. In the off season, I want to get the girls into the weigh room a bit more. We look forward to spring practice and a lot the girls are playing club, so they will be playing a lot of volleyball. We have a young team and we're looking forward to next season."

On the Highlanders final match of the season, Seniors Artesia Delgado, Madalyn White, Samantha Castrollon, Natalie Guerrero, Kaia Lin, Isabella Robles, Jazmine Garcia, Isabella Torres, Alliyah Padilla, and Kaylee Rodriguez-Sambrano were honored in a ceremony for Senior Night.



Sophomore Mia Fielder made an immediate impact on the La Habra Girls Volleyball program despite missing the first half of the season due to transfer eligibility rules. Once she was able to take the court, Mia quickly established herself as a dominant presence in the middle, bringing athleticism, energy, and a competitive spirit to the Highlanders. Her ability to make an impact both offensively and defensively provided a tremendous boost to our team throughout the second half of the season. Mia's talent and work ethic have made her an exciting young player who will be a cornerstone of our program as we continue to build for the future. With two more seasons ahead of her, we are excited to see Mia continue to develop and help take Highlander Volleyball to the next level. We are proud to recognize Mia as our Girls Volleyball Athlete of the Month!



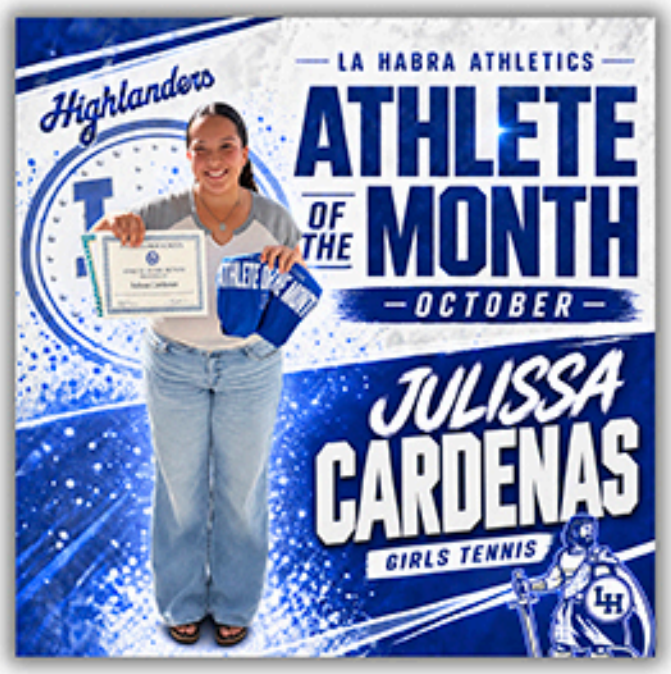
GIRL'S TENNIS

The Highlanders Girls' Tennis Team ended October and its regular season by winning 2 of their final 5 matches, both wins coming against crosstown rival, Sonora.

Many of the La Habra girls made their varsity debuts this season and were impressive. In October, the Doubles Team of Avery Jacoby and Lily Henriquez won 13 matches. Doubles teams of Julissa Cardenas, Leah Posada, Ella Stone, Grace Beasley and Ashanty Cardasco combined to win 10 matches.

In October Singles Matches, Samantha Sumpter won 8 matches, Melanie Escoto won 7 matches, and Mia Pinedo won 5 matches.

On Tuesday October 27, La Habra competed in the North Hills League Finals but were eliminated in the first round, thus ending the season.



Julissa Cardenas: Julissa consistently demonstrated an outstanding work ethic, a positive attitude, and a genuine passion for the sport. She always gave her best effort, never complained, and approached every practice and match with a smile on her face. Her love for tennis was evident every time she stepped onto the court, as she truly seemed to enjoy every moment of playing. Beyond her dedication and enthusiasm, she was a wonderful teammate who brought positivity and encouragement to those around her. She was an absolute pleasure to coach and a great example of what it means to be a team player and a Lady Highlander!



FLAG FOOTBALL

After La Habra started the season 1-6, the Highlanders picked up the pace in mid September and rode a winning streak into October. The Highlanders finished October by winning 4 of 6 games.

La Habra shut out Troy - 32-0 - to earn a share of the North Hills League Title with Foothill. The Highlanders won their first 2 rounds of the CIF playoffs, defeating No.1 ranked Cypress on the road and holding off Cypress 4 times from the 7-yard line with under a minute left in the the game to secure the victory. La Habra then knocked off Oaks Christian in a thriller 20-18, before falling to Gahr 26-12 in the Quarterfinals.

Overall, the Highlanders won 9 of their final 13 games and finished the season at 10-10. Kaitlin Cauley was one of the stars for La Habra as she excelled at quarterback, as a linebacker and as a punt returner. In October, Kaitlin rushed for 8 touchdowns, had 5 touchdown passes, caught 2 touchdown passes, returned a punt and an interception for touchdowns. She also recorded 6 sacks. On October 1, against Foothill, Kaitlin scored 2 touchdowns, recorded 3 interceptions, returning one for a touchdown and recorded 4 sacks. Kaitlin also caught 6 passes in the game as the Highlanders defeated Foothill 18-8.



Sophomore Kaitlin Cauley has been an absolute game changer for the La Habra Girls Flag Football program, showcasing her incredible versatility and athleticism on both sides of the ball. Throughout the past month, Kaitlin has found the end zone in nearly every way imaginable, scoring touchdowns through passing, rushing, receiving, interception returns, and punt returns. Defensively, she has been equally impressive, recording multiple sacks and flag pulls for loss. During the Highlanders' exciting CIF playoff run, Kaitlin stepped up at quarterback and led the offense with confidence, toughness, and poise. Her ability to deliver explosive plays and rise to the occasion in the biggest moments played a major role in our team's postseason success. Kaitlin's competitive spirit, leadership, and tremendous playmaking ability have established her as one of the most dynamic young athletes in our program. We are proud to recognize Kaitlin as our Girls Flag Football Athlete of the Month!



CROSS COUNTRY

Boy's & Girl's

The La Habra boys and girls Cross Country continued to improve throughout October. The Highlanders competed in the Orange County Championship Invitational and the Mac Sac Invitational and had several strong team and individual showings.

At the Orange County Championship Invitational on Saturday October 17 at Oak Canyon Park in Silverado:

-*Olivia Olmos won the Freshman Girls Medium School (MS) Race with a time of 20:19 (beating the next closest finisher by 40 seconds) against 64 runners.

-Adam Olmos finished in 5th place in the Boys Frosh MS Race with a time of 17:21 against 157 runners.

-*Sofia Ramos finished in 3rd place in the Sophomore Girls MS Race with a time of 20:18 against 64 runners. La Habra's Team finished in 4th Place in the race.

-*Gustavo Alvarez finished in 3rd Place in the Sophomore Boys MS Race with a time of 16:32 against 128 runners.

-In the Boys JV MS Race, *Isaiah Ross finished in 3rd Place (16:38) and Jacob Castillo 10th (17:06) as the La Habra Boys' Team finished in 3rd Place among 18 teams and 123 runners.

*Medal winners

At the 78th Annual Mt. Sac Invitational on Friday October 23.

-The La Habra team of Sofia Ramos, Olivia Olmos, Emily Flores, Karen Amador, and Leila Carrillo finished in 7th Place among 21 teams in the Girls D3 Varsity Race. Sofia and Olivia were the top 2 Highlanders' finishers.

-Isaiah Ross and Gustavo Alvarez were the top 2 La Habra finishers in the Boys D3 Varsity Race. The team of Ross, Alvarez, Noah McCullough, Adam Olmos, and Brian Rico finished in 13th Place among 20 teams.

The Highlanders are currently in training for the Century Conference Finals on November 3 at Yorba Linda Regional Park.



Freshman Olivia Olmos has made an immediate impact on the La Habra Girls Cross Country program with a strong start to her high school career. One of the highlights of her freshman season came at the Orange County Championships, where she won her race with a time of 20:19.8.

Olivia continues to improve with each race and has quickly established herself as one of the top young runners in our program. She also excels in the classroom while taking on the challenge of honors and AP coursework. Her success both academically and athletically makes her a great representative of Highlander Athletics. We are proud to recognize Olivia as our Girls Cross Country Athlete of the Month!

Winter Sports Preview

By Tom Connolly



WRESTLING *Boys & Girls*

Within the first few seconds of talking with La Habra second-year Wrestling coach Alex Gonzalez one recognizes the passion he has for the sport. Gonzalez grew up in South San Francisco and started wrestling at age 11. When he relocated to Southern California, he began training and coaching Mixed Martial Arts and has done so for the last 20 years.

The Highlanders will compete in Dual Meets in the North Hills League this season against Sunny Hills, Troy, Sonora, Pacifica and Yorba Linda.

Gonzalez has grown the program to around 35 wrestlers, including 9 girls, and following the fall sports several others are expected to join the team. His focus is to continue to grow the program. La Habra teams will consist of a boys varsity, JV, Frosh/Soph, and a girls varsity team.

La Habra will host Dual Meets with Sunny Hills on December 9 and against Sonora on January 6. The teams are also scheduled to participate in various tournaments at Magnolia, Orange Lutheran, Walnut, Troy, Cerritos College, and Laguna Hills, all leading up to the CIF league and conference finals in late January. The CIF Individual and Masters Meets will be held in February.

Alex is enthusiastic with the staff he has built to assist him. His right hand man is Andrew Ramos, who has coached wrestling at La Habra for 8 years. In addition, Diego Monroy, a former assistant at Pacifica High, joins the Highlanders' coaching staff, as well as Cheyenne Bowman, a La Habra resident and a highly decorated wrestler at Walnut High School and King University. Bowman was a 4x high school state champion and 3x Masters champion. She was also a 2x NCAA Finalist, a 3x NCAA All American, and a Pan American Champion.

The Highlanders participated in the Halloween Open at Cerritos College on October 17-18 and two freshmen newcomers, Krystal Chavez (125) and Maddie Malas (120) had impressive debuts, capturing 3rd and 6th place respectively while competing in varsity matches.

Gonzalez said the future is bright for the La Habra Wrestling Program. Alex has run his "AGOGI Wrestling Club" for the past 2 years. He has wrestlers in the program from ages 6 to 14 years old. He is developing their talents so they can feed into the La Habra program.

"By the time these kids enter high school, they will know our system and have the experience and we expect that to be a major factor in improving our program," said Gonzalez.

Girls: La Habra Newcomers: Freshmen Jasmin Herrera (135) and Krystal Chavez (125), begin high careers coming from Agogi Club.

Key Highlanders returnees: Kaylee Sambrano-Rodriguez, (130) a senior, who has wrestled all 4 years at La Habra. "Because many of our wrestlers are close in weigh, they train together and battle each other and make each other better," Gonzalez added.

Boys: Newcomers: Xavier Katcher, a La Habra football player, who at 275 lbs will be the Highlanders heavyweight. He participated in wrestling summer camps to prepare for the season and Gonzalez feels he has huge potential.

La Habra sophomore standout returner: Sophomore Jason Benavidez (140) wrestled all season at the varsity level as a freshman and is full of grit.

Max Sovers, a junior, is athletic and is totally dialed in and will wrestle at 120lbs. Tristan Torres, a junior, is also a strong wrestler and is expected to have an excellent season.

"Our philosophy is that we are a team together, we suffer together, we accept the grind together, and we win or lose together," said Gonzalez. "We'll push you physically, but after the whistle we are all friends."



BOYS SOCCER

Todd Elkins is the new La Habra Boys Soccer Coach. Todd was hired within the past 60 days and is working extra hard to evaluate the teams' talent. Elkins comes to La Habra with 20+ years of soccer coaching experience. He has coached high school and college (at Biola) soccer teams.
"I'm excited for the opportunity to coach at La Habra and we're starting with a clean slate," Elkins said. "I'm getting to know the boys and they are getting to know me. Over the next several weeks, we'll be evaluating our players each day and how well they know the game. I like the eagerness I see in the players already. We'll be looking for leadership qualities, guys to step up and stand out, and of course, we're looking for everyone to work hard. I know I'll have several other players coming out after they finish fall sports and we'll figure out where they will fit in." Franklin Joseph will serve as Elkins assistant varsity coach.
The Highlanders will field a freshmen, JV, and a varsity team. La Habra will compete in the North Hills League against Esperanza, El Modena, Sonora, and Yorba Linda. The varsity will open its season with a home game against Rancho Alamitos on November 18. The Highlanders first league game will be against Esperanza at home on January 8. La Habra will also play in the Troy Tournament in December.

"We have several goals," Elkins added. "We want to build up the program, we want to have a better record this year than the team had last year (6-11-2), we want our opponents to know who La Habra is, we plan to start each game hard and finish harder. We will push our players and we want them to embrace it."



GIRLS SOCCER

Diego Gonzalez begins his 5th year as the Highlanders' Girls Soccer Coach.
La Habra will compete in the North Hills League against Villa Park, Esperanza, Brea Olinda and El Modena. Gonzales said the feeling is that Villa Park and Esperanza are considered the league favorites and the Highlanders plan to take aim at them. La Habra opens its season with a road game at Katella on December 3. The Highlanders first league game will be at home against Esperanza on January 2. La Habra will field a freshmen, JV and varsity teams this season.
La Habra will compete and host several games in the Best of the West Tournament in December. The tournament is comprised of over 100 teams and the Highlanders will play 4 games during the tournament.
Gonzalez praised his assistant coaches: Veli Monterroso, Fabian Caldera, Regina Sanchez, and Natalie Amloian for their outstanding support and help.
Last season, LaHabra finished with a 18-8-1 record and reached the second round of the playoffs before losing to Warren on penalty kicks. Gonzalez plans to carry 26 players (7 seniors, 7 juniors, 7 sophomores, and 5 freshmen) on the varsity roster. He also indicated that many of his payers are multi sport athletes and that numerous girls will be joining the team once the fall sports seasons have ended.
"We want to finish in the top 3 in league and get an automatic bid into the CIF playoffs," Gonzalez said. "We have a young team and we want to continue to grow and develop our program. We'll continue to work with the girls to define each of their roles on the team."
Gonzalez noted that the following players will play key roles for the Highlanders this season:
-Emily Flores: A junior striker and scorer. Emily has great field awareness and speed.
-Audrey Flores: A sophomore who is an outstanding offensive and defensive player. Audrey has excellent speed and is a midfielder, who covers a lot of ground.
-Crystal Arciaza: A senior who is a leader of the back line.
-Kilee Lynch: A senior, who along with Arciaza, anchors the back line. Kilee is a terrific athlete who is coming off an ankle injury and will be huge for us.
-Kailey Crocitto: A sophomore defender, playing in her second year at the varsity level. The Highlanders have high hopes for Kailey, who recently participated in an USA Soccer Camp for girls.



GIRLS WATER POLO

First-year La Habra Girls' Water Polo head coach Wedge Molthen and team have been hard at work preparing for the upcoming season. The Highlanders look to upon last year's 12-15 record and first round exit from the CIF playoffs this season.

Molthen brings 10+ years of coaching experience to the Highlanders' program from Team Santa Monica and Los Alamitos Water Polo Clubs. Wedge was also an outstanding water polo player. He played 4 years at Utility for the St. John Bosco High School Water Polo Team and had a stellar career as a Center for the Whittier College Water Polo Team. He was inducted into the Whittier College Sports Hall of Fame in 2018.

Two keys players for the Highlanders this season will be returnees Center Khiara Rios, a junior, who was named to the ALL-League First Team last year and Utility Ritz Saisho, a senior, who was named to the ALL-League Second Team last season. Both players will play significant roles in the team's success this year.

Other key performers will be senior Attacker Kelly Kaufman and sophomore Utility Brynn Tellkamp. In addition, Goalkeeper Adelae Butler, a newcomer, has been impressive in training and is eager to make an impact this season.

The Highlanders will play in the Freeway League this season against Esperanza, Brea Olinda, El Dorado, and Troy. La Habra opens its season at home on November 12 with a match against Fullerton. The Highlanders will also compete in the El Dorado and Don Lugo Tournaments in December and in the Los Altos Tournament in January.



GIRLS BASKETBALL

Josh Burresch begins his 3rd season as head coach of the Highlanders girls' basketball team with the goal of having La Habra return to the CIF playoffs. The Highlanders will compete in the North Hills League against Brea Olinda, El Modena, Foothill, and Pacifica. Jacob Mendoza and Amanda Cuervo will be the assistant coaches. Burresch also noted that La Habra will field a Frosh team for the first time in 10 years.

La Habra opens the season with a home game against Jurupa Valley on November 16 and their first league game is January 2 at home against El Modena. The Highlanders will participate in two tournaments: the Fullerton Tournament, beginning November 30 through the first week of December. La Habra will play four games. The second tournament is the Rancho Alamitos Tournament that runs over the Christmas break and the Highlanders will play four games.

La Habra roster is comprised of 17 players and several of the Highlanders players compete in multiple sports such as soccer, water polo and flag football. Burresch stressed his team will be defensive minded and hopes a tough defense will lead to easy baskets.

Several key contributors will be Penelope Miles, Eliana Corona, Gisselle Virgen, and newcomer Guadalupe Maza who will play point guard.

-Miles: A senior captain who has played varsity all 4 years.

-Corona: A very good athlete who can score.

-Virgen: Will play forward and is a productive offensive player.

-Maza: A newcomer and freshman who will provide needed support at point guard.

Burresch said that La Habra plays in a tough league but he feels the Highlanders have a chance to win league. They will be challenged by Foothill and El Modena. “They’re a lot of good challenges out there ahead of us,” said Burresch. “We need finish in the top 3 positions in league to qualify for the playoffs.”



BOYS BASKETBALL

Evan Barry takes over the Highlanders boys' basketball head coaching duties after Coach Aaron Riekenberg stepped down after last season. Evan has been a long time La Habra High basketball assistant and will make the transition a lot smoother.

The Highlanders are young and a bit inexperienced but have outstanding athletes. Acen Jimenez and Noah Poppin graduated from last year's team and their impacts will be felt but the Highlanders expect to be very competitive.

The Highlanders will compete in the very strong Crestview League against Canyon, Crean Lutheran, Cypress, and El Dorado. Evan noted that he believes the Crestview League is among the strongest public school league in Orange County. La Habra's first game will be against Sunny Hills on November 16 in the Rumble on the Hill Tournament. La Habra will play five games in the season-opening tournament. The Highlanders will also compete in the Gary Raya Tournament (November 30 - December 5) and the Classic at Damien Tournament, over the Christmas break, and will play 4 games in each tournament leading up to the start of Crestview League play against Cypress on January 5 at home.

Evan said he expects to carry 12 varsity players (5 sophomores, 2 juniors, and 5 seniors) on the roster and will be assisted by Andrew Wilson and Max Jimenez.

"Our goal is to finish in the top 3 in league, make the playoffs, and make a strong run in CIF," Evan added. "This is a tough league and I think anyone could finish first or last. I expect Canyon and Crean Lutheran to be be very competitive. There are no easy games in the Crestview League."

Key players for the La Habra will be Aaron Wilson, Javi Nash, Derek Soloway, and Richard Gonzales:

-Wilson, a sophomore, played varsity as a freshman and is a point guard and a strong defender.

-Nash is a senior forward who is returning from an injury last season. With his size, 6-4, the Highlanders will depend on him to work the glass. He is a very unselfish player and La Habra will like to see him average a Double-Double.

-Soloway is a sophomore guard who played varsity last season. He is a dynamic scorer, capable of scoring from the the rim, medium range, and also an excellent 3-point shooter. He is a guy who can get you 20 points per game, if needed.

-Gonzales is a senior and is a solid 3-point shooter and is a 'pest' on defense.

-Another key player will be Kyle Baek, a sophomore guard. Baek is a transfer and will become illegible to play around Christmas and will provide the Highlanders will solid minutes.

"Coaches' Corner"

Girls Soccer Coach



Diego Gonzalez

Diego was born in Anaheim and raised in Fullerton. He attended Fullerton High School and graduated in 2016. Diego played soccer for 4 years at Fullerton and Club soccer in Brea. In 2016, he was named the Freeway League Defensive Player of the Year. He still plays indoor soccer in Fullerton. Diego attended Cal State Fullerton and graduated with a degree in History and Religious Studies. He enjoys US History (American Revolution War & Civil War), California History (Gold Rush), and European History (French Revolution).

Diego is in his 10th year of teaching History at La Habra. He is in his 5th year as the head coach of the Highlanders Girls' Soccer Team. Diego will be assisted by coaches Veli Monterroso, Fabian Caldera, Regina Sanchez, and Natalie Amloian. He became the JV girls soccer coach in 2017 and held the position until 2022. He took over the girls varsity soccer coach in the spring of 2022. His first game was unique because he became the head coach just before the first round of the CIF playoffs. The Highlanders were trailing 3-1 after the first-half, but La Habra scored 3 goals in the second-half and beat San Marcos 4-3. As Diego said, 'it was memorable game that I'll never forget.'

-**Favorite Sport:** Soccer

-**Favorite Player:** Didier Drogba (retired Ivory Coast Professional Soccer (Striker) Player. Drogba was inducted into the Premier League Hall of Fame after playing for Chelsea; considered to be the Greatest African Soccer Player off All-Time).

-**Favorite Football Team:** Philadelphia Eagles

-**Favorite Food:** Philly Cheese Steaks

-**Favorite Movie:** A Few Good Men & Rocky

-**Hobbies:** Playing soccer, running, Exploring hikes, spending time his girlfriend, Sarah, and his Family (his mother and father, Hector and Maria, still live in Fullerton and his younger sister is studying for her Masters at San Diego State).

Where are they now?



Greg Francis

One would have to conduct extensive research to locate a sports resume as impressive as former Highlander standout, Greg Francis. Francis, a 2007 La Habra graduate was a safety and kick returner on the Highlanders football team for 4 years. In his senior year, he had 85 tackles, 6 interceptions, returning 3 for touchdowns of 69, 80, and 96 yards. He also returned a punt and 2 kickoffs for touchdowns. He was the Freeway League Defensive MVP, La Habra's MVP, and earned ALL-CIF Honors. Francis was also a standout soccer player, scoring 35 goals and adding 16 assists in his senior year and leading the Highlanders to the only soccer title in school's history. Greg was named CIF Division III Soccer Player of the Year and Orange County Player of the Year. As if that wasn't enough, Francis also won the Freeway League 100 meters and anchored the winning Highlanders' 1600 Meters Relay Team in his senior year for La Habra's Track Team.

For his impressive accomplishments, Francis was named Orange County Athlete of the Year by the Athletic Directors Association. Francis is the only La Habra High School athlete to ever earn this award.

"Playing football, soccer, and running track at La Habra was an amazing experience; I loved it," said Francis. "La Habra stressed academics, hard work, the importance of communication and it taught me discipline. The coaches, the administration, the players, and the community were wonderful."

After being recruited by USC, UCLA, ASU and San Diego State, Francis accepted a scholarship to Cal Poly San Luis Obispo where he played football for 4 years as a safety and a punt returner. He was one of the Mustangs top tacklers and recorded 9 interceptions (returned one for a touchdown) in his career. Greg graduated from Cal Poly in 2012 with a degree in Kinesiology. He tried out for the San Jose Sabercats of the Arena Football League League on 2 occasions but turned down the opportunity to play.

"Cal Poly felt like I was playing at home; the players and coaches convinced me it was the right school for me and I enjoyed it," Greg added.

Following college, Francis took a sales job in San Diego but eventually moved back to Orange County and worked as a Judicial Assistant for the Los Angeles Superior Court from 2015-19. His passion was to work in law enforcement (Greg's father is a retired Sergeant from the Whittier Police Department). In 2020, Greg joined the Irvine Police Department and has served as a Patrol Officer since 2020. Francis is married to Isabel, and they have two children, Makenzie and Brody (picture enclosed) and they reside in Placentia. Greg is an avid Rams, Lakers, Ducks and soccer fan and still closely follows La Habra and Cal Poly SLO sports programs. Greg said one of his favorite players is Harry Kane, a professional English soccer player who plays striker for Bundesliga Bayern Munich and also for the English National Team.

La Habra HIGHLANDERS

FOLLOW OUR TEAMS ★ ON INSTAGRAM! ★

WATER POLO, BOYS
LAHABRABOYSWATERPOLO

SONG
LHHSSONG

CHEER
LAHABRACHEER_

WRESTLING, BOYS & GIRLS
LAHABRAHIGHWRESTLING

GOLF, BOYS & GIRLS
LAHABRAGOLF

CROSS-COUNTRY / TRACK & FIELD, BOYS & GIRLS
LHHS_CROSSCOUNTRY

TENNIS, BOYS
LHHS_TENNIS

FLAG FOOTBALL
LHHS_GIRLS_FLAG_FOOTBALL

FOOTBALL (11 PERSON)
LHHS_FOOTBALL

BASEBALL
LAHABRABASEBALL

SOFTBALL
LAHABRASOFTBALL

VOLLEYBALL, GIRLS
LHHS.GIRLSBASKETBALL

VOLLEYBALL, BOYS
LHHS_BOYSBASKETBALL

BASKETBALL, BOYS
LAHABRABOYSBASKETBALL

BASKETBALL, GIRLS
LHHS.GIRLSBASKETBALL

SOCCER, BOYS
TBA

SOCCER, GIRLS
LAHABRAGIRLSSOCCER

WATER POLO, GIRLS
LAHABRAGIRLSWATERPOLO

TRACK & FIELD, BOYS & GIRLS
TBA

SWIM & DIVE
LAHABRASWIMANDDIVE

#WEBLEEDBLUE

Highlanders
LA HABRA
COACHES
2026-27

★ https://lahabra.homecampus.com/ ★

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