Roadracer on the Run
Nicole Javorsky
Opinions Editor

Vroom. Vroom. Her hands grip the handles. Passion is rippling throughout her body. Devotion is darting through her veins. She can taste the mouth-watering sensation of zeal and fervor on her lips.

Junior Ophelie El Zayyat is a motorcycle racer, who competes nationally in WERA (Western Eastern Roadracing Association), CCS (Championship Cup Series), and USGPRU (United States Grand Prix Riders Union). Ophelie’s dad and uncle used to ride motorcycles and her brother, Xavier, currently races with her.

She began riding motorcycles in the second grade and was racing competitively by the fifth grade. Currently, she focuses on roadracing, which involves riding a high-speed motorcycle specifically designed for aerodynamics. She also enjoys motocross and supercross, which involve bounding off of dirt hills and jumps.

At 4:00 a.m. each day, Ophelie wakes to go running. In addition to the high level of physical strength and fitness that motorcycle racing requires, the sport is emotionally demanding as well. She can’t spend Friday nights with her friends like other teenagers.

“My Friday nights are often spent in the car, on the road to another state,” she said.

Involved parents are vital to success in motorcycle racing.

She said, “They [my parents] take my brother and me all over the country, spending sleepless nights driving, pulling a trailer behind our truck. If that’s not support, I don’t know what it is.”

During the summer of 2010, Ophelie made an astounding sacrifice for the sport she loves. Her passion glimmered and shone through the pain. A broken wrist, compression fracture in the spine, laceration, and punctured lung were the outcomes of a single motorcycle accident. Despite her hurdles and hindrances, Ophelie remains resolute and unwavering in her dedication to motorcycle racing. She will be racing in the Red Bull Rookees Cup in Europe during the spring of 2013. Ophelie’s senior year will be spent in London and then with family in France.

She aspires to become an AMA Pro racer and hopes to transform this goal into reality by age 18. Other passions captivate her as well. She has enjoyed creating artwork since a young age and has been a gymnast since age three.

Ophelie feels energized when playing any sport. Although she immerses herself in various areas of interest, she agrees that there is nothing like how she feels when she rides motorcycles.

“There’s no way to explain it really. There’s crazy adrenaline running through my body, even when I’m just sitting on top of my bike.”

Rachel Cho Swims to the Championship
Jasmine Estrada
Staff Writer

It was never a dream for sixteen-year-old senior Rachel Cho to become one of the top swimmers in the city. Yet, she holds her title for three years now.

It all started when she was seven years old, when her father just stuck her in a pool and told her to swim. Ever since that day, swimming has been a safe zone for her. She says “Whenever I’m in the pool I feel relaxed and secure because I know what I’m doing.” Rachel is a very experienced swimmer. She has been swimming with the Long Island Aquatic Club Team for eight years now.

She has traveled to California, Canada, Buffalo, Maryland, Massachusetts and many others places to compete. She’s always practicing six days a week after school until dinner time except for Sundays and if she doesn’t have practice she’s in the gym working out on her endurance lifting weights, doing push ups, sit-ups and running on the treadmill. Although she said, “Competition in school is completely different from my private team; you learn that time is more important then in what place you get in.” Her main focus for this season was to stay in shape and have better times for her upcoming travel meet with her club team in December.

Freestyle is her main stroke, besides swimming butterfly she loves butterfly.

The PSAL Girls A Division Swimming and Diving Championships was held on Saturday and Sunday November 12 and 13th at the flushing Meadows Aquatic Center where the most swim records broken in any PSAL swim meet, Cho having the best time for 50 Freestyle (: 24.88) and 100 Freestyle (: 54.54) coming in first in both her events.

Listening to house music plays big part in her success because she listen to house night before a race to get her pumped up.

This was a very important day to her, she knew that it could’ve been a close meet but she kept pushing through it and knew she could do it. She wanted to do it, she had to do it, it was either go to Buffalo and represent PSAL or go home, and she wasn’t going to let her or teammates down.

She did it and she now was going to be swimming the following weekend from the 18-20th and was leaving Thursday night for PSAL in Buffalo to compete with the best swimmer all around United State. She is going to be swimming the same events that she swam at the A opens which was 100 free and 50 free.

It’s not all about one person its about the team as well she says. “I think Duco swimming team did great this year and I personally don’t care about the wins or loses, just as long as everyone on the team has fun and this year I think we accomplished that. I think our team got along great and supported each other tremendously this season”.

Overall Rachel says “I know I have a long way to go but I’m proud at where I’m at, swimming is not only for competition, but it is also for fitness and health, a great way to stay in shape and have a good toned body. Winning isn’t every-thing, being focus and practicing a lot will bring success in being a swimmer. For Rachel, swimming is not only a sport, it is her passion.”

Rachel Cho at PSAL Swim meet.

Team Records-Fall 2011

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