

SPORT. sport.



SPORT. sport.

SJSU INTERNATIONAL HOUSE
A DEPARTMENT IN THE COLLEGE OF INTERNATIONAL
AND EXTENDED STUDIES



THE SPORTS ISSUE

03 BEHIND THE PAGES

Who are the people behind the I-house newsletter?

10 ICE HOCKEY

Big fights and thrilling games on the ice.

BY ASHLEY FLOHRSCUTZ

04 PASSION | SOCCER

Youth football in Pakistan.

BY DAANYAAL SAEED

12 MARCHING BAND

Color Guard's importance

BY RUI BATEMAN

06 COMPETITION

Article about team spirit and the love of the game.

BY MIKE DIAZ

14 E-SPORTS

Technical skill, knowledge, and psychology in e-sports.

BY DAVID KOSTER

08 KENDO

Insights in the world of Kendo.

BY Y. KUROSHIMA

17 EPILOGUE

The Takeaway

BY LEANN CHERKASKY MAKHNI

INTRAMURAL SPORTS

Intramural sports at the I-house are a big thing. The I-house and the Students council are supporting many different kinds of intramural sports. For example the I-house - Burning Stars - Coed Soccer Team.



MIKE - EDITOR

Mike is an American Art History major



whos love of sports inspired this artical. He currently plays Lacrosse for SJSU and has an unconditional love for the NFL.

DAANYAAL - WRITER

Daanyaal is a student from Pakistan. He has played soccer for many



years and has a deep love for football. He plays soccer any chance he gets and always plays with the desire to always be better.

YUUKI - WRITER

Yukki is a student from Japan. Yuuki has participated in kendo



back in Japan and has lived for a year in the I-House. He was a founding member of I-House's Martal Arts Club.

ASHLEY - WRITER

Ashley is a freshman who has just completed her first year at SJSU and



at the I-House. She is a big hockey fan and belives that sports help people bond. Shes also a huge Star Trek fan.

RUI - WRITER

Rui has been living at the I-house for 2 years



and is an RA at the I-House. she served on the color guard in high school and runs I-house's Tea Club.

DAVID - WRITER

David has just finished his first year at SJSU and living in the



I-House. He has served as Student Coiuncil President and has been a competitive gamer for many years now.

LEANN - WRITER

Leann has been the director of the SJSU international house for 25



years. She enjoys running the house, teaching diversity through cross cultural workshops and learning from the houses residents.

ANDI - LAYOUT | ARTW.

Andi is from germany and studies industrial design in his 3rd year.



He took part in the I-house coed soccer team and was the keeper of tradition in the students council of the spring semester 2017.

PASSION. PERSEVERANCE...



I don't remember how it exactly started out, but now I can't get it off my mind. But to think back to the start of it all I think it came with the arrival of HIS shirt. It was at least 4 sizes big on me at the time, but I always wore it with pride, as the name and number on the back meant a lot to me.

Throughout Elementary School the boys and I would get together during our recess and lunch and play either against our seniors or the juniors. Either way, a game of football was always on. All those games were well spent, whether we dominated the field or got dominated, fought with the other teams or with ourselves, they're just too many memories. There was this one time I scored from about 10 meters out (and that was a big deal at the time).

I continued to enjoy the game of football, but then I moved on more towards video games and studies and became more geek.

However, I still managed to make the SAISA (South Asia Inter-School Association) Football B team for my school. Better than nothing? In fact, now that SAISA has been brought up, every SAISA team I have tried for, Mash-Allah, I have made. Well things were all going good until I turned 13 years.

Being in 8th grade at the time, was a life changer in many ways. Being a geek and all had its side-effects on me both socially and physically and well that speaks enough for itself. But 8th grade also took a toll on my football.

SOCCER

—

Association football, more commonly known as football or soccer, is a team sport played between two teams of eleven players with a spherical ball. It is played by 250 million players in over 200 countries and dependencies making it the world's most popular sport. The game is played on a rectangular field with a goal at each end.

RESPECT!



„And this year was our year. We dominated that year with a clean-sheet tournament and 1st place.“

After a series of unfortunate, avoidable and yet somehow destined accidents, I managed to contract something called Osgood Schlatter [Disease/Syndrome]. In layman's terms, it's a swelling right below the kneecap often cause by external stimuli. I remember the pain cause by the first accident made me see everything in black and white for a few seconds. The next day, after getting hit the second time, I could barely walk and that's when I went to the doctors and found out what I had. He told me that I was not to play sports till I was 18 or stopped growing. Yeah right, as if I was going to let that happen. So, it took me a lot of time to recover, and I didn't fully recover until a few months later, but I managed to play in my last Middle School SAISA Football.

I took a year off from football entirely, partially due to a severe breathing problem I faced, and because of my knee. But I was back at it in 2010. 10th grade was an interesting year for me. For starters, I made the High School SAISA Football team, and unlike the Middle School team which competed on a domestic level, the High School team played against teams from other countries. I - to this date - don't know how I made the team. Nevertheless, it was the start of my journey back into football.

It was a good tournament, and we were undefeated... until of course the very end. I barely played at all in the tournament, but it was an experience. We came 2nd place that year.

Yet again in 11th grade, my junior year I made the team. And this year was our year. We dominated that year with a clean-sheet tournament and 1st place.

The win put a lot of pressure on my cousin and me, the senior most members of the team. And the following year, as vice-captain, I let my team down. Yet somehow, my lacklustre performance in my senior year made me realize something important - my love for football.

Although I was reluctant to play for some time, going to Malaysia allowed for a clean slate. It was also a time for me to change my playing style. Up until 2014 I played in a defensive position, but thanks to the effort and encouragement of my new coach and teammates I could finally play the position I recovered the most - A Striker.

Flash-forward to coming to SJSU. It's been about 3 years since I started playing my new position, and I am still learning and improving my game. Now I play a Sunday league and have hopes of joining the SJSU Soccer Team.

My friends might call it an obsession, but I call it a passion...

BY DAANYAAL SAEED

COMPETITION.

—
LOVE. POTENTIAL. FAMILY.



Competition. That word alone has the power to motivate, intimidate and inspire. The word competition, to me, means to become better with each challenge. No matter what sport or event, I would always want to be better than the last time. And that all started with watching American Football.

Sports have always been a big deal in my family. Every one of us was expected (and basically required) to participate in some kind of sport.

But no matter what interest we had in sports, American Football was always king in our house.

My father, a die hard Oakland Raiders fan, always had football on during Sundays. Although he enjoyed the Raider games best, he watched televised games on TV. Naturally my siblings and I watched as well, because that was the only thing we could watch on Sundays. My sister wasn't a big fan, but my brothers and I loved it. At first, I just liked to see some guy hit another guy. But then I gained an appreciation for the game after seeing a live game at good old Candlestick Park.

I'll never forget it. The Green Bay Packers vs the San Francisco 49ers.

AMERICAN FOOTBALL

—
American football evolved from the sports of association football (soccer) and rugby football. Between the plays, the players regularly meet in the huddle to discuss the next turn.

LACROSSE

Lacrosse is a contact team sport played between two teams using a small rubber ball (62.8–64.77 mm (2.472–2.550 in), 140–147 g (4.9–5.2 oz)) and a long-handled stick called a crosse or lacrosse stick. The men's version is considered as a rough sport, with slashes and intense checks to the stick and body. The head of the lacrosse stick is strung with loose mesh designed to catch and hold the lacrosse ball. There are many different ways to put mesh on the head of the stick, also known as „stringing the stick.“



“Competition is an anvil. Your potential a metal. And you the blacksmith. It is up to you to forge your potential into something truly magnificent.”

Photo by PEXELS

The Packers were for some reason wearing their green jerseys during an away game, and I think that's what sealed the deal for me. That and seeing my sister upset at the 49ers loss was pure gold to me at the time. Ever since then I fell in love with Green Bay Packer football and the competition involved with American Football.

That love of competition started with American Football, but it would not end there. That same enthusiasm of competition translated to every sport I've played or enjoy watching. Tennis, American Football, Karate, Video Games, Lacrosse and even Sumo Wrestling. The list goes on and on. I love seeing competitors giving their all and trying their best.

I love seeing players improve over the course of their career. I especially love when a rivalry happens and when one player or team gives their absolute best just to beat one specific opponent.

Competition has the ability to bring out peoples potential. Like a dear friend once told me, “Competition is an anvil. Your potential a metal. And you the blacksmith. It is up to you to forge your potential into something truly magnificent”.

BY MIKE DIAZ

DEVELOPING THE MIND

“Kendo” is a Japanese martial and was designed to practice sword fight without killing each other. “Kenshi” that is a person who does Kendo defines Kendo in an interesting way.



They say that Kendo is a process of building a personality through the discipline of sword fight. As you can imagine, any martial arts are not easy. I always wanted to quit Kendo to be honest. However, now I really appreciate that I have started Kendo and am thankful for people who discipline my Kendo skill. I have done Kendo for more than ten years and I have achieved fourth degree of black belt level that is equivalent to the teaching level three years ago. Without Kendo, my life would have been totally different. In this article, I am going to talk about how my mind to Kendo changed.

The reason I started Kendo was because my parents recommended me to join some sports team. I have tried to several of those and I chose Kendo just because it looked cool. I really enjoyed practicing Kendo for first several months. However, the joyful did not last long. When I got out from the beginning level, the practice suddenly got very severe, and I started not wanting to go to practice, but my mother never let me escape.



Kendo became a part of my life at around the age of twelve. My schedule was always filled with Kendo. At that time, I still did not like Kendo at all, but I kept going to practice. I cannot explain what my motivation exactly was but I think I was just stubborn. I felt like if I quit Kendo now, I will lose something that I may regret for the rest of my life, so I kept practicing it. When I became a high school student, I joined Kendo team there as well. The practice there was a whole different level. I have almost practiced Kendo for 365 days a year, and I have broken my bones twice in two years. I could actually quit Kendo when I was injured, but I did not do so because I felt if I escape from Kendo, I would regret it eventually.

After graduating from high school, I moved to the United States to attend a college. I did not expect that my community college has a Kendo club, but I somehow found a Kendo club doing tableting. I was very shocked. On that day, I signed up and join their practice on the next day.



„KENSHI | KENDO“

On the first day of practice, I was very nervous because my English proficiency was quite low so I was afraid if I do not understand what they are talking, but when I arrived “Dojo”, which means practice places for Kendo, club member welcomed me and they used their 100% of body languages to communicate with me. Once the practice begun, my anxiety was completely gone, and I just enjoyed my first practice in the United States. Once the practice ended, I found myself feeling relief and also thought Kendo was awesome. Before that I was stressed because I had a hard time communicating in English, but I felt like when I do Kendo, I can speak “Kendo” to communicate with others.

This was the very first time I appreciated that my parents did not let me quit Kendo and I was glad that I did not let myself quit Kendo even though I have thought about quitting for thousands of times.

To sum up this article, I have talked about how I found my motivation of Kendo after about ten years since I started it. I was really lucky because I had the environment that helped me to persistently practice Kendo. I really appreciate my parents that never let me quit Kendo and always supported me. I believe that Kendo is not the only one martial art that persistence pays off. I hope more people will start martial arts and find their own way of enjoying martial arts.

BY YUUKI KUROSHIMA

KENDO

Kendo (lit. „sword way“) is a modern Japanese martial art, which descended from swordsmanship (kenjutsu) and uses bamboo swords (shinai) and protective armour (bōgu). Today, it is widely practiced within Japan and many other nations across the world.

Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity.

Practitioners of kendo are called kendoka, meaning „someone who practices kendo“, or occasionally kenshi meaning „swordsmen“. The old term of kendoists is sometimes used.



„They say that Kendo is a process of building a personality through the discipline of word fight.“



BLOOD ON THE ICE

The crowd was silent, waiting for our team to come out. Suddenly the lights were turned off the large screens in the middle of the arena start to play the Stockton Thunder theme song and video.

Then players entered with energy, and everyone shouted for joy. Meanwhile, the fangirls scream in the background “I love you” to their favorite player. At the age of 12, I really did not care much for the game of hockey, I was typically there for the food and to see if I can catch the attention of one of the cameras during the brief intermissions when they play YMCA. But on this night, I could tell, it was going to be a great night because we were playing against our rival team the Bakersfield Condors. Throughout the years there has been a lot of tension between the Thunder and the Condors. With their back and forth rivalry, there was a lot of bad blood between the two teams which in turn makes for a more intense game. Little did I know I would start to fangirl like the ones I keep hearing in the background.

Photo by ANDI HUTTER

Ever since that day I have always been a die-hard hockey fan with the whole getup, fan gear, lucky hat and all. The fights became the livelihood of the game and I always looked forward to them. Later on, in my life, I have become more fascinated by all the aspects of hockey. I love how fast paced it is compared to the other sports like American Football, and I can't help but get excited when the opportunity to go is mentioned. The constant action of the game keeps me on my toes and is very fun to follow. Now I love taking photos of the players racing across the ice or moments that I feel need to be captured. If you never saw a hockey game, I would eager you, go and have the experience.

The game, like I predicted, was intense. The players were going back and forth on the ice constantly and taking as many shots they could on the goal. Meanwhile, I was enjoying the nachos my dad got me during that last intermission with my sister.

As the game was tied two to two, the teams were getting desperate to get another goal.

THE FIGHT.

„For the first time in my life, I witness a fight between all the players on the ice and I was amazed. I got so excited that I found myself screaming for my team to knock the other team down.“

Then suddenly a punch was thrown, and in less than 5 seconds every player on the ice was filled with fury and started to fight one another. It was a five on five battle between the teams. Everyone stood on their feet to see the action that was taking place on the ice. For the first time in my life, I witness a fight between all the players on the ice and I was amazed. I got so excited that I found myself screaming for my team to knock the other team down. At the end, there were so many penalties that the referees just gave up and let the game continue after the fight was over.

BY ASHLEY FLOHRSCHUTZ

THE STOCKTON HEAT

is a professional ice hockey team in the American Hockey League (AHL) which began play in the 2015–16 season. The team is based in Stockton, California, and is affiliated with the National Hockey League (NHL) Calgary Flames. The Heat plays its home games at Stockton Arena. It is a relocation of the Adirondack Flames joining four other relocated AHL franchises in California and forming the basis for a Pacific Division.



MARCHING BAND

Back in high school, being in the marching band was really cool. They spent days practicing, performing at football games, and travelling to competitions all around California. There was something about being in the marching band that was special and made people enthusiastic about it, no matter how exhausting it was.

My younger brother and most of my friends were in marching band. By the time I finished my third year in high school, I was very eager to join, yet didn't know how. I couldn't imagine learning a new instrument, memorizing music, and learning how to march at the same time. That was my dilemma the whole first three years of high school and it still discouraged me.

During the summer, I went to the theaters to see my brother perform in the preliminaries for the independent drum corps he was in. (A drum corps is basically like a marching band but with selected instruments.) In band competitions, everything is judged, from the theme and the music to visuals such as formation, flags, and uniformity. Admittedly, I dozed off a couple times, however, there was one thing that always caught my eye; the Color Guard.

„I had never learned to dance before and I hated being in the center of attention, yet that's what I learned to do.“



Photo by PITTSBURG STATE UNIVERSITY



MARCHING BAND

A marching band is a group in which instrumental musicians perform while marching, often for entertainment or competition. Instrumentation typically includes brass, woodwind, and percussion instruments. Most marching bands wear a uniform, often of a military style, that includes the associated school or organization's colors, name or symbol. Most high school marching bands, and some college marching bands, are accompanied by a color guard, a group of performers who add a visual interpretation to the music with ten flags and rifles.

HARD WORK. SATISFACTION.

The job of the Color Guard is to be noticeable and flashy. They complement the band, but stand out as well. Without them, any band performance is visually the same as the next. Most people who have heard of Color Guard think it is a cute activity of just twirling flags. Yet very few understand how much hard work it is, because it is so much more than that.

And it gave me an idea. I contacted the band director of my school and quit orchestra. I attended the summer band boot camp and officially was in the Color Guard by the time school started. I had never learned to dance before and I hated being in the center of attention, yet that's what I learned to do. I learned how to spin flags (Which are waaay heavier than they look. They're metal bars with huge pieces of cloth!

That time was probably the best my arms will ever look in my life.) and I learned to dance in time with music.

We performed in all sorts of weather, from extremely hot days when my flags slipped out of my hands due to sweat, to rainy days, when I couldn't feel my hands at all because of the cold. However, the satisfaction after having a good run during a competition after all my hard work was priceless. Overall, I gained amazing new friends and an amazing new experience. Other than deciding to go to San Jose State University and to live at I-House after I graduated, joining Color Guard was one of the best decisions I made in high school.

BY RUI BATEMAN

E-SPORTS

I've been surrounded by video games my whole life, so it's no surprise that one day I would one day be interested in competitive video games. When I was younger, I played Super Smash Bros. Melee with my sister a lot.

Throughout my childhood, Nintendo games had always been present, so I fell in love with the game. The concept of the game is very basic: knock your opponent outside of the bounds of the screen. As a kid, this was simply just something I did to pass the time. Many years later, I entered high school and the newest edition in the series was about to come out on the Nintendo Wii U. At first, I was just a casually playing the game from time to time, but one day a waiter at Denny's began to introduce me to tournaments he organized. It was hard finding time at first, but I started going every week. I wasn't very good at the beginning, so I started immersing myself in the competitive scene to improve. Soon after, I learned a lot about the game and have placed in the top 8 of several local tournaments.

NINTENDOS MARIO BROS.

Mario & Luigi are the most well known Nintendo character.

Mario Bros. features two plumbers, Mario and Luigi, having to investigate the sewers of New York after strange creatures have been appearing down there. The objective of the game is to defeat all of the enemies in each phase. The mechanics of Mario Bros. involve only running and jumping.

„Throughout my childhood, Nintendo games had always been present, so I fell in love with the game.“





E-SPORTS

eSports (also known as electronic sports, esports, e-sports, competitive (video) gaming, professional (video) gaming, or pro gaming) are a form of competition that is facilitated by electronic systems, particularly video games; the input of players and teams as well as the output of the eSports system are mediated by human-computer interfaces. Most commonly, eSports take the form of organized, multiplayer video game competitions, particularly between professional players.

COMMUNITY

Most people have a hard time trying to imagine a children's party game as a competitive game, but there is definitely a large amount of technical skill, knowledge, and psychology involved. In addition, the community almost seems like a sports community. ESports teams, such as Team SoloMid, Cloud9, Panda Global, Immortals, and more, sponsor players so they can attend tournaments to promote the brand and merchandise. Tournaments, both on a local and national scale, are live-streamed on Twitch for enthusiasts to watch at home. Friends come together to practice a certain skill and improve. When thinking about it, isn't this what sports communities are like, too?

My interaction with the community has been nothing but amazing since I started playing. I've attended several national and regional tournaments in addition to the local ones and have met some of my favorite players through it. I never quite understood the excitement sports fans felt when they rooted for their favorite team or player, but it finally clicked in my head when I attended my first regional tournament. Next thing I know, I'm in the Mandalay Bay Events Center in Las Vegas cheering for Team Liquid's HungryBox at EVO, the largest fighting game tournament in the world. I've made several close friends through tournaments, I've travelled, and I've found a hobby that I love.

BY DAVID KOSTER



Photo by TANJA HEFFNER

EPILOGUE

I learned from Mike, the editor of this issue, that the overall tone of the Spring 2017 newsletter is self-improvement through sports and competition. People talk about how sports helped to shape their mental discipline, to make memories with family, and form bonds with people that have lasted a long time.

Many of our residents have spent their lives involved in sports. In resident's applications, I've read about sports I'd never heard of before including a wide variety of martial arts, hurling, gaelic football, eventing, netball, kite fighting, parkour, petanque, vaulting, etc... It's one of the many ways in which we learn about the world and share with each other at I-House.

From my perspective, I have seen both good and bad come from sports interactions at the I-House. In many cases, residents from different parts of the world come together to play in intramural environments. It's great to have co-ed I-House teams when residents can find enough women who will participate. Some of the participants are highly trained in one or more sports; others have barely participated in any physical activity before they came to SJSU.

Participants' ideas of fun aren't always the same. Some people play to win; others play to be part of a bigger whole. When the competition clashes with the sense of fun, feelings get hurt and frustrations build. A couple of semesters ago, there were enough people to play that we were able to form two soccer teams – a competitive team and a non-competitive team. It was a win-win situation for all involved. Those who thrive on competition were able to play to win. Those who join simply to enjoy the team spirit, savored their shared experience.

Many residents of the I-House developed a very strong sense of self through their lifetime training and hold themselves to a high standard based on their trainings. Some hold themselves to such a high standard, that they struggle to meet their own expectations. Some residents thrive on competition and do and feel their best when they are in a competitive environment.

We've had some very outstanding athletes including swimmers, golfers, equestrians, basketball, table tennis, hockey, and football players, etc. living at I-House. One of the best parts of I-House is when residents of the House come together to cheer each other on and support each other.

BY LEANN CHERKASKY MAKHNI



„Some people play to win; others play to be part of a bigger whole.“



"The basics are a puzzle.

Once you know them, you
never need to think of them.

If you don't know them, you
can never get past them.

If you know them, they are nothing.
If you don't know them, they are
everything. Take the time to make
them nothing."

- Grandmaster Hee Il Che.

