



SPORTS

*Animo!
San Beda*



GAMEPLAN 2024



*Home of
Champions!*



SEASON



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EDITOR'S NOTE

BRING OUT THE challenges, we'll win them all.

No school embodies this mantra more than San Beda. Our excellence, not only in academics but also in athletics, is proof of the University's everlasting mission to uphold greatness in every aspect. We are no strangers to challenges, for our Bedan athletes have long battled raging currents and leaped over every hurdle imaginable—and perhaps that's why we have consistently produced the best results.

Beyond shattering records, building dynasties, and etching their names in the annals of the National Collegiate Athletic Association (NCAA), our athletes represent the spirit of every Bedan out there—resilient, undaunted, faithful, the embodiment of our core values in Ora et Labora (prayer and work).

From the stories we sought and the articles we conceptualized in the brief period of creating this issue, it stands that our Bedan athletes truly embody these characteristics of a proud Bedan—on and off the playing field—as the NCAA moves forward with its most historic edition yet.

While this issue may not capture the full picture, it serves as a tribute to our athletes' progress and a glimpse into what the Bedan community can expect from them in this upcoming Season 100. All for San Beda, our country, and God.

Animo San Beda!



Thirdy Pabilico



*Assoc. Prof. Diosdado Aler III, PhD
Athletics Moderator*

SAN BEDA UNIVERSITY (SBU) hosts a prolific athletic program, nurturing some of the most talented athletes in the Philippines. In review of his significant role amid every team and respective influence on our program, Dr. Diosdado Aler III, PhD, Athletics Moderator of SBU states that he is "instituting a lot of changes."

When the Red Lions lost the first game against the Mapua Cardinals in the 99th season of the National Collegiate Athletics Association (NCAA), he said to the coaches "The lion has four paws, and you have four head coaches. So, what is the mark of a lion? Tenacious, disciplined, motivated." In the same competition, the Red Lions made history: "And you know that we became the best performing school."

With that, he believes that the "game plan" for this Season 100 is evident: "As the saying goes, we should not rest on our laurels."

Setting his sights upon the centennial season, he asserts "Siyempre practice, practice practice, provide all the resources needed, equip not only the students but the coaches. So that we will maintain the championship for the champion teams and the other teams will excel to finally bag the championship. Malay niyo 12/12, 13/13 championships. And that would really mean a lot."

However, he also reinforced the importance of the coaching staff crucial to player development. "Players win the game, coaches lose them. I salute all our coaches. Bakit? kasi if they are not there, who will train the players? Coaches call the shots for the teams to become champions."

"And isa pang advice ko, remember in the word team there is no letter "I," so there must be teamwork. It's "we," [and] it's the "us." Sama-sama tayo, we are all in this together. Amen."

Lastly, upon appraisal of other teams, "We do not call them rivals, we call it "kalaro." So to our rivals, I wish them the best of luck."

So, what is the mark of a lion? Tenacious, disciplined, motivated.



*In necessariis, unitas; in opinabilibus, libertas;
in omnibus caritas*

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ABOUT THE ISSUE

Gameplan is a special issue released annually to commemorate the opening of a new National Collegiate Athletic Association (NCAA) season. In this issue, *The Bedan* features the stories of excellence from athletes, coaches, and teams, building anticipation for another competitive season ahead.

ABOUT THE COVER

For decades, San Beda has dominated the nation's Grand Old League as a force to be reckoned with for other schools. But this would not be possible without our athletes who shed blood, sweat, and tears to carry on the culture with them. Every Bedan athlete shares the community's spirit, building on the winning culture ingrained in each of us, from the stands to the court.

Cover by Elisha Ruiz

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SAN BEDA CHEERS

Go San Beda Fight

Go San Beda Fight - 1-2-3 (2X)
Go San Beda Fight!

Stand On The Grandstand

Stand on the grandstand
Beat on the tin can
Who can, we can, nobody else can
Animo San Beda
Beat (3x)

San Beda Go Go Go

San Beda Go-Go-Go
San Beda Rah-Rah-Rah
San Beda Go, San Beda Rah
San Beda Zis Boom Bah

Mini Mini Ha Ha
Mini Mini Ho Ho
Mini Ha, Mini Ho
Mini Mini Hi Hi Ho

Ahhhhhhhhh!

Fight them smash them
Kick them right!

Red and White, Red & White
Fight - Team - Fight!

Polly Wolly Wanna

Polly Wolly Wanna,
Polly Wolly Woo

We're from San Beda,
Who are you?

If you can not hear us
We'll yell a little louder ---

(Cheerleaders: "Louder!")

(Repeat First Stanza)

Fight, Fight, Fight Team Fight!

Indian Yell

Drums.....
(Indian war cry & howling ensue)

Umpa! Umpa! Umpa! Umpa!

Beda... Beda... Beda... Beda...
Fight! Fight! Fight! Fight!
Hey-U Kim kum ka wa (2x)

Ha-a-ya kalma
Kalma polly wanna
Ha-a-ya kalma
Kalma polly wa! Rah!

Drums.....

Shyrack Mise-ravigable (3x)
Rah!

San Beda Rah-Rah (2x)
Lama-Lama-rica-naca-su-ma!
Miseravigable Rah!
San Beda Rah-Rah (2x)
Fight!

Azu Ima Yell

Asu (clap clap), Ima (clap clap)
Alakalaka yebo yebo Rah!
Asu (clap clap), Ima (clap clap)
Alakalaka yebo yebo Rah!

Go fight (clap clap)
And win (clap clap)
For S... (clap), B... (clap),
C... (clap clap)

Fight, fight (clap clap)
Fight, fight (clap clap)
For Vic... (clap), To... (clap),
Ry... (clap clap)

Asu (clap clap), Ima (clap clap)
Alakalaka yebo yebo Rah!
Asu (clap clap), Ima (clap clap)
Alakalaka yebo yebo Rah!

Rah! Rah! (clap clap)
Rah! Rah! (clap clap)
Rah-Rah- Rah-Rah-Rah-Rah!
Alaka -- laka -- ye! Fight!

San Beda Will Win The Game Today!

San Beda will win the game today!
Hurrah! Hurrah!

San Beda will win the game today!
Hurrah! Hurrah!

San Beda will go
San beda will fight

The banners wave
The red and white

Rah rah rah
Go San Beda Fight!

Spanish Cheer

El Colegio de San Beda
Tiene que ganar!

El Colegio de San Beda
Tiene que ganar!

Animo, bravo, viva!
San Beda San Beda Arriba

Luchar, zumber, acudir
Hasta morir

Adelante, Victoria
San Beda San Beda San Beda

Adelante, Victoria
San Beda San Beda San Beda

Zalabazim

Zalabazim
Zalabazim bazim baza

Hear San Beda cheer HURRAH!
Halama hiniki bikiti RAH

Hurrah hurrah rah rah rah!!!

(3x Faint to loud)



**SAN BEDA
RULES NCAA
SEASON 99
AS GENERAL
CHAMPIONS**

▼ PAOLO VITAL

▼ PHOTO BY NATHANIEL SORIANO

WITHOUT A FORMAL ANNOUNCEMENT OR CEREMONY
San Beda University (SBU) emerged victorious as the National Collegiate Athletic Association (NCAA) overall champions to conclude their dominant Season 99 run.

In a Facebook post by the San Beda One Sports Program, SBU won seven championships in the following sports; Men's Basketball, Men's Swimming, Women's Swimming, Men's Football, Men's Taekwondo, Women's Taekwondo, and Men's Badminton.

The news of SBU reigning as the general champions came as a surprise to many.

"Originally I was just scrolling sa Wikipedia ng mga games ng mga athletes natin and then n a k i t a

ko na hindi pa in-announce na we are the overall champion, I already saw sa tally na tayo na yung nagttop," said Harry Bonavente, the Creative Director of the One Sports Program.

He further elaborated, *"Nakita ko nalang na may trophy nalang bigla dun sa may Vision and Mission pag entrance mo ng San Beda, and ando'n makikita mo yung trophy."*

In publicizing the achievement of our Bedan Athletes, the Athletics Committee of the Student Council and the One Sports Program came to the forefront in announcing the news on Facebook.

"From there, doon ko nalaman na general champion siya, so I created a congratulatory post to showcase or mapakita na San Beda University is the NCAA general champion," said Harry.

Dr. Diosdado Aller III, PhD, Athletics Moderator of SBU, shared his excitement upon learning the news of San Beda's success, saying "Of course, I was so happy. And there was this sense of pride because of this achievement."

Citing the University's athletic dominance throughout the whole season, *"Pagka seven championships ka out of the twelve or thirteen, tapos 'yung mga kalaban mo ay wala namang ganun kalapit sa atin, alam mo na tayo ang champions."*

He then credited SBU's success to the different coaches and discipline they instilled within the athletes, stating "It is the primary reason why they perform well."

Further expressing his plans for the upcoming season, *"Siyempre, gagabayan natin sila. We will maximize our resources so that the athletes can perform if not maintain the overall championship. Sa pagtutulungan natin, ay kakayanin natin."*

As a piece of advice, Dr. Aler III emphasized the importance of balancing life as a student-athlete, finding the "middle ground" between academic pursuits and athletic endeavors.

"Pag walang pasok, do not rejoice, but rather sharpen the sword. What do you mean sharpen the sword? Read, read, read. Prepare, prepare, prepare. So that by the time you come back to class, you are well prepared," he explained.

Heading into the NCAA's centennial season, he expects the same outcome for the overall championships, with the teams replicating or even surpassing their previous feats.

"I think, there is no reason for us not to retain, if not surpass the overall championships. 'Yung mga nag-first run up ngayon, second place, nothing to go but up, 'di ba? While the rest na na-champion, retain. Retain. Retain. Amen," he concluded.

With Prince Tagarino



RED CORPS: ELEGANT AND SYNCHRONIZED

▼ PAOLO VITAL

▼ PHOTOS COURTESY OF JEFFREY COLLO (POPOY) FROM 'POYTOGRAF'

REFLECTING ON THEIR journey in spearheading Bedan cheerleading, Head Coach John Alingondgan and Team Captain Charlotte Mesina underscored the true essence of their craft, “Driven by a sense of purpose that goes beyond the routines, we are here to uplift, inspire, and represent the spirit of our beloved school.”

Coach Alingondgan first asserts the immense pride of San Beda University (SBU) in its cheerleading tradition, saying “Our cheers and yells have resonated in some of the most historic arenas and courts in the country, earning admiration and envy from many.”

Looking back, Coach Alingondgan narrated how his journey with the “Red Corps began in 2009 with the primary goal of preserving and continuing this proud tradition.” However, as time progresses “Cheerleading has

continued to evolve.” And as such, the team, as per Coach Alingondgan, now also prepares for its own competitions, involving multiple disciplines in the likes of gymnastics, weightlifting, dance, and stunts, among others.

Therefore, he stated the three vital characteristics to instill within a cheerleader includes “a deep sense of pride in the University’s rich history and traditions; a strong sense of camaraderie and teamwork; [and] the drive not just to participate but to excel, in keeping with our school’s winning tradition.”

This is further attested by team captain Charlotte Mesina, who saw that the “Red Corps is more than just a cheerleading team,” given how they are the “embodiment of San Beda University’s traditions, pride, and

community spirit.”

She then posits that a Bedan cheerleader manifests a “combination of passion, discipline and an unbreakable bond with the team, someone who embodies the values of Ora et Labora (prayer and work), and someone who cheers not just with our voices but with our hearts, knowing that every shout and every movement is a reflection of our love for San Beda.”

As such, Mesina cites the most valuable lesson during her time as a cheerleader as resilience and teamwork—that while “there have been moments of triumph, and there have been challenges that tested our resolve, through it all, I’ve learned that when we stand together, there’s nothing we can’t overcome.”

Fueled by persistence and a desire to prove themselves this centennial season, Coach Alingondgan asserts their guiding principle of the team, teammates, and self, symbolizing the essence of the Bedan brotherhood. As such, he emphasizes the importance of “putting the team first,” prioritizing the collective goals over individual ambitions.

“It reflects a deep commitment to supporting and uplifting teammates, recognizing that the strength of the team lies in unity and mutual trust. By placing the team and teammates before oneself, a Bedan cheerleader demonstrates selflessness, loyalty, and a dedication to the greater good. This principle not only drives success in cheerleading but also fosters lifelong bonds and a sense of belonging within the Bedan community,” he explained.

Mesina further supports the idea by stating how “his motto instills a deep sense of trust and unity within the team, knowing that we’re all in this together, supporting each other every step of the way. It’s more than just words, this is the way we live and breathe as members of the Red Corps.”



SBU BAND: BOOSTING THE BEDAN COMMUNITY

▼ RCEE TENEFRANCIA & JENNIFER GWYNETH FABROS



▼ PHOTO COURTESY OF SAN BEDA RED LENS

IN FULL FORCE and ready to make noise, the San Beda University (SBU) Band is back, louder and stronger than ever, ready to rally behind Bedan athletes for the centennial season of the National Collegiate Athletic Association (NCAA).

With every beat of their drums, the SBU Band resonates with and amplifies the pride of the greater Bedan community, showcasing a glimpse of the University's winning tradition that is built upon years of support & success.

Allen Dominic Rogel, the Team Captain and President of the SBU Band, assured that they are "more than ready" to ramp up their performance this year. "*Siguro one of the things na the Bedan community should look out for sa SBU Band is they should expect na we'll be stronger, we'll be playing louder than ever & show our fullest support to our athletes,*" he added, emphasizing how the team will be giving their best to fuel the atmosphere every match even if they're not competing as a team.

Known for sticking to tradition, the band continues to deliver the same energy and passion heard by Bedans for years through iconic chants that ignite the spirit of Bedans. Among these are the four basic cheers, namely: "Go San Beda Fight," "Stand on the Grandstand," "Polly Wolly Wanna," "San Beda Go Go Go," and of course, the crowd favorites "Indian Yell," "Power

Band" and the "Lion's Roar."

Regardless, Rogel assures us that they are also prepared to adapt to any new cheers introduced by the San Beda Red Corps, saying "*We'll let the community know naman.*"

He then reveals that "preparation" is the key to the band's success, which starts well prior to any event. "*The day before the event, the day before the game, eto 'yung time namin to tune the drums, [and] time namin to prep check with issues with the instruments,*" he expounded.

"Training new members" is also an essential part of their process. Rogel explained that recruits start by "memorizing cheers" before moving on to drum training. "Physical conditioning, strengthening exercises, and synchronization drills" are also implemented to ensure that the band operates as a cohesive unit.

Despite their preparations, the SBU Band is no stranger to challenges. Rogel acknowledged that while exhaustion is common, their mantra of "pride, discipline, and passion" must always be

realized.

Besides "taking pride in one's job," it's ultimately their passion—love for what you do, love for San Beda—that keeps them motivated, even when the going gets tough.

While the centennial season approaches, Rogel also reflected on a proud moment from Season 99 when the SBU Band made history. "*It's the first time na we, as a band, it's [the] first time na [ang] school ay naglapag ng 19:8 na ratio ng bass and snare drums.*" The milestone was achieved thanks to the support & camaraderie of the so-called "ARM" (from the Alabang, Rizal, Mendiola campuses) Band, who rallied together to back the Bedan athletes during game three of the Men's Basketball finals of the Red Lions.

As the 100th season draws near, Rogel and the SBU Band are fully committed to supporting the Bedan athletes with every beat and chant that reverberates across Mendiola. "We promise our support, we will bang our drums for all of you, we will cheer our hearts out for all of you," he passionately declared.

RED SEA LIONS: READY TO DEFEND THE DYNASTY

▼ PAOLO VITAL & MANSSEL JIANNE LATONERO

▼ PHOTO BY NATHANIEL SORIANO

AMID THE UPROAR of new and old rivals vying for a shot at the National Collegiate Athletic Association (NCAA) Season 100 swimming crown, the San Beda Red Sea Lions remain unfazed and ever eager to reassert their dominance as the reigning champions, and as rightfully so, the league's toughest challengers.

Reflecting on their past performance during Season 99, new team captain Sean Nathan Gonzales rated it a “nine out of ten,” considering the loss garnered by the Junior’s team. Nonetheless, this “did not hinder” the team’s overall success, maintaining their dominance as the champions for 20 years in the men’s league and ten years for the women’s.

The team had also welcomed a fresh set of rookies, which was “something they had to adjust to.” Regardless, Gonzales explained how they “overcame the new air” between the juniors and seniors during a recent training summer camp.

“In that training camp we not only trained for our improvement, but also built chemistry and camaraderie with our teammates—to know our strengths & weaknesses [and] to understand each other,” he remarked.

More than their physical training, one of the principles that their head coach, Dondon Roxas Jr., instilled was “mental training.” Gonzales

asserted that from Coach Dondon’s own words, mental toughness is among the characteristics that the team should “strictly maintain.”

Given the circumstances and successes of the Red Sea Lions, Gonzales believes that there are “no secrets” to attaining straight championships. Concurrently, he added that their victories came from “entrusting their training and development to their coaches.”

Assistant Coach Genesis Mendoza also expressed his observations of the team’s continuous improvement. In terms of team chemistry, he witnessed the Red Sea Lion’s camaraderie and how “they were able to assist each other in times of need.”

Both Gonzales and Coach Genesis expressed their “gratitude” towards everyone who continues to support the Red Sea Lions, factoring in their ability to win consecutively. They also applauded the team’s hard work and sacrifices in their academics and sports, while continuing to represent the University as the decades-long champions.

With the centennial season right around the corner, Gonzales also revealed that the Bedan community should look forward to the performances of rookie Jennuel de Leon and the reigning Most Valuable Athlete of Season 99, Jake Ellis Evangelista.

Finally, he assured the Bedans that they would do their best to keep the championship streak going, even in the face of their rivals to which he says, “...we will be ready for them because we know that they will also be ready for us.”

RED PADDLERS: POISED FOR CENTENNIAL COMEBACK

▼ SHELLY BOCABEL

▼ PHOTOS BY NATHANIEL SORIANO

EAGER TO RECLAIM what is rightfully theirs after falling short in all three divisions during the National Collegiate Athletic Association (NCAA) Season 99 Table Tennis Competition, the San Beda Red Paddlers are set for a mighty comeback, reloaded with an improved mindset, a new set of coaches, and a better team rapport for Season 100.

Earl Tolentino, the current Team Captain, alongside Head Coach Steve de Guzman, shared their insights & hinted at their preparations for the coming centennial season.

With Coach Steve's expertise in handling the table tennis team of San Beda since 2003, he described last year's lineup—that includes alums such as Aubrey Solis, Matthew Tolentino, Geo Santos, and Isaiah de Guzman—as “impressive,” while also extending his gratitude to the players that graduated this year.

He then added, “...this new team, we are now sort of finding out a good ingredient, kung paano ‘yung masarap na luto syempre,” as Coach Steve described the meticulous process of crafting a proper lineup come Season 100.

Tolentino, on the other hand, noted the key differences in training for this season. He firmly believes that the little things that he added, “like tighter training schedules, no usage of cellphones during training, and additional workouts,” will create a huge impact for the conditioning of the whole team.

He also expressed his gratitude for the presence of strength and conditioning coaches for the season, stating, “*meron na kaming strength and conditioning coaches. [Tapos] pagdating naman sa mga table drills, dumagdag kami ng coaches. Mas dumami ‘yung coaches namin and mas natututukan kami sa pagpapadami [sic] ng bola.*”

According to Tolentino, “better team management” is expected to boost the performance of the Red Paddlers, which includes “better pairing for the doubles division & careful selection for the singles division” for both the Men's & Women's.

Coach Steve and Tolentino also revealed a “well-coordinated, backup roster” for the season given how everyone tries to excel, making Plan B's and C's relevant.

The whole team is a lot more eager to give their all for Season 100 as they set out to compete in different tournaments and a lot more tune-up games before the NCAA Table Tennis Tournament arrives.

Although speaking with a dismayed tone from their first runner-up result last season, Tolentino affirmed, “*Mas gigil kami ngayon kasi nga last season first runner-up lang kami, lalo na ngayon na sobrang halaga ng Season 100.*”

“...So parang gusto namin maibalik ‘yung tatlong trophies sa San Beda. So talagang wala kaming pinapalagpas na oras ngayon,” mentioning every chance for each member of the team to practice and train harder despite their different schedules.

When it comes to the players to look out for this NCAA Season 100, Coach Steve boasted his prized recruits Palarong Pambansa player Nicole Gaspar, as well as newly-graduated player from San Beda Senior High School Danaia Reblora, who is a current World Table Tennis player.

He also expressed his confidence for the women's team, saying, “*Sa women's team natin... buo ‘yung team, maraming*

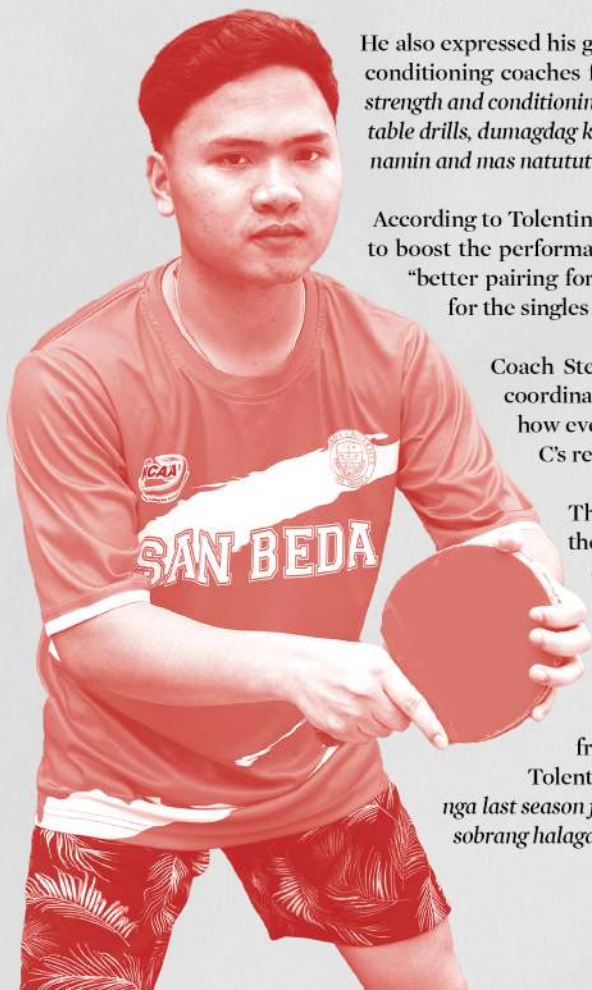


pagpipilian. Kumbaga sa baraha, hawak natin lahat ‘yung kartada.”

Coach Steve also took pride over the men's team, stating how he “loves” his homegrown players from San Beda Rizal. “Kaming mga coaches tiwala lang sa player. Kung ano man mangyari it's [always] just like family,” he expressed.

For the team's chemistry, Coach Steve recognized Coach Lady, Coach Tantan, Coach Jom & Coach Francis, all as pivotal in maintaining the bond each player has with each other.

With anticipation and excitement building up, the only thing the team asks for the Bedan Community is the “support” that they could get, especially since San Beda University (SBU) will be hosting the Table Tennis Tournament for this historic Season 100.



RED TRACKSTERS: SPRINTING TO A HUNDRED

▼ RIZIAN VENIZ BALLETA

▼ PHOTO BY NATHANIEL SORIANO

DASHING BACK ONTO the scene for the highly anticipated NCAA Season 100, the Red Tracksters are ready to sprint past their limits, leaving fans and enthusiasts on the edge of their seats, eager to see how the San Beda Track & Field Team (Red Tracksters), now with fresh talent, will imprint their legacy on the field.

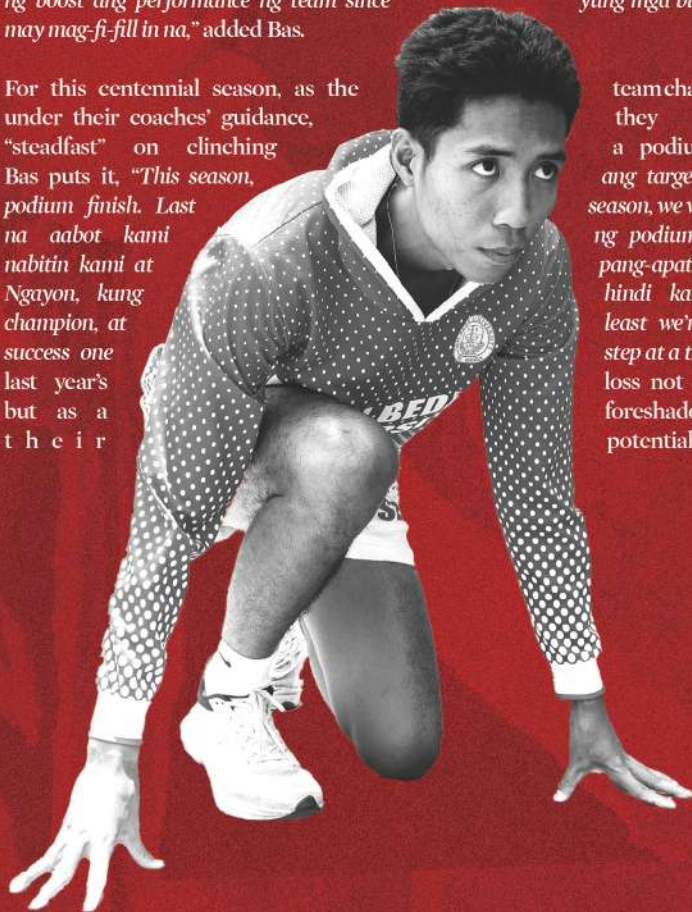
Last season, the Red Tracksters displayed a commendable show in the senior's division, clinching one gold, one silver, and three bronzes across several categories. But now, with a fresh lineup of recruits, anticipation builds on how this team will elevate their game in the upcoming season.

Team Captain Jimmy Bas shared with *The Bedan* his thoughts on the challenges they faced last season, primarily due to the lack of players. *"Kung ikukumpara ang performance namin this season sa last season, kulang kami ng players dati—mga sprinters, jumpers, at pole vaulters—na malaki ang impact sa overall performance ng team."*

However, this would soon change as the Red Tracksters now find themselves reloaded with players who can fill in the gaps from last year's absences. *"Ngayon, may mga bagong players na kami, mga bagong recruits. Kaya inaasahan kong magkakaroon ng boost ang performance ng team since 'yung mga blank events ay may mag-fi-fill in na,"* added Bas.

For this centennial season, as the under their coaches' guidance, "steadfast" on clinching Bas puts it, *"This season, podium finish. Last na aabot kami nabitin kami at Ngayon, kung champion, at success one last year's but as a t h e i r*

team charges forward they remain a podium spot. As ang target namin is a season, we were expecting ng podium finish kaso pang-apat lang kami. hindi kami magiging least we're aiming for step at a time," viewing loss not as a setback foreshadowing of potential for triumph.



Assistant Coach Alberto Ubando, meanwhile, underscored their renewed focus on turning their development into dominance. *"Ang goal namin ngayon is ma-improve 'yung skills ng mga bata and ma-meet 'yung expectations ng mga Bedista...100% iyon and gagawin namin lahat para makuha 'yung championship, kasi 'yun naman ang hangad ng kahit sino,"* he stated.

This winning mindset is embodied by every team member, as Bas detailed their intense training regimen that sets off at 5:00 A.M. and continues until 8:00 A.M. from Monday to Saturday.

Despite the relentless schedule and academic pressures, Coach Alberto remains "resolute" in his evaluation of their preparation. *"Kung i-co-compare natin sa Season 99, short pa rin 'yung naging preparation. Pero, ginagawa namin lahat para ma-kondisyon sila pagdating ng competition and 'yung kailangan din naming i-adapt is 'yung pag-improve sa mga bago, at sabay na i-improve 'yung mga naiwan na seniors."*

Undoubtedly, their road to the podium looks promising with new talents stepping up. Among the standout recruits, Bas highlighted rookie Bong Sentillas, a first-year long-distance Bedan athlete. *"As of now, maganda ang ipinapakita niyang performance sa training. Nasabi ng coach namin na may potential talaga siya,"* he notes, praising the new talent.

More determined than ever, Bas calls for their future rivals to "be ready, stay injury-free, and keep razor-sharp" because the Red Tracksters are ready for a fierce showdown. Fueled by confidence and unwavering support from the Bedan community, they charge toward their goals, knowing that every stride is backed by the passionate Bedan community.

With the team already brimming with gratitude, Coach Alberto affirms, *"Nagpapasalamat kami sa Bedan community sa suporta. Walang sawa namin ibabalik at susuklian lahat, at gagawin namin lahat para makamit 'yung mga goal namin this Season 100."*

with Dianne Radel Magallon

RED BOOTERS



GUNNING FOR BACK-TO-BACK GLORY

▼ RIZIAN VENIZ BALLETA

▼ PHOTO BY NATHANIEL SORIANO

DOMINATING THE NATIONAL Collegiate Athletic Association (NCAA) Season 99 Men's Football Championship, the San Beda Red Booters are relentless in their NCAA 100 title defense, keeping their promise to conquer the field and add a 26th trophy to their cabinet in one of the most historic seasons yet.

Christopher “Nhiboy” Pedimonte, Head Coach of the Red Booters, has been talking about NCAA 100 for as early as the start of the school year, saying “We always tell boys that it will be an historic one.” Ultimately, their goal to win has stayed the same ever since.

However, in preparations building up for the second semester of the academic year—where NCAA tournaments are usually scheduled—the Red Booters are struggling to find their footing, especially in adjusting with the season schedule.

For one, the University Athletic Association of the Philippines (UAAP) pushed the team's pre-season competition. Coach Nhiboy explained that *“Right now medyo different [yung schedule] kasi una, the challenge that we're facing right now is we don't have pre-season competition, kasi ang UAAP will start on September. So 'yung pre-season namin supposedly na first [semester] mag-sa-start na-move siya. So, we're looking at a lot of friendlies right now.”*

“We're playing against clubs, professional clubs and other universities also. So medyo different siya last Season 99 because 'yung pre-season competition namin will start [at the] second semester,” he added.

On the other hand, Eldwin Escosora, the Red Booters' Team Captain, says that he also faces his own set of challenges. About to play in his final NCAA Season, he feels the weight of putting together his team.

“I need to guide nang maayos 'yung team. Start sa discipline outside [and] inside the pitch. Kung paano 'yung team bonding namin, mabuo ulit 'yung chemistry kasi, nadagdagan kami ulit ng bagong players,” he told The Bedan.

Their rookies, he adds, are still adjusting. Coach Nhiboy concedes that *“yung magiging challenge lang right now is 'yung paano namin, paano namin i-integrate 'yung mga bagong player d'un sa mga seniors.”*

Regardless the team remains confident, especially from the seniors. The “winning mentality” they carried in the previous NCAA Season continues to stitch the group together, helping them to “play as a team” as Escosora puts it.

Additionally, the seniors, seasoned and experienced, are playing a hand in helping and guiding their juniors. That meant addressing each other's shortcomings such as their fluctuating discipline. Be that as it may, correcting what needs to be corrected and refraining from being negligent of shortcomings are the accountabilities they face during preparations so that a standard for the Red Booters would be set.

Even with the challenges thrown at the Red Booters as early as their preparations for Season 100 of the NCAA, Escosora still eyes the team's prime goal: to win. But for him, it all starts in training. “Kung paano 'yung attitude namin sa training, kailangan dito pa lang inaano na namin sa utak namin, dito pa lang, training pa lang, nasa amin na 'yung winning mentality,” he said.

Furthermore, with the team's additional firepower of rookies, Coach Nhiboy notes the standouts to look out for in Jarell Pineda, Harvey Baro, and Sam Salinas who are capable of starting in San Beda's XI.

“They have the chance; they have their chance to get the starting 11 if they deserve it. So, I think, ang sinasabi ko sa kanila parati, enjoy the journey, fight for the slot, walang pinipili 'yung pagiging starter, walang pinipili 'yung magkakaroon ng playing time whether you're [a] rookie or whether you're senior. Always fair,” he emphasized.

Now, heading into the new Season, albeit still in training, Coach Nhiboy and Team Captain Escosora extend their gratitude to the Bedan community for the “support” they received last Season 99. But now more than ever, the same support will be crucial towards the Booters' back-to-back success.

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RED SMASHERS: LOCKED, LOADED, & READY TO FIGHT

▼ PAOLO VITAL & JENNIFER GWYNETH FABROS

▼ PHOTO BY NATHANIEL SORIANO

WITH THE EXCITEMENT building for the National Collegiate Athletic Association's (NCAA) Season 100, the San Beda Red Smashers are determined to build a "solid foundation for success." Led by captains Arjay Philip L. Lazareto and Isabella Dominique Pollentes, both teams have set their sights on that coveted crown as they brace for a historic centennial season.

After securing their fourth consecutive Men's Badminton title in the NCAA Season 99, the San Beda Red Smashers will be looking to reaffirm their dominance while the Lady Red Smashers aim for another shot at redemption for the upcoming season. Recalling the circumstances that led to their success, Lazareto cites that

despite starting late at the age of 12, "[na] medyo late na 'yun in terms of badminton," he was, nonetheless, recruited by Coach Ronald Magnaye, the Head Coach of the Red Smashers, during a national

tournament. "Then yeah, it all became history na," he added.

Meanwhile, Pollentes posits the key role of reinforcing support, saying it's "not just a training program, we also had monetary support. It's not just about the skills, it's also about backing."

Heading into Season 100, she is "exhilarated" in having the

circumstances of the kickoff ceremony in line with her birthday.

As the teams train diligently, Pollentes states the necessity of being "paangat nang paangat both sa communications, sa skills, sa physicality namin," further elaborating avoiding being stagnant & burnt out throughout the months.

She asserts that they are not only honing their skills but also emphasizing the importance of fostering camaraderie and teamwork, saying "Both sa men's and sa women's, parang right now we are building our camaraderie. We're building this brotherhood-sisterhood kind of thing, na nagiging family na kami, nagiging sabay na."

As such, Pollentes shared how they have made in team dynamics and communication, noting that the Lady Red Smashers are working through past issues to create a more "unified and supportive environment," "We're working through that right now kasi kailangan namin tanggalin ang lahat ng bad vibes," she added.

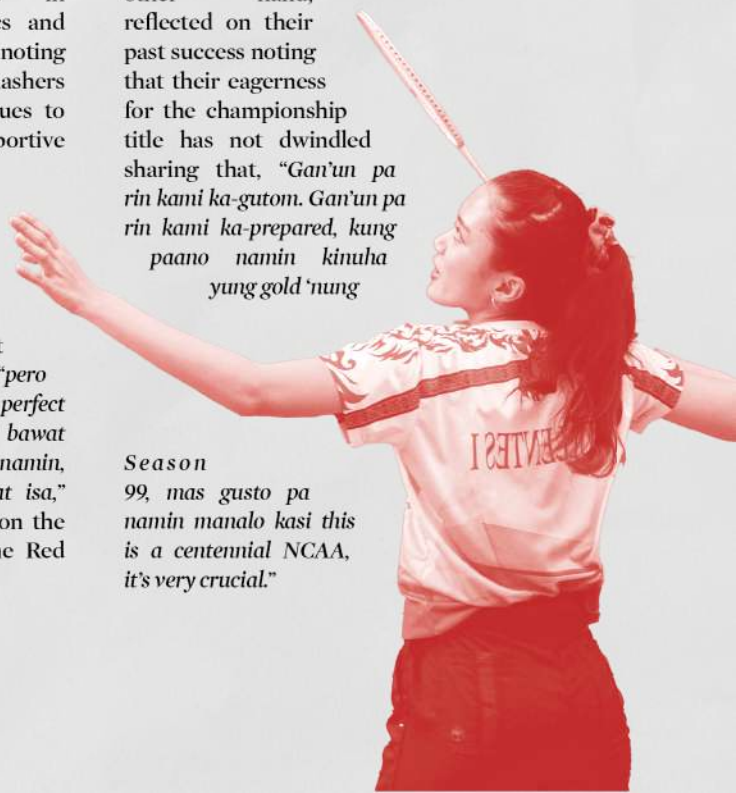
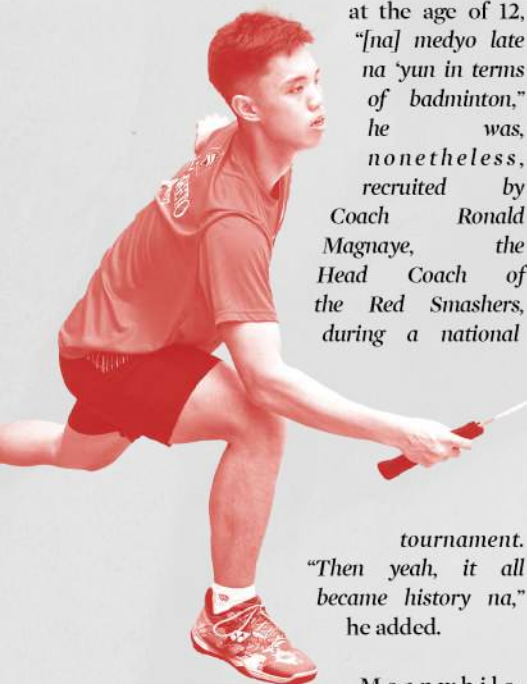
While Lazareto confesses that "there's no perfect team," "pero ayun 'yung mga nage-create ng perfect team, 'yung mga problema ng bawat isa is nasosolusyunan naman namin, and nagiging open 'yung bawat isa," he added, further elaborating on the companionship fostered by the Red Smashers.

Ultimately, both captains are "optimistic" about their teams' prospects for Season 100. With the combination of experienced players and new rookies, Lazareto believes that they are well-prepared to face the challenges of the new season. "Lahat naman kami 'yun 'yung goal namin, it's to have the championship back again in San Beda," he added.

In preparing for the NCAA Season 100, Pollentes reminded every athlete that "it's not the name behind our backs that we are carrying. It's the name on the front of our jerseys. We have to play for San Beda, & we have to push the selfishness away. We have to do it for the team, the school & the people backing us up."

Lazareto, on the other hand, reflected on their past success noting that their eagerness for the championship title has not dwindled sharing that, "Gan'un pa rin kami ka-gutom. Gan'un pa rin kami ka-prepared, kung paano namin kinuha yung gold 'nung

Season 99, mas gusto pa namin manalo kasi this is a centennial NCAA, it's very crucial."



RED NETTERS: COMING BACK SWINGING

▼ MARC JOSEPH FELIX & RCEE UMALI TENEFRANCIA

▼ PHOTO BY NATHANIEL SORIANO

SWINGING THEIR WAY back to the court, the San Beda Red Netters look to return bolder and stronger and aiming to make history in the centennial season of the National Collegiate Athletic Association (NCAA) Lawn and Soft Tennis tournaments.

While having fallen short to acquire the championship title—ending their NCAA Season 99 journey with a second runner up finish for the Men’s and Women’s Lawn Tennis tournaments, and a first and second runner up achievement in the Soft Tennis event—the team, nonetheless, found their silver lining through their rookies, taking in the likes of Ella Natividad who won Freshman of the Year in the Lawn Tennis division, and Angela Valdez who bagged the Rookie of the Year for Soft Tennis.

Ultimately, with a roster filled with motivation, perseverance, and the desire to take home the

championship in this historic season, the Red Netters dedicated months of preparation, not only on striking with power and precision, but also in crafting their own “game plan.”

In an interview with The Bedan, Marben Mosquera, the captain of the men’s team, and Rencel Teodoro, the co-captain of the women’s team, revealed their plans and aspirations for the Red Netters as they brace themselves for action in this centennial season.

While Mosquera “isn’t expecting” a lot of things to happen due to the “influx of rookies” that have entered the ranks of the Netters, Teodoro assures that the team is “working hard to be better and stronger.” Given her role as the senior, she underscored the responsibility of “integrating the new players into the team’s system,” guiding them through methodical training to see their improvements.

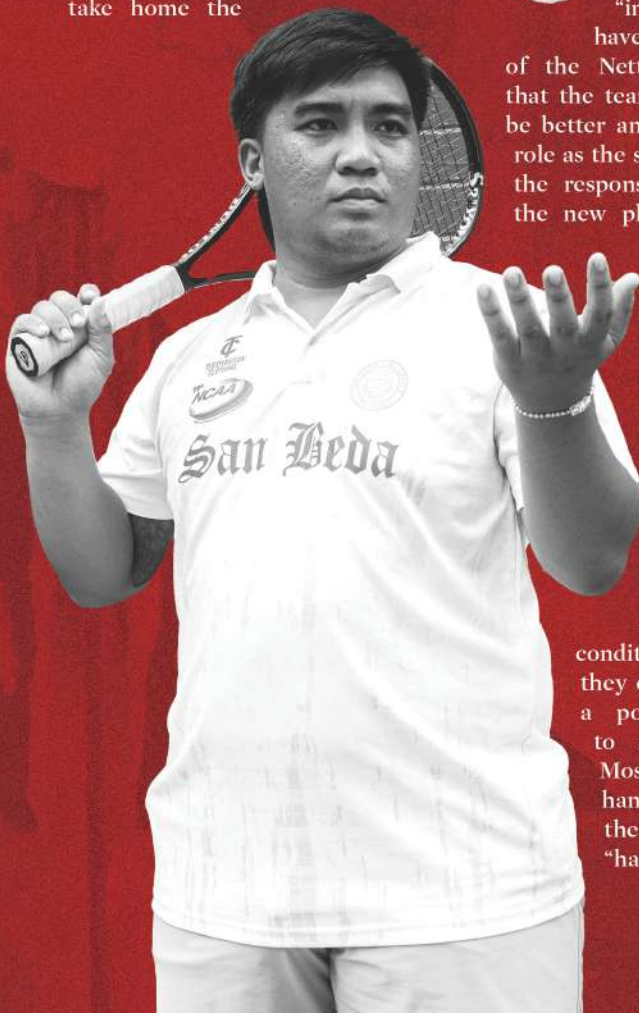
Reflecting on last season, Teodoro emphasized the importance of having “better conditioning efforts for the players” given the cases of cramps. She also recognized how conditioning was something they overlooked last season, a point of improvement to up their game. For Mosquera, on the other hand, she emphasized the importance of “having trust within the



team,” establishing camaraderie to make the team intact for every competition.

Ultimately, Mosquera assures that the team will “exert great effort” to bring home the championship on this historic season. “*This season, hindi kami makakapag-promise na mag-cha-champion [kami] ngayong taon, pero i-ta-try namin talaga ‘yung best namin para maibalik ulit ‘yung korona sa Mendiola,*” he said.

Regardless of the competition, Teodoro said to his rivals, “*Tennis is a very small community. Friends namin sila outside ng court, syempre sa loob ng court magkabalabala kami... Goodluck sa bawat isa! I’ll see you na lang sa Season 100 and kukunin namin ‘yung championship na para sa amin talaga!*”

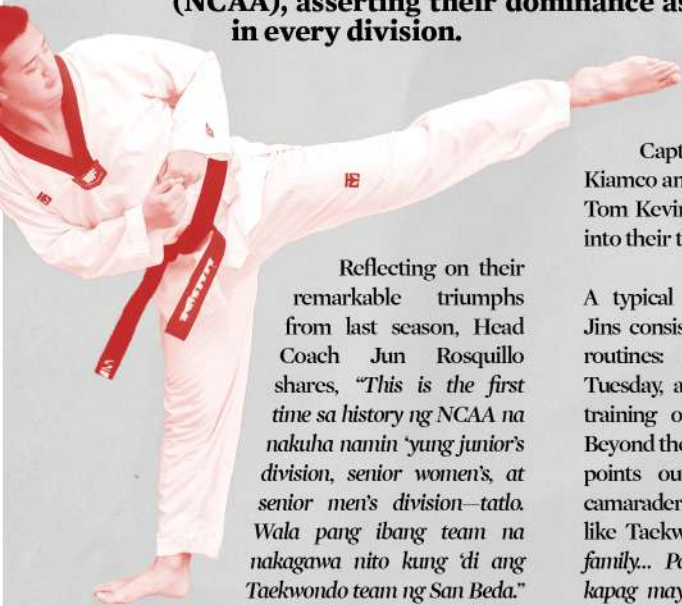


RED JINS: PRIMED TO STRIKE, SET TO WIN

▼ RIZIAN VENIZ BALLETA

▼ PHOTO BY NATHANIEL SORIANO

GAZING FROM UP above their thrones, the San Beda Red Jins determined to defend the crown relentlessly in Mendiola where it belongs. Unburdened by the weight of their legacy, they are ready to knock out their competition in the 100th season of the National Collegiate Athletic Association (NCAA), asserting their dominance as rightful champions in every division.



Reflecting on their remarkable triumphs from last season, Head Coach Jun Rosquillo shares, *“This is the first time sa history ng NCAA na nakuha namin ‘yung junior’s division, senior women’s, at senior men’s division—tatlo. Wala pang ibang team na nakaganwa nito kung ‘di ang Taekwondo team ng San Beda.”*

With the honor that comes from achieving such a feat, the Red Jins’ preparation for the centennial season is still focused on exceeding last year’s efforts.

With his “no-mercy” approach to training and a constant emphasis on maintaining a positive mindset, Coach Jun continues to maneuver the Red Jins into the upcoming season, fortified by hard work, discipline, and an “unwavering belief in their abilities”.

Coach Jun’s mantra, *“Tiis lang”* resonates among his athletes, reminding them that every drop of sweat & every ounce of pain is dedicated to one goal: victory.

“We are the Lions! Tayo ang king. Tayo ang hari pagdating sa laban,” he earnestly declares, instilling Red Jins with the confidence and pride to not just compete, but to set the benchmark that others should aspire to reach.

Built on such conviction, Senior Women’s Team Captain Kristine Antoniette Kiamco and Senior Men’s Team Captain Tom Kevin Castillo also shared insights into their teams’ progress and goals.

A typical training week for the Red Jins consists of focused and specialized routines: kicking drills on Monday, Tuesday, and Thursday, and endurance training on Wednesdays and Fridays. Beyond the physical preparation, Kiamco points out the importance of team camaraderie, even in an individual sport like Taekwondo. *“We treat each other as family... Pag-training, tina-try namin na kapag may isang nakasalang, tinuturuan namin.”*

It is evident that for Kiamco, the success of the Red Jins in the previous season isn’t a weight to carry but a “steppingstone” for a bigger challenge this time. Acknowledging their intense preparations, she stresses the need to avoid complacency, saying *“This time, it requires twice the effort. Ibang set or kind of training ‘yung ginagawa ng coaches namin, which is much harder.”*

With a grounded perspective, she expressed, *“I want to come back stronger. Yes, naging successful naman ‘yung team last time pero kahit na nakuha namin ‘yung ultimate goal namin nung time na ‘yon—hindi pa rin namin siya kino-consider as something we’re carrying on our shoulders. Parang reset lang siya,”* prospectively reflecting on approaching the new season.

Likewise Castillo reiterates that last season’s success is behind them. *“Ngayong season, we still got nothing to lose”* he asserts. The team isn’t weighed down by the title they’re defending instead, they approach the competition with relentless hunger & focus.

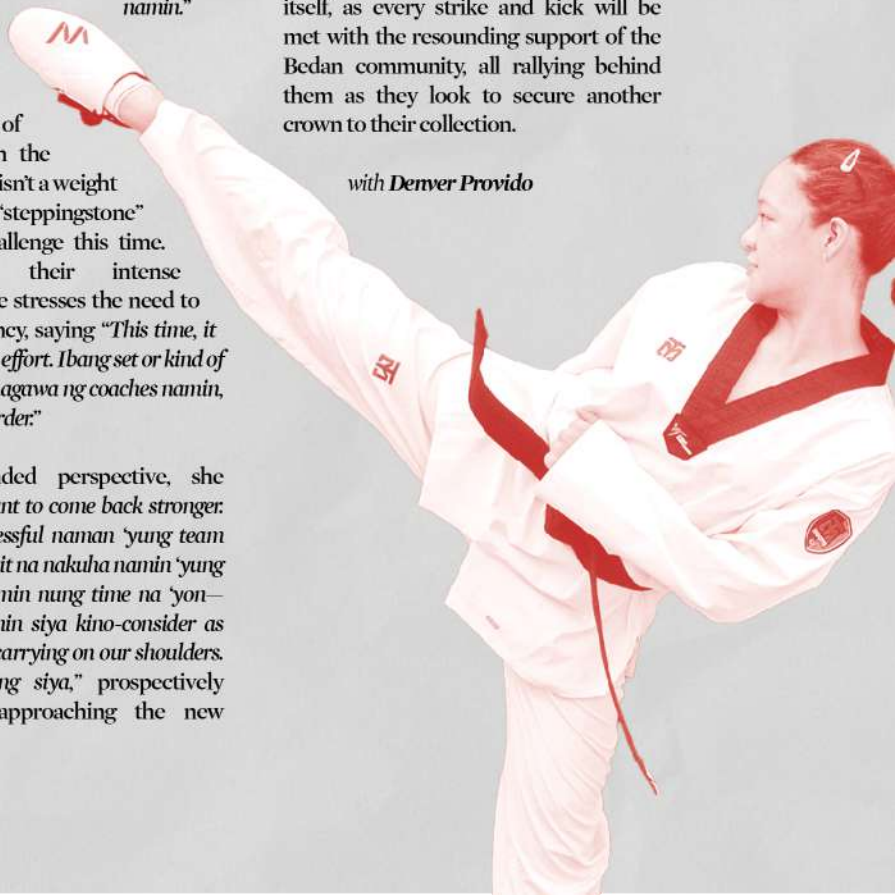
Regarding changes in strategy, he notes, *“Mas nag-level up lang ‘yung training”* For him, in an individual sport like Taekwondo, personal responsibility is crucial for growth. *“Kanya-kanya kami, gagawin lang namin kung anong dapat namin gawin. Susunod na ‘yung team.”*

Despite the focus on individual performance, Castillo believes that “camaraderie remains essential” as the Red Jins ensure they push and motivate each other to excel.

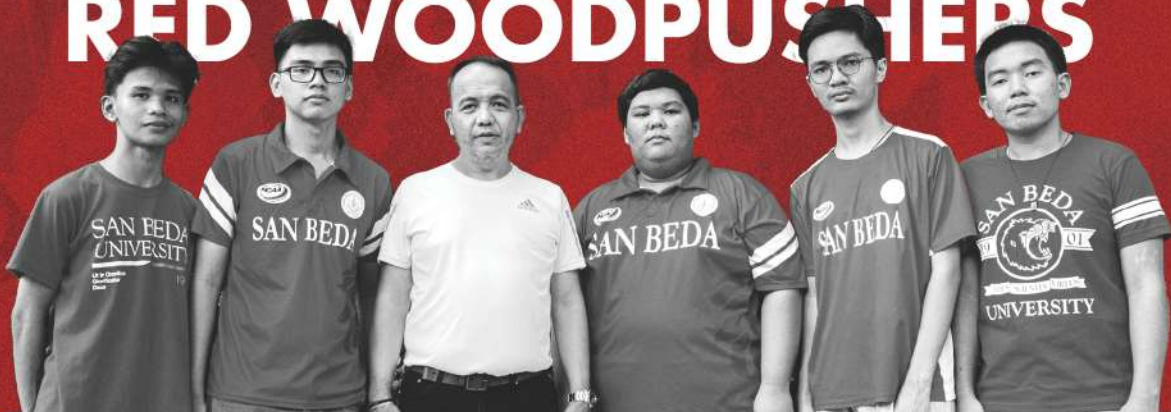
When asked about advice from coaches, Castillo articulates how phrases like “Always be up for the challenge” and “Always engage yourself” have profoundly impacted him. With every “tiis lang” from their coach, the Red Jins are constantly reminded that champions are made through enduring difficulties and soaring through despite the odds.

Driven by the tenacity of each member, the Red Jins stand poised for another epic run. NCAA Season 100 should brace itself, as every strike and kick will be met with the resounding support of the Bedan community, all rallying behind them as they look to secure another crown to their collection.

with Denver Provideo



RED WOODPUSHERS



ASSEMBLING THE PIECES FOR NCAA GLORY

▼ THIRDY PABILICO & MIKA ISIDRO
▼ PHOTO BY NATHANIEL SORIANO

AFTER A NARROW miss in retrieving the title during the National Collegiate Athletic Association (NCAA) Season 99 chess tournament, the San Beda Red Woodpushers are back, fueled by their eagerness to assert their excellence across the board in this historic centennial season.

In a return to an over-the-board setup in Season 99, the Red Woodpushers failed to break the University of Perpetual Help System Dalta (UPHSD) in the finals, 1.0-3.0. However, the expectation to win has always persisted since.

"...it is a great honor to play in this season but for us, I think that whatever season it may be, the expectations for us are always the same and that we must always secure the victory, [regardless] of the opponent," said Adrian de Luna, the current team captain of the Woodpushers.

Driven by his core principles of grit, hardwork, and passion, Head Coach Ildefonso Datu has been one "to constantly push his team to be the best version of themselves."

"I am a coach who firmly believes that anything can be achieved, as long as you put your mind into it," he added.

Accordingly, as Season 100 is less than a week away, the Woodpushers have started to amplify their preparations, hoping for a return to their championship form.

As De Luna puts it, "we are ensuring that we are in top notch condition, and that everyone else is ready for whatever we

face in this season of [the] NCAA."

Coach Datu added that, aside from trainings and the recruitment of caliber players to join the ranks of the Woodpushers, the team had also been "participating in a multitude of tournaments and tune-up matches to further enhance their skills."



But despite the mounting expectations to achieve the best results in the NCAA's centennial season, coupled with the second over-the-board tournament since switching online, it's just another day of preparations for the Woodpushers.

"Of course, given that it's a momentous

event in NCAA history, expectations and anticipation are higher than ever. This does not, however, impact on the preparations of the team. We always endeavor to give it our all during the NCAA, so it's almost as if each season is the centennial one for us," Coach Datu stressed.

Nevertheless, De Luna has been nothing short of grateful to those who have extended their support to the Red Woodpushers. Moreover, he promises to do all they can to rise to the championship this NCAA 100.

"We are thankful for all the support and that we promise you that we will always do our best to secure that champion spot so that, not just us, but everyone else can be proud to say that they are Bedans," he expressed.

De Luna also shared a few words to their rivals this season, saying "they can expect from us to achieve the best results in this coming NCAA whatever opponent we may come across. Also, we will make sure to get revenge to our rival (Perpetual) for beating us in the championships last season."

Finally, Coach Datu had only this to say, "To our NCAA rivals, may the odds be ever in your favor, as they are in ours."

RED SPIKERS: BACK TO SQUARE ONE

▼ VERONICA BALBIN & MANSSEL JIANNE LATONERO

▼ PHOTOS BY NATHANIEL SORIANO

WITH THE CENTENNIAL National Collegiate Athletic Association (NCAA) Season nearing, all teams have undergone significant changes, either from the departure of their graduating members or the introduction of new recruits. Either way, this changes nothing about our own Red Spikers' game plan: to win, even if it means building their teamwork "from scratch."

Despite failing to qualify for the elimination round with a standing of four wins and five losses in Season 99, the Red Spikers nevertheless displayed their grit and resilience during their matches, winning their first three consecutive games behind the performance of Axel Van Book, who won Rookie of the Year and 1st Best Outside Spiker.

Aidjen Rus, the Team Captain and Libero of the Red Spikers told The Bedan about his lack of a "big" expectation for this season as the team is starting from scratch—welcoming rookies and assimilating them into the Lions' Den.

The same can be said for the team's Head Coach, Ariel dela Cruz, saying that "nag-rebound ng team... Like parang nagsimula kami ulit sa umpisa."

However small their expectations may be, both the Red Spikers' Head Coach and Team Captain have genuine hopes for their rookies to grow as they embark on their athletic journey here at San Beda.

Rus explained that the team so far is passionate and eager to play their hearts out. "Eager kami bumalik kung ano 'yung nasimulan namin during first year kami. For this time, gagawin namin [ang] makakaya namin at makakaya ng mga tumutulong sa amin."

"For me, nakikita t h i s

ko naman 'yung team na lalaban for season. I mean, eager kami bumalik [sa] kung ano 'yung nasimulan namin during first year kami. For this time, gagawin namin [ang] lahat ng makakaya namin at makakaya ng mga tumutulong sa amin," Coach Ariel added.

The expectations for growth were only repaid positively by the Red Spikers. Not only are the rookies driven with eagerness, but they are happily engaging in the training set out for them by their Head Coach.

"During training every day, nakikita ko sa mga bata na nag-enjoy. But nakikita ko 'yung eagerness na parang 'here kami sa [San] Beda para hindi lang maglaro,'" Coach Ariel described.

This assured Rus of the uniting force they all have within them—that they are here to represent San Beda University (SBU). Participating in one of the highest-caliber collegiate-level competitions, they often remind themselves that they aren't just here to play but also to banner the University they call

"home."

In the long run, one of the aspects that Rus wishes to improve in the team is "communication." With the rising individuality amongst them, he hoped to "build stronger connections between and among the members," strengthening the team's spirit and bond. This is something that has been progressing during their preparations.

Nevertheless, according to Coach Ariel, there have been improvements because "Nag-coconnect at nagkakaroon ng communication during training namin. Makes sense naman that

you're always together day through training."

Fervently wanting to conquer the playing fields, Rus has set his expectations for the Bedan community, "Yung gusto naming i-expect ng mga Bedans community is 'yung Bedan na palaban. 'Yung mga atletang palaban."

And to the rival teams who will face the Red Spikers for this centennial marker, he says, "...iba na 'to. Ibang puso na ang lalaban para this coming [NCAA] Season 100."

with Prince Piolo Tagarino

LADY RED SPIKERS: RISING TO THE CHALLENGE

▼ MANSSEL LATONERO, MARC JOSEPH FELIX, & MIKA ISIDRO

▼ PHOTO COURTESY OF REYANN CAÑETE

WITH PRIDE AND tenacity, the San Beda Lady Red Spikers are ready to face the historic Season 100 of the National Collegiate Athletic Association (NCAA), moving forward to achieve greater heights through rigorous yet rewarding preparations.

Undaunted by their performance last season, the Lady Red Spikers, with a mix of recruits and reliable stalwarts, shared an optimistic outlook in their expectations for this upcoming centennial marker.

As the team changed in the past year, Edgar Barroga, Head Coach of the volleyball team, said that their goal is to contend for the championships by reaching the Final Four and competing at the final game of the NCAA Women's Volleyball tournament.

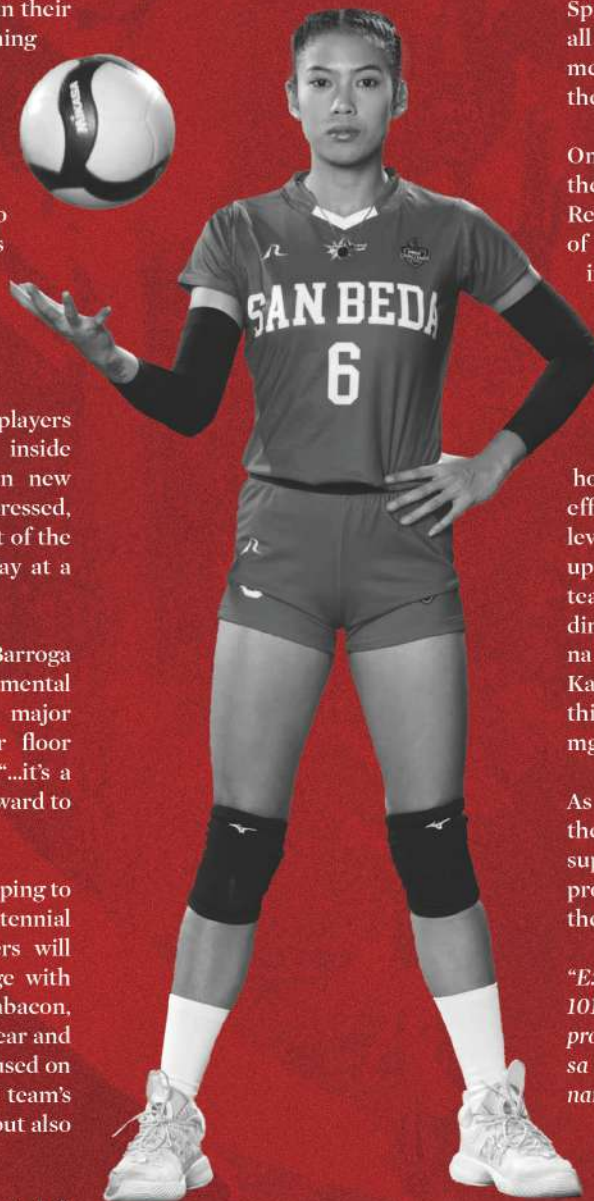
"The goal is to make the players comfortable yet aggressive inside the court at all times, learn new things every training," he expressed, emphasizing the development of the players' skills & taking it a day at a time.

Among the fields that Coach Barroga focused on was the team's mental toughness, citing other major improvements such as their floor and net defence. As he puts it, "...it's a challenge, but I'm looking forward to the team's growth."

With each competing team hoping to etch their names in this centennial season, the Lady Red Spikers will fiercely take on the challenge with open arms. Angel Mae C. Habacon, the Season 99 Rookie of the Year and 1st Best Outside Spiker, is focused on performing her best for the team's success, not just individually but also to help her teammates shine.

"...no one's ahead and no one's left behind because I believe that it is easier to achieve greatness when we

do it all together. So for me, my one main goal is to bring everyone to the top," she added.



For Habacon, there are "no other strategies" to ensure a strong start to their season. Rather, the Lady Red Spikers are focused on playing with all their heart and developing their mental fortitude in every situation they might encounter.

On the other hand, Reyann Cañete, the current Team Captain of the Lady Red Spikers, sees the experience of the team last season as "crucial" in making their adjustments, especially since the relatively new team made a deep run in Season 99.

Moreover, she believes that the team could become the "dark horse" for this season given their efforts to take their team to the next level. "Marami kaming mga tune up games against mga stronger na teams, tsaka may mga championship din kaming nakuha sa mga offseason na tournaments na sinalihan namin. Kaya I think we are ready to compete this upcoming season, lalo [na] sa mga malalakas na teams."

As a final message, Cañete implored the Bedan community to continue supporting the Lady Red Spikers, promising to give their best in all their matches.

"Expect niyo na ibibigay namin yung 101% namin every game to make you all proud, at tsaka [mag] lalaro kami para sa nakalagay sa harap ng mga jerseys namin," she emphasized.

Accordingly, she had only a few words to say to their rivals: "Good luck lang po sa kanila and expect a different San Beda Lady Red Spikers this season."

Following a victorious Season 99 which saw the underdog Red Lions reclaim an unexpected championship after a five-year title drought, Season 100 sees new challenges and external expectations for the team.

Going through a final four and subsequent finals campaign, the Red Lions clawed past multiple do-or-die matches to take the role of hunters trying to knock down higher-seeded teams. Now, this centennial season is a return to the Red Lions of old as San Beda University (SBU) is the team to beat.

“We have the big targets on our backs” states Yukien Andrada, the newly minted Team Captain of the Red Lions, speaking on their championship defense. When asked about how expectations of defending the crown have influenced their preparations for this coming season, he affirms that they will be using this as “motivation to work harder.”

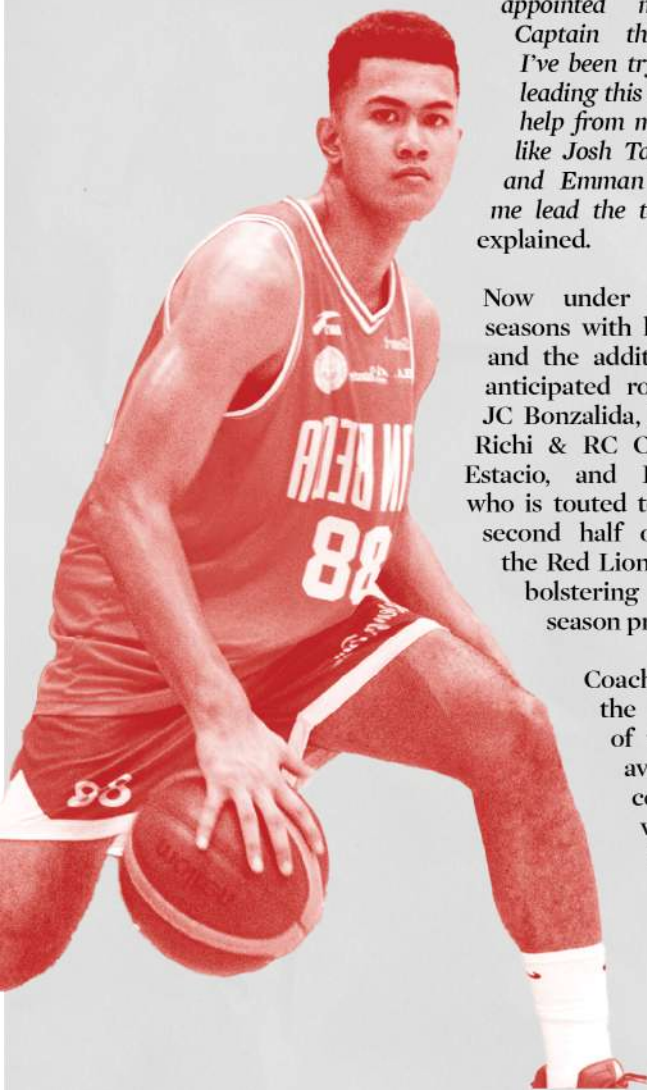
“We know that teams will be playing their hundred percent all the time against us. So, we’ll just give our hundred percent in every game,” he added.

Speaking as the new Team Captain, Andrada also highlighted the tasks of leadership, recognizing the hole left by former captains. “*Syempre, malaking kawalan sa `min sina Peter Alfaro and Alex Visser.*”

“Pero ayun nga, Coach Yuri appointed me as Team Captain this season, so I’ve been trying my best in leading this team. I also got help from my other seniors like Josh Tagala, AJ Royo, and Emman Tagle to help me lead the team,” Andrada explained.

Now under two straight seasons with key departures and the additions of highly anticipated rookies such as JC Bonzalida, Bryan Sajonia, Richi & RC Calimag, Penny Estacio, and Bismark Lina, who is touted to debut in the second half of the season, the Red Lions are currently bolstering their pre-season preparation.

Coach Yuri Escueta, the Head Coach of the Red Lions avers that “Of course, losing valuable players because of



RED LIONS PRESENT THE CHAMPIONS MAINTAINING THE DYNASTY



AMPLIFYING SAN BEDA'S winning tradition after reigning during Season 99 of the National Collegiate Athletic Association, the reigning kings of the court, are prepared to fortify their dynasty in Season 100 of the NCAA Season 100.

▼ NATHANIEL SORIANO & MIKA ISIDRO

IONS: RVING ROWN, AINING MASTY



er securing the 23rd Men's Basketball championship
ic Association (NCAA), the San Beda Red Lions, as
their throne against an army of resurgent rivals this
ason 100.

graduation and transfers—Jacob Cortez, Peter Alfaro, Cliff Jopia, and Damie Cuntapay—who played valuable minutes for us last year. *“There are new guys stepping in who are playing valuable minutes also. So ‘yun ‘yung challenge, I have yet to see them in ‘yung talagang NCAA games.”*

He further adds that team chemistry and character during times of difficulty are points of assessment, saying “... hopefully, same as last year’s team, this team shows good character from that fight that they had from last year:”

Despite the trials of having to face NCAA Season 100 with the key departures, the Red Lions are determined to blaze through the court once again, optimistic with the fresh set of talents coming in this year.

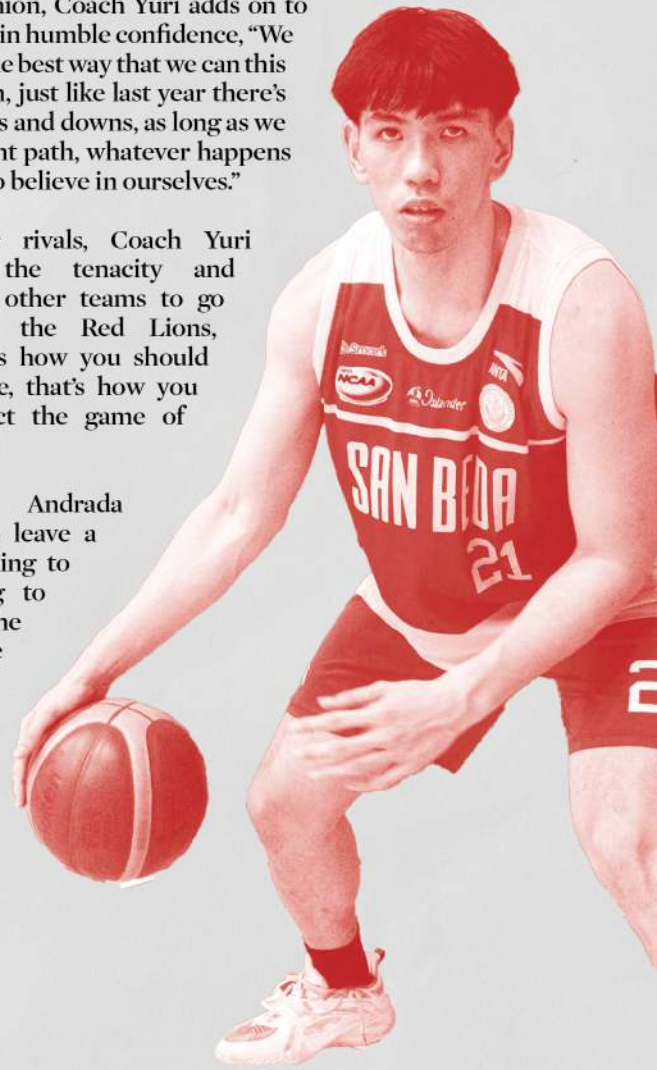
“[I’m] very confident naman with the players that are coming in this season, and I know what they’re capable of, and I trust them,” Andrada affirmed, assuring that the team will continue to bring the heat to the court.

Calm and collected, he leaves a message to the San Beda faithful promising to give it their all this season, “We’re just going to play our very best and our brand of basketball that Coach Yuri teaches us. We’ll give our hundred percent to the end and hopefully we could make it to the final four & defend the title.”

In similar fashion, Coach Yuri adds on to the sentiment in humble confidence, “We will prepare the best way that we can this coming season, just like last year there’s going to be ups and downs, as long as we stay in the right path, whatever happens we continue to believe in ourselves.”

As for their rivals, Coach Yuri appreciated the tenacity and resolution of other teams to go hard against the Red Lions, saying, “That’s how you should play the game, that’s how you should respect the game of basketball.”

Regardless, Andrada made sure to leave a word of warning to those coming to challenge the crown: “We’re ready.”



▼ PHOTO COURTESY OF LIFE OF NEO
▼ PHOTOS BY NATHANIEL SORIANO



RED PADDLERS



RED BOOTERS



RED SMASHERS



RED CORPS

GO SAN BEDA

▼ PHOTOS BY NATHANIEL SORIANO



RED SEA LIONS



RED JINS (WOMEN'S)



RED JINS (MEN'S)

Bedan

EDA FIGHT!

▼ PHOTOS COURTESY OF SAN BEDA RED LENS & LIFE OF NEO



RED NETTERS



RED TRACKSTERS



RED SPIKERS



LADY RED SPIKERS



RED WOODPUSHERS

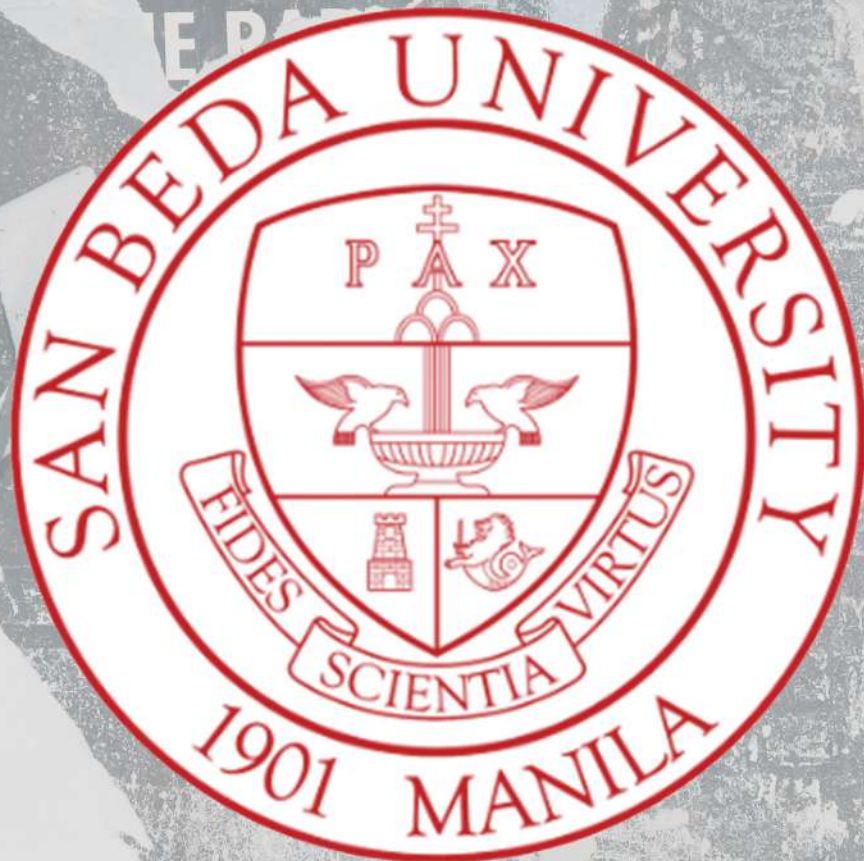


RED LIONS



RED SEA LIONS (WOMEN'S)

San Beda Go-Go-Go!



Go San Beda Fight!