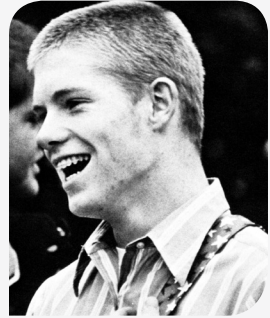


FRED AXELGARD

The water has always represented something soothing and comfortable for Fred Axelgard. Why else would he rise before dawn a few mornings a week to hit the pool at 5:30 a.m., with a few old-timers as he calls them, as a key part of his effort to lead a good life balanced between family, faith, work and fitness.

The induction of Axelgard as a member of the 2010 Crescenta Valley High Athletic Hall of Fame is appropriate as it highlights an era when water sports really came into their own at a school that has such a great tradition steeped in football and basketball. Although it has been almost 40 years since Axelgard last competed for the Falcons, in water polo and swimming, the Falcons are perennial league champs and CIF contenders in both sports for boys and girls.

A tremendous swimmer and water polo player for the Falcons from 1968-1971, Fred Axelgard is one of the greatest athletes that those programs ever produced. In 1971, he was the Foothill League MVP, All-CIF and All-American in water polo as well as being CV's Student Body President



Axelgard said that he had fond memories of his time at CV. "It was a privilege to be coached by men like Bob Herrold and Don Schirmer, who were devoted to building young people and to aquatics," he said. "They laid the foundation to what has truly become a 'dynasty,' something that remains a source of great pride and satisfaction.

"I also salute leaders like then-principal, Dr. William Thomas for surrounding us with teachers and leaders like this."

Axelgard went on to earn a scholarship to Brigham Young University as a highly accomplished student-athlete. He was captain of the water polo team for the Cougars in 1972 and was also named the Most Valuable Player in the Western Athletic Tournament. He was also a missionary from the Church of Latter Day Saints to Switzerland and Lebanon from 1973-75 and graduated summa cum laude from BYU and was a 'university scholar'.

He earned both his Master's Degree and PhD from the Fletcher School at Tufts University and is currently Regional Director, Middle East and South East Asia for General Dynamics Corporation. He has also worked as a staff member in the U.S. Senate and published a book called "The New Iraq" as well as working as a periodic commentator on the middle East for BBC, NPR, ABC News and NBC News.

Axelgard said that his greatest lifetime achievement has been to marry smart, his wife is the former Robyn Rossell from the CV class of 1973, and to raise a good family of five children, who all swam and that swimming was a big part of their growing up. "My greatest regret in sports is that I never got to play polo with my brother Chris, a two-time All-American for CV. He was bigger, faster and had a better arm. Other than that I was just as good as him."

TAM BRECKENRIDGE

In an era when girls sometimes played sports for fun or just to be part of a team, Tam Breckenridge broke through that stereotype and became one of the greatest all-around female athletes to ever wear a CV uniform when she competed for the Falcons from 1973 to 1976.

She even competed against the boys if no sport for girls existed, like her sophomore year in the spring of 1974 when she was on the boy's swim team. But she more than held her own and eventually became a Foothill League Champion by her senior year in 1976, when girls swimming became a sanctioned CIF sport.



“During my sophomore year, I was on the boys swim team at the same time girls basketball was in season,” said Breckenridge. “I used to warm up for swimming, and when there was a home basketball game at the same time, I would go up to the girls’ gym, put my uniform on and play until I needed to get back down to the pool for my next event.”

She competed in basketball, tennis, water polo, track, swimming and badminton during her high school career from 1973 to 1976 and led the girl's basketball team to the CIF finals. She recalled that championship game against Ventura High as a memory she will never forget.

“We had such a great team that year, but it was the first time we ever played in such a large gym at Cal State Fullerton or had the school cheerleaders in attendance,” said Breckenridge, the Foothill League Co-MVP and All-CIF in girls basketball in 1976. “The game went by in a flash but I still remember the excitement of hearing actual cheers and seeing so many people from CV in the stands supporting us.”

Breckenridge earned a basketball scholarship to UCLA and played on the 1978 NCAA Championship women's basketball team and was also one of the top rugby players in the United States. Although her basketball career was cut short because of a shoulder injury in 1978, she embarked on a new career in rugby that continued over the next 25 years.

She also coached basketball at CV and later rugby at UCLA for many years and worked in the UCLA athletic department from 1984 to 2005 as the Assistant Director of Compliance and Student Services. That work consisted of overseeing continuing and initial eligibility, training table, housing, parking, summer school, textbooks, early arrival/winter and spring break details, NCAA compliance for staff, student-athletes, boosters and prospective student-athletes.

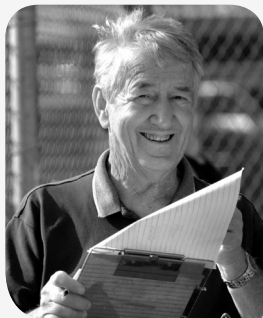
As Tam Breckenridge is honored with her induction to the Crescenta Valley High Athletic Hall of Fame, it should be noted that she helped usher in an era where girls sports were playing on an even playing field and she was a big reason for that.

Even if she had to compete with the boys to help get it done.

KEITH GILLILAND

Keith Gilliland always took the scientific approaching to coaching. From 1961 to 1998, he coached the boys' and girls' cross country and track and field teams at Crescenta Valley High as if he were conducting a science experiment where the results were usually as he deducted.

If he had all the right ingredients and the instructions given were followed properly, the findings would be successful. That was Gilliland's way through almost four decades as a science teacher and coach for the Falcons, and the favorable results he received for the teams he coached and athletes he mentored.



But to say that Gilliland just taught science or simply coached runners, jumpers and throwers doesn't come close to scratching the surface of what Gilliland meant to CV. But he said his reward and ultimately that of the student and athlete was that if they did their best they should be satisfied with what they accomplished.

Long before sports and science were meshed together as a formula to get sprinters to run faster or high jumpers to leap high higher, Gilliland was talking about things like fast twitch fiber, getting all of his athletes to use the weight room to get bigger and stronger and challenging his jumpers to improve through fatigue jumping and ultimately, building a great track program at CV.

Along the way he developed some great performers including distance runners Jeff Holyfield, Don Moses, a 2008 CV Athletic Hall of Fame inductee, as well as high jumper Rick Parks, weight men Steve Albright, Robert Dilts and Mike Beerer. For the ladies, Chris Troffer, Donna Mayhew, Kerry Zwart, Julie Wiegmann and Nada Kawar stand out among the thousands of athletes he has coached.

Gilliland has always been a community fixture as he helped coordinate the Kenny Staub Cross Country Invitational for over four decades and has been member of the CIF Cross Country Advisory Committee and as the head judge for the CIF cross country prelims and finals for 30 years. He also prepared all the science questions for the Glendale Schools Scholastic Board for 12 years and was honored with the CIF Coach of Excellence Award in 1995.

But to really gauge what CV accomplished under Gilliland the coach, the results are more than impressive. His 1978 girls' track team won the CIF 4-A title and the girls cross country teams have won 19 league titles and qualified for the CIF prelims 22 times out of 27 years and made the finals eight times. His 1981 boys' cross country team won the 1981 CIF 3-A title and his teams have qualified for the CIF prelims 41 out of the last 47 years and made the finals 19 teams and have won 21 league titles.

There is one more interesting fact about Gilliland that may or not be well known. In 1956 as a high jumper for the Southern California Striders, Gilliland beat NBA legends Bill Russell and Wilt Chamberlain in a special competition at the Fresno Relays with a jump of 6-feet-4 inches.

There was nothing scientific about that result, just one athlete doing his best in a competition against others. That's the Gilliland way.

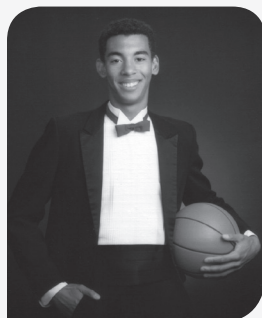
HARVEY MASON

Harvey Mason almost never misses an alumni basketball game at Crescenta Valley High. To enter the gym at his alma mater, albeit a newer gym than he played in, he cannot wait to put on a uniform again with FALCONS on the front and show the current squad that he hasn't lost a step since he played at CV almost 25 years ago.

All for one shining moment.

An All-American basketball player for the Falcons in 1986, and All-Pacific League and All-CIF from 1984 to 1986, Mason is considered one of the greatest basketball players in school history. He led the CIF in scoring with averages of 28.6 points per game as a junior and 25.7 as a senior and is still regarded as one of the top scorers in CIF basketball history. He earned a scholarship to the University of Arizona and played in the NCAA Final Four for the Wildcats in 1988 and earned All-Pac-10 honors in 1990.

Besides his yearly basketball appearance for the Falcons in the alumni game, Mason still has ties to the game serving as the producer of the 2008 film, "More Than a Game" featuring NBA superstar LeBron James as well as serving as executive producer of the movie soundtrack, "Music Inspired by More Than a Game".



He has been writing music for most of his life and is a Grammy award winning producer and produced the 2010 version of "One Shinning Moment", sung by Jennifer Hudson at the conclusion of the 2010 NCAA men's basketball tournament.

Mason had worked with Hudson before, serving as producer of her 2008 self titled album, Jennifer Hudson, that won a Grammy for "Best Contemporary R&B Album" as well as winning a Grammy in 2007 for producing Hudson and "Love You I Do" on the Dreamgirls Soundtrack, for "Outstanding Song Written For A Motion Picture".

John Goffredo, who coached Mason in high school for the Falcons said that he is tremendously proud of his former player, on and off the court. "Harvey Mason is one of the players that I have really stayed in touch with over the years and I could not be happier for him the way his post basketball career has turned out," Goffredo said. "As a basketball player, he came along way from an eighth grader with a lot of potential to become a one of the best to ever play at CV. Beyond that his talent as a songwriter and film and music producer speaks for itself and it was a thrill to hear his production of the Jennifer Hudson song at the end of the NCAA tournament."

Beyond all the music awards that he has won and the Academy Award nomination for Best Original Song that he has received, Mason remains a Falcon at heart and that is why his induction into the Crescenta Valley High Athletic Hall of Fame for the Class of 2010 is so appropriate.

Along the way he continues to remember those who have been so influential in his life, his mother and father, Sally and Harvey Mason Sr., his stepmother Roz and his wife Jeannine and children Trey and Mia.

He even had a little surprise for his former coach Goffredo at the end of a screening for the film, "More Than a Game" when Mason gave his former coach credit at the end of the film for everything he had done for him as his former player.

That would make it one shining moment for all.

MIKE MCCALL

Mike McCall has family all over the country. There is of course his immediate family in Frisco, TX that includes his wife Ann and children Casey and Greg. As the managing partner of Camelot Sports & Entertainment, he is responsible for a large staff of people that work closely with him.

And then there is his family in La Crescenta, 33 years removed from the athletic triumphs that helped him earn induction into the 2010 Crescenta Valley High Athletic Hall of Fame, but a very important stepping stone into where he is now in his life



“The greatest award I have ever received is my wife, Ann, of 25 years. Family has become the most important thing in my life. I used to live to work but now I work to live,” said McCall. “Our daughter Casey is a sophomore at Texas Tech University and is a scholar-athlete playing soccer. Our son Greg is a senior at Frisco-Wakeland High School and he is also a scholar-athlete and has signed to play college baseball at University of Texas at Arlington. “Ann and I are both blessed and grateful for the gift of parenthood, as it has been our greatest joy in life.”

The 1977 CV High graduate always liked to have the ball in his hands when important decisions had to be made, which is why playing quarterback for the Falcons in football and catcher for the baseball team suited him so well. He was All-Foothill League and All-CIF in both sports, a rarity even today and was so talented that he set records in both sports that lasted for many years. Those seasons for the football and baseball teams were among the best in school history.

His success and ascension into the world of sports marketing is in many ways like playing quarterback in football and catcher in baseball. If you can be a good leader and keep your team together and make smart decisions and take advantage of opportunities, good things will happen.

He has been involved in sports marketing and management for over 20 years and among his many ventures, has helped to develop, and manage indoor sports arena in Kennewick, WA, helped design, build and manage Texas Rangers AA stadium in Frisco, Tx, ran a minor league hockey league (WCHL) and was VP Sales and Marketing for the New Jersey Devils of the National Hockey League for several years, including the 1995 season when the Devils won the Stanley Cup.

McCall majored in business at the University of Texas-El Paso and played football for the Red Raiders and even coached basketball at West Torrance High School and football at Pasadena City College and was on the staff with Dennis Gossard and 2010 Hall of Fame Inductee Gordy Warnock.

Life has come full circle for Mike McCall after leaving CV over 30 years ago and his comments regarding coming home again say just that, “Awards and honors comes as a results of committed parents, coaches and teammates, as well as past athletes who have set the standard for our successes,” he said. “Our years at CV were proof of that.”

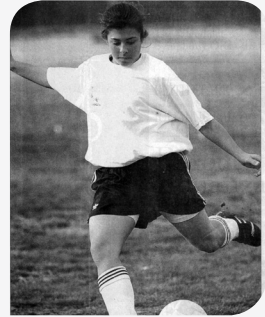
STEPHANIE RIGAMAT

Let's build something together. That was the pitch to Stephanie Rigamat before she accepted an offer to be an assistant women's soccer coach at New Mexico State University in 2008. The Lobos would be playing their inaugural season in 2009 and the former Falcon and 2010 Athletic Hall of Fame inductee was thrilled to part of building something from the ground up.

"We built a Division I program from scratch and I'm loving it," said Rigamat, who also coaches a youth league team in New Mexico. "To be able to recruit the players you want and to be at the foundation of what you are trying to accomplish is an opportunity that doesn't come around very often."

Looking back on it, Rigamat probably deserves some credit for helping the CV girls' soccer program gain prominence.

One of the greatest players in the history of CV girls' soccer, Rigamat was a two-time All-CIF player for the Falcons in 1996 and 1997 and earned an athletic scholarship to UC Irvine. She was a member of the Anteaters team in 1998 that won the Big West title and was All-Big West that season. She transferred to UCLA and was an All-American as a senior and played on the Bruins team that was the NCAA finals runner-up in 2000.



That 2000 season was a memorable one for Rigamat, as she helped lead the Bruins to their first ever appearance in the College Cup Finals that season and led the team with 13 goals and broke the UCLA women's single season assist record with 11.

Rigamat got into coaching at UCLA after she graduated with a degree in sociology. She helped to organize practice sessions for the Bruins and helped oversee the tournament and league schedule. She also continued her playing career on the US National team and played professional soccer for the WUSA Washington Freedom in 2001.

After her coaching stint with UCLA, Rigamat coached at UNLV for two years and worked with current New Mexico State Head Coach Michael Needham for the first time. At UNLV, Rigamat was responsible for organizing training sessions for the team and with the players individually, as well as recruiting, coordinating travel arrangements and academic services for student-athletes.

"I think Stephanie is an outstanding person and coach. She is very trustworthy, a great recruiter and very knowledgeable of the game. She was also a big-time player and that background is very important to me," said Needham in her press release. "I coached with her at UNLV, so I know our personalities mesh well. Not only does she have a good soccer mind, but she is a great balance for me."

Before she took the coaching job at New Mexico State, Rigamat was the head coach and head of college development for the Crescenta Valley Soccer Club and taught physical education at the Los Angeles Leadership Academy. Her duties for CVSC included training individuals and teams and focusing on the development of college bound athletes and the skill techniques needed to compete in high school and college.

JUDY THOMSEN

Picture this. It's the 1960s in La Crescenta and a young girl named Judy Thomsen likes nothing better than tagging along to her father's baseball games. She gets her chance to throw the ball around before and after the games and in between innings and it isn't long before her skills are better than the players she is watching on the field.

Organized sports for girls was in its infancy in the area in those days and Judy quickly joined the first youth softball program offered by the city when she was at Clark Junior High. She said the competition was weak and her team went undefeated the first two years but they did get colored shirts without names or numbers and a hat to match, if they were lucky.



"After that first softball experience, I thought it was pretty unfair that I wasn't allowed to play Babe Ruth baseball, just because I was a girl," said Thomsen, who was the athlete of the year at Clark in 1969. "Everyone said I was good enough and I certainly could play better than a lot of the players. But that was what it was like in those days. We could play amongst ourselves and be happy with what little we had but the boys' sports really dominated the playing field and I was just looking forward to high school at CV and playing as much as I could."

At CV from 1969 to 1972, Judy lettered in volleyball, basketball, softball and badminton and was one of the Falcons' first great all-around athletes in an era when organized girls' sports was just getting off the ground in high schools. She was named the MVP in girl's volleyball in 1971 for the Foothill League Champion Falcons and was named CV's Most Valuable Female Athlete in 1972. She was also the first captain on the first girls' volleyball team that won a Foothill League Title in 1970.

She took her considerable skills in volleyball to Glendale Community College where she was a two-time MVP of the women's team and helped the co-ed volleyball team win the Southern California Championship and was named team MVP. She earned a volleyball scholarship to Cal State Northridge and helped the Matadors finish eighth in the nation and beat UCLA at Pauley Pavilion.

Thomsen said that she loved her high school years at Crescenta Valley High so much, she became a teacher so she could be in high school forever. She has accomplished that a few times over starting with working at CV, teaching and coaching volleyball and later did the same at Hoover High, coaching girls' and boys' volleyball. She is teaching physical education and sports technology at Clark Magnet High School and is head of the intramural sports program, one of just five in the state of California.

She also coached at Cal State Northridge and was part of the staff of the 1987 team that won the NCAA Division II title and at Glendale College, where the 1978 team was inducted into the GCC Athletic Hall of Fame in 2009.

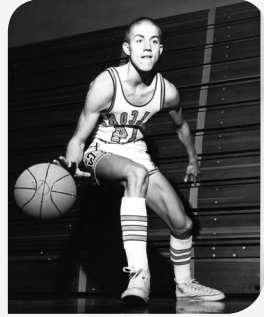
Her daily version of *déjà vu* also includes another reminder as her office at Clark is the same one used by her former teacher, Ms. Leslie Taylor, an early mentor and physical education teacher who wrote of Thomsen in the yearbook by saying, "I hope that you will continue in athletics, perhaps in a professional way, perhaps in a teaching way, because of all the girls I have known in my years of teaching you have the most outstanding ability," said Taylor about Thomsen. "When you choose what you want for yourself in life, make your choice a wise one considering your abilities."

GORDON TOPE

Basketball at Crescenta Valley High was quite a bit different then it is now when Gordon Tope played for the Falcons. Tope was one of the first great Falcons to play for former head Coach Ed Goorjian, a 2008 Crescenta Valley High Athletic Hall of Fame inductee, and he set the bar high for others to follow.

Despite the time constraints of being a student-athlete at CV and the University of Colorado, Tope's focus in academics improved so much that he became a life long educator in Alaska and Colorado, where he rose to the position of Superintendent of Schools.

Tope averaged 17 points a game for the Falcons in 1966 and was a first-team All-CIF selection for the Falcons in 1966 and said he was also a high school All-American honorable mention selection that season. In material submitted for his induction, Tope said he was recruited by 36 colleges out of CV but chose to play for the University of Colorado because, "It had a beautiful campus and I wanted to attend college in or near the mountains, Tope said. "I loved the outdoors and wanted to go to Alaska so I ended up in the Aleutian Islands in a place called Unalaska as a teacher."



Tope had a very successful career at the University of Colorado from 1967 to 1970. The 1968-69 team was ranked No. 18 in the nation and advanced to the NCAA tournament and Tope earned All-Big 8 conference honors. He was offered a tryout with the Los Angeles Lakers in 1970 but turned it down to work in business.

Despite his slight build of 5-foot-11 and 155 pounds, Tope was a master at getting to the free throw line at both CV and Colorado. He was one of the best free throw shooters in school history for the Falcons and he led the team in shooting from the charity stripe in 1966. Tope was also named CV's team MVP that year as well team captain and the outstanding athlete in Glendale.

At Colorado, where he earned a Bachelor of Science degree in 1970, Tope's name is found all over the record books for the Buffalos as he ranks 33rd among all-time leading scorers with an average of 10.7 points per game in 79 games. He also ranks No. 6 all-time in career free throw shooting by hitting 282 out of 351 for 80.3 percent.

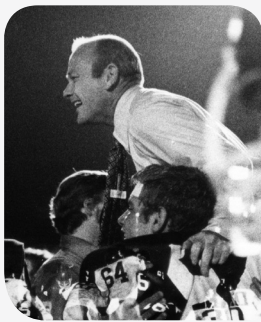
While his basketball credentials were very impressive, Tope's career as an educator, 30 years in public education with 24 as an administrator and six as a teacher, rank as important as anything he did on a basketball court, as well as earning a Juris Doctorate in Law.

While it has been over 45 years since Gordon Tope wore a basketball uniform his place in the history of boys basketball cannot be forgotten as his induction into the school's athletic hall of fame is very well deserved.

GORDY WARNOCK

At the 2008 ceremony for the inaugural Crescenta Valley High Athletic Hall of Fame, the words were touching as the testimonials and heart felt emotions poured out from three inductees for their longtime coach sitting in the rear of the room.

One by one, Brad Holland, Tom Holmoe and Mark Miller, three of the greatest football players ever to play for the Falcons said thanks in his own way to Gordy Warnock, who coached all of them in football in the 1970's. Holland and Miller were teammates on the 1973 CIF Championship team and Holmoe graduated in 1978.



Since coming to CV in 1967, Warnock has coached football at levels from freshman to varsity and had several stints as head coach, interim head coach and has coached probably every position there is on a football field. The 1973 season was his best ever as the Falcons finished 12-1 and won the CIF 3-AAA Title, a 14-7 over Monrovia High School.

He is loyal, trustworthy and beyond reproach in his mentoring in the ways of "Falcon Football" from the raw freshman on his first day in helmet and pads to a player like Holmoe, who went on to play football at Brigham Young University and in the NFL, winning three Super Bows with the San Francisco 49ers

as a player and coaching with the team for a fourth title.

He has coached at CV since 1967, when the school was relatively new in the area after opening up in the fall of 1960 and has presided as head coach or under any other title on the football staff for over 40 years, a mark of longevity almost unprecedented in high school coaching.

Warnock attended Stanford University and graduated in 1953 and was then in the United States Navy from 1953-1958. He returned to college at San Jose State and was a graduate assistant until 1960. He was then a varsity assistant at Long Beach Poly for two years from 1960-62 and then was an assistant coach at El Rancho High from 1963-65. Before coming to CV in 1967, he was the head coach at Valencia High in 1966 and then had a ten year-run at Pasadena City College from 1986 to 1995.

Asked about his future plans about coaching at CV, the 79-year-old Warnock said the he will coach "As long as they will have me" and is looking forward to coaching under new head coach Paul Schilling this year. "Paul is a quality young man and really deserves the opportunity to be the head coach after working many years as an assistant," said Warnock who will be coaching the defensive backs this year. "I don't think we have ever had a head coach at CV that didn't have a background with the school, except maybe me who came in new after being winless at Valencia."

Warnock went on to say that he was proud as can be to several of his players honored at the first hall of fame in 2008 and will be looking forward to congratulating another, Mike McCall, at this year's event.

"First of all it's humbling to be honored like this. You think of all the great athletes, coaches and administrators that have been part of this school and to be considered among them is really very special," said Warnock who taught physical education and health at CV for almost 30 year. "But that is what makes CV so special and that's why so many people stay for such a long time. When you work for the betterment of young people with such a great staff, it doesn't seem like work at all."