

# Chapter 22: “Be Hungry for It! Be Angry!”

Chapter 22: “Be Hungry for It! Be Angry!” focuses on the transformation of a football team during the preseason, highlighting their growth and determination to improve after a disappointing championship loss. Under the leadership of strength coach Galvin Drake, the players showed significant physical progress, with a collective strength increase of forty pounds. This transformation reflects their renewed focus and maturity, as they dedicated themselves to becoming a stronger and more competitive team. Their approach to training, marked by a sharper sense of discipline, demonstrated their commitment to correcting past mistakes and preparing for the season ahead with a heightened sense of urgency.

California’s new laws on player safety had an impact on the team’s practice structure, limiting full-contact sessions to just two per week. This regulation was part of a broader effort to address growing concerns about concussions and protect athletes during practices. As a result, the team was required to use proper equipment to maintain safety standards while still fostering the integrity of the sport. Despite these limitations, the players remained focused on their goal of becoming stronger and more resilient, ready to face any challenges that came their way during the season.

As the team geared up for their first full-contact practice session, they elected their captains—Trevin, Jory, Felix, and Kaden—who would lead the team both on and off the field. Their leadership would be critical in maintaining team morale and motivation throughout the season. Michael Mabashov, known for his energetic coaching style, pushed the players to perform with intensity, encouraging them to embrace a competitive spirit. His mantra, “Be hungry for it! Be angry!” resonated deeply with the team, inspiring them to approach every drill and practice with a sense of urgency.

Felix Gonzales, in particular, stood out during a two-on-two drill, impressing teammates with his agility and athleticism, which sparked excitement and anticipation for the season.

Meanwhile, Andrei Voinea, a senior player, worked hard to refine his skills as a backup center. Despite not being a starter, Voinea's physicality and height (six feet, four inches) made him a valuable asset to the team. Voinea's journey to the football field had not been without obstacles. Coming from a hearing school with no sports teams, he was determined to excel with the Cubs, and his transition to a deaf school allowed him to bond with his teammates more deeply. Voinea's dual talents extended beyond sports; he was also an aspiring video game programmer with dreams of working for Disney. His passion for both football and technology drove him to push himself harder every day.

The challenges Voinea faced as a deaf individual were not limited to the football field. Communicating in a school setting often required him to rely on interpreters, making some interactions more difficult than they would have been for hearing students. However, at the California School for the Deaf, Riverside (CSDR), Voinea found a sense of belonging and camaraderie with his teammates, which fueled his love for the sport. Despite his natural talent, his coaches encouraged him to develop a more aggressive mindset on the field, pushing him to become an even stronger presence during games.

As the preseason came to an end, Coach Keith Adams and his team turned their attention to the upcoming season opener against Chadwick School. Coach Adams emphasized the importance of studying game film to gain a tactical advantage, as well as maintaining physical aggression throughout the game. Strength coach Galvin Drake also took the opportunity to challenge the players to adopt healthier eating habits to fuel their bodies for the demanding season ahead. With the rigorous training complete, the team was ready to face the challenges of the new season, confident in their preparation and motivated by their pursuit of a championship.