



Photo by Gavin Schlissel

Lamorinda Swimmers Flex Their Muscles at NCS

By Kevin D. Shallat

Lamorinda fans had a lot to cheer about at the 2007 North Coast Section (NCS) Swimming Championships on Saturday, May 19 when Campolindo, Acalanes, and Miramonte swim teams showed their dominance at Cowell Pool in Concord.

Although Campolindo did not have an individual or team first place finish, they had enough top three individual and team finishes as a whole to garner the Men's overall Championship, with two hundred and twelve points. Marin Catholic finished second and San Ramon Valley finished third overall. Acalanes finished fourth and Miramonte finished fifth, scoring one hundred sixty nine and one hundred forty four points respectively.

The Campolindo team battled all day long, turning out strong performances by seniors Eric Johnson and John Glidden. The men's team finished second in the 400-yard freestyle relay, sealing the NCS Championship for the Cougars.

Since six finalists from the men's team graduated last year, Campolindo's head swim coach Ronnie Heidary expected to have a couple of down years. That hasn't happened, thanks to their overachieving combination of seniors, juniors, and underclassmen. Eric Johnson (Sr.), Dana Foster (Jr.), and Jeremy Chang (So.), all had impressive first place finishes at their meet against Dublin and Alhambra earlier this year.

"We have the best sophomore class in the North Coast Section," Heidary said. "Our men support our women's team, and our women support our men's team."

Much of the credit, Heidary says, goes to the Cougar's co-coach, Dave Schurhoff. A former standout swimmer himself, Schurhoff knows what it takes to succeed. "Coach Schurhoff does an outstanding job of creating a program that kids want to be a part of," Heidary said.

The Acalanes Dons also had a lot of success Saturday. Last year, Acalanes head coach Dan Cottam predicted that senior Nick Ferrif would break the record in the 100-yard breaststroke. Ferrif did not let him down. A young, raw talent, Ferrif took first in the 100-yard but-

terfly, with a time of 50.62. He also won the 100-yard breaststroke, shattering the 20-year-old NCS record of 56.19, set in 1987, by finishing with a time of 55.90.

Miramonte has a lot to be proud of. They finished in fifth place this year, bettering their 2006 finish by one. They also have one of the more talented swimmers on their team. His name is Max Parrague. According to Miramonte swim coach Don Heidary, (brother of Campolindo coach Ronnie Heidary) Parrague has gotten better every year. Heidary said, "Max is one hundred percent committed, and he did a great job of leading this team."

Parrague had a first place finish in the 50-yard freestyle event in which he turned in a score of 21.15, but stated that this year's NCS was particularly fast. "Last year a sixth place finish for me would probably be a thirteenth place finish at this year's NCS," he said.

And although the Miramonte women's team, as well as the rest of the Lamorinda women, had no first place finishes Saturday, Acalanes women's senior Laura Winn finished second overall in the one meter diving championships on May 17, finishing with a score of 398.30. Acalanes also had their senior, Katie Copenhagen, finish ninth in the one-meter diving, placing a score of 303.85. The next Lamorinda diver to finish was Heather Finertie. She finished in twenty-second place with one hundred twelve points, but she is only a freshman.

Don Heidary said that he is very excited about the development of the women's team, and that he looks forward to tracking their progress next year.



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