



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 over-achieving 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 butterfly, 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.



Photo by Gavin Schlissel

SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Mats Fall to Amador in NCS Playoffs

Submitted by Jim Landau, edited by Jennifer Wake

Ranked number one in Northern California by www.laxpower.com, the largest and oldest lacrosse Web site, Miramonte women's lacrosse came into the NCS playoffs with a 17-1 record and was undefeated in Bay Area competition, having lost only to LaJolla, one of several San Diego area teams which are ranked as the best on the Pacific coast.

Miramonte's record included a win over St. Ignatius of San Francisco, a perennial northern California lacrosse powerhouse. No. 2-seed Miramonte repeated as the Diablo Foothill Athletic League (DFAL) champions this year, defeating each of the other DFAL teams (Acalanes, Campolindo, Dublin and Las Lomas) twice by a cumulative score of 126 to 32.

Other participants in the NCS playoffs were Diablo Valley Athletic League champ Carondelet (seeded No. 5); Foothill (No. 6); Marin County Athletic League champion Redwood High of Larkspur (seeded No. 7); and DFAL runner-up Acalanes, seeded No. 8.

The NCS quarterfinals, where Miramonte hosted MCAL champ Redwood on May 15, was a blow out from

start when the Matador's senior all-DFAL midfielder Christy Sullivan scored the first of her three goals just two minutes into the contest. The Matadors went on to win 18-4, with senior all-American midfielder Lindsay Chan, all-League attacker and senior class president, Allegra Cabellon, and junior Emma Gibson also each scoring three goals. Miramonte's all-League goalie Favienne Howsepian, a junior, had 11 saves for Miramonte. All-League midfielder and senior class vice president Ariel Chin had two goals and an assist to add three points for the Mats.

The NCS semifinals at Miramonte on May 17 pitted the Mats against No. 3-seed Amador Valley, the EBAL runner-up, who Miramonte had defeated 13-7 one month earlier in a regular season contest. No. 3-seed Amador had beaten No. 6-seed Foothill 12-4 in its May 15 NCS quarterfinal game.

Miramonte scored two quick goals in the first five minutes of play, but then the momentum shifted to the visitors, who were passing and running far more effectively. While Howsepian was able to get 11 saves in the game, Amador

scored five unanswered goals in the next 20 minutes to lead 5-2 at halftime.

Miramonte's Sullivan scored as the second half began, putting the Mats within two points of the visitors. But the Mats were repeatedly stymied in attempts to move the ball from their own end of the field by a swarming Amador defense, a complete reversal of the April meeting between the two teams when Miramonte moved the ball easily and ran up an insurmountable 8-1 lead at halftime. About fifteen minutes into the second half of the NCS battle, Amador's senior all-League attacker Ashley Royer scored the third of her four goals in the game and Amador sophomore Kara Bjessie quickly added one of her three scores to effectively put the game out of reach of Miramonte.

The Mats put on a final surge, but it was too little, too late. Amador won, 11-8.

Two days later, in the NCS finals played at the Acalanes field on Saturday, May 19, California High was pushed to the very last minute of play to finally defeat Amador Valley, 11-10, and win their first NCS title with a perfect 21-0 record.

Orinda Academy Has Undefeated Season

Submitted by Mitchell Goldman, Orinda Academy Baseball Coach

The Orinda Academy Eagles completed an undefeated baseball season (5-0) the week of May 18 with a 14-6 victory over East Bay Waldorf at Richmond High School and a 6-4 win over Jewish Community High School at home.

Brandon Davis was the winning pitcher of both games going the first three innings against EBW and the last three against JCHS, and giving up only one run and four hits while striking out 15 batters. OA broke through with five runs in the third against EBW, and then scored multiple runs in each of the next three innings. Brandon,

Dylan Goldman, and Seth Viruet-Krevolin had three hits each and Dylan earned the save pitching the last three innings.

In the next game, JCHS scored three in the first, but great defense kept us in the game. Twice in the inning, David Treas retrieved a hit to left center, fired a relay to Dylan, who then gunned it to Brandon at the plate. After that, starting pitcher, Jeremy Herman buckled down and kept us in the game. In the bottom of the third, Brandon hit a booming home run over a fence in left field to cut the lead to 4-3. Later that inning, David followed with a game-

tying single. In the next inning, Kyle Drewes doubled to give OA a 5-4 lead and Dylan singled him in to conclude the scoring.

Overall, it was a great team effort with contributions coming from each and every member of the team. I am proud of how well they competed, but also how they stepped up when I was injured – nearly running their own practices – and how they pulled together as a team. They truly enjoyed playing and hanging out together and it was a joy to watch them practice and play. Thank you to everyone who supported or contributed to our team.

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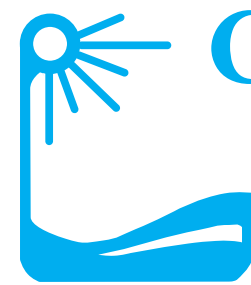
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