



SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Bottoms Up Meet a Big Hit at Miramonte

By Kevin D. Shallat



11 year Girls Heat 7 of 7 Finals: (left to right) 1 Nishioki Julia F OCC; 2 Reshka Julia MCC; 3 Bengtsson Adrienne MCC; 4 Durant Hannah MCC; 5 Larsen Annie MEAO; 6 Schoenfeld Erin PARK; 7 Gunn Jessica MRSC; 8 Gwynn Michaela PARK; 9 Fellner Reilly F OCC; 10 Goodreault Maddie PARK

Every year the Lamorinda swim teams compete in a meet that features the youngest swimmers in each age category. For instance, only the 11-year-

olds compete at the Bottoms Up, as opposed to all the 11 and 12-year-olds that normally compete in the same category. This gives the swimmers a good gauge to de-

termine how they stack up against their own peers in their age group. The 2007 Bottoms Up Invitational was held Sunday, July 8 at Miramonte High School.

Pictured to the left is the seventh heat of the girls 11-year-olds 50-yard freestyle, where Erin Schoenfeld of Orinda Park Pool came away with the win, finishing with a time of 28.23, and smashing her original seed time. Julia Nishioki of Orinda Country Club and Julia Reshke of Moraga Country Club tied for second place with an identical time of 29.77. Moraga Ranch Swim Club's Jessica Gunn took home third place, finishing with a time of 30.16.

Jenna Pettegrew is a swimmer and coach for Moraga Country Club, who says the Bottoms Up meet is one of her favorites. "I love the Bottoms Up meet because I get to compete against people my own age, not just graduating seniors," she said. Pettegrew made the most of her



Jenna Pettegrew MCC

Bottoms Up experience as she coached the kids, competed in three races, and cheered on her teammates with her mom.

Seven-year-old Courtney Krause also had a positive experience at the Bottoms Up meet Sunday. She won her heat in the

25-yard breaststroke, bettering her seed time by almost five seconds. Krause was very proud of her improvement as she walked to the tent to pick up her blue ribbon. "I practiced in my back yard and at the pool for an hour each time," said Krause.

Lafayette All-Stars manhandle Walnut Creek's finest

By Zack Farmer

In the first round of the California District 4 10-11 Division, the Lafayette Baseball All-Stars won in convincing fashion over Walnut Creek 11-0. The mercy rule was imposed in the bottom of the fourth inning when shortstop Zach Remotto lined a triple down the rightfield line to score two runs.

Lafayette and Walnut Creek were tied in the bottom of the first when a ball hit by Denis Karas sailed over the head of the Walnut Creek rightfielder and allowed AJ Franklin to score putting Lafayette up 1-0.

In the top of the second inning with a runner on first, Walnut Creek tried to get the offense started and attempted to steal second but was thwarted by catcher Tyler Luckhurst who threw a strike to Remotto to tag out the runner and end the inning.

The offense broke out in the bottom of the third inning when Karas pitched all four innings, allowing his only hit in the first inning while striking out eight batters. He struck out the side twice.

The Lafayette All-Stars are in the International Tournament in California District 4. This is the first step towards the Little League World Series. In District 4, five wins are needed to win the district. With the win last Thursday, Lafayette moved on to play Alameda on Monday. Results are online at <http://eteamz.active.com/California4/handouts/>.



Photo by Tod Fierner



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Despite the 11 runs scored, it was the pitching performance of Karas that stole the show. Karas pitched all four innings, allowing his only hit in the first inning while striking out eight batters. He struck out the side twice.

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LMYA Dolphins Swim into Summer

By Kevin D. Shallat



Photo by Jordan Fong

With only a few short weeks passing since the official start of swim season, the LMYA Dolphins have already shown a marked improvement. Walnut Creek Swim Club kicked off their summer by coming into town Thursday, June 28, to take on LMYA in Lafayette. It is in these mid-season meets where swimmers see their hard work and dedication pay off with results.

Alec Baker continues to outmatch the competition as he once again sailed to three different first place finishes, bettering his time in two of them. For the six-and-under age group Baker and his teammates won the 100-yard medley relay with a time of 2:07.72. They won this same event one week ago at the East County meet, but with a time

of 2:35.63. This week they bettered their time by almost 30 seconds. Baker went on to win the 25-yard freestyle, and the 25-yard breaststroke against Walnut Creek. At the East County meet he finished with a first place time of 25.07 in the breaststroke. This week he also finished in first place, bettering his time with a 23.87.

Alec Baker wasn't the only Baker who was "hot" Thursday. Eight-year-old Liv Baker made a big impression on the fans and coaches as she was able to garner a few top three finishes by drastically improving her times.

"Liv Baker has worked really hard to improve this year," said LMYA Head Coach Kristen Sissener. Soon after the meet started, Baker received her first blue ribbon

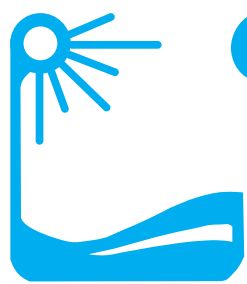
for her participation in the 100-yard medley relay. The team finished with a time of 1:30.56. Perhaps Baker's most rewarding event was her first place finish in the 25-yard butterfly. She finished with a time of 22.61, more than three seconds better than her eighth place finish at the East County meet.

Seven year old Riley Smith garnered four blue ribbons Thursday. His most noteworthy finish came in the 100-yard individual medley where he posted a time of 1:47.94. Last week he finished second in this same event. This week he shaved around 15 seconds off of his time, and earned a first place finish for it.

Coach Sissener wanted to make sure that others could see the improvement of a few swimmers over the year thus far. Among those showing marked improvement are Evan Rios (age 6), Harrison Naton (age 12), and Makenzie Quinn (age 13). Rios has shaved off around ten seconds in the 25-yard freestyle. Quinn has taken off two seconds in the 50-yard freestyle. Naton has also continued to impress his coaches with his two second place finishes Thursday.

"The whole team has done a phenomenal job in trying to improve. They have been coming to practice ready to work hard," said Coach Sissener, whose philosophy on improving is simple: "They need to be aggressive from the start, from the moment they get into the water."

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