

Joaquin Moraga Student Takes Home U.S. High Jump Medal

By Kevin D. Shallat



Hadley Swanson at high jump

Joaquin Moraga Middle School student Hadley Swanson, age 12, seems like your typical seventh grader – with one big exception. She also happens to be one of the best track and field athletes in the nation for her age group. When Hadley was 10 years old she signed up for CYO track and field. Just two years later she finished first in the 400 meter dash at the East Bay Middle Schools Track and Field Championships, qualifying her for the U.S. Championships and earning her a trip to the U.S. Track and Field Association Youth Outdoor Championships in Lisle, Ill.

At the Championships, Swanson competed in

three events, finishing 31st in the 400 meter dash, and 15th in the long jump. But her most impressive event, which helped earn a national ranking, was the high jump. Standing just five-feet-one inches tall and competing against some girls a full foot taller than her, Swanson finished eighth in her age group for this event, winning a medal in the process.

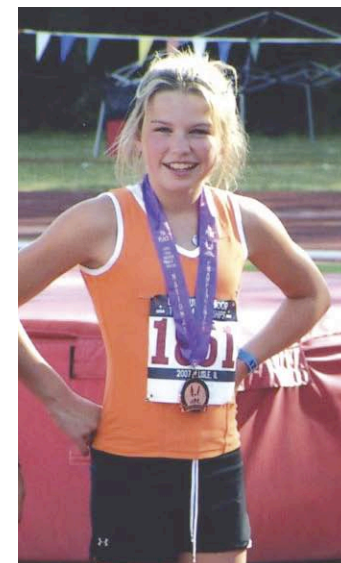
Amazingly, she has never had any formal training in the high jump; she is self taught.

Yet even with all of her success at the high jump, it is not her favorite event. She still prefers the idea of direct head-to-head competition with the 400 meter dash.

When asked, Swanson said that before and during an event she not only focuses on beating the competition, but reminds herself to have fun.

“It’s pointless if you don’t have fun doing this,” she said.

As Swanson’s success continues, she remains grounded, yet her goals for the future are simple: “I want to break a minute (in the 400 meter dash), and make it to the Olympics.”





**Oak Springs Pool
SUMMER BBQ FUNDRAISER
AUGUST 19th 3PM – 7PM**

39 Spring Road, Orinda

TICKETS: \$25 advance, \$30 at door
5 & under FREE, 12 & under \$15
*Chicken, Ribs & Brisket, BBQ Beans,
Smokey Mac n Cheese
Looney's Famous Bread Pudding
Drinks!!! Oak Springs Style*

Presented by
Looney's BBQ looneysbbq.com

Pre-order tickets from
Oak Springs Pool or at www.oakspringspool.com

Mail checks: PO Box 273, Orinda, CA 94563



FOUNTAINHEAD MORTGAGE

Strategic Mortgage Planners

- Residential Properties
- Equity Respositioning
- Commercial Properties
- Investment Properties
- Debt & Equity Analysis

Cory B. Reid, CMC

2 Theatre Square, Suite 310 ◦ Orinda, CA 94563
p. 925.317.7601
cbr@fountainheadmortgage.com

California ◦ Colorado ◦ Idaho ◦ Oregon ◦ Utah ◦ Washington

Bay Area Ceiling Pro and Painting, Inc.

Contractor license # 796787

Residential,
Exterior &
Interior
Painting and
Waterproofing



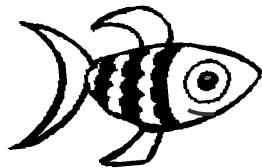
Specializing in
Kitchens and
Bathrooms
Fine enameling

925-878-5140 or 415-307-9858

Bonded, licensed and insured. References available

Sherman Swim School *skills for life*

Since 1961



Available
to rent for
parties!

sessions begin every 3 weeks

M-W-F or T-Th • day and evening classes

swimming:

infants thru adults
private & semi-private
classes in 90° water

diving:

beginning thru advanced

Voted "Family Favorite" by the Bay Area Parent Magazine



925-283-2100

1075 Carol Lane • Lafayette (off Mt. Diablo)
www.shermanswim.com