



SPORTS

LAMORINDAS LOCAL SPORTS NEWS

Encinal Junior Sailing Teaches Skills, Sportsmanship

By Jennifer Wake

More than 25 Encinal Yacht Club sailors from 10 local high schools, including Campolindo, Miramonte and Acalanes, headed into the final Regatta of the summer season last weekend, vying for top positions in the Bay Area Youth Sailing Series Regatta in Tiburon. As part of the Encinal Yacht Club Junior Sailing Program, Acalanes sailors Thomas Maher, Lindsay Grove, Kelsi Schoenrock, Michael Grove and Ted Netland, as well as Campolindo's Lindsay Willmore, all entered with potential to win one of the top three slots.

Encinal Yacht Club Junior Sailing is supported by the Encinal Sailing Foundation – a non-profit organization that provides the boats and funding for sailing scholarships for needy children throughout the Bay Area and promotes sailing for children 8 to 18 as a lifelong skill and means of enjoyment. According to Encinal's High School Sailing Program Coordinator Barb Grove, instruction teaches confidence, team work, sportsmanship, strategy/decision making, and self reliance.

"We have about 200 kids come through in the summer, and a consistent 30 kids throughout the high school sailing season, from September through April," said Grove, whose family has been involved in the program for more than eight years. The summer program encompasses nine weeks from mid June to mid August, where sailors attend classes ranging from beginner sailing to advanced racing. Approximately 25 advanced racers representing Encinal Yacht Club compete locally and nationally.

For Campolindo senior Gavin Schlissel, the program not only has enhanced his sailing skills, but has solidified his appreciation for the sport.

"I've been sailing for about eight years, but until I joined the



Michael Grove on the trapeze, and Alex Delle Cesse at the helm
Photo by Gavin Schlissel

Encinal team, I never realized there was such a community for it in Lamorinda," he said. "The transition from recreational sailing to competitive sailing is daunting, but the climate in sailing is such that you can take it as seriously as you want – you can finish dead last and still have an awesome time, because people are there for love of sailing. Winning is a bonus."

On the national scene, Encinal Yacht Club Acalanes Sailors Lindsay Grove finished 11th and Kelsi Schoenrock finished 33rd in the U.S. Sailing Women's Double-handed Championship in New Orleans. Lindsay Grove, Kelsi Schoenrock, Michael Grove and Alex Delle Cese (Bishop O'Dowd) placed 7th and 10th respectively at the U.S. Sailing Junior Double-handed Championship in Bay Head, New Jersey.

During the 2006-2007 sea-

son, Acalanes ranked 3rd among Northern California Teams and 18th out of 90 teams in the West coast and Hawaii, in addition to beating the perennial northern California powerhouse Marin Catholic.

The current active high school roster includes Acalanes students John Cattaneo, Thomas Maher, Kelsi Schoenrock, Lindsay Grove, Michael Grove, and Ted Netland. Miramonte will start up a team this year with Nico Gole-sorhki, and Jean and Kirsten Rutledge, while Campolindo potentially will have two sailors: Josh Goldberg and Gavin Schlissel, along with Lindsay Willmore competing regularly in another boat class. Recent 2006 Acalanes graduates, Patrick Maher and Megan Grove, are continuing to sail in college at Cal Poly and Stanford.

"Most people think of sailing as a rich kid sport for preps from New England, but the thing I love about Encinal is that the people are down to earth and laid back," Schlissel said. "It makes for a really friendly environment and everyone just has fun. Sailing team is like endless summer because every practice is like another day at the beach."

You can get more information on Encinal Yacht Club's Junior Sailing Program at www.encinal.org.

Big Grins for OMPA Record Breakers

Submitted by Lori and Steve Bartis



Photo by Steve Bartis

Pictured above are the record breakers at the recent OMPA swim meet at Soda Aquatic center.

From Left to Right:

Kevin Brown (Moraga CC) 15-18 boys 50 Yd. Backstroke;
Nicholas Deaver (Meadow) 13-14 boys 100 Yd. Individual Medley and 50 yd Backstroke;
Charlie Wiser (Orinda CC) 11-12 boys 100 yd Individual Medley;
Tyler Bartis (Campolindo Cabana club) 9-10 boys 50 yd Breaststroke;
Gabriel Ostler, Jason Lammert, Matthew Cobley,
Tyler Kirchberg (Sleepy Hollow) 11-12 boys 200 Yd. Medley Relay.
Not pictured is Robbie Fluegge (Orinda Park pool) 12-12 boys 50 yd backstroke.
(there were no female records broken)

Saint Mary's Women Take on UOP in Soccer Exhibition

By Kevin D. Shallat

The Saint Mary's women's soccer team played their first game of the season on Friday, Aug. 24, in Saint Mary's Stadium, losing 2-1 to the University of Pacific in the exhibition match.

Looking sharp early on in the contest, the Gaels received strong play from Jessica Menzhuber (midfielder/forward) and Allie Weiner (forward). Weiner had a terrific first half, being active on the offensive and defensive side of the ball. On one play Weiner was able to head the ball straight down to keep the ball away from a potential scorer which might have saved a goal early on in the game. Soon after that play Menzhuber kicked a fantastic centering pass to Weiner which she headed toward the goal, but it was eventually blocked.

Just before half, the duo of forwards would again connect on a play, and this time the shot tumbled in for a goal. Weiner scored an assist as she lofted a beautiful pass to Menzhuber who kicked a fantastic shot that went past the goalkeeper and into the net. The two players were everywhere Friday night, but the Gaels could not come up with any more goals.

Unfortunately the Gaels gave up the lead in the second half as Saint Mary's broke down defensively and allowed the Tigers to tie up the game. Pacific forward Carla Vellutini evened the score at 1-1 in the 59th minute. The momentum quickly changed in UOP's



Jessica Menzhuber

Photo courtesy of Saint Mary's Athletics

favor. The Gaels still played well, but the few defensive miscues cost them a few scores, and eventually the game. The Gaels were on the defensive end of the field when a Saint Mary's player tried to kick the ball back to their own goalkeeper, but a UOP player got to the ball first and chipped the ball in for an easy go ahead goal.

Coach Kelly Lindsey was optimistic after the game. "It was a great day to play soccer," she said. Lindsey has nine freshmen on the team, so evaluating all of the new talent is a tall task, but she was able

to accomplish her goal of getting every player in the game. Lindsey mentioned it's too early to tell what to expect from this team after only one game, but she felt good about the team after watching them play, saying "We created a lot of chances by slipping people in."

The Gaels play in the third best conference in the nation, with games times normally late in the afternoons and early evenings on Fridays, or mid-day on Sundays. You can check the men's and women's schedule online at www.SMCGaels.com.



Coach Katie Tinder racing with the team during practice
Photo by Gavin Schlissel



Go Gaels!

Upcoming Sports Events at Saint Mary's College

Women's Soccer vs. Vermont
Friday, Sept. 7 at 4:30 p.m.
Saint Mary's Stadium

Men's Soccer vs. Cal State Bakersfield
Saturday, Sept. 8 at 2 p.m.
Saint Mary's Stadium

Women's Soccer vs. Cal State Bakersfield
Sunday, Sept. 9 at 2:30 p.m.
Saint Mary's Stadium

Women's Volleyball vs. UC Santa Barbara
Thursday, Sept. 13 at 7 p.m.
McKeon Pavilion

Men's Soccer vs. Wright State
Sunday, Sept. 16 at 1 p.m.
Saint Mary's Stadium

For information about upcoming season schedules, visit the official Saint Mary's athletics website at www.SMCGaels.com.

All our stories are available for download:
www.lamorindaweekly.com

Lamorinda Cougars Lived the Dream in Cooperstown

Submitted by Anne McNally



Photo by Rick Rider

Lamorinda Cougars reached the Elite 8 round in the prestigious Cooperstown's Dream Park 10U national baseball tournament. In June, the Cougars and their parents traveled to Cooperstown, NY, to participate in the single week welcoming 10 & under youth baseball teams. Competing against 96 teams from across the country, the Cougars played eleven games in six days, finishing 9-2 to advance to the Elite 8 round of the tournament. The Cougars were elimi-

nated by the East Cobb Astros from Georgia, the defending AAU National Champion, in a 2-0 nail biter.

Lamorinda Baseball, is a competitive travel program drawing players from around the San Francisco Bay area. Nico Aldaco, Mathew Bicker, Max Goldstein, Trevor Larnach, Conner McNally, Sean O'Farrell, Jake Rider, Daniel Slominski, Mathew Tarantino, Mitchell Tom and Walter Tucker made up the Cougar roster in Cooperstown.

PROFESSIONAL AUTOMOTIVE



ENTERPRISES

- Auto Body & Collision Repair
- Computerized Color Matching
- Complete Detailing Services
- Expert Unibody Reconstructions
- Free Computerized Estimates
- Paintless Dent Repair

All Work Guaranteed With Written Warranty
925-283-2160
3331 Mt. Diablo Blvd., Lafayette

Quality Service Since 1949

www.professionalautomotive.net

Sharp Bicycle

- Road Racing • Road Touring
- Comfort Road • City Bikes
- Bike Path • Cruisers
- Womens Specific



All Current TREK Madone Carbon Road Bikes on Sale

Full Service Bike Shop:
• Repairs, Tune-ups
• Cycling Apparel
• Shoes, Accessories



969 Moraga Rd. Lafayette in La Fiesta Square
284-9616 • M-F 10-6, Sat 9-6, Sun 12-5
www.sharpbicycle.com