

# SPORTS

## LAMORINDAS LOCAL SPORTS NEWS



### Oakland Strokes Rows Strong at Autumn Festival

Submitted by Pat Rudebusch

Oakland Strokes, the East Bay's premier high school rowing team, traveled to Newport Beach this past weekend to participate in the 20th Annual Newport Autumn Rowing Festival (NARF). The Newport regatta offers competition at various levels including collegiate and master rowers and several states including one team that came from as far as Connecticut. This was the first time Oakland Strokes competed at NARF.

Both men's and women's teams made a strong showing in Newport, which was their second event of the year and first time rowing on the 4,400-meter course in Newport Bay.

The women's lightweight eight varsity and junior varsity boats placed first and second respectively in the juniors, with both boats earning better times than many of the college teams. Only Stanford's women's lightweight posted a better time than the Oakland Strokes varsity boat.

In Oakland's lightweight varsity boat included coxswain Molly Fehr (Miramonte High), and Kendra Nyberg (Miramonte High) and Anne Hofinga (Miramonte High) in bow position. The JV boat was coxed by Mia Hamano (Piedmont High), with Jennifer Zitterman (Miramonte High) stroking, and India Akin

(Campolindo High) as one of seven in bow.

"I am encouraged by the performance of the team, which built upon the lessons learned from the season's first outing in Sacramento," said women's head coach Ian Simpson. "We rowed with much more consistent power than in Sacramento. Our women's eight JV boat made the biggest improvement, placing sixth overall with a time of 18:28 and beating five varsity boats from competing teams. Our women's varsity rowed steadily and methodically over the course to finish fifth with a time of 17:40 and our third eight boat improved technically to finish 19th overall."

The men's varsity eight-man boat placed second with a time of 15:33, just 10 seconds behind first place Capital Crew from Sacramento. They were coxed by Lelia Pakawongse (Berkeley High), with Patrick Stolcke (Berkeley High) as stroke, followed by seven including Michael Schier (Miramonte High) in bow. Three other Oakland men's varsity eight boats finished fifth (15:57), tenth (16:29) and 15th (17:12) overall.

"Newport Bay is a tricky course with a series of straight-interspersed with challenging and often-confusing turns," Simpson describes. "It was a

great place for the coxes to display their skills and it was also very useful for the rowers to learn to focus on their rowing and not be distracted by the surroundings."

Although the beauty of Newport and the course's surrounding celebrity homes could have been easy distractions, Simpson is quick to point to the dedication of the Oakland Strokes athletes: "The trip provided a great opportunity for the team to bond and rededicate themselves to training hard and to making the improvements required for them to be successful in the spring racing season. The coaches gained a lot of information from both races and know there is much work still to be done as we mold this young team of great kids into the athletic force that it can be. We are on track, the training is going well and they have great team spirit."

The Oakland Strokes is a nationally recognized, junior level rowing club open to all high school students in the San Francisco Bay Area. In addition to rowing technique, the coaches emphasize our values of teamwork, leadership, initiative, dedication and fellowship. Financial aid is available to those who qualify. For more information, visit the website at www.oaklandstrokes.org.

### Oakland Strokes Newport Roster

#### Men's Junior Eight Varsity:

Lelia Pakawongse, coxswain (Berkeley High; Patrick Stolcke, stroke (Berkeley High); Chadwick Swenson (Skyline High); James Lenczowski (Bentley High); Nicholas Hoff (Berkeley High); William Deskin (Campolindo High); Richard Colby Foote (Encinal High); Andrew Ramos (Alameda High); and Michael Schier, bow (Miramonte High)

#### Men's Junior Eight JV:

Alex Topacio, coxswain (Campolindo High); Will Danner, stroke (Berkeley High); William Provost (Albany High); John Howerton (Head Roys); Scott Hampton (Acalanes High); Cole Williams (Campolindo High); James Manuso (College Prep); Garrett Bell (Las Lomas High); Evan Bontemps, bow (Del Oro High)

#### Men's Junior Eight 3V:

Daniel Migdale, coxswain (Miramonte High); Owen Hurley, stroke (Bishop O'Dowd); Matthew Lenhart (Campolindo High); James Kwan (Piedmont High); 5. Jack Andreoni (Piedmont High); James Weber (Piedmont High); Ted Kizor (Miramonte High); Hugh Rutherford (Piedmont High); Robert Chan (Miramonte High)

#### Men's Junior Eight 4V:

Kasey Benjamin, coxswain (Miramonte High); Lucas Rondenet, stroke (St. Mary's College High); Forrest Allen (Bishop O'Dowd); Jake Farrell (Bentley High); Sean Minnis (Piedmont High); Dhruv Amin (Piedmont High); Jack Berfiled (Piedmont High); Wesley Motlow (Piedmont High); Andrew VanSlyke, bow (Piedmont High)

#### Women's Junior Lightweight Eight Varsity:

Molly Fehr, coxswain (Miramonte High); Maso Motlow, stroke (Piedmont High); Kendra Nyberg (Miramonte High); Anne

Hofinga (Miramonte High); Mollie Roark (Marin Academy); Sarah Coppock-Pector (Bishop O'Dows); Rosie D'Orazio (Bishop O'Dowd) Ayla Koenig (Berkeley High); Charlotte Horsey, bow (Head Royce)

#### Women's Lightweight Eight JV:

Mia Hamano, coxswain (Piedmont High); Jennifer Zitterman, stroke (Miramonte High); Eva Sharf (Head Royce); Erin Mullin (St. Joseph's High); Caroline Sullivan (Piedmont High); Ceci Bohm (Piedmont High); India Akin (Campolindo High); Anabelle Roeser (College Prep); Tyler Atwood, bow (Bentley High)

#### Women's Junior Eight Varsity:

Leslie Chou, coxswain (Miramonte High); Dana Walsh, stroke (Miramonte High); Nikki Dahlberg-Seeth (Miramonte High); Ally Weiland (Northgate High); Claire Grover (Miramonte High); Kelly Bauer (Miramonte High); Ali Mittelberger (Head Royce); Beth Goodwin, bow (Miramonte High)

#### Women's Junior Eight JV

Celena Chan, coxswain (St. Ignatius College Prep); Nicole Petiet, stroke (Berkeley High); Kendall Sandy (Miramonte High); Caroline Godfrey (College Prep); Molly Castles (Bentley High); Piper Akol (Miramonte High); Nicole Sung-Jerezcek (Piedmont High); Mackenzie Whitton (St. Joseph Notre Dame High); Brittany Beck, bow (Miramonte High).

#### Women's Junior Eight 3V

Katherine Anderson, coxswain (Bentley High); Jane Rudebusch, stroke (Miramonte High); Ella-Rae Woodland (Albany High); Katie Sullivan (Bentley High); Joanie Sullivan (Bentley High); Alison Blazer (Miramonte High); Alex Hannah (Piedmont); Allie Foster (Miramonte High); Isabel Sepkowitz, bow (Bishop O'Dowd)

### Mats Boys Water Polo Takes NCS Title

By Jennifer Wake



Campo Goaly Barni TJ and Mats Junior Tommy Briskey

Photo Gavin Schlissel

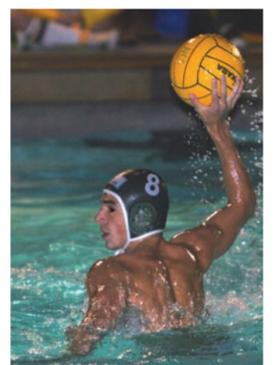
The spirited rivalry between No. 1 Miramonte (24-4) and No. 2 Campolindo (23-5) boys water polo continued last Saturday at the Soda Aquatic Center at Campolindo. Winning 9-7, it was the Mats ninth North Coast Section (NCS) title.

But it didn't come without a fight.

Things looked good early on for the Cougars after taking a second quarter lead of 4-2 following goals by Peter Shimer and Brett Lambert. But it wouldn't last, as the Mats Stephen Siri's last first half goal started the comeback for Miramonte.

Miramonte advanced to a 5-4 lead and, except for a brief tie, led for the duration, including five goals in a big third period.

The No. 2 Matadors (23-4) girls water polo team advanced to the finals following Thursday's NCS semifinal 10-9 win



Mats Junior Stephen Siri

Photo Jordan Fong

into sudden death. With only four seconds remaining in the first sudden death period, Kim Sanguinetti scored the game-winning goal.

The Miramonte women lost to No. 1 Monte Vista (26-1) at the NCS finals on Saturday, by a score of 11-5.



Despite being on opposing rival teams, Miramonte Senior Lincoln Haley and Campolindo Senior T.J. Barni share a moment together after concluding their high school water polo careers at the NCS Championship Game at the Soda Center on November 10, 2007. Out of the pool, long time water polo friendships prevail!

Photo submitted

### Defeat Moves Dons to Third-Place Tie; Mats Take Fifth

By Jennifer Wake

Acalanes faced undefeated Las Lomas in Walnut Creek last Friday night. Although they gained some good yardage in the second half, the Dons were unable to recover from a 38-0 halftime deficit. The Las Lomas squad finished with a 52-14 win, continuing an undefeated season.

The Knights combined a

balanced running game with a big play passing game. Las Lomas had seven players with ten or more yards rushing, while they struck with three long passes from Yago of 37, 69 and 75 yards.

Despite the end result, Robbie Pestal was able to continue his strong season with 22 completions for well over 200 yards.

The Las Lomas win ended an historic undefeated regular season at 10-0 (9-0 in the DFAL).

Acalanes ended the campaign tied with Campolindo for third place in the DFAL with 6-3 league marks. Miramonte finished fifth at 4-5.



Miramonte Senior Class 08 Team

Photo Jordan Fong

### Lamorinda Generals

#### Win Fall Classic

Submitted by Steven E. Shelton



Top row (R to L) Brock Griffin (coach), Connor Hornsby, Todd Burgos, Tim Caleo, James Marvel, Grant Diede, Trent Shelton, Clint Hoover (manager).

Bottom row (R to L): Spencer Henderson, Alex Rollins, Cole Rider, Jon Gee, Austin Rei, Bobby DaMaren

Photo submitted

The Lamorinda Generals (14U Majors Club Baseball Team) won the prestigious 17th Annual Desert Fall Classic, hosted in Las Vegas Oct. 26 through the 28. The annual event draws the top club baseball teams throughout the western United States and Canada. The team went 4-0-1 in pool play, and then ran the table in bracket play to make it to the championship game and ultimately win the 28-team tournament. Notable wins

included victories over top teams from Canada, Washington, Arizona, Nevada and their long time California rivals the Star Maker Smash. The Generals are part of the elite Lamorinda Baseball Club organization. The team has a core group of players from the Lamorinda area that have played together for the past six years, and have consistently been recognized as one of the top teams in the country in their age group.

Announce Club Sports registration/meetings/tryouts send to sportsdesk@lamorindaweekly.com

**Orinda Baseball Association**  
 registration/meetings/tryouts  
 Sign up now for Spring Baseball at www.obabaseball.com. Registration runs from 11/1/07 to 12/15/07. Tryouts and evaluations begin January 12. Opening day is March 8, 2008.

Classified • Classified • Classified • Classified • Classified • Classified •

<b>Classes Offered</b> Anandi's Living Yoga in Moraga offering private, customized instruction regardless of your physical ability. Restore yourself spiritually, physically, & emotionally. "It's not a workout, it's a workin'!" contact Anandi anytime at 510-910-0856.	<b>Rentals</b> Elegant house in Sleepy Hollow, Orinda. 4 bed/3 bath, \$3,400/mo (510) 684 2000	<b>Services</b> <b>Rod Plumbing</b> Licensed, insured, bonded For all your plumbing needs 925-708-7080, www.rodplumbing.com	<b>Services</b> (925) 258.9760 Lic# 821392 Gen. (B) <b>WSH CONSTRUCTION CO. INC.</b> ORINDA, CA Remodels/Repairs/Additions Residential/Commercial WSHconstructionco @comcast.net
<b>Contra Costa Adventure Boot Camp</b> Get fit in these Fun, Fast Paced, One hour, Outdoor Classes for Adults. All fitness levels. Early morning classes available. You know you want it! 925-457-4587, www.ContraCostaBootCamp.com	<b>Services</b> <b>Senior Helpers™</b> Caring In-Home Companions Pre-screened caregivers to help seniors remain independent in their own homes: errands, meal prep., housekeeping, bathing, medication reminders etc. Call for free assessment. 925-376-8000	<b>510-228-7366</b> www.feraru.us <b>FERARU &amp; ASSOCIATES</b> KITCHEN AND BATH REMODELING ADDITIONS EARTHQUAKE RETROFITTING, DECKS, ELECTRICAL, PLUMBING, FENCES, INTERIOR AND EXTERIOR PAINTING	<b>T &amp; T PAINTING CO</b> 27 Years Experience Int & Ext Our Workmanship & References Speak for Themselves CA Lic # 616357 BONDED Steve Thaw 376-3380 Moraga
<b>Help wanted</b> <b>Writer/Reporter</b> Do you have a few hours available during the day? Write 1-2 articles each week. Lamorinda Weekly-925-377-0977 or info@lamorindaweekly.com	<b>Help wanted</b> <b>RETAIL • Work Part-Time • Flexible Hours • Store Associates</b> Tuesday Morning is a nationwide retailer selling first quality close-outs. Our merchandise mix includes famous designer and name brand merchandise for the home, gifts and more at deeply discounted prices. Requires the ability to lift up to 50lbs. Tuesday Morning offers a 401(k) with Co. match and a 20% merchandise discount. Apply in person: 444 Center Street, Moraga. EOE	<b>Myles' Hauling (925)360-2779</b> Affordable Dependable Serving Lamorinda for 10 years	<b>JB Fence Company</b> Lamorinda's premier fence builder. Top quality materials and workmanship. Lic. 675223. (925)299-6770 or visit us at www.jbfence.com
<b>Music lessons</b> Flute & Piano teacher Classical-jazz - all levels Nika Rejto 925-284-7797 nikarejto.com	<b>Having Problems with your Computer?</b> Previous IBM Helpdesk Experience software, hardware, internet \$60 per Hour call Joey 925 408 1425	<b>Gutters and Roofs cleared</b> Fall yard cleanup, leaves raked, garden projects and maintenance Orinda resident, references. Charles 925.254.5533 or 925.528.9385	<b>Senior Fitness &amp; Massage</b> In your home, I will help you improve your flexibility and strength. 12 yrs exp. Refs. Colleen Ross, CMT, CFT 510-965-1978
		Terry's Painting Company Decks, Fences, Interior, Exterior Repairs and Pressure Washing Lic # 851058. bonded. Call 925-788-1663	<b>Reliable Window Cleaning</b> Friendly service and remarkable results! (Gutter & Pressure Washing) www.ReliableWindowService.com (925) 254-7622

Affordable Classified ads. Submit online:  
 http://www.lamorindaweekly.com/html/classified.html  
 \$3 per line in bold, \$2 per regular line, 3 lines minimum (max 30 Characters per line)