

Soccer Athlete Caroline Helfrich Eyes NCS Title Before Heading to LMU

Submitted by Paul Helfrich



Caroline Helfrich

Photo provided

As captain of the Campolindo women's varsity soccer team, senior Caroline Helfrich is hoping to cap her high school soccer career with a third NCS Championship this year, following the past two wins for the Cougar women in the 2006 and 2007 NCS 2A Soccer Championships.

"I've been fortunate to play for a great coach, Ernesto Silva (2006-7 Coach of the Year) and with amazing teammates," said Helfrich, who joined the Varsity squad as a freshman.

Although Caroline has played on a lot of highly-ranked soccer teams over the years, including the Lamorinda Soccer Club, Rondinella Scuola di Calcio in Florence, Italy, the Olympic Development Program's (ODP) District, State and Regional Teams, and currently with the Mustang Mavericks in Danville, she says her high school team at Campolindo is special. "I play with my friends and represent my school, and I play against girls from my Club or ODP teams. I love the rivalries and the spirit of high school games."

Campolindo's Women's Varsity Soccer team

has been a dominate force in the North Coast Section, winning three of the last four NCS 2A Championships, and the 2007-8 squad is looking to continue that success. Awarded All-League Second Team as a sophomore and All-League First Team as a junior, Caroline adds leadership to a talented squad. "There are many gifted soccer athletes in our Lamorinda community," she said. "Our games against high school rivals Miramonte and Acalanes are always exciting."

In August, Caroline accepted a soccer scholarship offer from Loyola Marymount University in Los Angeles, and will be playing Division 1 soccer for the Loyola Lions beginning next fall.

"I'm looking forward to a great high school season," Helfrich said. "Committing to LMU has taken a lot of the stress out of my senior year. I can really focus on my studies and soccer, knowing that I am already set for university life next year at Loyola."

Playing Division One Soccer for one of the top collegiate soccer programs in the country will be a big step for Helfrich, but she says she is up for the challenge. "We have an athletic tradition in our family. Three of my cousins have won NCAA Championships for UCLA in Water Polo, and my cousin Jack currently plays baseball for LMU. I am excited to join them in being a collegiate athlete."

But first things first: Caroline and the Campolindo Cougars have an exciting season ahead.