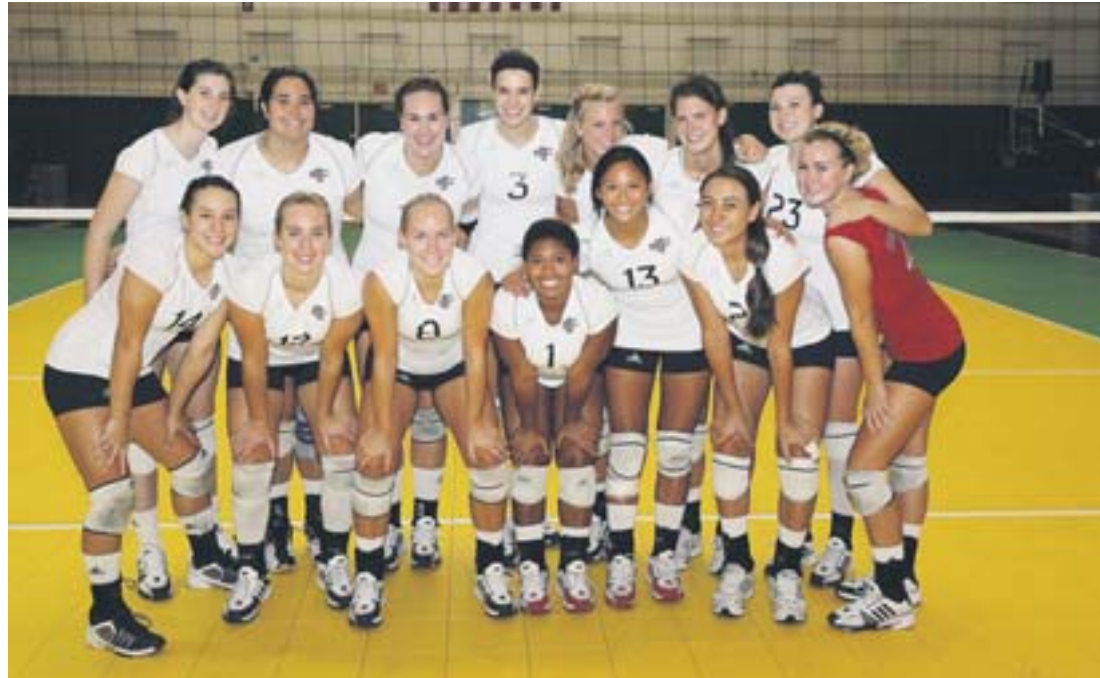


# SPORTS

## LAMORINDA'S LOCAL SPORTS NEWS

### St. Mary's Women Dismantle Seattle University

By Kevin D. Shallat



Back row (left to right): Missy White, Megan Burton, Shannon Lowell, Brittany Barker, Lauren Jaeckel, Taylor Groess, Lyndsey Parker; Front row (left to right): Kapua Kamana'o, Alita Fisher, Megan York, Erin Thompson, Nikki Gonzalez, Chanteal Satele, Kelly Huston  
Photo Tod Fierner

The Saint Mary's women's volleyball team got off to a good start at home as they hosted their first game of the season against a young and inexperienced Seattle University team.

It was a special homecoming of sorts for the Gaels as they returned from Hawaii after playing national powers Washington and host Hawaii, ranked Nos. 9 and 10 in the nation respectively. After beating UOP in Hawaii and no. 19 Cal Poly in San Luis Obispo, the Gaels continued their strong play on Friday, Sept. 26, as they beat the Seattle University Redhawks 3-0.

This year, Seattle University begins a formal four year transition period back into division I sports. It will return to full active status in the fifth year and be eligible for the NCAA championships.

The Gaels may have breezed by Seattle in this match, but the Redhawks have two weapons that they can build upon for the future.

Freshmen Cristin Richards and Kaytlyn Dill gave the Gaels all they could handle, as both players were involved in many plays for the Redhawks. Richards led all players with 16 kills.

The Gaels jumped out to an early 6-1 lead in the first game, but the Redhawks kept the score close throughout the match. Seattle closed the scoring gap to 23-17, but the game was not as close as the score indicated.

Sophomore sensation Megan York did most of her damage in the match during the first game, recording six of her 14 kills. Junior middle blocker Megan Burton is emerging as one of the key players on this Gaels squad. Burton's strong defensive play around the net helped propel the team to win their first game 25-17. She would finish the match with nine kills, second only to York's 14.

The second game proved to be a struggle for the Gaels, and

they had trouble distancing themselves from the Redhawks. After Seattle evened the score 8-8, head coach Rob Browning urged his players to get focused. Soon after, Taylor Groess answered the call, breaking the tie with one of her eight kills for the match.

Late in the game, York impressed the crowd with a defensive play in the style of Willie Mays or Andre Agassi. She chased a ball all the way under the VIP section of seats, hitting it blindly over her head and back into the Redhawks side of the net.

"I go for everything, or at least I try to, and I expect the same thing from my teammates," said York.

Saint Mary's was able to sneak by Seattle in the second game 25-20, and finished off the Redhawks with a score of 25-17 in the third game.

Catch the next Gaels game by checking the schedule online at: www.SMCGaels.com



Megan York (8)  
Photo Tod Fierner

### Second Half Propels Dons to Victory

By Alex Crook

On Friday, September 19, the 0-1 Acalanes Dons played host to the 0-1 Saint Mary's Panthers of Berkeley for the Dons' third game of the season.

The first quarter was highlighted by the Panthers' senior running back Jordan Wilder. Wilder broke through the Acalanes defense for a couple of nice runs, but other than that, not much happened in the opening 12 minutes, which ended scoreless.

Fifty-five seconds into the second quarter, the Dons were faced with a tough situation. Backed up deep in their territory, punter Nick Manning was forced to work from his own end zone. The ball sailed through Manning's hands over his head, where it was recovered out of the end zone for a Saint Mary's safety.

The Panthers brought the ensuing safety kick back with a strong return to the Acalanes 40 yard line. But Dons defensive end Mat Lewis came up with a sack, forcing the Panthers to punt it away. And with that, the first half ended 2-0 Panthers.

A line drive kick by Millie Triano to start the third quarter shot straight into the arms of Acalanes wide receiver and cornerback Jesse Weiner, who took it to the Dons' 45.

Following a 19 yard run to the Saint Mary's 12 just 59 seconds in, Dons QB Tyler Caldwell connected with running back Tyler Malley for 12 yards, putting the Dons up 7-2.

Late in the third when the Dons were faced with a third and long, Manning called a trick play and nearly ran for a Don first down, but was stopped just short of the marker. The third quarter ended 7-2 in favor of Acalanes.

Malley exploded up the middle of the field 1:31 into the fourth for an 89-yard touchdown run to extend the home team's lead to 14-2.

After an Acalanes punt, Saint Mary's took control and began marching down field.

Following a perfect 36-yard hook-up, the Panthers capitalized yet again with a 25-yard lob down to Acalanes' 5. Wilder punched it in from the 1, cutting the lead to 14-9.

Triano's onside kick was fielded by Acalanes at their own 49. Saint Mary's used their last time out with 46 seconds left, Caldwell only had to kneel twice, and Acalanes won the game 14-9.

The win pushes the Dons over the .500 mark, sending them to 2-1. Saint Mary's has yet to be victorious this season, falling to 0-2 on the year.

### Coach Marc Cavallero Joins LMYA Dolphins Swim Team

By Toby Wendtland



Jeff Miller



Kristi Buck



Marc Cavallero

In an effort to provide long term stability to the coaching staff of the LMYA Dolphins, Marc Cavallero has agreed to become co-head coach along with Jeff Miller. Miller, a Walnut Creek native, returned to LMYA this summer after having coached the team from 1996-1998. When he realized that he couldn't commit 100 percent to coaching in the summer of 2009, he went to Springbrook and developed strong relationships with my swimmers and their families that will continue as I see more and more of them come through Acalanes High School," Cavallero says.

Miller knew the gravity of what he was asking his friend. "He put a lot of time and effort into Springbrook the past two years, and I knew he would be faced with a difficult situation," he says.

LMYA team director Kristi Buck has been adamant in her effort to reestablish the Dolphins as one of the top swim teams in the county. The key, she says, is to establish consistency in the coaching ranks. "If you can hire a career coach, you can thrive," she says, "Kids get top quality in-

struction no matter what time of year they swim."

Buck has a further vested interest in seeing the LMYA team succeed; she has two daughters, Hannah, 11, and Becca, 9, who swim for the team.

Buck believes that with Cavallero on board with Miller, the two can work together to improve on this summer's success, a summer that saw them jump from division 3 to division 2.

Cavallero is also excited about the pairing. "At Acalanes, I coach the swimmers a little more on the technical details and Jeff works with the swimmers more on the training/endurance side of things," he says, "To develop a complete swimmer, you need to do both, so Jeff and I work together and complement each other extremely well."

For Cavallero, "It has been a dream come true for me to get to be a swim coach for my career, particularly in the community that I have grown up in."



### SMC Gaels Home and Local Games

**Thu, Oct 2 7:00 PM**  
Women's Volleyball  
Pepperdine at Moraga

**Fri, Oct 3 1:00 PM**  
Women's Soccer  
San Jose State at SMC

**Fri, Oct 3 4:00 PM**  
Men's Soccer  
San Diego at SMC

**Sat, Oct 4 1:00 PM**  
Women's Volleyball  
Loyola Marymount at Moraga

**Sun, Oct 5 2:00 PM**  
Men's Soccer  
Loyola Marymount at SMC

**Sun, Oct 12 12:00 PM**  
Women's Soccer  
San Francisco at SMC

**Thu, Oct 16 7:00 PM**  
Women's Volleyball  
San Francisco at Moraga

**Fri, Oct 17 All Day**  
Men's Tennis  
ITA Regionals at Berkeley, CA

**Sat, Oct 18 All Day**  
Men's Tennis  
ITA Regionals at Berkeley, CA

**Sat, Oct 18 1:00 PM**  
Women's Volleyball  
San Diego at Moraga

**Sun, Oct 19 All Day**  
Men's Tennis  
ITA Regionals at Berkeley, CA

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