



SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Cougars Win League, Tie for 5th at NCS Duals

Written with information provided by Tom Renno



Campo's Vehar pins Heater 3:22 into the 160 pound match

Photo Alan Wandesforde

The Campolindo wrestling team won a decisive 55-19 home dual meet victory over Acalanes' varsity squad on Thursday, February 12, the last dual meet of the regular season.

Campolindo's single dual meet loss thus far was against Alhambra on February 5, the week prior.

"Our first 4 duals, we wrestled flawlessly, no mental or physical mistakes," Campolindo head wrestling coach Bob McLaughlin said the day before the Acalanes meet. "Last week we as a team made countless mental and physical mistakes. I have always said you never learn from winning, only losing teaches you something."

Alhambra had taught them what not to do, he said. If they avoided repeating those mis-

takes during the Acalanes dual meet, their season goal of winning the league, and getting the automatic berth to the NCS duals was within reach.

"Stay focused, six more minutes for each of you," he told his team in a group email. "Finish the job."

With the dual meet win against Acalanes, Campolindo ended the regular season as DFAL league winner with a final record of 5-1.

The Cougars traveled to Albany High School on February 14, for the 2A East Bay North Coast Section Duals where, having had an initial bye, they lost a tough initial match against Heritage High (45-31) that moved the Cougars into the consolation bracket. They then advanced twice with huge wins against Concord (64-

16) and Las Lomas (58-15). The Cougars fell from competition in a heartbreaking consolation semi-final loss to Northgate, 38-35, who eventually took third in the tournament by winning the consolation bracket. Campo tied for 5th place out of 10 teams competing.

Qualifying wrestlers from all three Lamorinda schools will be back in action at the DFAL varsity and junior varsity championships held this year at Campolindo, on February 21.

RSFox

Campolindo 55, Acalanes 19
At Campolindo
 103: Caspillo (C) by forfeit (ff)
 112: Ingersol (C) by ff
 119: Flowers (C) by ff
 125: Smith (C) by ff
 130: Toupin (C) p Feld, (0:33)
 135: Jackson (C) by ff.
 140: Rudin (A) p Kurkjian, (3:45)
 145: Galindo (C) d. Atkinson, 13-1
 152: Oherin (A) d. Robinson 15-3
 160: Vehar (C) p. Heater, 3:22
 171: Zayac (A) d. Smith 10-8 OT
 189: Angelides (C) d. Royster 7-2
 215: Rule (A) p. Schenk 2:45
 285: Field (C) by ff.
Final DFAL Record:
Campolindo 5-1, Acalanes 2-4

Miramonte Wrestlers do Well in Windsor Tournament

Submitted by Josephine Worth



Photo Josephine Worth

At the 2009 Windsor High School's "King of the Mat" tournament, held on January 17, Miramonte's Sam Worth took first at 142 pounds, having successfully won all five of his matches including the final match, shown in the picture, against Jack Kramer of Rancho

Cotate High (Rohnert Park) which Worth won, 3-0.

Worth also won the Jim Hardison Sportsman Award, given to only one wrestler in the tournament.

Sean Ericson, another Mats' wrestler competing at the tournament, took second at 154 pounds.

Coach Ivankovich Takes Acalanes' Football Helm

By Robin Schoettler Fox

Coach Mike Ivankovich, the Ygnacio Valley High School (YV) 5-season head coach veteran who led the Warriors to become 2005 NCS-2A Champions then stepped down from the program in favor of family time, is at the helm again, this time leading the Acalanes Dons' football program, effective immediately.

After leaving YV's program, Ivankovich didn't stray far from the football field for long. He just took a less demanding role. An Acalanes PE and World History teacher, Ivankovich has been the Dons' freshman coach for the last two seasons.

As the Dons' new head coach, he replaces Athletic Director Randy Takahashi who stepped down from the football program in January, citing plans to apply for school administrative positions and wanting to avoid a mid-season football leadership change. In Takahashi's three seasons as head football coach, the Dons posted a 13-19 record.

"We are very excited (about Coach Ivankovich), as he is a proven coach with much success as head coach at Ygnacio Valley High School," says Takahashi, who remains Acalanes' Athletic Director.

Transition, according to Takahashi, isn't a big issue because Ivankovich was an inside pick who's already coached many of the Acalanes players, although not the rising seniors. "I have no doubt that Coach Ivankovich will lead this program in a direction that will make the Acalanes community proud," says Takahashi.

What direction is that? Old school football discipline. A program built on fundamentals and focused on core values, says Ivankovich: "Loyalty. Teamwork. Commitment. Sacrifice."

And not just for the varsity.



Coach Mike Ivankovich, Acalanes' new head football coach Photo Lee Berg

"We will run a 3-level program with consistent increases in the amount of work required," says Ivankovich.

Officially head coach for just a few days now, Ivankovich has already recruited help. While he says he's retained some existing Acalanes' coaches, astute football fans will recognize former YV talent new to the mix; people that previously played for or coached with Ivankovich, and some who did both.

Top of the list is Josh Davis, a former YV player turned coach who took over the reigns as Warriors head coach after Ivankovich stepped down. Davis decided recently to leave YV after three seasons as head coach, saying he needed change, adding he'd only played and coached at the one school. According to Ivankovich, Davis will coach varsity running backs and linebackers, and will be Defensive Coordinator.

As for offensive strategy, Ivankovich says he's still a proponent of a running game, but whether fans will see the Dons executing his signature, old-style, "double-wing" offensive set that proved so successful for YV remains to be seen.

"It really doesn't matter what you run," says Ivankovich. Success, he says, comes when everyone is committed to whatever strategy is employed.

As for improving Acalanes football stats, don't expect Ivankovich to promise win-record results. Not yet, anyway. "Winning is not a goal, it's an outcome," says Ivankovich.

An outcome, he says, that comes from a program where everyone involved successfully focuses on those core values, with "all of us moving forward together, being positive." That work, he says, is only now beginning.

Ivankovich held "informational" meetings for players last Thursday, just before the long holiday weekend. Earlier that day he said he'd be explaining this core value philosophy, outlining expectations.

Then it's on to physical training. That starts this week with players expected to begin "sacrificing time to the weight room."

After all, the clock is ticking. There's only so much time between now and the start of football season 2009.

Bentley Falls to Orinda Academy, 56-49

Submitted by Mitch Goldman

In an exciting local private school match-up, Orinda Academy (OA) beat Lafayette's Bentley School, 56-49, on February 6, a win that brought OA's season record to 16 wins, tying the school's previous single season win record.

OA was led by twin towers, David Treas (19 points, and 10 rebounds) and Brandon Davis (16 points, 12 rebounds). After losing senior co-captain Dylan Goldman for the season because of a knee injury in the prior week's loss to Candell Prep, OA

bounced back with the Bentley win behind the steady leadership of Chris Scott (10 pts.) and the tenacious defense of Aubrey Love (9 points, 8 rebounds, 4 steals). Dustin Swiggett, a senior, led the Bentley team stats, with 12 points and 15 rebounds.

VARSITY HOME GAME Calendar ••• High School Varsity @ Home •••

Wednesday, February 18
 Girls Soccer - NCS Round 1
 Piedmont @ Acalanes, 7pm
Thursday, February 19
 Baseball
 Concord @ Campolindo, 3:30pm
 Wrestling
 Las Lomas @ Campolindo, 6pm
 Dougherty Valley @ Miramonte, 6pm
Friday, February 20
 Girls Basketball
 Campolindo @ Acalanes, 7pm,
 Boys Basketball
 Campolindo @ Acalanes, 5:30pm
Saturday, February 21
 Girls Soccer - NCS, Qtr Final
 TBD @ Campolindo, 7pm
 TBD @ Miramonte, 7pm
 Boys Soccer - NCS, Qtr Final
 TBD @ Acalanes, 2pm

Baseball
 Antioch @ Campolindo, 11am
 Softball
 Bishop O'Dowd @ Miramonte, 9am
 Wrestling
 DFAL Championship @ Campo, 10am
Tuesday, February 24
 Boys & Girls Basketball, NCS Round 1
 Check cifncs.org for details
 Baseball
 Concord @ Acalanes, 3:30pm
 San Marin @ Miramonte, 3:30 pm
 Softball
 Bishop O'Dowd @ Acalanes, 3:30pm
 Boys Lacrosse
 Amador Valley @ Acalanes, 7pm
Wednesday, February 25
 Girls & Boys Soccer, NCS Semi-finals
 Check cifncs.org for details

Baseball
 Kennedy @ Campolindo, 3:45pm
Thursday, February 26
 Baseball
 St. Mary's @ Acalanes, 3:30pm
Friday, February 27
 Girls & Boys Basketball - NCS Qtr
 Check cifncs.org for details
 Girls Lacrosse
 Amador Valley @ Acalanes, 7pm
 Boys Lacrosse
 Northgate @ Campolindo, 7pm
Saturday, February 28
 Girls & Boys Soccer - NCS Championship
 Check cifncs.org for details
 Baseball
 Justin Siena @ Campolindo, Noon
Tuesday, March 3
 Boys Lacrosse
 Monte Vista @ Acalanes, 7pm

Wednesday, March 4
 Girls & Boys Basketball - NCS Semi-final
 Check cifncs.org for details
 Softball
 Albany @ Acalanes, 3:30pm
 Boys Lacrosse
 Livermore @ Campolindo, 7pm
Friday, March 6
 Baseball
 College Park @ Acalanes, 3:30pm
 Softball
 Piedmont @ Miramonte, TBA
 Girls Lacrosse
 Monte Vista @ Acalanes, 5:30pm
 Swimming
 Dublin @ Acalanes, 3:45pm

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