

SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

Acalanes defeats Campolindo 16-4 in Boys' Lacrosse

By Lucy Amaral



Acalanes races to defend as Campo advances the ball

Photo Andy Scheck

Amid rain, frigid temperatures and even a delay-of-game lightning strike, the Acalanes High School varsity men's lacrosse team defeated Campolindo 16-4, April 7 at Campolindo High School.

Acalanes started off the scoring with attackman Paul Wells firing one in the net a little less than two minutes into the first quarter. Campolindo answered back with goals by midfielder John Carrick, and attackers James Luckenbach and Chris Perrella, putting the Cougars in the lead, 3-1, going into the second quarter.

The Dons closed the gap then tied the score with shots by midfielders Logan Quinn and Trevor Felt within the first three minutes of the second quarter, while Acalanes defense, led by Jeff Totten and Robert Mull, kept Campolindo at bay. From there, the Dons' offense took charge, adding five more goals to end the half 8-3.

From that point on, it was

Acalanes' game. Wells tallied seven goals and one assist for the match, Quinn brought in six goals and Jack Bergman had one goal and three assists. Dons' attackman Pete Wignall scored one goal and had one assist, and Felt logged one goal. For the Cougars, along with the three goals in the first quarter, midfielder Harlan Raine scored one goal, while Perrella and attackman Connor Perkins added one assist each. Cougar goalie Brian Rath recorded 14 saves, while the Dons' goalie, Harrison Bagdan, added three saves to his list.

The first five minutes of the third quarter was a game of defense. Acalanes kept their line tight, while Campolindo defenders John Triebusch, Davis Lehman and Eliot Reynolds worked hard to keep the Dons' in check. But Acalanes offense kept pushing forward, scoring four more goals in the middle of the quarter before lightning strikes off in the distance made for a 30 delay-

of-game at just over the two-minute mark. When play resumed, defenders on both sides allowed no more goals, ending the third quarter with a 12-3 score, advantage Acalanes.

Acalanes kept the pressure on Campolindo scoring three more goals, before Raine rifled one in for the Cougars. But the damage was done, and with 40 seconds left on the clock, Quinn scored one final goal to end the match 16-4.

"Campo came out really well in the first quarter," said Acalanes Coach Brent Ringwood. "They came ready for the game."

Ringwood added that Spring Break might have slowed his team down a bit in the beginning. "Defensively, we had a little bit of a problem the first half because we weren't talking," he said. "But as soon as everybody hunkered down and started communicating with each other it was a good team effort."



Swim * Tennis * Fun
MORAGA VALLEY POOL

Swim Team Red Cross Swim Lessons Tennis for All Ages
Basketball Courts Gas BBQs Large Grass Areas
Memberships Now Available

15 Risa Court in the Ivy Drive Area of Orinda Visit www.MoragaValleyPool.org for more info

Youth Athlete Success Starts with Free Play

By Katie Santos, with Claudia Moose, Certified Pilates Instructor, Athletic Trainer

When we play as children, we establish the basic neural connections needed to teach our muscles stability, reactivity, co-ordination, control, and most important, deceleration. High-level and even weekend athletes are injuries waiting to happen without this basic learning.

As a society our movement has changed drastically in the last 20 years. Those of us who are adults now, grew up, for the most part, playing outdoors, riding our bikes and playing games. During such free, unstructured play without regimented competition, we learn "proprioception," the ability to know where we are in space.

When we are young, that free play allows us to learn how to fall, recover or arrest a fall. When we feel free to just move, we connect with our bodies not only on a physical level, but we learn to trust those bodies on an emotional level as well. We find out what movement is comfortable in our bodies and it may not necessarily be the sport that is available or that parents feel we should play.

Learning to trust that innate intuition builds self-esteem that we need. Awareness of movement response brings a lifelong connection with our bodies that promotes health and physical longevity. Without that connection, however, movement can become dysfunctional and we may become injured.

Athletics in general discourage that connection. Athletes, invited to work through the pain, often come back too soon and "take one" for the team. When that happens, our identity as an athlete is compromised; fear and uncertainty can creep in.

We live in a fairly enlightened community as far as health and fitness are concerned. Many families

have resources that allow children to participate in high-level sports. But often parent perception of child exercise requirements seem to involve only organized sports. We are doing our children a great disservice when this occurs.

We as parents and coaches need to make fundamental changes in the way we encourage our kids to move, starting with the following:

1. Encourage what we call "free play" by doing what we did as kids. Set up your yard to play games like hopscotch, red light - green light, freeze tag, dodge ball, jump rope, Hula Hoop, and others. Don't sell these games short. This is a cost effective way to teach a child movement.
2. Be mindful of year-round single sports. A "periodization" method of conditioning -- a year-round plan that focuses training development in phases -- should be incorporated in all athletic conditioning. A well-rounded periodization training includes scheduled rest and "off season" activities that are different but complimentary to the athlete's sport. Use basic conditioning including the games mentioned above during "off" season.
3. Be careful of specialized sport

acceleration programs as they often foster more and more ballistic and unsafe movements, and increase the likelihood of injury.

4. Be aware of your child's coach's abilities. The lowest level athlete often gets the same level coach. While coaches generally mean well, a lack of education, expertise and awareness coupled with a competitive spirit, can put your child at tremendous risk of injury. Look for high-level programs with educated coaches who know that they don't know it all.

These recommendations are an essential part of a child's health, and critical to safe participation in youth sports.

About the authors --

Santos and Moose, along with Louise McMenamin, co-own Absolute Center, a Lafayette-based fitness studio that focuses on "Reconditioning," an integration of resistance, Pilates, yoga, and other modalities to return your body to a balanced and fully-functioning system. For more information, call (925) 299-9642 or go to www.absolutecenter.net

Lamorinda Weekly is an independent publication, produced by and for the residents of Lafayette, Moraga, and Orinda, CA

Lamorinda Weekly, P.O. Box 6133, Moraga, CA 94570-6133
Phone: 925-377-0977; Fax: 1-800-690-8136; email: info@lamorindaweekly.com

We're a community newspaper, and we welcome your input:
 Letters to the editor (max 350 words): letters@lamorindaweekly.com
 Sport events/stories/pictures: sportsdesk@lamorindaweekly.com
 Art, theater, community events: calendar@lamorindaweekly.com
 Business news or business press releases: business@lamorindaweekly.com
 School stories/events: schooldesk@lamorindaweekly.com
 General interest stories: storydesk@lamorindaweekly.com

Staff Writers:
 Jennifer Wake; jennifer@lamorindaweekly.com
 Sophie Braccini; sophie@lamorindaweekly.com
 Cathy Tyson; cathy@lamorindaweekly.com
 Andrea A. Firth; andrea@lamorindaweekly.com
 Jean Follmer; jean@lamorindaweekly.com
Contributing Writers: Linda U. Foley, Conrad Bassett, Susie Iventosch, Mikaela Cowles, Guy Dotan, Alex Crook
Sports Editor: Robin Schoettler Fox
Photos: Tod Fierner, Doug Kohen, Jordan Fong, Robert Johnson, Sheryl Cardiff

Publisher: Andy Scheck; andy@lamorindaweekly.com, phone 925-330-7916
Associate Publisher: Wendy Wuertth-Scheck; wendy@lamorindaweekly.com
Editor: Lee Borrowman; lee@lamorindaweekly.com
Advertising: Wendy Wuertth-Scheck; 925-377-0977, wendy@lamorindaweekly.com

24,500 printed copies; 23,200 mailed to homes and businesses in Lamorinda.
 1,300 delivered to pick up locations. Layout Andy Scheck, Moraga. Printed in California.

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

Schedule subject to change. Please check team booster websites for up-to-date information

- Wednesday, April 15**
 Boys Volleyball
 Acalanes @ Campolindo, 6pm
 Alhambra @ Miramonte, 6pm
- Thursday, April 16**
 Swimming & Diving
 Miramonte @ Acalanes, 3:45pm
- Friday, April 17**
 Boys Lacrosse
 Las Lomas @ Acalanes, 7pm
 Miramonte @ Campolindo, 7pm
 Girls Lacrosse
 Campolindo @ Miramonte, 7pm
 Swimming & Diving
 Miramonte @ Acalanes, 3:45pm
 Boys Volleyball
 Las Lomas @ Acalanes, 6pm

- Boys Golf
 Miramonte v. Acalanes @ Rossmoor, 3:30pm
- Saturday, April 18**
 Track
 Acalanes PLUS others @ Campolindo - Philip McCann Invitational, TBA
 Boys Golf
 Miramonte v. Acalanes, 3:30pm
- Tuesday, April 21**
 Boys Lacrosse
 Acalanes @ Miramonte, 7pm
 Girls Lacrosse
 Miramonte @ Acalanes, 7pm
 Boys Tennis
 Dublin @ Campolindo, 3:30pm
 Las Lomas @ Miramonte, 3:30pm
- Wednesday, April 22**
 Boys Volleyball
 Acalanes @ Miramonte, 6pm
- Thursday, April 23**
 Boys Golf
 Miramonte v. Campolindo @ OCC 3:30pm

- Friday, April 24**
 Boys Lacrosse
 Alhambra @ Acalanes, 7pm
 Dougherty Valley @ Campolindo, 7pm
 Dublin @ Miramonte, 7pm
 Swimming & Diving
 Miramonte @ Campolindo, 3:45pm
 Boys Volleyball
 Alhambra @ Acalanes, 6pm
 Dougherty Valley @ Campolindo, 6pm
 Dublin @ Miramonte, 6pm
- Tuesday, April 28**
 Baseball
 Dougherty Valley @ Acalanes, 4pm
 Alhambra @ Campolindo, 4pm
 Softball
 Dougherty Valley @ Acalanes, 4pm
 Alhambra @ Campolindo, 4pm
 Girls Lacrosse
 Dougherty Valley @ Miramonte, 7pm
 Boys Tennis
 Campolindo @ Acalanes, 3:30pm

- Wednesday, April 29**
 Boys Lacrosse
 Novato @ Acalanes, TBA
- Thursday, April 30**
 Baseball
 Campolindo @ Miramonte, 4pm
 Softball
 Campolindo @ Miramonte, 4pm
 Boys Lacrosse
 Campolindo @ Acalanes, 7pm
 Girls Lacrosse
 Acalanes @ Campolindo, 7pm
 Boys Volleyball
 Dublin @ Campolindo, 6pm
 Las Lomas @ Miramonte, 6pm
- Friday, May 1**
 Boys Lacrosse
 Acalanes @ Campolindo, 7pm
 Girls Lacrosse
 Acalanes @ Campolindo, 7pm
 Alhambra @ Miramonte, 7pm
 Track
 Robert Warren Relays @ Acalanes, 2pm

Oakland Strokes Summer Rowing Camp

A Rowing Camp for Boys and Girls Ages 12 to 17

Learn to Row Crew!
 Our summer program is designed to be an enjoyable but very real one week introduction to the great sport of rowing. We use this introductory camp as a recruiting program for all of our rowing teams. It provides excellent training for beginning rowers in rowing technique, physical fitness and endurance, as well as teamwork. Within a week rowers will gain enough skill to row their first race on the Oakland Estuary, which is guaranteed to be an exciting experience one way or another!

Available One Week Sessions:

- June 15 - 19
- June 22 - 26
- July 6 - 10
- July 13 - 17
- August 3 - 7
- August 10 - 14

Ideal for students entering 9th or 10th grade!

Learn More & Sign Up!
www.oaklandstrokes.org

OAKLAND STROKES

The One Constant in an Ever-Changing Market.

Lamorinda's Leading Independent Real Estate Firm.

THE VILLAGE ASSOCIATES: Ashley Battersby, Patricia Battersby, Joan Cleveland, Joan Eggers, Joan Evans, Linda S Friedman, Marianne Greene, Pamela Halloran, Dexter Honens II, Debbie Johnston, Margot Kaufman, Susan Zeh Layng, Art Lehman, Charles Levine, April Matthews, I. Bruce Maxon, Loretta Mullins, Karen Murphy, Ben Olsen, Sue Olsen, Kurt Piper, Tara Rochlin, Judy Schoenrock, Ann Sharf, Steve Smith, Jeff Snell, Lynda Snell, Clark Thompson, Ignacio Vega, Ann Ward, Dan Weil, Lara Williamson, and Margaret Zucker

The challenges of a volatile market require the guidance of proven leadership.

To learn more about Village Associates or to preview our listings, please visit: www.villageassociates.com

93 Moraga Way, Suite 103
 Orinda, CA 94563
 (925) 254-0505
www.villageassociates.com