

SPORTS LAMORINDA'S LOCAL SPORTS NEWS



St. Perpetua's Hand-off Training Pays Off at Diocese

By Robin Schoettler Fox

One are the days when CYO track was the main spring team sport available to young athletes.

"Years ago, the only conflict was baseball for boys," says Jeanne Balczewski, a former collegiate track athlete who has coached St. Perpetua's CYO track team for 12 years. "Now there is lacrosse, AAU and MVP basketball, water polo, club soccer and volleyball, just to name a few."

Still, even with numbers of athletes down, St. P held its own at the Diocese championships (see results box). The key, says Balczewski, is training.

"Our small (St. Perpetua) team typically does well at Diocese, especially in relays," says Balczewski. "That's because we teach them the same baton handoffs that are used in high school and college, starting in the 2nd grade."

This year, those early lessons paid off for St. Perpetua. Both boys and girls 3rd grade relay teams medaled in their Diocese relay events, with the boys taking first and the girls taking second in separate 4x100 relay events. In addition, the St. P 5th grade boys' team took second in their 4x100 relay event.

In the photo, Madeline Singh hands off to Jamie Sexton during the 4x100 relay event Diocese Tournament held at Diablo Valley College on May 9th. The girls, both in second grade, run "up" and compete at the 3rd grade level because there is no 2nd grade CYO track division. The other half of St. P's successful 3rd grade girls relay team are third graders, Kierra Krawec and Amanda Alessandria.



4x100 relay, Madeline Singh hands off to Jamie Sexton Photo Raja Singh

- 2009 Oakland Diocese CYO Championship Meet**
Saturday, May 9, 2009 @ Diablo Valley College
St. Perpetua & St. Monica Track Team Highlights**
 **Orinda athletes compete for St. Monica because Santa Maria has no track team
- 3rd Grade Boys**
4x100 Meter Relay
 1st - St. Perpetua (Travis Armistead, Thomas Hawkins, Christopher Rogers, Ryan Nall)
Sprint Medley Relay
 1st - St. Perpetua (Travis Armistead, Thomas Hawkins, Christopher Rogers, Ryan Nall)
200 Meter
 2nd - Ryan Nall (St. P)
 4th - Christopher Rogers (St. P)
400 Meter
 1st - Christopher Rogers (St. P)
1600 Meter
 6th - Jack Mader (St. Mo)
Long Jump
 1st - Travis Armistead (St. P)
 3rd - Ryan Nall (St. P)
- 3rd Grade Girls**
4x100 Meter Relay
 2nd - St. Perpetua (Madeline Singh, Jamie Sexton, Kierra Krawec, Amanda Alessandria)
Sprint Medley Relay
 1st - St. Perpetua (Madeline Singh, Jamie Sexton, Kierra Krawec, Amanda Alessandria)
50 Meter
 4th - Amanda Alessandria (St. P)
100 Meter
 2nd - Kierra Krawec (St. P)
200 Meter
 1st - Kierra Krawec (St. P)
Softball Throw
 5th - Madeline Kalil (St. P)
- Tetherball Toss**
 5th - Molly Mudgett (St. P)
1600 Meter
 5th - Jenna Miles (St. Mo)
- 4th Grade Girls**
Tetherball Toss
 1st - Morgan Rogers (St. P)
- 5th Grade Boys**
4x100 Relay
 2nd - St. Perpetua (Cannon Armistead, Jordan Tehrani, Connor Henderson, Sutter Lindberg)
Long Jump
 2nd Sutter Lindberg (St. P)
 4th - Canon Armistead (St. P)
Softball Throw
 3rd - Sutter Lindberg (St. P)
- 6th Grade Boys**
Long Jump
 5th - Park Latham (St. Mo)
- 6th Grade Girls**
Softball Throw
 5th - Claudia East (St. P)
Tetherball Toss
 5th - Claudia East (St. P)
- 8th Grade Boys**
Long Jump
 3rd - Brian Deluna (St. P)
- 8th Grade Girls**
100 Meter
 5th - Addison Mullins (St. P)
Shotput
 4th - Addison Mullins (St. P)
Tetherball Toss
 2nd - Addison Mullins (St. P)

Trojans Break Up Pitchers' Duel

Submitted by Frank Tse



Trojan Christian Schillinger begins his 6th inning home run trot Photo Frank Tse

After a three-inning siesta under the hot Orinda sun, the Trojan offense sprung to life with a big six-run inning in the 11-2 Trojan win over the Orinda Mustang Grizzlies on May 16.

Until the top of the 4th inning, pitching and defense by both teams dominated. Trojans Shane Dalton and Timothy Tierney combined to strike out eight Grizzlies in the first three innings. Grizzly pitchers were

equally dominating, striking out eight Trojans the first time through the Trojan line-up.

Ben Mollahan provided the wake-up call with a line drive lead-off double to start the 4th inning. After walks by Will Cassriel and Christian Schillinger loaded the bases, Trojan hitters produced clutch hits time and time again. The biggest came from Chase Callister, whose triple to the fence cleared the bases.

Steven Rein followed up with a huge blast into the outfield for an RBI double. Tierney and Dalton each had RBI singles in the inning.

Meanwhile, stellar defense by the Trojans continued to frustrate the Grizzlies, who like the Trojans have one of the most balanced teams in the league. Trojan outfielders Walker Lambert, Jonah Medal-Katz, and infielders Gavin Flum and Stephen Tse kept the Grizzly run production to a minimum. Highlights included second baseman Mollahan catching a hard-hit liner in the 4th, and outfielder Rein throwing out a runner at home in the 5th.

"This is probably our best game of the season," said Trojan Manager Steve Cassriel. "Both teams played good defense and executed on the field," added Trojan Coach Pat Dalton.

Both teams now head into the double-elimination Mustang league playoffs with winning records.

Acalanes' Blodgett Misses NorCal by a Single Stroke

Written with information provided by Larry Blodgett



Spencer Blodgett (right) with Acalanes varsity golf coach Tim Scott Photo Larry Blodgett

It takes several rounds of stellar post-season golf play to qualify for the NorCal golf tournament and this year Spencer Blodgett, an Acalanes senior, was within reach.

He shot a 71 at Walnut Creek's Boundary Oaks

Golf Course during the 2009 NCS Boys Golf (South) Qualifier on May 4th. That allowed him to represent the Acalanes team as an individual golfer in the Tournament of Champions, played this year at the Meadow Club (Fairfax) on May 11th. The top four golfers from the Tournament of Champions advance to NorCal.

At the Tournament of Champions, Blodgett's 73 prompted a three-way tie for second-lowest score among Blodgett, Lawrence Fu (Piedmont High) and Kyle Reynolds (Dublin High). That tie forced a "sudden death shoot-out" to determine which of those three players would advance to NorCal with three golfers who had scored 71 that day.

The first 18-hole round had taken a grueling seven hours to complete due, in part, to slowness of play required to accommodate 144 competitors on the course. Then, while others could put up their clubs, Blodgett, Fu and Reynolds approached Meadow's first hole for the second time that day. All three made par. Reynolds, though, dropped on the second hole, leaving Blodgett and Fu to approach the third tee alone. Blodgett slightly over-shot the green and missed beating Fu by a single stroke.

Blodgett, who has played on varsity since his freshman year when Acalanes took it's golf team to the 2006 NCS Tournament of Champions, closes out this 4-year varsity golf career knowing that he'll be taking his clubs to UC Davis. Next year, he plans to play golf for the Aggies. RSFox

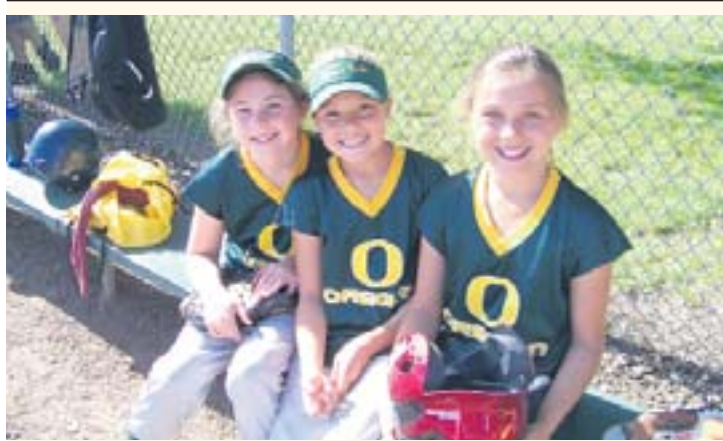
Lamorinda Lightning Lacrosse Ends Season 8-5

Submitted by Mark Danforth



The Lamorinda Lightning Lacrosse U11A boys team completed a successful season with a tough loss to Ross Valley in the "elite eight" round of Northern California Junior Lacrosse Association playoffs held in Redwood City. The team finished with an 8 - 5 record that includes a 10-5 win over Skyline in the first round of the playoffs.

Pictured are: Front row (left to right): Collin Jeffries, Matthew Huguet, Payson Newman, Kevin Atkinson, Drew Cirelli, Matthew Ringquist. Second row: Alexander Horst, Will Rack, Shea Danforth, Ian Churchill, Matthew LoPresti, Ryan Doyle, Colby Orr, Spencer Giglio. Third row: Cole Stevens, Cole Crawford, Coach Pat Doyle, Coach Mike Huguet, Coach Mark Danforth, Coach Neal Ringquist, Coach Pete Rack, Cullen Jacuzzi, Jeron Silva. Missing from photo: Nate Welcomer and Cameron Gunn



LMYA's Oregon Ducks softball team, coached by Fia Parker and Flora Pinnella, remained undefeated seven games into the season that ends on June 6. Here, Burton Valley third graders (left to right) Savannah Mone, Ashley Thoms and Molly Longchamps take a breather with a big smiles in between innings of a mid-May game.

Photo Robin Longchamps

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