



SPORTS LAMORINDA'S LOCAL SPORTS NEWS

Lamorinda Synchronized Swimmers

Local Girls Compete Internationally

By Sonja Bowman



Jane Homma (in front) performs with sister Heidi Homma (back) Photo provided

Nine Lamordina athletes swam with the world-renowned Walnut Creek Aquanats this year, making a splash in national and international competition.

Alena Faulkner (Lafayette, 16), Jane Homma (Orinda, 17), and Raena Sumiyoshi (Moraga, 16) were on the Walnut Creek Aquanats Junior/Senior A Team this year. These athletes were coached by Kim Probst - 2008 US Olympic synchronized swimming team captain.

In April the team traveled to Federal Way, Washington. They competed in the Speedo Junior National Championship earning first place for their "Bollywood" routine. The team finished second place in the overall championship, just shy of the gold by 0.2 points.

In late June, the younger Aquanats in the 11-12 and 13-15 age groups traveled to Gainesville, Florida to compete in the Esynchro

Age Group National Championships. Joanna Langer (Lafayette) swam with the 11-12 team and brought home a bronze medal. Next, Heidi Homma (Orinda, 14) added her golden touch with a hat trick in the water: she won gold in the figures, trio, and solo competition. Also competing in the team event were Tori Yee (Orinda, 13) Grace Moran (Orinda, 13) and Marisa Tashima (Lafayette, 13). The girls added more gold medals with a first place finish in the team competition.

This was only the beginning for Yee, Moran, and Tashima. From August 3th through 9th, the girls competed in Serbia at the Comen Cup. The Walnut Creek Aquanats had the distinction of representing the US in this competition. The three girls swam as part of an eight member Aquanats team in this competition and earned an impressive fifth

place with their "Chopstick" routine. Tammy McGregor, a 1996 US Olympic Gold Medalist and the 2008 US Olympic head coach, coached the group of girls. McGregor, a Northgate High School graduate, had tears of joy as she watched her team compete. McGregor said, "I am very proud of this team. They trained less than a year together. Most of the girls on my team are 13 years old and most of the girls on the other teams are 15. The possibilities are endless for these young, world class athletes."

While the younger girls were swimming in Serbia, Heidi Homma was in Boulder, Colorado competing for one of the ten spots on the 13-15 US National Synchronized Swimming team. She earned a spot and had the honor of training for the next two weeks with the 13-15 US National Team and the Mexican National Team.

Campolindo and Acalanes Host Waterpolo Tourney

Submitted by Elena Toohey



The Campo Girls' Water Polo team Photo Doug Kohen

The 2nd Annual Acalanes Invitational hosted by Acalanes and Campolindo High Schools on September 11th and 12th included a field of 16 Varsity teams and 10 Junior Varsity teams, mostly from the North Coast Section. The top three Varsity finishers were all from the Acalanes High School District: #1 Campolindo, #2 Las Lomas, #3 Acalanes. Acalanes, coached by Misha Buchel, beat Los Altos for the 3rd place finish. Campolindo, coached by Kim Everist, and led by seniors Kerstin Henshall, Daphne Nunez, Lizzie Peiros,

Madeleine Smith and Alex Toohey, showed great teamwork in their victory against Las Lomas in the final game.



Kimi Klein (12) shooting on goal Photo Doug Kohen

Lady Cougar Commits to Southern Utah

Meghan Ringer to Play NCAA Division I

Submitted by Dan Ringer

Campolindo's Meghan Ringer, a 6-1 senior forward, capped a successful high school basketball career by making a verbal commitment to Southern Utah University in Cedar City, Utah.

Ringer averaged 10.9 points and 6.9 rebounds per game last season for the 22-6 Cougars, and shot 45 percent from the field.

Ringer credits Campo coaches Clay Kallam and Mike Miller, and summer club coaches Pico Wilburn (Bay Area Lady Warriors), Kelly Sopak (Cal Stars/Miramonte High School) and Mark Anger (EBX) for helping her develop her game.

Ringer finally settled on Southern Utah, which is now coached by former St. Mary's College player and coach J.R. Payne. Ringer will sign her National Letter of Intent, which confirms her scholarship, in early November.



Megan Ringer Photo Steven Forshay

Family Competes in Triathlon

Six-year olds and Mom Spend Summer Racing

Submitted by Ron Modafferi

On August 8, 6 year old twins Mia and Vincent Castillo of Moraga participated in the California Kids Triathlon in Woodland, Ca. This triathlon, one of the largest triathlons for kids in the US, is geared for kids from 4-17 years of age. Mia and Vincent were entered in the 4-6 year old age group. Their age group completed a 25 yard swim, 1 mile bike ride and a 1/4 mile run. They both completed the race without any mishaps, finishing in the middle of the pack of 60 entrants in each girl and boy category.

Over the Labor Day weekend, Mia and Vincent's mother, Adrienne, competed in the Mount Shasta Tin Man Triathlon held at Lake Siskiyou. This Triathlon is a 740 yard lake swim, a 10 mile road bike ride, and a 4.5 mile trail run. Adrienne placed 1st overall of 139 women racers with a time of 1:16:43.



Adrienne Castillo with kids, Mia and Vincent, prior to the start of the swimming portion of the triathlon. Photo Ron Modafferi

Running Fast and Going Far

Diablo Valley Track and Field Club Wins Four Medals

Submitted by Sally McKay



Team walking in the opening ceremony Photo Sally McKay

Diablo Valley Track & Field Club (DVTFC) captured four medals at the 2009 USATF National Junior Olympic Championships held in Greensboro, North Carolina, July 27th to August 2nd. Ian Stuertz was a double medalist, finishing 7th in the Midget Boys (11-12 yr. age group) pentathlon with 2,116 points overall and he placed 5th in the Midget Boys high jump at 4'9" (1.45 meters).

Adler Faulkner took 4th place in the Youth Boys (13- 14 yr. age group) 800 meter run, with a time of 2:04.08 which was less than 0.5 seconds off the Pacific Association record.

Amy Hollshwandner, Kelli Berge, Haley McKay and anchor Amy Ingram captured 8th place in the Youth Girls (13-14 yr. age group) 4x800 meter relay setting a new DVTFC club record of 10:20.34.

In addition to the DVTFC medal winners, other National Junior Olympic qualifiers competing in Greensboro, NC included Grace Brown in the Bantam Girls (9-10 yr. age group) 400 meter run, and 800 meter run capturing a new 800 meter DVTFC record with a time of 2:36.89), Raea Gragg in the Midget Girls long jump, and Amy Ingram in the Youth Girls high jump.

The athletes were coached by Darrin Neutz and Harlan Lopez.

Lafayette Rotary Golf & Wine Classic²⁰⁰⁹

OPEN FOR ALL

Rossmoor Golf Course

Monday, October 5, 2009

10:00 am: Registration, Driving Range

11:00 am: Box Lunch, Shotgun Start

4:00 pm: Cocktails

5:00 pm: Dinner, Dollar Picnic Area

5:30 pm: Prizes and Awards, Silent Auction, Live Auction

Registration: Foursome \$500
Individual \$125 each*
Dinner Only guests \$25 each

*+ a bottle of wine

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