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Lamorinda Girls' Basketball Preview

By Conrad Basset



Campolindo's Meghan Ringer (#44) averaged 11 points and seven rebounds last year

Sophie Taylor. She also expects that her three freshmen, Molly Martin, Jamie Jacobs and Marie Paladino will be part of the mix. She agreed that, "It will be a battle every night because the quality of talent in the DFAL is so high."

The Dons opened their preseason run with two wins, over Ygnacio Valley, 66-29, and a close win over Analy, 57-56. The Dons finished second in their own Acalanes Classic, falling to Vanden in the final.

In addition to hosting a tournament, Acalanes will leave the state to travel to Reno for the Bully's Winter Classic.

Around the rest of the DFAL, Dougherty Valley (18-10 a year ago with no seniors) will be very experienced and Dublin went 23-7 including a trip to the Northern California tournament. They return several players and an outstanding transfer from Sacred Heart Cathedral. Las Lomas and Alhambra, who both went 1-11 in the league a year ago, will look to spoil the season for someone.

Diablo Foothill Athletic League will be one of the toughest leagues for girl's basketball in California this season. Three teams are rated amongst the top in the state-Campolindo, Dublin and Dougherty Valley.

Campolindo finished 22-6 a year ago and lost starters Steph Triggas and Kelly Thomas to graduation, but Coach Clay Kallam returns several key players including Annie Ward Southern Utah-bound Meghan Ringer. Ringer averaged 11 points and seven rebounds a year ago and Ward led the team in scoring at 13 points per game. Amanda Forshay returns for her junior season and brings ten points and six rebounds a game from last year. Also coming back are Rose Fruci, Mallory Brown, and Mana and Mojan Azarmi, who were solid contributors in each game.

Newcomers include sophomore Annelise Ito, juniors Erin Nakahara, Ruthie Shapiro, and Meggie Nelson as well as freshman Laura Hickey. Campolindo is slotted to play in two strong tournaments-the Nike Invitational in Phoenix and the local West Coast Jamboree. Both are highly regarded tournaments that feature some of the best prep teams and players in the nation.

Campolindo opened its non-league schedule at home with a 68-43 win against Terra Linda. Ward and Ringer led the team in scoring with 14 and 11 points respectively.

Lamorinda rival Miramonte looks to challenge Campolindo's dominance this season. New head coach Kelly Sopak led basketball powerhouse Northgate to a Diablo Valley Athletic League title last year. The Matadors hope her coaching prowess will lead them to a similar fate.

The Matadors finished 19-9 last season and went on to the NCS playoffs. Sopak inherits a team that returns Gonzaga-bound Stephanie Golden and also features sophomore transfer Taylor Kizziee from Campolindo.

The Lady Mats walloped Hercules 70-30 in their opener behind Golden's 16 points along with senior Kristine Miller's 14 and junior Liza Katz's 10.

The Matadors will also spend time on the road playing in the Surf 'N Slam tournament in San Diego; they will also travel north to compete in a tournament in Healdsburg.

In Lafayette, Corrie Mizusawa returns at the helm of the Dons. Acalanes also went on to last year's NCS tournament and finished with a 14-13 overall record.

The Lady Dons no longer have their starting backcourt of Ashlie Neff and Laura Wagstaff, and this year's team will be a blend of experience and newcomers.

Coach Mizusawa expects strong contributions from returning juniors Kiara Harewood and Sam Cheng, senior Jamie Horn, and sophomore



Annie Ward (#23) led the Campolindo women in scoring last season Photos Doug Kohen



The Acalanes women opened the pre-season strong Photo Doug Kohen

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