

Published February 3rd, 2010

## High School Wrestling

By Alex Crook



While winter is generally considered "basketball season," Lamorinda students also compete on the mat for the wrestling teams.

Campolindo is a known powerhouse when it comes to wrestling. The Cougars are off to a great start at 4-0, already downing their two Lamorinda rivals, plus Dougherty Valley; the first three wins came in decisive blowouts while the victory against Alhambra on January 28th was close, 31-30.

Key wrestlers for Campolindo this year include senior Paul Jackson and junior Tom Flowers, who made All-DFAL first and second teams respectively last season. In last season's DFAL tournament, the Cougars were favored, but were ousted by Alhambra which took the league title in an upset win. In his 125-pound weight class, Jackson won his match, while in the 119 pound class, Flowers lost his.

Based on last year's performance and a great start to the season, Campo looks forward to a postseason run. "We're gonna beat everyone..." says Flowers about his team's hopes for a playoff berth.

Photo Doug Kohen

team finished with 83 points, coming in fifth place out of seven teams.

One of the Mats' key wrestlers is Sean Ericson, who took second at the Windsor High School "King of the Mat" tournament at 154 pounds.

Matador head coach Sam Worth is very optimistic about the season: "This year was intended to rebuild the wrestling team because, before the retirement of the old coaches, the team consisted of a lineup that was less than half full. So this year I'm trying to get kids to find the fun and excitement in wrestling to see if I can glue them to it. Then in the long run hopefully develop them into a good team. It seems to be working, I think, because we have a full lineup now."

Acalanes had only two wrestlers make first team all-DFAL last year; one was lost to graduation. After a disappointing sixth place league finish last year, the Dons look to improve this season.

"We have a very young team this year, but we do have a few solid individuals," states Dons coach Bob Chance, who is holding his wrestlers to a strict code of commitment so they can achieve peak performance, do well this season, and gain recognition as a force to be reckoned with. "We are currently gearing up for the League Tournament and getting ready for NCS," said Chance.

The DFAL tournament will be held at Dougherty Valley on February 20th.



L-R: Paul Jackson and Tom Flowers Photo Doug Kohen

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