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MOL Football Season Begins with Evaluation Day

Submitted by Bill Fraser



Photos Doug Kohen

participation has grown; there will be 50 teams playing every Saturday through Nov. 6th.

MOL Football is currently led by Greg Young, along with a very dedicated group of board members. Between Evaluation Day and coaching, approximately 150 volunteers will contribute to a successful season. With the involvement of over 40 high school students as referees, MOL is truly a community-wide effort, one that is being enjoyed by multiple generations of Lamorinda residents.

Reach the reporter at: info@lamorindaweekly.com

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Fall brings football season and Lamorinda is geared up for the Moraga-Orinda-Lafayette (MOL) flag football league's 2010 season. The season began on August 22nd, with the annual minicamp for incoming third graders. The next step to beginning the season is Evaluation Day at Joaquin Moraga School. All 630 participants went through a series of dashes and drills to determine skill levels. This process allows coaches to set up for divisional drafts, which results in teams of more-or-less equal abilities.

The league is divided into three divisions: the Pac 10 is for 3rd/4th graders, the NFC for 5th/6th graders and the AFC for 7th/8th graders. Many participants go on to form the backbone of our three local high school teams, though the flag game has many differences than the alternative tackle version. The MOL football experience emphasizes speed and deception over contact, and attempts to teach football fundamentals in a safe and fun environment.

MOL was originally formed in 1969 by longtime Moraga resident (and youth coach) Vic Vesgerdsian. His efforts were carried on into the 1970's by Moraga's George Oldenbourg and Orinda's Ray Bergez, amongst others. The league had about 200 players for many years, but began to grow substantially in the 90's. In the past five years,