

SPORTS LAMORINDA'S LOCAL SPORTS NEWS



Last Season's Success Leaves SMC Men's Soccer Hungry for More

By Bryant West



Justin Girder (15) was named WCC Defensive Player of the Year last season. Photo Tod Fierner

Last year was an historic season for the Saint Mary's men's soccer team – a second place finish in the West Coast Conference and 10 wins led them to the program's first appearance in the NCAA tournament. All this success came in a conference that finished fourth out of 23 in the nation and had four squads make the big dance.

Adam Cooper acknowledged that one of the team's biggest weaknesses is inexperience – 15 Gaels were not on the team last year – he said that the team expects to return to the NCAA Tournament this winter. Cooper was named WCC Coach of the Year last season after the Gaels historic run, and said the tournament appearance last year makes his players determined to re-

peat the experience. "I think we got a taste of the tournament and that made us hungry to get back and really push to go further and do better. We've got to do the little things that will get us back there."

On September 3, Saint Mary's started the season in the right direction. The Gaels hosted the Saint Mary's Tournament and won their own show after a 0-0 tie against CS Fullerton and 3-2 victory over #9 Northwestern. While Saint Mary's and University of San Francisco both finished with 1-0-1 records in the tournament, the Gaels took the crown with more goals scored.

Sunday's win over Northwestern really was, as Cooper called it, a "tale of two halves." The Gaels scored all three of their goals in the first 18 minutes of the contest – junior Tom Mohoric, sophomore Jose Cabeza and sophomore Trevor Newquist each scored as the Saint Mary's energy powered past the lackluster Northwestern performance. Northwestern made a run in the second half – scoring twice and threatening late to tie – but the Gaels' defense stepped up and prevented a meltdown against the ninth ranked team in the nation.

"We've got a lot of young guys," Cooper said after the game.

"This year, we've got fifteen new players so incorporating them with the returning guys is one of our biggest priorities and the guys have done very well at adjusting so far."

But while the large number of newcomers is a weakness, Cooper says the veterans of the team are the Gaels' greatest strength. Four players received WCC Honors last season, including junior Justin Grider (Defensive Player of the Year and All WCC first team), senior Dylan Leslie (All WCC first team), Cabeza and Newquist (both All Freshmen Team) – and the experience will help the newcomers.

The Gaels were picked fourth in the WCC Coaches Poll before the season, earning one first place poll and finishing behind Loyola Marymount, Portland and San Diego. Portland is currently ranked 16th in the NSCAA/Adidas Division I Rankings with Loyola Marymount and Saint Mary's both receiving votes. But with the strength of the returners, Cooper has high hopes for another historical season. "It's like a shark sniffing the blood in the water," he said. "They sniffed it, they got a taste, and they want more."

Saint Mary's defeated #19 Cal Berkeley 2-1 on September 10 in double-overtime.



Photo Tod Fierner

New MCC Club Champion



Jerry Isaacs (left) took second place and Tom Tyson finished first in the MCC Golf Club Championship. Photo C. Tyson

Surprising even themselves, first and second place finishers Tom Tyson and Jerry Isaacs beat out a field of younger competitors to take the top spots at the Moraga Country Club Championship. "Who would have thought

the gray-haired guys were winners?" said Jerry Isaacs. "I haven't had this much fun since my honeymoon." Isaacs will be celebrating his sixtieth birthday in two weeks; Tyson describes himself as a "high-mileage" fifty-one-year-old.

Lamorinda Girls Hit the Trail

Submitted by Roxiene Maisano



Photos provided

The Contra Costa chapter of Girls on the Run (GOTR) moves to Tice Valley Community Park and will begin its season on September 20.

GOTR is a non-competitive, curriculum-based program dedicated to educating and building confidence in girls in the third through fifth grade. Participants meet twice a week for a total of 20 lessons. The girls improve their fitness while learning life lessons that

prepare them to navigate the often difficult pre-teen years. Each season culminates in the Lollipop 5K run in Golden Gate Park, where participants from all GOTR Bay Area programs run with a designated "running buddy."

Last spring, a Lafayette third grader came in first out of 400 runners.

To find out more, visit www.gotrbayarea.org.

Splashball - A First in Northern California

... continued from page A1

"Having little kids play Splashball is a wonderful way for them to learn to love the game, while having fun and strengthening their swimming skills," says Brown. "Fifteen or twenty different skills can be taught at this level," he adds, "like handling skills, shooting, catching, and passing." Kim Everist, the Campolindo girls' water polo coach who is working with the program, says that Splashball is also a good way to introduce kids to a team sport in a recreational environment.

"When I grew up in Lafayette, Louisiana, we had three sports to choose from, and two of them were football," says Chris Cooper, who now lives in a much closer Lafayette. "Our kids are so lucky to have so much to choose from," he says, adding that his six-year old son, Warren, loves Splashball. "What better thing could you do on a hot Sunday afternoon?" asks Cooper.

Four coaches and eight assistants are in the pool with the

children at all times. Recent Cal graduate Heather Stewart is one of the coaches. "It is so much fun to teach the little ones," she says, "the ratio of coaches/assistants to players is over 1 to 4; we want this to be safe." The sport is played in a shallow pool and the children sit on Swim Noodles. Stewart adds that she is amazed at how much enthusiasm the kids have. "They play at 120%," she says.

Cooper believes, "By the time the Splashball players reach the first level in water polo at age ten, they will definitely have an edge."

The Splashball season runs through November 7th and new players are still being accepted. Register at Moraga Parks and Rec, http://moraga.ca.us/production/moraga_parks_recreation.php. Lachance says LWP plans to offer Splashball again in 2011 with spring, summer and fall seasons. For more information about LWP go to <http://www.lamorindawaterpolo.org/>.

Send sports stories and ideas to: sportsdesk@lamorindaweekly.com

Classified • Classified • Classified • Classified • Classified

Classes Offered

Contra Costa Boot Camp
Get fit in these Fun, Fast Paced, One hour, Outdoor Classes for Adults. All fitness levels. Early morning classes available. You know you want it! 925-457-4587, www.ContraCostaBootCamp.com

Terry Riggins Photography

2010 Digital Photography Classes
Have you invested in a great camera and wish you knew how to maximize its capabilities? Weekend, midweek and evening series or individual classes available. Call today for a detailed brochure and schedule at 925-631-1000. Please ask us about our "Buy One, Get One at Half Price" Buddy promotion. Classes held at our Studio at 1036 Country Club Drive, Moraga. terryrigginsphotography.com

Distributors Wanted

Candle Distributors Wanted
Clean Burning Candles Retailing, Fundraising & More Training and Support Provided 877-779-0040

Music lessons

Piano Lessons in Lafayette with professional instructor MTAC member. Competition, CM exam Preparation. Rita Yegiazaryan 283-7601

Guitar Instruction in Orinda

Jazz Blues Rock Folk and Pop styles taught by professional. All ages and levels welcome. Serving Lamorinda since 1980. Call Jack Eskridge at 254-6317 Email eskridgejack@yahoo.com

Piano/guitar w/Robbie Dunbar
All levels welcome! I travel to your home. M. A. Music Composition 925-323-9706 robbiednrb@gmail.com

Drum Instruction in Lamorinda

rock jazz latin funk taught by 20 year national touring pro in full digital recording studio in Lafayette. All ages/ levels. Call Matthias (925) 878-1874 email matthias@matthiasrocks.com

Vacation Rentals

INCLINE – VILLAGE HIGHLANDS
spacious 2 master ste, loft, frplcs, 3/2 ba, walk to beach, Hyatt, movies, bowling and starbucks 800-831-3304, 10% discount with this ad!

Holiday Sunriver Ski Vacation

6 nights in 2 bedroom condo in Sunriver Village, OR. Skiing & snowboarding at Mt. Bachelor Avail from 12/26-1/1 for \$800 for week. 925-247-0183

Photography

Terry Riggins Photography
Back by popular demand
2010 Holiday Mini Portrait Sessions.
These engaging and affordable sessions provide beautiful gifts, cards and mementos for you, your family and friends. \$225 Package includes: a consultation, 25 minute portrait session and slideshow image review. In addition, you receive a fully retouched digital image or 75 (4 x 6) prints. Visit our website at terryrigginsphotography.com. Call to schedule at 925-631-1000.

Tree Service

East Bay Tree Service.
377-8733. Fine pruning, large tree removal, stump grinding License #805794

Tree & brush removal.

Poison Oak removal. 376-1995, Licensed, insured & bonded

Construction

SWARTS CONSTRUCTION
Foundations, drainage, remodel small repairs. 35 yrs. Lamorinda
www.swartsco.com
Lic# 613717 INSURED BONDED
Free Estimates: 925.250.6610

SCALA CONSTRUCTION SINCE 1992

License # 642156 925-383-8046
Quality remodel, kitchen, bath Additions, Decks, Skylights Doors, Windows, Painting scalaconstruction@comcast.net

Service

Experienced Piano Tuning
By local music teacher 925-323-9706

House cleaning

www.totalclean.biz
Serving Lamorinda since 1985. Insured and bonded 376-1004.

Handyman

PROFESSIONAL QUALITY WORK
All types of repairs done. Woodworking, Electrical, Audio, Leak repair, Drywall, Painting and more. Clean neat & on time!
No job to small, Senior Discount.
☎ (925) 708-6053
www.mikeslamorindahandyman.com

Your project needs help? Paint, fix, build, pressure wash, decks, electrical, plumbing, concrete & more. Inside & outside jobs. Professional and Reliable. Call Terry: 925-788-1663

Handyman - experienced in all types of home repairs.

I am glad to discuss your repair or project and provide the best solution at a reasonable rate. Please call me, Carson at (925) 708-7059. I show up. I clean up.

Merchandise

WE BUY:
Old Tube – Based HI-FIs and Stereos, Guitar and PA. Amplifiers and various Tube Electronic Gear Pickup at your convenience working or not!
Al Pecherer (925) 914-7772 apecherer@gmail.com

Plumbing

WE HOP TO IT!
(925) 377-6600
LeapFropPlumbing.com

Windows & Gutters

Reliable Window Cleaning
Friendliness & remarkable results. Windows, Gutters, Pressure Washing. (925) 254-7622 ReliableWindowService.com

Painting

T & T PAINTING CO
27 Years Experience Int & Ext Our Workmanship & References Speak for Themselves CA Lic # 616357 BONDED
Steve Thaw 376-3380 Moraga