



Lamorinda Basketball Teams Gear up for Rebuilding Season

By Conrad Basset



Junior Ross Anderson (44) drives to the basket drawing a foul. Photo Jordan Fong

Practice for the consistently strong Lamorinda high school basketball teams began on November 8 and for the first time in several years all three teams will be facing rebuilding challenges.

Over in Orinda, the Miramonte Matadors will try to make up for the loss of several starters who took them all the way to the NCS finals and the Northern California tournament a year ago. The talented three year starters, Davis Louie, Spenser McDonald, and Chris Hat-

field, have graduated.

Coach Dave Brown returns for another year at the helm of the Mats and is excited about the upcoming season. The team returns senior Anthony Piganelli who played significant minutes last season as well as junior Ross Anderson who started the last several games of last year. Both are talented athletes and both are playing football so their early season time in basketball will be limited by the success of the Miramonte football team in the

post season.

Coach Brown also expects significant contributions from seniors Kaz Tamura and Brian Henson, and junior Jack Pietrykowski who all played on the varsity team a year ago.

Two newcomers who are moving up from last year's JV team are junior Conor Volpe and sophomore Kirin Shastri.

Coach Brown has scheduled a very strong preseason schedule including St. Mary's Berkeley and Salesian as well as a trip to the Sand Dune Classic in San Francisco.

Over in Moraga, Matt Watson returns for his third season as head coach of the Cougars. Campo ran the DFAL table a year ago going 12-0 in league before losing to rival Miramonte in the NCS quarter-finals.

Co-DFAL MVPs, Kellen Ito and Adam Mancebo, have graduated along with several other three-year varsity players. Coach Watson commented that this year's team will be sprinkled with several sophomores.

However, Campo does return players with varsity experience including senior guard Carl King. King started last year and directed the Cougar offense. Other seniors returners include are Garrett Franklin, Alan Hickey, and Andrew Ahr.

Both Ahr and junior point guard Griffin Piatt will be out for several weeks with football injuries.

Like the Matadors, Campo has scheduled a challenging preseason schedule that includes all Division 1 opponents and trips to the Montgomery High tournament in Santa Rosa and the Mission Prep Classic in San Luis Obispo.

In Lafayette, coach Darrell Hirashima, Jr. is presented with sim-

ilar challenges. He lost four of his senior starters including Corey Collins and Tyler Caldwell to graduation as well as a player who would have been his only returning starter, Carlo Valsecchi. Valsecchi was diagnosed with leukemia, and will not be returning.

After fighting through three rounds of chemo therapy over five months, he is finally on the road to recovery. Carlo's presence is deeply missed by the players, coaches and supporters of the Don program. Coach Hirashima said, "His perseverance and positive attitude throughout his ordeal has been a shining light of hope for all of us who know him."

Hirashima mentioned that seniors Michael Jackson, Stephen Collins and Bret Renner all played significant minutes off the bench last year, and they look to be major contributors this season. Up from the junior varsity team are juniors James Griffin, Kevin Huber, and Jonny Coleman

As they prepare for another postseason opportunity, the Dons will go to the Vontoure Classic at De La Salle and the Sonoma County Classic at Piner in the North Bay. Preseason games with always tough San Ramon and El Cerrito will be on the docket as well.

The DFAL season starts right after the first of the year and the league looks wide open as Las Lomas returns a strong team and Dougherty Valley and Dublin will also be improved. All three teams are looking forward to keeping the DFAL championship banner in the area as it has been for most of the last decade.

On the Road with the Gaels

Behind the Scenes of Women's Volleyball

By Caitlin Graveson



Photo Tod Fierner

Saint Mary's women's volleyball took on WCC-league rivals the University of San Diego Toreros last Wednesday, November 3. With a win the Gaels, would tie the Toreros for first place in the WCC and move closer to securing a spot in the NCAA postseason tournament. Unfortunately, SMC lost to USD in four sets (25-22, 17-25, 13-25, 21-25) to fall 8-2 in league and 16-7 overall. While the match only lasted a couple of hours, much more goes into traveling. Here is a look at what it takes:

November 2

1:30 p.m. Depart Saint Mary's for Oakland International Air-

port (OAK)

4:00 p.m. Depart (OAK) for San Diego International Airport (SAN)

6:00 p.m. Arrive at SAN and head straight to the University of San Diego for a light practice

7:30 p.m. Finish practice and head to freshman middle blocker Natalie Loos's parents' house for a team dinner

"A lot of team bonding stuff happens on the road," said Loos. Sophomore libero Anna Schroeder said, "We get a new roommate each time so we get to hang out with different people."

November 3, Game Day

10:00 a.m. Morning film session

11:45 a.m. Finish up film session and have down time for homework, etc.

Sophomore outside hitter Lauren Corp said about some of the difficulties of missing class: "There is not a lot of room for procrastination. Teachers are good about us missing class for games and we have designated time for studying, but it's hard to get motivated."

Senior middle blocker Shannon Lowell noted: "Missing school is a little rough but being with

everyone all day and getting to focus on volleyball is pretty awesome."

1:00 p.m. Head out for a team lunch

Schroeder noted another bonus to traveling: "The food is good."

3:00 p.m. Return to the hotel for down time

Sophomore setter Missy White said that she starts to mentally prepare for the game with her pregame nap. "My routine starts with my nap and I wake up and start thinking of the game."

4:15 p.m. Afternoon film session and pregame coach's talk

Lowell said she puts on her game face with the film session right before they leave.

5:00 p.m. Leave for USD's Jenny Craig Pavilion

6:00 p.m. Hitting/Passing practice

7:00 p.m. Warm-ups
Right before game time the Gaels say a cheer, "Gaels Wool!" It's a tradition that began in 2002 when volunteer assistant Stacey O'Connor was a sophomore on Saint Mary's record-breaking team. "I remember it was said at practice one day and we just kept saying it.

We said it a little differently [than they do now] but it is the same phrase."

"We just do it and it gets passed on. I don't think it will end," Lowell said.

White is now the designated Gaels "Woo-er" she was assigned the role of ensuring the tradition continued during her freshman year as a red-shirt. "Since she was a red-shirt she would be there the longest," Lowell explained.

8:00 p.m. Game Time

Gaels win the first set 25-22, but drop the next three to give USD the win.

10:30 p.m. Late Team Dinner
The Gaels head to a local Mexican food restaurant for a late night meal with family and other SMC fans.

November 4

9:00 a.m. Leave for SAN

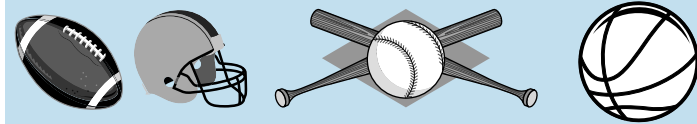
10:30 a.m. Depart SAN for OAK

12:00 p.m. Arrive at OAK

12:45 p.m. Arrive back at Saint Mary's and head to the gym for a weight lifting session

White commented on returning from a road trip: "It's nice to be away but then you have to come back to reality."

Youth Sports Registration



Want to play baseball this Spring?



Sign up for Moraga Baseball Association Baseball!

- Register on-line from **November 1 through November 30, 2010**. Please click on the Registration link on our website at <http://www.moragabaseball.org>.
- Join us for an informational meeting at the JM Library on November 16, 2010, at 7:00 PM. New and returning families are encouraged to attend. Board members will be there to answer your questions.
- Please see our flyer on the Moraga School District website at <http://www.moraga.k12.ca.us>. Click on the Community tab and then the Local Student Activities tab.
- Questions? Please contact Pam Bishop at (925) 377-5311.

MBA Baseball... Serious Baseball, Serious Fun!

PLAY RUGBY! Grades 1-12

Registration for Lamorinda Rugby Club is now open for the 2011 season! No prior rugby experience necessary, just a love of fast-paced contact sports. Practices start after Thanksgiving, Nov. 29. Youth season runs through March; High School finishes regular season end of April. Come on out! Register online at www.LamoRugby.com. For more info contact Nancy Taylor 925-253-1435, or check the website for FAQ and schedule info.

If you would like to list the registration information for a youth sports club please email wendy@lamorindaweekly.com or call (925) 377-0977. B&W listing \$24 per inch, Color listing \$34 per inch.

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Silver Medal in Fencing

Submitted by Kasey Bryne



Gabriel Bronfman (showing back)

Photo provided

Gabriel Bronfman, a sixth grader at Orinda Intermediate School, competed in the San Francisco Regional Youth Circuit (RYC) Fencing tournament held on October 23-24. Gabriel earned a silver medal in the epee competition for boys 12U, and took seventh place in boys' epee 14U. Epee is the only fencing event in which the entire body is the valid target area, and there are no right-of-way rules; competitors can attack at any time. Epee is the heaviest of the three modern fencing weapons.

RYC tournaments are sponsored by the United States Fencing Association, and these competitions are part of the qualification process for the Summer National Championships in fencing. Bronfman began fencing just over a year ago while attending a summer academic program. He currently trains at Golden Gate Fencing in San Francisco.

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10 Year Fixed	4.150%	3.750%	4.625%	3.750%
	Conforming to \$417,000		Conforming Jumbo to \$729,750	
30 Year Fixed	3.875%	3.950%	4.125%	4.250%
15 Year Fixed	3.250%	3.350%	3.750%	3.800%



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