



2010-2011 Lamorinda Girls' Basketball Preview

By Conrad Bassett

A year ago, the Diablo-Foothill Athletic League girls' basketball league lived up to its reputation as one of the toughest in California, with four of the seven teams going on to the Northern California Championships: Miramonte, Campolindo, Dublin, and Dougherty Valley. This year the teams look poised for a repeat.

Kelly Sopak returns for his second year as the Miramonte coach, fresh after leading the Mats into the second road of the state tournament before falling to eventual champion and nationally ranked number one—St. Mary's (Stockton.) The Matadors finished 22-8 and although they lost Stephanie Golden to graduation and to Gonzaga, they return a strong nucleus from last year's team.

Senior Liza Katz returns following a junior season where she was selected to the DFAL all-league first team. Also back are junior Alyssa Johanson who was named second team All-DFAL and fellow juniors Taylor Kizziee and Janine Loutzenhiser who were named as honorable mention.

Sopak will also be counting on contributions from another jun-

ior, Devon McDonald, and sophomore Carly Gill as the Mats take on another ambitious pre-season. After last year's grueling season that featured 23 games away from Orinda, the schedule includes more games in the friendly confines of their home gym. Following a ride up Interstate 80 to the Truckee Invitational, they host the Mat Tip-Off Classic as well as the Emerald Division of the West Coast Classic which will feature several top teams and players.

Campolindo finished 20-10 a year ago and lost Meghan Ringer to graduation and Southern Utah University but coach Clay Kallam also does not have an empty cupboard from which to build this year's Cougar team.

Amanda Forshay returns for her senior season before heading out to Puget Sound for her college career. Also coming back are seniors Annie Ward and Chloe Hull, who established herself as a starter a year ago. Mallory Brown is healthy and is looking forward to a good junior season as is classmate Annelise Ito who moves into a starting role.

Other seniors who are back include Erin Nakahara, Ruthie

Shapiro, and Meggie Nelson. Sophomore Laura Hickey also returns.

Newcomers include sophomore Annie Shurtz, junior Melissa McCue, and freshman Ashley Ewing.

Kallam will be challenging his squad early and often as they will join host Miramonte in the Emerald Division of the West Coast Classic and taking what has recently been an annual trek to the Valley of the Sun as they travel to the Nike TOC in Phoenix, AZ.

In Lafayette, Mike Wilson will be taking over an Acalanes team that went 15-12 a year ago. Wilson comes to Acalanes after spending time most recently at Alhambra. He coached the Acalanes Junior Varsity from 2005 to 2007.

Last year's team had only three seniors, so Wilson will have a strong nucleus of returning players. Seniors Kiara Harewood, a second team All-DFAL last year selection, and Emani Harrison, a first team All-DFAL selection, return and both started and

played well last season. Harewood is a tremendous shot blocker and Harrison very strong on the boards. Samantha Cheng also returns for her senior year at point guard.

Two juniors are back—Sophie Taylor and Meredith Collett, as well as three sophomores—Jamie Jacobs, Molly Martin, and Marie Paladino.

The team travels will stay local for all of their tournaments—including hosting their own Acalanes Classic and traveling to one at Northgate in Walnut Creek and also playing in the West Coast Classic's Sapphire Division. They do travel to Sonoma Valley and San Marin as part of their non-league schedule.

The league again appears to be one for survival of the fittest. Most of the Dougherty Valley (26-4 last season) team returns and Dublin (21-8 a year ago) also will have several top scorers back. Alhambra has seen improvement and Las Lomas hopes to do the same as well.

NCS Results

Sport	School	Results
Volleyball	Miramonte	Second Round First Round: bye Second Round: Lost to Moreau Catholic (2-3)
	Campolindo	NCS Champions First Round: bye Second Round: beat Terra Linda (3-0) Semifinals: beat Analy (3-2) Finals: beat Sir Francis Drake (3-0)
Football	Acalanes	Second Round First Round: beat Petaluma (3-2) Second Round: lost to Sir Francis Drake (0-3)
	Miramonte	Still Playing First Round: beat Analy 17-3
Girls' Tennis	Miramonte	First Round: Lost to Cardinal Newman 35-7
	Campolindo	First Round: Lost to San Rafael 27-12
Girls' Waterpolo	Miramonte	First Round: Beat Mission San Jose Second Round: Beat Campolindo Semi-Finals: Beat Redwood Finals: Lost to California
	Campolindo	Second Round First Round: Beat Northgate Second Round: Lost to Miramonte
Boys' Waterpolo	Miramonte	Second Round First Round: Beat Bishop O'Dowd 13-2 Second Round: Lost to Acalanes 6-8 (OT)
	Campolindo	NCS Champions First Round: Beat Marin Academy 20-6 Second Round: Beat Sir Francis Drake 12-3 Semi-Finals: Beat Marin Catholic 8-6 Finals: Beat Acalanes 8-5
Cross Country	Miramonte—Boys	Seventh
	Miramonte—Girls	Eleventh
Cross Country (Boys)	Campolindo—Boys	Second
	Campolindo—Girls	NCS Champions
Cross Country (Girls)	Acalanes—Boys	Fifth
	Acalanes—Girls	Second

Campo Girls Water Polo NCS Division Champs

Submitted by Linda Lim



Front row: Andie Nishimi, Lindsay Raftis, Gracie Fowler, Assistant Coach Heather Stuart (holding plaque), Raena Sumiyoshi, Maddie Larson. Second row: Emily McPhee, Clarice Cho, Assistant Coach Jessie Cima (with sunglasses), Christy Faoro. Back row: Dana Holt, Sam Flower, Annika Jensen, Kimi Klein, Head Coach Kim Everist (holding banner), Allison Stevens, Chelsea Crawford, Natalie Seidemann, Sara Torchio, Cessie Nishimi.

The Campolindo varsity girls' water polo team won the NCS Division II championship last Saturday, 8-5 over Lamorinda rival Acalanes at the Soda Aquatic Center.

SMC Men's Basketball Undefeated in Opening Week



#22 Rob Jones

Photo Tod Fierner

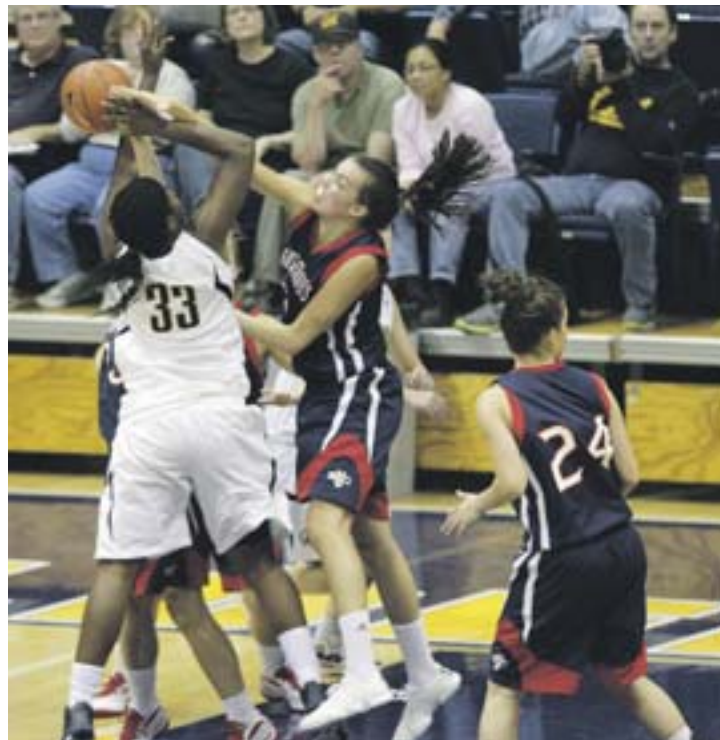
Saint Mary's men's basketball opened the season with a four game home-stand and a four game win streak. The Gaels 76-71 win over St. John's on ESPN's 24 College Basketball Kick-off Marathon proves the team means business this season. The Gaels have received a few votes in the ESPN/USA Top 25 poll.

On Sunday, the Gaels hosted a game against Mississippi Valley

State. Saint Mary's handily knocked off the Delta Devils 87-52. Redshirt junior forward Rob Jones (above) had his best scoring game on Sunday when he notched 13 points and four assists, going 5-for-5 from the line.

The Gaels took on Chicago State last night, Tuesday, November 23, after press time. The Gaels take on Texas Tech on Friday, November 26.

SMC Women's Basketball Off to a Great Start



#2 Louella Tomlinson and #24 Morgan Hatten

Photo Tod Fierner

Saint Mary's women's basketball opened the season with a 3-2 record. The Gaels dropped their two games to top competition, Cal and #21 Nebraska. The Gaels traveled to play #21 Nebraska on Saturday, and lost 63-64.

SMC took on Drake on Thursday, November 18, defeating the Bulldogs 70-46. In the win, sen-

ior forward Louella Tomlinson (above) notched 13 points, six rebounds and seven blocks. The seven blocks was a single-game record for the Knapp Center.

Saint Mary's hosts the Saint Mary's Milton Tournament this weekend, taking on Northwestern on Friday, November 26 at 7:00 p.m.

DFAL Fall Sports All-League Awards

(as available online as of 11/22)

Sport	School	Award	Name	
Girls' Golf	Miramonte	First Team	Jessica Goldstein	
			Kelsey Williams	
		Second Team	Liza Katz	
			Tori Hoff	
	Campolindo	Most Valuable Player	Sammy Chan	
		Second Team	Nicky Bartak	
	Acalanes	First Team	Kara Young	
		Second Team	Elizabeth Schultz	
	Girls' Tennis	Miramonte	First Team (Singles)	Adrienne Lee
			First Team (Doubles)	Anastasia Kaiser
Second Team (Singles)		Evelyn Alper/Brittany Anderson		
		Hanne Anderson		
		Meg Anderson		
		Second Team (Doubles)	Kirby Schulz/Katie Straughn	
		Honorable Mention (Singles)	Tamar McCollom	
			Sarah Reed	
			Alyssa Wendt	
Campolindo		Honorable Mention (Doubles)	Logan Ehringer/Maria Gonzales	
	First Team (Singles)	Nicole Wedlake		
Acalanes	First Team (Doubles)	Natalie Korich/Miranda Hill		
	Second Team (Doubles)	Sydney Stone/Donna Nedft		
	Honorable Mention (Singles)	Claire Faulkner		
Girls' Volleyball	Miramonte	First Team	Ruthie Shapiro	
		Second Team	Emily Lindsay/Nikki Lee	
		Valery Jorgensen		
		Tessa Karagojev		
		Honorable Mention (Singles)	Liz Landry	
		Honorable Mention (Doubles)	Wendy Yang/Erin Grant	
	Campolindo	First Team	Kristen Rutledge	
		Second Team	Sarah Vaccaro	
		Second Team	Audrey Breitwieser	
			Jane Siri	
	Honorable Mention	Mollie Swan		
Acalanes	Most Valuable Player	Mary Vaccaro		
	First Team	Chandler Moore		
	Second Team	Abbie Nolan		
	Second Team	Sophie Seiberth		
	Honorable Mention	Sophia Smith		
Campolindo	First Team	Kim Condie		
	Second Team	Kendall Baker		
Acalanes	First Team	Tyanna Roy		
	Second Team	Brooke Aeillo		
	Honorable Mention	Natalie Chan		
Girls' Water Polo	Miramonte	First Team	Gaby Gaubert	
		Second Team	Erin Byrne	
		Honorable Mention	Michelle Caron	
			Margot Attard	
			Sierra Robbins	
	Campolindo	First Team	Sara Furtado	
		Second Team	Molly Schoenfeld	
		Second Team	Gracie Fowler	
			Kimi Klein	
			Emily McPhee	
Acalanes	First Team	Sam Flower		
	Second Team	Dana Holt		
	Honorable Mention	Andie Nishimi		
		Annika Jensen		
		Lindsay Raftis		
Boys' Water Polo	Miramonte	First Team	Natalie Seidemann	
		Second Team	Barbara Lanier	
	Honorable Mention	Casey Reid		
		Adrienne Burgin		
		Megan Dietrich		
		Molly Quinn		
		Lizzie Newman		
Cross Country (Boys)	Miramonte	First Team	Nick Deaver	
		Second Team	Joey Fabian	
		Honorable Mention	Tennyson May	
			Charlie Wisner	
	Campolindo	First Team	Jack Fellner	
		Second Team	Aleck Byner	
		Honorable Mention	Robbie Flueggee	
			Kyle Weikert	
			Kevin Yee	
	Acalanes	First Team	Jeffrey Strausser	
Second Team		Tor Jensen		
	Honorable Mention	JD Ratchford		
		Grant Sivesind		
Cross Country (Girls)	Campolindo	First Team	Devin Kennedy	
		Second Team	Peter Price	
	Honorable Mention	Joe Detrich		
		Robert Clemens		
		Tanner Cullen		
		Jake Kisner		
		Andrew Schnugg		
		Connor Reid		
		Michael Worthing		
		Tommy Bush		
		Connor Mattox		
		Nathaniel Whitmore		
Cross Country (Boys)	Miramonte	First Team	Tyler Hanson	
		Second Team	Jamie Fehrstrom	
		Honorable Mention	Matt Stewart	
			Thomas Joyce	
	Campolindo	First Team	Vinson Compstine	
		Second Team	Dylan Laucher	
		Honorable Mention	Greg Garcia	
			Lelond Wong	
			Keith Geiger	
	Acalanes	First Team	Tyler Troxel	
Second Team		Carrie Verdon		
Cross Country (Girls)	Campolindo	First Team	Gracie Orders	
		Second Team	Rachel Meadows	
		Honorable Mention	Haley Shipway	
			Sarah Orders	
			Juliet Farman	
			Sara Mostatabi	
	Acalanes	First Team	Amy Hollshwandner	
		Second Team	Annie Marggraff	
		Honorable Mention	Kelly Collins	
			Kelli Berge	
Football	Miramonte	First Team	Nicolette Sorenson	
		Second Team	Ross Anderson	
	Honorable Mention	Blake Swimmer		
		Ross Dolbec		
		Anthony Piganelli		
		Christ Tatcher		
		John Coupin		
		Jack Pietrykowski		
		Luke Carrillo		
		Tyler Davis		
		Tyler Young		
		Miles Honens		
		Brian Friel		
		Kevin Booze		
Campolindo	First Team	Marco Tavecchio		
	Second Team	Vito Latu		
	Honorable Mention	Joey Bertrand		
		Brett Stephens		
		Arian Motamenzadeh		
		Charlie Zaharoff		
		Karl Thornton		
		Erik Baker		
		Jamie Vega		
		Dan Fadelli		
		Amir Hakimjavi		
		Nick Zolintakis		
Acalanes	First Team	Trent Baker		
	Second Team	Drew Gaylord		
	Honorable Mention	Trent Baker		
		Aaron Edwards		
		Mike Leamy		
		Michael Brady		
		Spencer Henderson		
		Matt Rogstad		
		Harrison Bagdan		
		Lucas Levine		
		Carson Gardner		