

# LAMORINDA SPORTS & SCHOOLS

## Lamorinda Boys' Volleyball gets Competitive

By Alex Crook

Although volleyball is usually thought of as a girls sport, Lamorinda high schools boast two strong boys' teams, Campolindo and Acalanes. Campolindo has made the post-season the last couple of years.

While the Campolindo boys' team might not live up to the state champion girl's team, the Cougars have an impressive program.

Campolindo is coming off a strong season last year. They went 32-7 overall and a perfect 8-0 in league play. The top-seeded Cougars cruised through the NCS playoffs before losing in the title match in four sets to Sir Francis Drake.

The Cougars returned senior middle blocker Dylan Blackstone. The Cougars lost last year's league

MVP, setter Scott Standing. Campolindo's last NCS title was in 2005. Campolindo sits in first place in division II with a 21-5 overall record.

Acalanes had high hopes for a playoff-appearance last year but did not qualify. Acalanes is looking strong for the post-season, sitting in fourth place in division II with a 10-8 overall record.

The Dons returned senior outside hitter Cole Markley, who made first team all-DFAL last year as a junior. Acalanes lost middle hitter Jeff Armstrong.

On April 27, Campolindo wrapped up the DFAL title with a sweep over rival Acalanes in Lafayette.

Despite Blackstone rolling his

ankle in the first set, the Cougars remained poised throughout the rest of the match. Senior outside hitter Carl King led the Cougars with 14 kills, while Markley led the Dons with 17 kills.

Currently, the Dons are in second place in DFAL and are coming off a 3-0 sweep of Dougherty Valley on May 4, in which Markley had 20 kills for Acalanes. Campolindo is also fresh off a sweep, this one coming at Alhambra on May 6.

As a reward for their great seasons, both teams are expected to make appearances in this year's NCS playoffs, and Campolindo is expected to be a top seed.

NCS seedings will be on May 15.

## U.S. Olympic Coach Visits Sun Valley Swim Club

Submitted by Christina Coleridge



Teri McKeever instructs a group of nine and ten year olds.

Photo provided

Teri McKeever, head coach of Cal women's swim team and 2012 US Olympic coach, visited with parents at Sun Valley Swim Club Tuesday, April 26. The visit was part of Sun Valley Swim Team's bi-annual Cal Bears instructional clinic. This year was particularly exciting for participants since the Bears just won the NCAA National Championship— their second win in three years.

At Sun Valley Pool, McKeever spoke of her early years as a USC swimmer and as local swim coach at Meadow Pool in Orinda, experiences that ultimately landed her the Cal job in 1992. McKeever credits the ongoing success of the Cal swim team to the program's focus on personal accountability and excellence, as well as her personal belief that as a coach it's her role to nurture relationships among her swimmers.

McKeever admitted that over the years her priority has shifted from choosing recruits with the fastest training time to those who can reflect and learn from the inevitable setback, and who have a strong sense of self.

McKeever stressed that it's most important that swimming brings joy to a kid's life. "Without that joy", she said "swimming is a hard sport."



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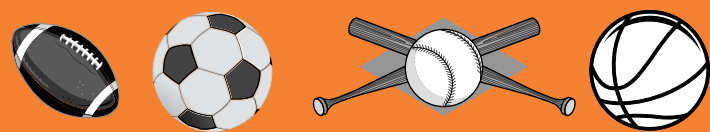
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Check out our website at www.LBAhoops.com

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 will cost \$24 (3.75"x1").

## SMC Gaels Home Game Schedule



www.SMCGaels.com

**Fri, May 13** BSB Loyola Marymount (Louis Guisto Field) 3:00 PM

**Sat, May 14** BSB Loyola Marymount (Louis Guisto Field) 1:00 PM

**Sun, May 15** BSB Loyola Marymount (Louis Guisto Field) 1:00 PM

**Fri, May 20** BSB Seattle Moraga, Calif. (Louis Guisto Field) 11:00 AM

**Fri, May 20** BSB Seattle Moraga, Calif. (Louis Guisto Field) 2:30 PM

**Sun, May 22** BSB Seattle Moraga, Calif. (Louis Guisto Field) 11:00 AM

**Sun, May 22** BSB Seattle Moraga, Calif. (Louis Guisto Field) 2:30 PM

**Tue, May 24** BSB UC Davis Moraga, Calif. (Louis Guisto Field) 3:00 PM

Schedule is subject to change. Confirm at www.SMCGaels.com

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