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• Questions? e-mail us: [oaklandstrokes@gmail.com](mailto:oaklandstrokes@gmail.com)

• Middle school: registration is limited and on a first come first serve basis. The program fills up quickly and will open for registration on August 19th.



**WANT TO FIND OUT MORE?**

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August 20 & 27th or September 11th  
9:00 am - 10:00 am

Coaches will speak at 9:30 am

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Come see our new rowing facility and ask any questions you may have.

[www.oaklandstrokes.org](http://www.oaklandstrokes.org)

# Lamorinda United Soccer Club Summer Results

Submitted by Chris Easter

Winning a championship in the NorCal Premier Spring League raised expectations for a talented U13 Girls LMSC United squad. While they were unable to garner a tourney championship, the squad broke even in Modesto, June 12-14, and the North versus South tourney in San Luis Obispo, August 13-14, recording a win, a loss and a tie in both tournaments.

Their best summer performance was at the Pleasanton College Showcase, July 30-31, where they came within one goal of playing in the finals. They rebounded from a tough loss to win the third place game.

Overall, the team finished summer play with a record of 5-3-2, outscoring opponents 20 goals to 11.



Lisa Bramley, of LMSC United U13, smacks a corner kick towards her teammates Caroline Clark, Katherine Larson and Lindsay Easter during the United 6-0 victory in the first round at SLO Photo Randy Linda

Submitted by Benson Chan

The Lamorinda Soccer Club United U17, U16, U14 played a strong summer tournament series, winning key games.

The Lamorinda Soccer Club United '95 girls won their second tournament in two weeks on August 8th,

taking the Mustang Stampede.

The championship match pitted Lamorinda against the Burlingame Blitz 95G. Lamorinda scored first and led 1-0 going into halftime. Burlingame countered with an equalizing goal midway through the second half to even the score 1-1. Lamorinda responded on the very next ball possession to go up 2-1, and then proceeded to score two more insurance goals to secure the championship.

Earlier in the summer the teams took two tournament championships

and a second place finish in July.

Competing in the 2011 Pleasanton Rage Showcase tournament Juniors on July 30-31, the Lamorinda United '97 U14 girls won two-of-three matches, scoring eight goals, to advance to the U14 Gold Championship game. The LMSC took second place, losing 0-1 to Crescenta Valley SC 97.

In the College Showcase, on July 22-24, the Lamorinda United '94 U17 and the United '95 U16 won their tournaments, going undefeated in four-game brackets.

# Moraga Boot Camp Back in Action

By Lou Fancher



Boot Camp at the Commons Park

Moraga Boot Camp is kicking into action under the guidance of Martin Sadalski, the owner of Kinetic Fitness Consulting and selected heir to departing instructor Tim Bayley.

Bayley, a championship runner hoping to make the British team for the London Olympic Games in 2012, is off to Boston. Leaving behind a devoted group of Lamorinda women who grunt, groan and gain muscularity each morning at the Moraga Commons, the well-loved instructor asked Sadalski to continue the program.

"Tim and I spent a good week going over details of the class," Sadalski explained. "I have worked with Tim in the past, so I was familiar with his background and training style."

Toss aside any image you hold of smarmy, sweaty male recruits crawling on their bellies through a field of mud - this boot camp is made up of women like Moraga's Leslie Price.

"I heard about it from my friend Marianne Evenhuis, who is a cute,

skinny gal. I was complaining to her about my middle-age weight gain and she suggested I come to boot camp to get my booty in better shape," Price wrote in an email.

Price, who joined the class one year ago, thrived under Bayley's enthusiastic, upbeat approach and his frequently uttered, "Come on girls, you can do it!"

"When you are 49 years old (and) hauling your butt up the hill at the Moraga Commons, it feels nice to be called 'girl,'" she joked.

The class is outdoors, amidst fresh air and friends. Free from clocks and kids, Price appreciated the beauty of the park and accomplishing something significant by 9:15 in the morning.

Sadalski is offering the boot camp on a Monday, Wednesday, Friday at 8:15 a.m. schedule and starting in September, he will add Sunrise Yoga on Tuesdays.

"Once I gauge the interest, we may add in a 9:15 class and a five day a

week option is also in the works," he said.

Price has taken two classes with Sadalski and was grateful he has continued many of Bayley's ideas and general approach.

"Classes will be fun, yet challenging," Sadalski promised. "You will be pushed, but have the room to hold back. We will focus on full body circuit style training to burn the most fat in the least amount of time."

In addition to strength and endurance training, balance, flexibility, wellness and nutrition will bring Moraga Boot Camp participants to what Sadalski calls body balance. Pricing is \$150 for a ten class pass and other than water, a yoga mat and dumbbells, the only thing Lamorinda women need to pack is personal power.

All classes meet at the Moraga Commons Park inside the Bandshell at the north end of the park. For more information, visit [www.kineticfitnessconsulting.com](http://www.kineticfitnessconsulting.com).

Photo Andy Scheck

# Basketball Champions

Submitted by Suzanne Campillo



Back Row, from left: Coach Mark Del Rosario, Kate Schimer, Colette Cornish, Isabella Campillo, Hannah Edwards, Coach Doug Edwards; front row: Kana Yamada, Rachel Koenigsberg, Zoe Del Rosario, Ashley Thoms; not pictured, Coach Doug Campillo Photo Drew Campillo

With a record of 5-1, the fifth-sixth grade girls' Pumas team won the final game of the summer basketball season in an overtime victory on July 28 to take the championship.

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