



# SPORTS LAMORINDA'S LOCAL SPORTS

## Tough Competition Ahead

By Alex Kozela



Goalkeeper Kate Brenot blocks shot attempt

Photo Tod Fierner

The Saint Mary's women's soccer team is off to a flying start in what promises to be a challenging but hopeful campaign.

The Gaels have begun the young season breaking even with a record of 1-1-1, tying 1-1 on the road against New Mexico on Friday, August 19 and winning their home opener a week later over George Washington, 3-0. The Gaels fell to Texas Tech on Sunday, August 28, 2-0.

New Mexico, the defending Mountain West Conference winner, is just the first of many strong opponents on the docket for Saint Mary's this season, which includes top teams such as #13 UC Irvine.

It won't get any easier in WCC play, with Portland, Santa Clara, and San Diego nationally ranked at #4, #16, and #25 respectively. Pepperdine and Loyola Marymount also have received votes and could enter the Top 25 this season.

"We try to make things as complicated as possible here at Saint Mary's," said head coach Kai Edwards, who hopes the difficult schedule will help the team improve upon last year's overall record of 8-7-4 (2-4-1 in West Coast Conference).

Sophomore midfielder Jordan Marada, who earned an All-WCC selection last year for her efforts as the Gaels' leading scorer with 19 points and seven goals, believes they are prepared for those tough games because of the team's work ethic in practice.

"Training how we're going to play helps when we travel and play against harder teams," said Marada. "We battled with [New Mexico] with the 1-1 tie and I think we prepared our bodies well and practiced hard

enough to stay with them at their level. It starts with team building off the field and on the field we connected."

With the young team the Gaels have – 24 of the 29 players are freshmen and sophomores – connecting on the field will be key to victory, and Edwards doesn't foresee the team having trouble in doing so.

"Everyone contributes," said Edwards. "The good thing about this group is they don't know any better but to work hard and find ways to win. Everyone has a role and everyone for the most part plays that role, whether it's ten minutes off the bench, if it's 90, if it's passing and trapping, or if it's beating players. I think they've done a very good job of understanding their roles."

Much of the Gaels' success this season will depend on the play of sophomore keeper Kate Brenot, who came up big against George Washington with four saves, preserving a shutout.

"[Brenot] is tactically probably the smartest player on our team," said Edwards. "She manages her game really well; she keeps us in games and doesn't give up bad goals."

The team's nucleus, however, is the midfield, which features Marada at the playmaker position with two midfielders, a rotation of junior Daelyn Paul, sophomore Emma Kroloff, and freshmen Vicki Shimkus and Brooke Herrick, on either side.

"Our goal is to play through all five of them," Edwards said. "[Marada] usually plays at the highest point, but the work that Daelyn, Emma, Vicki, and Brooke do free her up to do what she does, which is be special in front of net."

Check out the Gaels at SMC Sta-

dium tomorrow, Thursday, September 1 at 4:00 p.m. or Sunday, September 4 at 12:00 p.m.



Jordan Marada



Vicki Shimkus

## The Little Dojo that Roared

Submitted by Caroline Tsuyuki



Front row, from left: Kyle McKinnis, Caroline Tsuyuki, Mari-jo Suzuki, Kelly Suzuki, Asenath Yeung; Back row: Kassie McKinnis, Joseph Tsuboi, Keai Lucasey, Michael Doucet, Patricia Doucet

Photo provided

A team of 10 local athletes from Northern California Karate-do (NCK) returned from the eighth World Shito-Ryu Taikai Tournament held in Vancouver, B.C., July 30-31, with 12 medals: five gold, three silver and four bronze. Eight of the 10 athletes are from Lamorinda.

The Taikai is a biennial international karate tournament held alternatively in Japan and North America. This year's championship showcased teams from New Zealand, Canada, Mexico and Japan among others.

Lamorinda locals Kyle McKinnis, Asenath Yeung, Joseph Tsuboi, Keai Lucasey, Michael Doucet and Caro-

line Tsuyuki all medaled in kata and kumite in their respective divisions.

Doucet and Lucasey both earned their Shodan rank, first degree, and were presented their menjo (certificate) by Soke Tsukasa Mabuni, head of the Seito Shito Ryu organization.

### TAI KAI RESULTS:

Kyle McKinnis (Moraga): Men 18-34 Advanced: Gold – Kata, Bronze – Kumite  
 Asenath Yeung (Moraga): Youth 14-17 Advanced Girls: Gold – Kata, Silver – Kumite  
 Joseph Tsuboi (Moraga): Youth 14-17 Advanced Boys: Silver - Kumite, Bronze – Kata  
 Keai Lucasey (Moraga): Youth 14-17 Advanced Boys: Bronze – Kata  
 Kassie McKinnis (Moraga): Youth 14-17 Advanced Girls: 5th – Kata, 5th – Kumite  
 Caroline Tsuyuki (Lafayette): Masters Women Beginner/Novice/Intermediate: 5th – Kata  
 Patricia Doucet (Moraga): Masters Women Beginner/Novice/Intermediate: 5th – Kata  
 Michael Doucet (Moraga): Masters Men Advanced: Gold – Kumite

NCK's success at this year's Taikai comes at the heels of the team's achievement at the USA Karate Federation Championships and Team Trials held July 14-17 in Arlington, TX. The group of seven athletes returned home with four gold, two silver and three bronze medals.

Four NCK athletes, including Campolindo senior Chris Wellbrook, earned berths on the USA Junior Karate Team. Wellbrook will also be competing in the Junior Pan American Championship in Fortaleza, Brazil later this month, and at the Junior World Championship in Melaka, Malaysia later this fall.

NCK athletes train with Sensei Mari-jo Suzuki, Sandan third degree black belt. NCK, established in 2008, is a 501-C3 non-profit dojo that counts almost 50 percent of its students are from the Lamorinda area. For more information on Northern California Karate-do, visit the website at [norcalkaratedo.org](http://norcalkaratedo.org).

## Sherman Invitational Dive Meet Results

Submitted by Steve Sherman

Over a hundred divers, age seven to 83, traveled from around northern and central California to compete in the 50th Annual Sherman Invitational Diving Meet held on August 13, hosted by Sherman Swim School of Lafayette.



Gabriella Blum

Photo provided

FC 1	Girls	Place	Name	Score	Best Dive	Team	City
1	Alex Schwartz	81.6	21.6	Sherman	Lafayette		
2	Evelyn Andrade	100.7	25.2	Sherman	Lafayette		
5	Kendall Martin	110.7	29.7	Sherman	Lafayette		
6	Kaitlynn Radican	116.1	30.6	Sherman	Lafayette		
9	Asha Singh	126	27	Sherman	Lafayette		

  

FC 1	Boys	Place	Name	Score	Best Dive	Team	City
1	Daniel Zabronsky	94.6	21.1	Sherman	Lafayette		

  

FC 2	Boys	Place	Name	Score	Best Dive	Team	City
1	Warren Cooper	119.3	17	Sherman	Lafayette		

  

FC 3	Girls	Place	Name	Score	Best Dive	Team	City
1	Karissa Sarsam	113.1	14	Sherman	Lafayette		
5	Gabriele Blum	126.3	15	Sherman	Lafayette		
7	Kamila Sarsam	132.9	18	Sherman	Lafayette		

  

FC 4	Girls	Place	Name	Score	Best Dive	Team	City
2	Ariel Ramirez	116.4	17.5	Sherman	Lafayette		
5	Addison Naton	141.9	16.5	Sherman	Lafayette		

  

FC 5	Girls	Place	Name	Score	Best Dive	Team	City
1	Andrea Gallagher	126.4	19	Sherman	Lafayette		
3	Brenda Contreras	147.8	18	Sherman	Lafayette		
4	Maya Nunes	149.85	17.5	Sherman	Lafayette		
6	Kate Seperack	162.7	17	Sherman	Lafayette		

  

FC 5	Boys	Place	Name	Score	Best Dive	Team	City
2	Joe Zacharin	146.95	16.5	Sherman	Lafayette		

  

15 U	Girls	Place	Name	Score	Best Dive	Team	City
4	Miranda Gold	245.1		Sherman	Lafayette		

  

18 U	Girls	Place	Name	Score	Best Dive	Team	City
8	Maren Kjell	277.25		Sherman	Lafayette		

  

18 U	Boys	Place	Name	Score	Best Dive	Team	City
8	Asher Lichtig	341.95		Sherman	Lafayette		

  

21 U	Boys	Place	Name	Score	Best Dive	Team	City
1	Erich Brodbeck	277.4		Sherman	Lafayette		

  

60 - 69	Boys	Place	Name	Score	AAU/USD #	Team	City
1	Mike McGowan	276.45	391	Sherman	Lafayette		
2	Andy Stotroen	250.2	4778	Sherman	Lafayette		

  

80 - 89	Boys	Place	Name	Score	AAU/USD #	Team	City
1	Bob Sherman	185.1	571	Sherman	Lafayette		

## Karate Kid Competes in National Tournament, Junior Olympics

Submitted by Thomas Westernoff



Local karate kid Hazemach had a busy summer competing in both the 2011 AAU National Karate Championships and the AAU Junior Karate Olympics held in Fort Lauderdale and New Orleans, respectively. Competing in the Male Black Belt Advance Division, Hazemach, 15, won silver in Kata at the AAU tournament. At the Junior Olympics, he took gold in Kata, Shito Ryu style, and a silver medal in Kumite and a bronze in Kobudo.

Haze Mach Photo provided