

# LAMORINDA SPORTS

## Fifty Years of Bay Area Baseball: The Leftie from Lafayette is Still At Bat

By Cathy Dausman



Rob Omo with his trophy collection.

Photo Cathy Dausman

Calling someone modest and competitive may seem a contradiction in terms, until you meet Rob Omo. Omo, an Acalanes High School and St. Mary's College graduate, is an electrical contractor by day. But strip the wire cutters from his hands and hand him a baseball glove, and you learn something else about the man. Although he calls himself only "a moderate fan," Omo clearly loves baseball, and baseball has loved him back.

The former southpaw pitcher began playing in Lafayette Little League as a seven-year-old. He progressed through Babe Ruth, Colt, and American Legion leagues and played for Acalanes High School.

Omo lettered in both baseball and football during high school years, where he played running back, wide receiver and strong safety. He also ran track.

During home baseball games, if Omo wasn't starting pitcher, his baseball coach allowed him to run track, suit up again and return to the diamond. In 1972, AHS won the state baseball championship, and Omo was named MVP.

Omo pitched for two years at Diablo Valley College, and continued playing football. But when he attended St. Mary's College he was only allowed to punt. "My coach didn't let me carry the football because I was on a baseball scholarship," Omo explained.

After college Omo signed with the San Francisco Giants. He pitched in their minor league in 1978 and 1979, returning after a first season knee injury. Omo was told to report to spring training for his third season, but instead was let go. At 24 he was deemed "too old" to play the game.

It was the start of Omo's seventh inning stretch off the field. He began working as an electrician, married, and became a father. When life threw him a curve ball in the form of a divorce, a chance meeting with a buddy pulled him back to the diamond. His friend was playing Tri Valley Men's Senior Baseball League (MSBL) and encouraged Omo to join.

It was "a good distraction," said Omo. Although he no longer pitches (he stopped in 2001), he's still playing competitive hardball, mostly in the outfield, with the Tri Valley League, as he's done since 1995.

"It's a hoot," says Omo, who plays for the Martinez Indians and the Greenwood Ridge Dragons. He was the first inductee in the Tri Valley League Hall of Fame. He says his batting average is still over 400.

Omo has preserved his life in baseball with photos and memorabilia. He keeps his first professional game ball (he pitched a 1-0 shutout against the Burlington Brewers, April 30, 1978), owns a tournament jacket and five MSBL World Series Championship rings. The highlight of his baseball season is his chance to play in MSBL tournaments on professional spring training fields in Arizona. He knows life is sweet, but it also can be short; there are two Tri Valley team members who have died playing the game they so love.

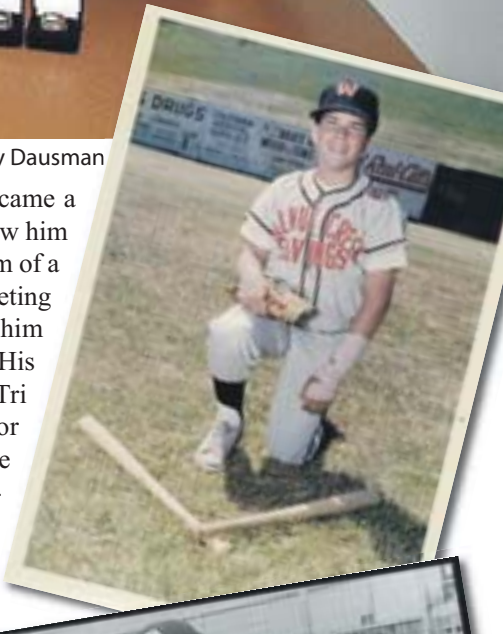
"I was only in the minors, 'A'

ball, for two years, but I am still playing," Omo said. "So, for a guy playing in his mid-50's [that's] not bad."

**Men's Senior Baseball League** (<http://www.msblnational.com/>) was founded in 1988. Their nearly 50,000 members field 3200 teams across the U.S.

**Tri Valley MSBL** (<http://www.tvmsbl.com/main.htm>) holds 13 national World Series Championship titles and is the Bay Area's only all wood bat MSBL league.

Tri Valley games play on college fields throughout the Bay Area.



Stealing second base.

Photo provided

**Rosewood House.com**  
FINE FURNITURE & ASIAN ANTIQUES SINCE 1969

CONCORD 4700 CLAYTON RD (925) 827-9588  
OAKLAND 2523 BROADWAY (510) 451-7373

**Providing Insurance and Financial Services**

It's no accident more people trust State Farm.

**Mike Rosa, Agent**  
Insurance Lic. #: OF45583  
1042 Country Club Drive, Moraga  
925-376-2244

LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®

P040036 02/04 State Farm Mutual Automobile Insurance Company (Not in NJ), Bloomington, IL

**Stay Cool at Sun Valley Pool, Home of the Rays!**

Known for a close sense of community, Sun Valley Pool has been a favorite summer home for Lafayette families for generations. With a longer season and more affordable rates than many area pools, Sun Valley has a six lane pool, a baby pool, BBQ grills, Wi-Fi, and a season packed with fun social events.

The Sun Valley Rays are the team of choice for swimmers seeking a supportive balance of competition and fun. The Rays have a high ratio of experienced coaches to swimmers at all age level practices, so individual abilities are well nurtured. The Rays and their coaching staff are known for their team spirit and consistent high performances at swim meets. With summer-favorite social activities like taco truck parties, a beach clean up, ice cream socials, parents night out & kids night at the pool, the entire summer swim season costs less than many week long summer camps! Join Sun Valley Pool, make memories and develop skills that will last a lifetime with the Sun Valley Rays!

[sunvalleypool.com](http://sunvalleypool.com) and [swimsunvalley.org](http://swimsunvalley.org)

**Cougar Football**

EST. 1996

**FULL GEAR YOUTH FOOTBALL CAMP**

INSTRUCTOR: KEVIN MACY, HEAD FOOTBALL COACH AT CAMPOLINDO HIGH SCHOOL

GRADES 4 - 8, SEPARATED BY GRADE

**DATES: July 9 thru July 20 (M - F)**  
**TIMES: 1:30 - 5:00 P.M.**  
**FEES: \$320 (T-shirt included)**

FOR REGISTRATION FORMS, CONTACT:  
925/280-3950 x-5163, [kmacy@acalanes.k12.ca.us](mailto:kmacy@acalanes.k12.ca.us)  
or download registration form at [campfootball.com](http://campfootball.com)

**Stone Castle Land & Home Financial**

**Kyle Davis**  
Mortgage Consultant/Owner/Partner  
Lamorinda Resident Since 1995  
DRE License #01111347/NMLS #274107

Direct: 925-314-5299  
Kyle@Stonecastle-LHF.com

319 Diablo Rd., Ste 103 • Danville • CA DRE Lic. # 01327738, NMLS#280803

**RATES HAVE NEVER BEEN LOWER!**

**30 YEAR FIXED RATE TO \$2,000,000!**  
**4.375% / 4.375% APR**  
**GREAT CONFORMING RATES!**

	Fixed Rates to \$417,000		Fixed Rates to \$625,500	
	RATE	APR	RATE	APR
30 Year Fixed	3.75%	3.75%	3.875%	3.875%
15 Year Fixed	2.875%	2.875%	3.250%	3.250%

"PROVIDING PREMIER LOAN PRODUCTS AND SERVICE FROM THE MOST EXPERIENCED AND SOLUTION-ORIENTED PROFESSIONALS IN YOUR COMMUNITY."

Call 925-314-5299 for Today's Quote!

**Dexter Honens II**  
REAL ESTATE BROKER

Office: (925) 253-2148  
Cell: (510) 918-8911  
Email: [honens@pacbell.net](mailto:honens@pacbell.net)

**Village ASSOCIATES REAL ESTATE**

Serving clients, friends and family in your neighborhood since 1989.

This is not a loan commitment, nor is it a guarantee of any kind. This comparison is based solely on estimated figures and information available at the time of production. Interest rate is subject to borrower and property qualifying. Stonecastle Land and Home Financial, Inc. is an Equal Opportunity Lender.