

SMC XC Runner Earns All-Region Honors

Submitted by Marty Kinsey



Rajpaul Pannu (right)

Photo provided

At the WCC Championships, Saint Mary's cross country runner Rajpaul Pannu slipped in the second mile of the race. Despite the slip-up, Pannu finished eighth overall with a time of 24 minutes, 10 seconds.

The performance earned him All-WCC first-team honors. He is the first Gael to receive the designation since 2008.

Competing in the NCAA All-West Regionals, Pannu finished 19th. He earned All-Region honors, the first SMC men's runner to earn the award.

His perseverance has paid off all year long, as he has had one of the more successful individual seasons in re-

cent memory.

"I get to see him every day, his attitude towards training and everything he brings to the team brings an advantage," said associate head coach Mark Carberry.

Oakland Strokes Fall Season Recap

Submitted by Melissa Coupin



Photo provided

The Oakland Strokes Rowing Club completed its Fall Regatta season in mid-November at the annual Head of the Lagoon regatta in Foster City. It was the last of five fall head races in which the Oakland Strokes boats competed.

Oakland Strokes lightweight varsity men's 8+ and men's varsity open 8+ finished one second apart, winning first and second place. The lightweight 8+ brought home the Grand Sequoia Cup. Both men's varsity crews posted the two fastest times on the water in all events and classes all day, beating collegiate boats.

In addition, Oakland Strokes boats won the men's heavyweight junior 4+, the women's novice 8+, and in the men's junior lightweight 4+ Oakland Strokes boats finished first and second. Oakland Strokes varsity women's 8+ took second and third.

Lamorinda participants:

Varsity Men's Lightweight 8+: Acalanes—Bryan Wharton; Campolindo— Ben Peterson; Miramonte— Erik Johnson, Mathison Young (coxswain)

Varsity Men's 8+: Bentley— Kevin Chang and Cubby Parker; Miramonte— Karmi Chan (coxswain) Matt Coupin, Will Lake and Aubert Marcu

Varsity Women's 8+: Acalanes— Alia Shafi; Campolindo— Indigo Catton, Camille Triebisch; Miramonte— Ellen Pate, Lizzie Pate and Laura Rosas

Varsity Women's 4+: Acalanes— Tara Bozzini and Katie Ware; Miramonte— Marie Johnson and Hannah Stenovec

Varsity Men's 8+: Acalanes— Bryan Wharton; Bentley— Kevin Chang, Cubby Parker; Miramonte— Karmi Chan (coxswain) and Erik Johnson

Lamorinda G-17 Makes Its Mark

Submitted by Corinna Bekiers-Sassano and Nancy Wilson



Back row, from left: Mali Tehaney, Lauren Petite, Regan Gong, Jordan Rowley, Caroline Runco, Jane Fessenden, Rachel Lindenauer, Lindsay Wilson, Megan Reid, coach Pedro Osorio; front row: Emily Orwig, Marina Arcaya, Katherine Tottle, Julia Reshke, Stephanie Munoz, Courtney Attard, Annie Loose, Sarah Mills; not pictured: Carly Moran, Kristen Chan Photo provided

Lamorinda Soccer Club G-17 team started the 2012 season strong. Over summer they traveled to Sweden to compete in the Gothia Cup.

They have competed in several tournaments this season finishing each as semi-finalists or

finalists. In the GotSoccer Rankings, they are currently fourth in NorCal for their age group and first in the nation for their age group in goals scored. As this season comes to end, they are currently second place in NorCal Academy League.

Acalanes Soccer off to a Strong Start

Submitted by Barry Lee



Photo provided

Acalanes boys' varsity soccer team opened its Winter Classic with a fine 2-0 win over Heritage. With senior goalie Eric Rogstad sidelined with a broken hand, sophomore goalie Eric Sirott had a good evening

helping shut out Heritage with five saves. With so many varsity players absent due to the Thanksgiving holiday, the younger players gained valuable experience in the process.

Acalanes advanced to take on Freedom, defeating them 4-1 on Nov. 26 before taking on Ygnacio Valley on Nov. 28. They won 1-0. They defeated Campolindo in the finals 2-0.

The Dons (4-0) open DFAL play today, Dec. 5 at home against Campolindo (4-1) at 6:15 p.m.

Fall Girls' DFAL All-League Honors

Cross Country	Miramonte	Second Team	Ariel Thomas
	Acalanes	First Team	Annie Marggraff
			Kelly Collins
		Second Team	Amy Hollswander
	Campolindo	First Team	Brighie Leach
			Rachel Johnson
			Haley Shipway
		Second Team	Hana Sun
Golf	Miramonte	First Team	Tori Hoff
		Second Team	Arielle Caronna
	Acalanes	Most Valuable Player	Elizabeth Schultz
		First Team	Lauren Kim
		Second Team	Adrienne Lee
	Campolindo	Second Team	Samantha Chan
Tennis	Miramonte	First Team	Taylor James
			Holly C Bohuslav/Merrick Goodman
		Second Team	Jennifer D Stanten
			Cecelia Andrews/Kady Richardson
		Honorable Mention	Leah See
	Acalanes	First Team	Isabella Von Ebbe
			Tessa Karagocev
		Honorable Mention	Ida Barabi
	Campolindo	First Team	Sydney H Stone
		Second Team	Mette A Huberts
			Claire Faulkner
			Miranda C Hill
			Tori Perella/Amanda Lemelin
			Molly K Pines/Tori Kallerud
		Honorable Mention	Hannah E Ross
Volleyball	Miramonte	First Team	Beryl Slezak
		Second Team	Maddie Goodreault
		Honorable Mention	Lauren Foster
	Acalanes	First Team	Amanda Jarquin
			Brooke Aiello
			Lisa Carrington
		Second Team	Rachel Cox
		Honorable Mention	Joanna Harnish
	Campolindo	Most Valuable Player	Annie Shurtz
		First Team	Cassidy Abel
			Sophie Seiberth
		Second Team	Kelley Wirth
			Abbey Healey
		Honorable Mention	Kirsten Sibley
Water Polo	Miramonte	First Team	Kristen Hong
			Lauri Simon
		Second Team	Emily Byrne
			Katie Caron
			Domnique Clark
		Honorable Mention	Kathryn Lloyd
	Acalanes	Outstanding Goalie	Katie Ramm
		First Team	Megan Dietrich
			Ellyn Stewart
		Second Team	Chase Lanier
			Nora Vance
		Honorable Mention	Maggie Chan
	Campolindo	Most Valuable Player	Annika Jensen
		First Team	Sam Flower
			Natalie Seidemann
			Maddie Tagg
		Second Team	Hannah Buck
			Christy Faoro
			Brooke Presten
		Honorable Mention	Allison Stevens

MOL Football Champions

Submitted by Brenda Mossotti



Front row, from left: Callan Hoskins, Evan Gabrielson, Brett Smith, Travis Armistead, Paul Gannett; back row: coach Gary Mossotti, Vincent Mossotti, Justin Pratt, Hayden Hunt, Jacob Westphal, Matt Burns, Will Bishop and coach Marcus Bishop; not pictured: Tyler Zwahlen, Carter Whiting and Ben Delange Photo Brenda Mossotti

It has been a long journey for the MOL Flag Football AFC Division Texas. These boys worked hard throughout the fall season and finished first out of 14 teams in the seventh-eighth grade AFC Division. They proceeded to win in the playoffs and ultimately won the Super Bowl game to finish the season.

St. Monica's Wins Three in a Row

Submitted by Michelle Clancy



The St. Monica's boys' fifth grade American basketball team won its division in the MVP Flight 12th Annual CYO Turkey Shootout over Thanksgiving weekend. The team won three games in a row, beating St. Perpetua 29-26, St. Mary's 31-30, and then St. John Vianney 36-31 in the final.

From left, back row: Coach Jason Fritch, Ryan Fritch, CJ Rago, Ryan Lenahan, Jake Crumbaugh, Peter O'Donnell, Coach Michael Lenahan; front row: Grant Harper, Rex Curtiss, Kellen Clancy, Mark McCurdy Photo provided