

Seals Make Waves with a Win

Submitted by Jon Zuber



Photo provided

The LBA Seals won the 11U Open Derby Tournament in Sunnyvale with two great wins on April 14.

Top Finish in Snowy Conditions

Submitted by Richard Metzgen



Photo provided

Maximus Metzgen, a third-grader at Wagner Ranch, came in fourth overall in the USASA (USA Snowboard Association) National Championships held at Copper Mountain, Colorado.

The USASA Freestyle Ski championship was held on full size features, including SkierCross, Half-Pipe and Slopestyle. Metzgen performed tricks 30 feet above ground in the 22-foot half-pipe during the championship.

Heavy snow on the last day of the championships hampered Metzgen's chances in the National Slopestyle competition.

Metzgen was crowned North Tahoe Slopestyle champion during three months of qualifying tournaments, making him eligible for the national competition.

Spring Break on the Rugby Pitch

Submitted by Doug Pearson



Photo provided

Bottom row, from left: Greg Austin, Jackson Oxner, Tristan Tzortzis, Nick Krozek, Jack Geary, Anthony Bradley, Will Kalmbach, Guy Barrons, Jackson Oh; middle row: Osei Walker, Carlo Frick, Oscar Beckinger, Owen McNamara, Brandon Hein, Nick Pearson, Matt Healy, Dominc Bradley, Cayden Hein, Matthew O'Brien, Cooper Davis; back: Coach Lyell Warren, Coach Erik Leuteneker, Coach Doug Pearson, Coach Gary Hein

The Lamorinda youth rugby teams concluded their season by participating in a tournament at Wilder Fields on March 30. Over 60 teams from Sacramento and the Bay Area participated in the tournament. About 90 athletes represented Lamorinda on the two U8 and two U12 Open teams, along with U10 Light, U10 Open, U12 Light teams that en-

tered. The Lamo U12 Open team concluded its undefeated season with a third place finish in the tournament. The Lamo U12 Light team won the tournament and received first place medals.

The Lamorinda Middle School teams conclude their season with a tournament on April 21 in Dixon.

Bruin Bound

Submitted by Clay Kallam

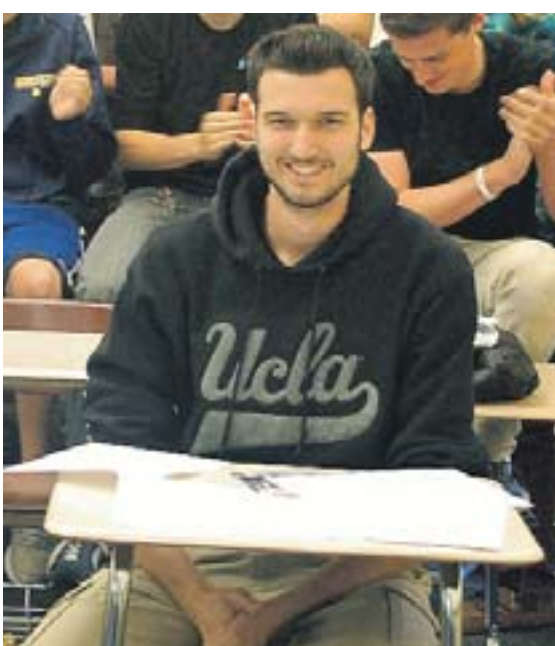


Photo provided

Eric Sprague, a 6-8 senior hitter for the top-rated Bentley men's volleyball team, signed a National Letter of Intent with UCLA on April 17.

Sprague has helped the Phoenix rise to the top of the BCL-East standings, and they are one of the favorites to win the North Coast Section title this spring.

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Strokes Crews Make Finals

Submitted by Steven Johnson



Oakland Strokes Womens Junior JV8+: Indigo Catton, Tara Bozzini, Abby Vare, Caitlin Olson, Caroline Carper, Marie Johnson, Katie Ware, Madelynn Prendergast and Lauren Elizabeth Noga.

Photo provided

Oakland Strokes sent six crews south to San Diego's Mission Bay to compete in America's Premier Spring Regatta, the San Diego Crew Classic on April 6-7. This year 422 crews from 140 clubs in 27 US states and three countries participated.

The first final was the Junior Men's Lightweight 8+ rowing for the Shimano Rowing Dynamics Cup on late Saturday afternoon. The crew, including Lamorinda rowers Eli Morley (Bentley), Ben Peterson (Campolindo) and coxswain Hannah Christopher (Miramonte), finished fifth with a time of 6:30.43.

The remaining Oakland Strokes crews raced Sunday afternoon.

Varsity 8+ women have been battling Marin all season for first place, and this time Marin came out ahead besting the Strokes' team, including Alia Shafi (Acalanes), Lizzie Pate (Miramonte), Ellen Pate (Miramonte), Camille Triebisch (Campolindo) and Laura Rosas (Miramonte) by 3.54 seconds to take the Gilman-Mulliken Cup.

In the Junior Mens Varsity William Robinson Memorial Cup Grand Final, the Strokes qualified for final with the second fastest time of the day and finished third, behind a crew that included Erik Johnson (Miramonte), Kevin Chang (Bentley), Cubby Parker (Bentley) and coxswain Karmi Chan (Miramonte).

Two Oakland Strokes Junior Women's boats qualified for their JV final with the Strokes "A" boat winning the race to bring home the ZLAC Rowing Club Trophy. The winning boat's roster included Indigo Catton (Campolindo), Tara Bozzini (Acalanes), Marie Johnson (Miramonte), and Katie Ware (Acalanes). The Strokes JV "B" boat finished in fourth place with a roster that included Isabella Calderon (Miramonte), Olivia Klinkenberg (Acalanes), and Hanna Stenovec (Miramonte).

The Junior Men's JV 8+ was the last of the Strokes crews to compete on Sunday and finished fifth with Aubert Marcu (Miramonte) and coxswain Brenna Lowrey (Miramonte).

OBA Celebrates Opening Day

Submitted by Laura Limson



From left: Joe Torbati (Orinda Motors), Micah Elias, Christopher Butner, Greg Kornguth, and Jeff Joyce (Orinda Motors). Photo provided

Orinda Baseball Association held its annual Opening Day ceremonies at Wagner Ranch on March 2 celebrating 29 years. Nearly 350 players participated. Orinda Motors served as the Title Sponsor for the seventh consecutive year.

Positive Coaches

Submitted by Tracy Fu and M. Woodward



Ron and Don Heidary

Photo provided

For their positive impact on youth athletes, Ron and Don Heidary were awarded the coveted "Double-Goal" Coach award at Positive Coaching Alliance's 12th Annual National Youth Sports Awards sponsored by Deloitte and Liberty Mutual. It is presented to coaches who strive to win while pursuing the more important goal of teaching life lessons through sports. The Heidarys are the co-founders/head coaches of Orinda Aquatics and coach Campolindo and Miramonte. The central tenet of their program is "Character First."

PCA is in partnership with nearly 2,000 schools and youth sports organizations nationwide, impacting nearly 5 million youth. "Don and Ron help youth athletes win in and out of the pool," said Jim Thompson, founder and CEO of Positive Coaching Alliance.

Don Heidary also serves on the Boards of the American Swim Coaches Association and Pacific Swimming and both brothers speak nationally and internationally on developing high-character teams and athletes.