

LAMORINDA SPORTS

Volleyball Teams Prep for Season

By Michael Sakoda



Maddie Goodreault (center) sets the ball at Miramonte's practice.

Photo Andy Scheck

With the first day of practice last week, Lamorinda's high school volleyball teams are gearing up for the 2013 season that gets under way in September.

Last season, *Campolindo* had an incredible 30-5 record including going 11-1 in the DFAL. The Cougars earned a trip to the State Championship game in San Diego for the second time in three years, where they were defeated by Cathedral Catholic.

"The performance last season exceeded my expectations," said head coach John Vuong whose team was ranked 17th in the state and 63rd in the nation last year.

Nine Cougars graduated after last season, leaving pretty big holes in Campo's roster. Coming back for the Cougars are juniors Maddie Browning, Annie Doyle, Kelley Wirth, Kenzie Brown and

Kaylyn Murray, sophomore Kirsten Sibley and senior Natalie Meniktas.

"We have seven players from the state final game returning," said Vuong. "Kelley Wirth, Kirsten and Natalie will definitely be stepping into larger roles."

Despite losing nine players to graduation, Vuong expects his team to remain top competition. Still, he keeps his sights on each individual game.

"We'll focus on one game at a time and hope we have a shot to make the postseason," said Vuong, "I'm really excited, looking forward to another great season."

Acalanes finished last year with a 10-11 record, including a 6-6 mark in the DFAL, earning themselves a trip to the NCS playoffs. They were ousted by Drake in the first round.

"They were competitive last year," said newly appointed head coach Todd Travis. "They finished in the top half of the DFAL and made it to NCS."

The Dons will return six players from last year's team including seniors Rachel Cox and Katie Nall, juniors Molly Dalziel and Ying Stroebe and sophomores Grace Bolen and Reilly Webster. *Acalanes* has also brought up Maddie Graham, Dory Grobeck and Molly Armstrong.

"[They] are my key newcomers," said Travis. "I expect contributions from everyone, but I expect [Graham] and [Dalziel] to step up and take on larger roles this year, to go along with returning starters."

The Dons hope to improve on a solid league performance last year and make it back to the NCS playoffs. ... continued on page C3



Ying Stroebe and the rest of the Dons look to build on last year's success.

OAKLAND STROKES

Competitive High School Rowing Team & Recreational Middle School program



NOW ACCEPTING NEW ATHLETES!

- We offer a two week trial to all competitive high school athletes to allow them to try out the program.
- Practices for 1st year rowers begin September 3rd.
- Sign-ups on-line at: www.oaklandstrokes.org
- Questions? e-mail us: 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 1st.



WANT TO FIND OUT MORE?

Come to our open house!
September 7th 9:00 am - 10:00 am

Coaches will speak at 9:30 am
Tidewater Boating Center
4675 Tidewater Ave., Oakland
Come see our new rowing facility and ask any questions you may have.

www.oaklandstrokes.org



TREE SCULPTURE

COMPLETE TREE CARE

Proudly serving the East Bay since 1965!

Fully Insured ❖ Certified Arborists ❖ License #655977
(925) 254-7233 ❖ www.treesculpture.com

Calling All Ants

Grasshoppers Need Not Reply



George C Tuck, founder of Atlas Heating Co. in 1908.

**Some of us play all summer.
Some of us think ahead.**

Guess who saves on their new heating system?

Call us now for a free estimate, days, evenings or weekends. It's time to get comfortable.™



Heating & Air Conditioning

ATLAS

Heating and Air Conditioning Company
Family owned since 1908 • CA Lic #489501

925-944-1122

www.atlasheating.com



CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

WALNUT CREEK 925-988-0100
OAKLAND 510-428-3558

REHAB OF SPORTS-RELATED INJURIES IN CHILDREN AND ADOLESCENTS • SPORTS PERFORMANCE ENHANCEMENT • INJURY PREVENTION TECHNIQUES



WE'LL GET YOU BACK IN THE GAME