



# SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

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- SPORT-SPECIFIC PHYSICAL THERAPY FOR THE DEVELOPING YOUNG ATHLETE
- LONG-TERM SPORTS PERFORMANCE ENHANCEMENT
- INJURY REDUCTION TECHNIQUES



## Divers Make No Waves at Championships

Submitted by Steve Sherman



Sherman divers traveled to Provo, Utah to compete in the Region 10 Diving Championships March 7-8. Morgan Matranga competed in the 16-18 girls' springboard and finished 15th out of 41 divers on the 3-meter and 16th out of 46 divers on the 1-meter. In the 14-

15 girls' springboard, Brenna Cetrone placed 8th on the 1- and 3-meter boards, Audrey Lundgren finished 18th and 16th, Camille Valvur placed 21st and 19th, and Sara Koenigsberg finished 24th and 23rd, respectively.

## Young Gymnast Earns Top Finish at State

Submitted by Mizushima Sullivan



Kian Sullivan on the high bar at the NCBGA State Gymnastics Championships in San Luis Obispo.

Competing for the Head Over Heels Athletic Arts boys' gymnastics team, Kian Sullivan of Orinda competed in the NCBGA State Gymnastics Championships. Sullivan placed fifth in the All-Around in 8-year-old category and second on Vault.

His scores from championships on March 8 put him in good standing to compete in the upcoming regional meet in Phoenix, where he is planning to compete in all six events (floor, pommel, rings, vault, parallel bars, and high bar).

## Dons Dry Spell Ended

Submitted by Bob Chance



From left: Coach Bob Chance, Andrew Nakahara, Assistant Coach Micah Canestaro.

Four wrestlers represented Acalanes at the NCS Wrestling Championships at Newark Memorial on Feb. 28 and March 1: Tai White, Brian Lilienstein, Andrew Nakahara, and Sam

Ridge. Nakahara reached the medal rounds, coming in at 8th place, breaking a 15-year dry spell for medaling at NCS for Acalanes.

## A First Championship

Submitted by Karl Richtenburg



From left: Bryce Bergerson, Erez Waite, Henry Werner, Camden Sinha, Charles Richtenburg, Augie Martinez, and Micah Cockrum.

The Blue Renegades won the Lamorinda Kindergarten Saturday Indoor Soccer championship on March 15. They won 4-2.

Soccer championship on March 15. They won 4-2.

## Final Four

Submitted by Andrew Ward



Photo provided

Andrea Ward, a former Orinda Aquatics and Campolindo swimmer, represented UC Santa Barbara at the NCAA Women's Swimming and Diving Championships. She swam the 100 Fly and the 200 Fly. She also qualified for a spot in the 500 yard freestyle.

In the 100 Fly, Ward finished in fourth place with a school record, 51.47 seconds. With the

finish, Ward earned a spot on the podium.

A senior, Ward has dominated the Mountain Pacific Sports Federation, winning at total of 18 titles at the conference championships. She added six titles and two conference records in just this year. Her accomplishments earned her the MPSF Swimmer of the Year award.

## Water Polo Club Wins in SoCal

Submitted by Mark VandenBerghe



Front row, from left: Mike Winther, Scott Murphy, Jaime Steingraf, Mark Laurland, Chase McFarland, Jay Mills; middle row: Dash McFarland, Tyler Smith, Luke VandenBerghe, Aidan Vollmar, Logan Estes, Mac Darin; back row: Coach Doug Smith, Tom McGuire, Coach Tor Jensen, Soren Jensen, Coach Kirk Jensen; not pictured: Dylan Grausz.

The Lamorinda-based CC United Water Polo Club's 12-and-under team won the KAP7 International Water Polo Tournament in Irvine in February. CC United was undefeated through the tournament beating Vanguard of Huntington Beach 11-6, Orange County Water Polo 12-4, San Clemente Tritons Water Polo 13-

9, and Laguna Beach 11-9. The final game against Laguna Beach was a huge victory for the team as they came back from a deficit at half time with a strong third quarter. The tournament is great preparation for the team as they prepare for the Junior Olympic National Championships in July.

## CYO Champs

Submitted by Meredith Meade



Back row, from left: Coach Jim Gebhardt, Coach Steve Haggerty, Coach Dan Meade; middle row: Erin Meade, Claire Rowell, Madison Rogers, JoJo Flower, Morgan Coolbaugh, Makenzie Sauer; front row: Mia Mastrov, Julia Haggerty, Grace Gebhardt.

The St. Perpetua fifth grade girls captured the American Division Oakland Diocese Champi-

onship on March 8 with a 41-25 win over Good Shepherd of Pittsburg.