



UCSF Benioff Children's Hospital
Oakland

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES



OAKLAND
510-428-3558

SAN RAMON
925-979-3450

WALNUT CREEK
925-979-3430

Coaches, Students and Community All Contribute to Remarkable Success of Lamorinda Prep Programs

By Karl Buscheck



Kelly Sopak led the Mats' girls' basketball team to another NCS title. Photos Gint Federas

The Lamorinda prep sports programs have been racking up NCS banners at a furious rate, but there's no single factor that accounts for the tremendous success.

"I think we're really lucky to live in a community that strongly supports our young people," said Tom Renno, the athletic director at Campolindo. "And you kind of see that through having such strong coaches, having such strong financial support and that really allows our student-athletes to work hard and be great. And so, I think when everyone buys in — parents, coaches, athletes — then you're able to achieve special results."

According to Renno, the biggest challenge in the process of achieving those special results is finding and retaining top-tier coaches.

"We're so lucky to have so many great

coaches involved with our programs and the coaches are so willing with their time," Renno said.

Vince Dell'Aquila, the athletic director and head baseball coach at Miramonte, shared a similar perspective.

"Our coaching staff and our philosophy of hard work and being smart about what we do, it really goes a long way," Dell'Aquila said. "Ourselves, Campolindo and Acalanes, that's what we rely on."

Like Renno and Dell'Aquila, Randy Takahashi, the athletic director at Acalanes, couldn't overstate the influence that the coaches have on their programs.

"Having good coaches is greatly important," Takahashi said. "There's so much that you have to do as a high school coach in the Lamorinda community. You have to not just know your sport well, but you also have to be very organized. You have to be a great communicator. You have to be a fundraiser. You have to be a counselor to the kids."

At Campolindo, there is such an array of standout coaches that whittling down the list to just a few stars isn't even possible.



Coaches David Chen and John Vuong celebrate with the Campolindo boys' volleyball team.

"It's really hard to single out coaches because we have such a great overall staff," Renno said.

While Renno had a difficult time singling individuals out, the broader sports community didn't. This season, the Cougars had three staff members who were named East Bay Coach of the Year for their respective sport.

Kevin Macy, who led the Campolindo football team to the CIF Division III State title, was the first name on that list. David Chen and John Vuong, who are the co-coaches of the boys' and girls' volleyball squads, also earned the distinction. Overall, the Cougars claimed five NCS titles last year, with football, boys' volleyball, girls' water polo and both cross country programs adding to the school's trophy collection.

Miramonte also snagged five NCS titles. The list of champions for the Mats included boys' water polo, girls' basketball, girls' lacrosse, girls' soccer and the boys' doubles tennis team.

According to Dell'Aquila, the students — both past and present — play a big part in all that success.

"We rely on alumni," Dell'Aquila said, when explaining the process of hiring coaches. "We have a few alumni who are head coaches in key places and that really helps."

While acknowledging that there is plenty of pressure on coaches to deliver results on the field, Takahashi pointed out that there are also all sorts of off the field expectations.

"I think it's really important, and I know the other schools emphasize this as well — our athletes and our coaches — they represent this whole community, their families, everybody," Takahashi said. "And so, we expect the most out of them."

One of those expectations is that the students will thrive in the classroom while also winning on the field. According to Takahashi, 25 percent of the Dons' student-athletes maintained a grade point average of 3.5 or higher.

"I know that for all of our coaches — winning's important don't get me wrong — winning is always important," Takahashi said. "But it's more than just winning and our coaches definitely take that to heart."



Kevin Macy led the Cougars to a football state title.



Acalanes High School girls' soccer coach Evan Sassano, center, with the team.

Classified • Classified • Classified • Classified • Classified • Classified • Classified

<p>Music Lessons</p> <p><i>Piano/guitar w/Robbie Dunbar</i> All levels welcome! I travel to your home. M. A. Music Composition Piano tuning as well! 925-323-9706 robbiednrb@gmail.com</p>	<p>Computer Service</p> <p>COMPUTERS' BEST FRIEND Home & Office Computer Service • ONSITE REPAIRS • VIRUS REMOVAL • WINDOWS TUTORING • HARDWARE UPGRADES • NETWORK SETUP AND SUPPORT • REMOTE DESKTOP/TELEPHONE SUPPORT www.computersbestfriend.com 925-682-3408 • 510-938-1881</p>	<p>Insurance</p> <p>Totalintegrityinsurance.com 20+yr Lamorinda resident. My independent insurance brokerage is here to serve you. Over 100 top carriers = great pricing and coverage for Biz Gen Liability, W Comp, Homes, Auto, Life. Call Henry at (925) 247-4356 OE90108</p>	<p>Landscape Maintenance</p> <p>Balaam Landscape Services Natural Pruning and Thinning Detailing - Weeding Irrigation Timers Adjusted Reasonable Rates 925-586-0558</p>	<p>Handyman</p> <p>Rusty Nails Handyman Service Repair • Restore • Revamp Call Rusty- (925) 890-1581</p>
<p>Classes Offered</p>	<p>Photography</p> <p>Terry Riggins Photography: Stunning Portraits: Families, Kids and Pro Headshots. 925-631-1000.</p>	<p>Painting Contractor</p> <p>Lafayette Painting All phases and types of painting work done \$350 OFF on any interior/exterior paint job Over 25 years in Lamorinda. Full insured, Lic # 342005. Call 283-8621</p>	<p>Tree Service</p> <p>East Bay Tree Service. 377-8733. Fine pruning, large tree removal, stump grinding License #805794</p>	<p>Construction</p> <p>Jacob Spilsbury - General Contractor American owned and operated Renovation • Remodeling • Home Repair Big & Small Jobs • Bonded & Insured Lic # 898775 925-825-5201</p>
<p>Y12SR Yoga of 12 Step Recovery The 12-Step Program for Alcoholism Yoga for 12 Step Recovery classes are currently being offered at Earth and Sea Yoga, 3400 Mt. Diablo Blvd., Suite 209, Lafayette, CA (across from Jack in the Box and above Lafayette Academy). Y12SR combines the practical tools of the 12-step program and the ancient wisdom of yoga. Classes are continuous and ongoing, Mondays 1:30-3pm. All A's are welcome. For more information go to www.Y12SR.com</p>	<p>House Cleaning</p> <p>www.totalclean.biz Serving Lamorinda since 1985. Insured and bonded 376-1004.</p>	<p>Tom Romanek Painting Co. Named Orinda Ambassador of the year Interior& Exterior painting. Deck restoration. Meticulous prep and finish work. I do all my own work one job at a time 925-323-9908. I'll match any discount coupon. Lic. # 922081</p>	<p>Tree & brush removal. Poison Oak removal. 376-1995, Licensed, insured & bonded</p>	<p>Concept Builders Remodeling, Home Repair & New Construction Bonded & Insured. License no. 842563 (925) 283-8122, Cell: (925) 768-4983</p>
<p>Terry Riggins Photo Workshops: Private/group sessions available. Contact: 925-631-1000.</p>	<p>Windows & Gutters</p> <p>Reliable Window Cleaning Friendliness & remarkable results. Windows, Gutters, Pressure Washing. (925) 254-7622 ReliableWindowService.com</p>	<p>Ken's Rototilling • 4 W/D Tractors • Hillside Weed Cutting • Mowing • Discing • Rototilling Free estimates! 925-938-9836 licensed, bonded & insured. CA#667491 www.kensrototilling.com</p>	<p>Plumbing</p> <p>LEAPFROG PLUMBING WE HOP TO IT! (925) 377-6600 LeapFrogPlumbing.com</p>	<p>reach 60,000+ with your ad</p>

\$10 per 1/2" classified ad height
Email to:
classified@lamorindaweekly.com