

LAMORINDA SPORTS

40th Annual Bottoms Up Invitational Lets the Underdogs Shine

By Clare Varellas



Photos Gint Federas

Nearly 1,800 people gathered at Campolindo High School's Soda Aquatic Center on July 12 for what has become a favorite yearly tradition for the Orinda Moraga Pool Association: the Bottoms Up Invitational.

The swim meet, hosted by Moraga Valley Pool (a member club of the OMPA), was held for the 746 swimmers in the league whose ages pin them at the "bottom" of their swimming age groups. For example, the 5-year-olds of the 6-and-unders compete against other 5-year-olds while the 7-year-olds of the 7-8s compete against other 7-year-olds.

The philosophy of the meet has remained the same since its original organization by Moraga Valley Pool parents Craig and Linda McCay in 1976. But this year, commemorating the meet's 40th anniversary, Moraga Valley Pool also organized an awards ceremony to follow the meet in an effort to honor the high point swimmers and to announce the team results.

"None of the other invitationals

have immediate recognition," said Bottoms Up co-chair and Moraga Valley Pool parent Kristen Williams. "This is the one meet where we recognize kids before they leave the pool deck, and their parents get an opportunity to cheer for them and their friends get an opportunity to cheer for them."

There was certainly a reason to cheer for the swimmers, who together broke three individual meet records and two relay meet records. Orinda Country Club, the reigning OMPA champion earned the most points, followed by Orinda Park Pool, then the Sleepy Hollow Legends.

The meet, which takes place around the midpoint of the busy summer swim season, provides an optimal venue for measuring swimmers' progress and speed as teams approach the OMPA Championship meet on August 7-9. The competitive atmosphere is balanced with fun, as suit-clad swimmers enjoyed pizza, shaved ice, airbrushed tattoos, and CREAM

ice cream sandwiches sold from company booths on the pool deck between swims.

While looking ahead to OMPA, swimmers still have some work to do (and some fun to have) before the peak of the season arrives. As 9-year-old Moraga Valley Pool swimmer Beckett Randolph Malashowsky says, it's not quite OMPA yet.

"I'm really working on trying to pop my time in backstroke, because I've had some trouble in backstroke lately," said Malashowsky, illustrating with the backstroke arm motion. "My arms aren't moving fast enough, and I really need to get my arms through the water more."

The "bottom-year" format makes for some boosting of younger swimmers' confidence and a demonstrated reward for hard work in practice.

"It's a great opportunity for them to showcase their skills without having older kids there," said Mary Anderson, a coach at Sleepy Hollow Swim and Tennis Club. "It's a great philosophy."



Position Available: Sports Reporter

Lamorinda Weekly is looking for a sports reporter to cover a variety of high school, college and club sports.

A journalism background and understanding of AP Style is helpful, but not required.

Please send your resume and writing sample to

sportsdesk@lamorindaweekly.com or

call (925) 377-0977;

\$50-\$75 per published article.



DONATE YOUR OLD CAR, Boat, RV, or Trailer

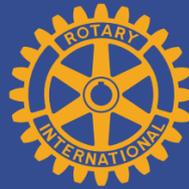
(Running or Not)

100% of proceeds go to educational and humanitarian projects in our community and internationally.

Valuation established for tax purposes

Fast, free, and easy!

Rotary



ROTARY CLUB OF MORAGA

Call: Roger Gregory, Rotarian
925-878-5002

Family and Cosmetic Dentistry



Fatima Beheshti, D.D.S.

Moraga Native
Campolindo HS Grad
Graduate of USC School of Dentistry

Summer Specials!

Dental Implants
\$2997.00*
Implant, Abutment, Crown

Porcelain Veneer & Porcelain Crown
\$899*

Partial Denture
\$997 per arch*

Full Dentures
\$997 each*

*offers valid 6/3/15 - 8/31/15

Cosmetic Dentistry
Teeth Whitening
Tooth Colored Fillings
Bonding & Veneers

General & Emergency
Root Canal Therapy
Wisdom Tooth Extractions
Children Welcome

Specialty Services
Snoring & Sleep Apnea
Sports Guards & Night Guards

24 Hour Emergency Care • Weekend Appointments
All PPO's Accepted • Easy payment plans

Schedule your appointment today!

925-299-9922

Lamorinda Dental, 911 Moraga Road, Suite 102, Lafayette
www.LamorindaDentalOffice.com

Advertising

Go Green and Save Money with CaliforniaFIRST

We all pay the price for comfort during the summer and winter however there is a way to curb what you are paying. Californians are going green in an effort to reduce energy consumption and PG&E costs. One of the many changes you can make is to replace your heating and air conditioning system with high efficiency equipment.

Many cities in the Contra Costa County have adopted The CaliforniaFIRST financing program.

The CaliforniaFIRST Program (CaliforniaFIRST.org) is a Property Assessed Clean Energy (PACE) financing program for residential properties. Through an innovative partnership with your county government, CaliforniaFIRST allows property owners to finance the installation of energy and water improvements on homes through the issuance of a municipal bond and pay the amount back as a line item on their property tax bill. Interest on the financing may be tax deductible as it is part of your property taxes. CaliforniaFIRST financing does not rely on your credit rating or debt-to-income ratio.

This program requires only minutes, in the comfort of your home, for approval. All documents to sign and approve are emailed directly to you. There is no paperwork to mail in and no real waiting time for authorization.

Another great aspect of CaliforniaFIRST is that if you decide to sell your home, the balance is transferable to the new owner. This allows you to increase your home's value without adding extra debt to yourself. Any secondary homes or rental properties may also be eligible for this program.

For more information on this innovative program, call Clean Air HVAC at 925-689-7017.