

Moraga Family Tackles Altitude and Lake Tahoe's Open Water

Submitted by Ron Modafferi



Mia, Adrienne, and Vincent Castillo with their medals Photo provided

The Castillo family traveled from Moraga to Lake Tahoe for an open water swim event at Sugar Pine Point State Park on Aug. 12. Twelve-year-old Mia, mainly a soccer player, won her age group and was the overall winner in the half-mile swim with a time of 17.25 minutes. Mia's twin brother, Vincent, a pool swim-

mer, won his age group and placed sixth overall in the 1.2-mile swim, finishing in 31.24 minutes. Mia and Vincent's mother, Adrienne, an Alaska age-group swimmer in the late 1970s, won her age group too, placing eighth overall with a 34.59-minute time in the 1.2-mile swim.

LMSC U12 Girls Win Tiburon Kickoff Tournament

Submitted by Corinna Sassano



Photo provided

Lamorinda Soccer Club Girls U12 White had a strong showing in the Tiburon Fall Kickoff Tournament Aug. 29-30, going undefeated and winning the tournament. In the championship match, the girls demonstrated outstanding ball control as they defeated North Marin United 03 3-0. In typical Lamorinda fashion, they held possession of the ball an im-

pressive 70 percent of the time during each game. Over four games, they totaled 14 goals and held their opponents scoreless. In fact, opposing teams managed just two shots on goal the entire tournament. Goals were scored by Riley (five), Miraze (four), McDonald (two), Bahl, Charlton, and Cunningham. Alex Sanchez coaches the team.

Local Dojo Scores Big in International Karate Tournament

Submitted by Caroline Tsuyuki



From left, front row: Caroline Tsuyuki, Declan Tsuyuki, Alyssa Tsuyuki, Ian Ho and Nia Ho; back row: Keai Lucasey, Joseph Tsuboi, Asenath Yeung; (not pictured: Kassie McKinnis, Selina Lee and Ammon Lee) Photo Rod Suzuki

A team of 20 athletes from Northern California Karate-do (NCK) competed in the 10th Shito-Ryu International Karate-do Kai Taikai Tournament held at the Hyatt Regency San Francisco Airport on Aug. 1 and garnered a total of 31 medals: 12 gold, 11 silver and eight bronze. Ten of NCK's competitors were from Lamorinda. Taikai, a biennial international karate tournament held alternately in Osaka, Japan and North America drew 255 participants from Australia, Canada, New Zealand, Mexico, Japan and the United States. The 2015 event was attended by 21 of the organization's highest-ranked Shihan instructors in traditional

karate. Lamorinda athletes Asenath Yeung, Keai Lucasey, Joseph Tsuboi, Declan Tsuyuki, Ian Ho, Nia Ho, Selina Lee, Ammon Lee and Caroline Tsuyuki all medaled in Kata (forms) and/or Kumite (sparring) in their respective divisions. In addition, Asenath Yeung, Keai Lucasey and Joseph Tsuboi earned their Nidan rank, second-degree black belt. NCK athletes train with Sensei Mari-jo Suzuki, a Yondan fourth-degree black belt in Seito Shito-Ryu traditional karate. Several NCK athletes have competed as members of the USA Junior Team in the Junior Pan American Championships and Junior World Championships.

Girls U11 Magic Win Soccer by the Bay Tournament

Submitted by Greg Davis



Photo provided

The U11 Magic East Girls played magically at the Soccer by the Bay Tournament in San Carlos on Aug. 15-16 and came away champions of the Gold Division. With fantastic teamwork and ball distribution the Magic girls went 4-0 in the tournament, without giving up a goal until the champi-

onship game, when they beat the De Anza Force 6-4. "The girls showed an amazing ability to bounce back in the final match," said Head Coach Tony Neto. "The girls played with a lot of heart. It is fun to watch these girls play and I am very proud of them."

Water Polo: Lamorinda to Pac-12 Pipeline Strong as Ever

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Lathrop, a Cal water polo alumni (1997-2000), has coached many players who have gone on to shine at the next level. Cal men's head coach Kirk Everist heaped praise on the job local coaches have done.

"It really helps when you have coaches that have played at a high level - James at Cal, Miles [Price, head coach for Campolindo] at Santa Barbara - and it's great to have these high-level coaches in the area to help develop these kids at a young age," Everist said.

According to Everist, the unique edge Lamorinda brings to the college recruiting eye is the area's strong tradition of recreational swimming. By a young age, "pretty much everyone in the area is a swimmer. I would assume that the quarterback at Miramonte swam on a rec team at some point," he said. As kids get older, water polo often becomes an enticing sport because, perhaps, it combines the contact of more mainstream sports like football or soccer, but the setting is more familiar: the swimming pool.

Everist, a Miramonte grad, has plenty of personal experience with the culture of aquatic sports in the area. "It's almost impossible to navigate life in Lamorinda without being part of the rec swimming culture," he said.

The Cal men ranked third in the Collegiate Water Polo Association's preseason poll. UCLA was first, followed by USC in second.

Patrick Fellner (Miramonte), now a junior, should be a factor for UCLA this fall. He was 7th on the team in goals in 2014 with 22, including a goal in each of the NCAA's Championship matches.

Drew Holland (Miramonte) will look to continue his success in the cage this fall at Stanford. In 2014, Holland was an ACWPC Third Team All-American, making 267 saves in 102 quarters. Other former Miramonte players include Kyle Weikert and Charlie Wiser, also Stanford juniors.

Charlie Rogers (Acalanes), will kick off his freshman season at USC and compete for

reps in the cage.

After leading the Matadors to an NCS Championship over the Cougars, Miramonte's Jordan Hoover joins former NCS rivals Spencer Tagg and Felix Garrett at Cal this fall. As if that wasn't enough Cougar, he also joins former Campo great J.D. Ratchford (Class of 2013). Former Acalanes stars Connor Reid (Class of 2013) and Andrew Schnugg (Class of 2012) are also playing for the Golden Bears this fall.

Ratchford scored 26 goals last year as a red-shirt freshman, ranking sixth on the team. Also a red-shirt freshman, Reid scored five goals in 2014. Schnugg appeared in six matches and scored four goals.

Both Reid and Schnugg are legacy players. Reid's father, Patrick, aided Cal in securing NCAA titles in 1984 and 1987. Schnugg's brother Ryan and father John played Cal water polo from 2008-2011 and 1977-80, respectively.

Speaking to the relationship between the three major high schools in Lamorinda, Ratchford said that the "good competition" between their water polo teams develops the player's skills to "reach their full potential" and go on to play at a collegiate level. "The big influence on swimming at a young age in the area translates to a lot of good athletes who end up getting into watersports and sticking with them," he added.

Reid and Ratchford recently made Cal's first travel trip team to the Triton Invitational hosted by the University of California, San Diego. The Cal men finished out their first matches of the season with wins over No. 5 Pacific and Cal Baptist (a game in which Ratchford scored a goal) at the two-day tournament from Sept. 5-6.

"They're both excited," Everist said of the two players the week before the competition. "It's a great accomplishment to make the first travel team in the beginning of the year. We're expecting some big things from them." Games will be televised on the Pac-12 network this fall.

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