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## Campo and Miramonte golf teams among league frontrunners

By Karl Buscheck



Photo Gint Federas

At the tail end of spring break, Jack Schram, the head coach of the Miramonte golf team, fired off an email to his squad.

In the missive, Schram, who heads up the school's football program in the fall, told his players that he hoped they'd tuned into the furious final round of the Masters and were ready to play inspired golf down the stretch.

To this point in the season, the Mats have been heeding the advice of their coach, sporting an 8-2 record overall and an 2-2 mark in Diablo Athletic League Foothill Division play.

Miramonte's first loss came at the hands of league coleaders Las Lomas back on March 13. A week prior, the Mats got the better of Las Lomas, toppling the Knights – and the rest of the field – to win the Freedom Tournament at Deer Ridge Golf Course in Brentwood.

"We beat Las Lomas by three strokes," Schram recalled, noting that the Mats will get another crack at Las Lomas on April 20. "Five guys playing 18 holes – it shows you how close it was."

The Mats suffered their second

loss on April 12 at Moraga Country Club, falling 204-199 to Campolindo, which holds a share the top spot in the standings along with Las Lomas. The Cougars, who have a 4-0 mark in Foothill Division action, also secured a fourth-place finish – in a field of 22 teams – at the 40th annual Wildcat Invitational at Meadow Club in Fairfax.

As has been the case throughout the season, captains Alex Meyers and Sam Sernett anchored the Mats' lineup at Deer Ridge during the Freedom Tournament.

"They've been doing a great job," Schram said of the pair. "They're the only two seniors on the team, so we have a lot of younger golfers – we have 12 total on the team (and) we're really solid, we're really deep with the first nine (players)."

Miramonte hosted neighboring Acalanans on April 17 at Orinda Country Club. While Acalanans head coach Tim Scott admitted that it was been a "rough" season for the Dons, the team always enjoys the chance to square off against a familiar foe.

"The kids get all pumped up for it and everything and among the teams –

especially Campolindo and Miramonte – there's great rivalry but also great friendship with kids on both teams," Scott said.

As Scott pointed out, many of his golfers went to middle school with their now competitors at Miramonte and Campolindo.

"They still remain friends and that's good to see," Scott said. "That's kind of the way golf is. Even when you're playing in a match and there's two kids from rival schools, there's great camaraderie going on and it's just fun to see."

Owners of an 6-4 record overall (2-4 in league), Acalanans has a balanced roster, which means a different Don has emerged to lead the way every time the team hits the course. Nonetheless, Scott singled out the contributions of senior Julian O'Donnell.

"I just appreciate his leadership and what he's done for the team," Scott said.

Acalanans closes out the season by playing Campolindo at Moraga Country Club on April 26, in a match which will have major title implications for the hosts.

## Mats, Cougars prepare for 'highlight' of DAL swimming season

By Karl Buscheck

On April 21, some 200 to 250 athletes – half wearing green, the other half wearing red – will descend on the deck of the Soda Aquatic Center in Moraga for the marquee event on the Diablo Athletic League swimming calendar.

"Well, it's definitely the highlight of the season on many fronts," said Miramonte head coach Don Heidary, whose Mats will compete against Campolindo.

"It's the most competitive dual meet (of our season) and it may be the most competitive dual meet in North Coast," Heidary added. "Our two teams are pretty strong. A lot of the kids know each other. A lot of the kids train together and my brother (Ron) coaches Campolindo."

The meet marks the penultimate competition of the DAL schedule for both sides and provides the Mats and the Cougars with a chance to cheer on their teammates and provide one of the final sendoffs for this year's class of seniors.

"It's a classic rivalry meet and it's always high energy, high intensity," Heidary said. "And generally the best dual meet times come from that meet."

Campolindo's head coach agreed fully with his brother's assessment.

"I tell the kids we're fortunate," Ron Heidary said. "We're so fortunate to have such a competitive program a couple of miles away. The kids get up for the meet and it's almost like an event in and of itself."

Leading up to the showdown with the Cougars, the Mission Viejo Invitational – held in Irvine on March 25 – stands out at the high-point of the Mats' season. Miramonte brought 40 swimmers to the meet and Heidary was impressed with the athletes in and out of pool.

"It was successful, very positive and competitive from a team perspective," Don Heidary said, noting that the Mats showed spirit and camaraderie rooting on their

teammates. "The women finished second overall and combined we were third (and) there were about 40 teams in the meet."

With the DAL Finals looming on May 6, the NCS Finals approaching on May 13 and State Finals running on May 19-20, Don Heidary singled out a particular segment of his squad that is poised for a impressive postseason showing.

"The women's freestyle sprint group is pretty strong and has a chance to do well at North Coast and the State meet," he said.

Over at Campolindo, Jolen Griffin, a senior who's headed to UCSB next year and who won the NCS 100-meter backstroke last spring, is the Cougars' preeminent talent.

"He's one of the faster swimmers, I think, in the country at the high school level," Ron Heidary said. "He's outstanding and has been for four years. He's been a leader, a role model and he's very good. So he's an important part of the program."

While the Cougars have enjoyed considerable success in recent springs, Ron Heidary also puts a heavy emphasis on making sure that his upperclassmen – like Griffin – set the tone for the younger swimmers who, in turn, are expected to grow into future leaders.

"Our philosophy is team is first and you're a good teammate," Ron Heidary said.

"We have team goals that we want to achieve," the coach added. "We've had a pretty impressive dual meet record over the past 10 years and winning the league and we've won North Coast 14 times – girls and guys – over the last 20 years."

Before the DAL trials arrive on May 4, the Mats will conclude the dual meet portion of the schedule by competing against their other rival – Acalanans – on April 26 in Orinda.

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