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LAMORINDA SPORTS

Acalanes boys win NCS Championship over Northgate

By Jon Kingdon



Photos Gint Federas

Avoiding a letdown after a tense, five-set victory over Campolindo (27-29, 25-20, 22-25, 25-20, 18-16), Acalanes won the NCS volleyball championship over Northgate 3 games to 1 (25-21, 29-27, 26-28, 25-23).

Under coach Mason Mulvaney, Acalanes has shown constant improvement over the last five sea-

sons: 1-14 in 2014, 2-15 in 2015; 13-13 in 2016; 28-7 in 2017 and 27-8 as NCS champion and qualifying for the CIS tournament this year.

Against Northgate, the Dons won the first two games and were up 24-20 in the third game but Northgate fought off five match points to win the third game before Acalanes clinched the match on their second match point in the fourth game.

Acalanes' victory over Washington in the quarter finals also went five games and the five set victories proved to be an advantage to his team, according to Mulvaney. "We had a solid game plan and we trusted in each other. Tonight, we were able to bear down in the pressure situations. It helped us having won the five set matches prior to tonight's game. When we got up 2-0, the pressure was on them and at 2-1

as well."

Acalanes had a balanced offense that did not allow Northgate to focus on one player. Mulvaney was effusive in his comments on his team's offense: "Austin Kinnear was phenomenal, all the more impressive in that he is only a freshman; Ethan Browne played the entire match though under the weather; Colin Kirbach who constantly put the ball where it needed to be and Alex Franke who had many huge blocks up front."

Acalanes began the season with an 11-5 record and went on to win 17 of their next 20 games, maturing as the season went along according to Mulvaney: "We're a young team, only starting one senior and we came together as the season concluded."

Just as important as the victory, the volleyball team also received the NCS Scholastic Championship



Austin Kinnear

team with a team GPA average of 3.42, third highest of all NCS Division 3 teams.

Miramonte girls defeat Acalanes in NCS Championship game, 10-6

By Jon Kingdon



Photos Gint Federas

The NCS girls lacrosse championship game matched Miramonte against Acalanes for the third time this season – once in the regular season, once in the DAL Championship and finally in the NCS championship game. For the third time in a row, Miramonte came out victorious defeating Acalanes 10-6.

If you had to point to one difference between Acalanes and Miramonte, it would have to be the second half play of Miramonte. In the league championship game, Miramonte fell behind 4-1 and then

utilized all of our players on defense, not just the defenders and we got a lot of turnovers."

The depth of the teams also proved to make a difference. Miramonte was substituting six to seven players through the game while Acalanes utilized fewer players. In the second half, Miramonte was able to maintain possession for long periods of time, which was part of Pelletier's game plan: "We were up by three and without a shot clock, we moved the ball as fast as possible and we had an 8-minute period where we were able to keep the ball away from Acalanes."

Acalanes head coach Courtney Neff agreed the second half was the difference: "Miramonte was able to keep the ball away from us and we had to go into a high-pressure defense which entailed full out sprints

by our players to get the ball back and it was very fatiguing."

Leading the offense for the Matadors were sisters Perrie Lundstrom, who scored three times, and Shaune Lundstrom, who scored twice. With six girls scoring, it made it difficult for Acalanes to slow Miramonte down. Said Pelletier: "With so many of our players having the ability to score, they could not focus on one or two players on our offense."

Goalie Brianna Fick had seven saves and was effectively protected by the Miramonte defensive unit, seniors Maisy Mills, Caroline Stenzel, and Hannah Smith, junior Vanessa Lam and freshman Libby Hawkins. "Our whole defensive unit did a great job," said Pelletier. "Acalanes could not relax and we did not allow them to set up their

offense. Our players had the green light to double team the ball, forcing them to be on the move and not allow them to get in a groove."

Acalanes had their standouts as well according to Neff: "Lauren Westergren was all over the field. Claire Gallagher was very effective recovering ground balls all game and Jamie Wendt was outstanding for us in goal. I'm proud of the way the team played. I believe that this was a very successful season."

Getting hot at the right time, Miramonte won 11 of their last 12 games this season. Pelletier appreciates the effort her team invested in this season: "We have a very deep program with nine seniors and 12 underclassmen. The girls wanted to get better as the season went along."



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