



SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

OAKLAND
(510) 428-3558

SAN FRANCISCO
(415) 353-2808

SAN RAMON
(925) 979-3450

WALNUT CREEK
(925) 979-3430



Ryan Nall – Three sport star heading to MIT

By Jon Kingdon



Ryan Nall

Photos Gint Federas

If one was to look up the word student-athlete, it might show a picture of Ryan Nall.

Nall, who earned nine letters in high school (football, basketball and track), also found the time to study enough to get the grades to get accepted by the Massachusetts Institute of Technology.

With the onset of club teams and so many athletes playing one sport, Nall took the opposite tack: "I've always had a love of sports and since I always played different sports and did not join a club teams, I did not burn out on any of it."

With so many games and practices during the week that would go into the evenings, balancing sports and studying is not easy. "The evening practices and games took a lot of time," Nall said. "They key was managing my time, but I still ended up doing my schoolwork late into the evening. It helped that none of the sports overlapped."

Nall appreciated the freedom his parents gave him to make his decisions on sports and academia: "My parents never really pressured me to play one sport or to go to a

particular college. They allowed me to make my own decisions and let me do what I wanted to do."

Acalanes head football coach Floyd Burnsed spoke glowingly of Nall's play last season: "Ryan was one of the few two-way players for our team, playing offensive tackle and linebacker. As a tackle, he would take his man 10 yards down the field and put him on his back. Ryan was a leader by example, a quiet kid. He just did his job and did it well. He was all business. I know that he could have received scholarship offers from some Pac 12 schools but he always had MIT in the back of his mind."

Nall was named third team all-league in football and led the team in sacks.

Though MIT does have a football team, at this point Nall only anticipates going out for the track team.

Choosing a college for Nall came down to two choices: "I was really thinking about go to Cal as a preferred walk-on (like his college teammate Robbie Rowell). However, I am looking to be a mechanical engineer and when I was

accepted to MIT, I jumped at that."

It's the grades not sports that ultimately get one accepted to MIT, which Nall understood and appreciated where Acalanes put its priorities: "Acalanes was very serious about academics and I put that first and sports second."

In a year when the basketball team he played on went to the playoffs and when he went to the state finals in track for the shot and discus, what was Nall's highlight his senior year? "Hands down, it was beating Campolindo in football (for the first time since 2010) when the fans stormed the field," Nall said.

Nall spoke highly of Coach Burnsed: "He brought in a very experienced staff of coaches and he turned the program around. I just wish he had been here earlier. In a couple of years, this program will be really successful."

Nall appreciated "the great coaching at Acalanes in all the sports, particularly my track coach Chris Clark."

Clark spoke highly of Nall as a person, a student and as an athlete: "Ryan's physical prowess is very evident but he did not carry himself that way. He's strong as an ox but Ryan's very unassuming with zero ego. He's a brilliant student and very analytical. He's a grinder. Academics came first for him and he was only late if he had a late class. His time management was on point."

As impressed as Clark is with Nall's three-sport skills, he feels he may have only scratched the surface in track due to his playing basketball: "If we could have had Ryan for the three months he played basketball, there's no telling what he could have done. Ryan's just a great, unassuming kid that would do anything for his teammates."

It wasn't just the coaches that helped Nall and the other athletes when they were underclassman. It was the seniors like Jack Brydon,



said Nall. "We all looked up to him and he was very supportive and showed me the ropes."

When Nall leaves for MIT, it's

obvious that he will bring with him a confluence of his family, his school, his coaches and his classmates.



Submit stories to sportsdesk@lamorindaweekly.com

(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)

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

Music Lessons

Piano/guitar w/ Robbie Dunbar
All levels welcome!
I travel to your home.
M. A. Music Composition
Piano tuning as well!
925-323-9706
robbiednbr@gmail.com

Fun Piano Lessons

Learn your favorite song! I teach Certificate of Merit. BM & MM in Piano. Lessons in your home.
925-984-8322. lynnf253@gmail.com

Music

Music for your Club or Private Party. Ragtime, Dixieland Jazz, Swing, Klezmer. Single Act or Band.
Eliot Kenin – 800-965-1302

reach 60,000+ with your ad

For Rent

Lafayette House, 3 BDR, 1 1/2 BA, living room, separate dining room, garage, \$3,100/month plus deposit. 925-283-8513.

Insurance

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

Tile Setting

Baths, Showers, Floors, Walls, Counters
Cliff 510-697-1125

House Cleaning

www.totalclean.biz

Serving Lamorinda since 1985. Insured and bonded 376-1004.

Hauling

Haul Your Junk Away
925-435-3492
Call or Text Don

Weed Cutting

Tall Weed Cutting
Hillsides, Free Estimates
925-938-9836

Painting

Inside and outside. Father and Son, 40 years experience. Local references. Licensed, bonded, insured.
(925-285-0370) Don

Collectibles

Buy or sell collectibles
Call or Text
925-435-3492

Handyman

Rusty Nails Handyman Service
Repair • Restore • Revamp
Call Rusty- (925) 890-1581

HANDYMAN SERVICE
Plumbing, Electrical, Carpentry, Etc., Etc. **(925) 934-0877 Jim**

Quetzal Handyman
NO JOB TOO SMALL
Please call **Carlos Toledo**
925-872-0422

Plumbing



WE HOP TO IT!
(925) 377-6600
LeapFrogPlumbing.com

Rototilling

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

Construction

Concept Builders

Remodeling, Home Repair & New Construction
Bonded & Insured. License no. 842563
(925) 283-8122, Cell: (925) 768-4983

Tree Service

East Bay Tree Service.
377-8733. Fine pruning, large tree removal, stump grinding
License #805794

Tree & brush removal.
Poison Oak removal. 376-1995,
Licensed, insured & bonded

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