

Lamorinda athletic trainers behind the scenes

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Computer technology has become an excellent tool for the trainers, according to Grigsby: "Robotics engineering is helping with surgeries and rehabilitation, not only in sports but with our war veterans. We now use computer baselines for concussion management, checking the kids' reaction times and memories. It's also used for strength, conditioning and performance enhancement."

Still, some things just don't change, according to Clark: "Anatomy is still anatomy. However, science has caught up with what we have been dealing with all along. We are all better positioned to deal with concussions and brain injuries. There are better and much less invasive surgeries and regenerative therapy. The future is bright as it relates to athletic injuries and treatment."

The trainers will have the last word as to whether a player can return to practice and playing after an injury despite the efforts of some of the athletes, says Clark: "Kids

will get notes from doctors, going 'doc-shopping,' to find a doctor that will clear them to play, particularly with concussions. The district policy is that no player can get back onto the field unless he is cleared by the trainer. We have had great backing from the schools, the district and the administration. If we need to push back, they will back us."

Each trainer took different paths in making training their career. Ironically, it was an injury that led Albiento that pointed him in that direction: "I was a pitcher at St. Joseph-Notre Dame High School in Alameda when I tore the cartilage in my shoulder. After having surgery, I was sent to Bay Area Physical Therapy where the A's and Warriors would go for treatment. Coincidentally my trainer was Chris Clark's father-in-law. I loved the environment and thought that it would be an awesome job."

Clark, who went to St. Mary's High School in Berkeley, got his first job as a trainer returning to St. Mary's High School after his certification. It was a relative of Clark's who

had suffered some mini-strokes that led him to become a trainer: "My grandfather had a hard time moving and I would help him move his legs. I would talk with his physical therapist and she recommended this as a career. A teacher of mine, Stan Nakahara, a legend in his field, had his own clinic and I interned there and learned a ton from him. I loved athletics and saw this as a way to be around it."

Grigsby, who graduated from Northgate High School, took a class in athletic training which at that point was the first and only program in the Bay Area. He went on to San Diego State and graduated with a degree in kinesiology and sports medicine. Grigsby's first job was at Mount Miguel High School and then was called by Glen Barker about the opportunity to become the trainer at Miramonte and has been there ever since.

When the trainers first arrived, there was some skepticism from the coaches. "At first, it took time to develop a trust with the coaches and for them to recognize my ability and how I stood up for the

kids," says Clark. "Based on how I've done things, I've gained their respect. It was a learning curve to expectations for what I was doing." It was similar from the start for Albiento: "Initially there was a range of reactions from the coaches. Some were receptive and others had to learn why I was there. It's worked out very well since then."

Grigsby had a positive reaction from the coaches, the faculty, the parents and the community from the outset: "I could never thank them enough for welcoming me from the beginning. They all know that in our district there will always be a trainer on the fields and in the gyms."

There is a unanimous belief that athletic training is a growth industry. Clark cites how many females are pursuing this field: "There is more diversity in athletic training each year. I have a large number of females in my sports medicine classes. I constantly remind them that their background and gender doesn't matter. What's most important is that they have to be passionate about it."

Clark points out the need for trainers in many more areas than in high schools and colleges: "It's all over the place - Cirque du Soleil, ballet companies, rodeos, NASCAR and the armed services. Even corporate settings and Federal Express see the need for biomechanics and rehabilitation."

Is there any competition between the trainers? Hardly. Clark is looking forward to getting together with the Grigsby and Albiento: "We're all going to have lunch after our schools' finals. We will talk shop and catch up. We're all family guys both personally and professionally. It's always good to catch up and talk shop."

Grigsby echoes that sentiment: "We have a great collaboration. Our schools are unique in that they all have a full-time athletic trainer. We have all have been working together. It's been good to see that other schools are following our lead and getting full-time trainers and covering all the sports."

Diablo Athletic League recognitions, girls 2018-19

Girls Cross Country 1st Team All-League

Paloma Hancock	Campolindo
Alicia Hober	Campolindo
Audrey Allen	Miramonte
Jamie Say	Miramonte
Nicole Frigon	Acalanes

2nd Team All-League

Ellie Guthrie	Campolindo
Sophie Webster	Campolindo
Kate Riley	Miramonte
Lauren Yee	Acalanes

Foothill Division, Girls Golf Co-Most Valuable Players

Ashley Pan	Campolindo
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First Team All-League

Kaylen Tu	Miramonte
Kaydee Tu	Miramonte
Avalon Schenone	Acalanes

Second Team: All-League

Harper Orr	Miramonte
Katie Ingrey	Miramonte

Honorable Mention: All-League

Heather Shinn	Miramonte
Ainsley Murphy	Campolindo
Caitln McDonagh	Acalanes
Grace Andronico	Acalanes

Foothill Division, Girls Tennis 1st Team All-League - Singles

Amber Lee	Miramonte
Macey Dowd	Miramonte
Eliza Bates	Acalanes

1st Team All-league - Doubles

Michelle Tang/Peyton Smith	Miramonte
Paige Millham/Anna Hyman	Miramonte

2nd Team All-League - Singles

Sydney Bell	Acalanes
Henriette Schmuck	Miramonte
Jasmine Toni	Acalanes
Zoe Cate	Acalanes

2nd Team All-League - Doubles

Charmae Wang/Juliette Barlier	Campolindo
Maile Nomura/Alex Bonardi	Campolindo
Maya Harrison/Alyson Eversole	Miramonte

Honorable Mention - Singles

Vivian Toni	Acalanes
Vanessa Anderson	Miramonte
Isabella Restrepo	Campolindo

Foothill Division, Girls Volleyball Most Valuable Player

Audrey Pak	Campolindo
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1st Team All-League

Sarah Carrasco	Campolindo
Sophia Newman	Campolindo
Madi Risch	Acalanes
Elsa Clever	Acalanes
Megan Hohman	Miramonte

2nd Team All-League

Rachel Go	Acalanes
Erin Thomas	Campolindo
Lauren Lim	Miramonte
Jen Giron	Miramonte

Honorable Mention - Foothill Division

Cailyn Good	Miramonte
Roxy Cummings	Acalanes
Elizabeth Canon	Campolindo

Foothill Division, Girls Water Polo Most Valuable Player

Jewel Roemer	Acalanes
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Outstanding Goalie

Savannah Sherwood	Miramonte
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1st Team All-League

Zoe Crouch	Campolindo
Christina Crum	Campolindo
Alex Fellner	Acalanes
Sally Fellner	Miramonte
Katherine Hawkins	Campolindo
Katie Lyons	Miramonte
Claire Rowell	Acalanes
Lexi Rowell	Acalanes
Kylie Walker	Acalanes

2nd Team All-League

Camryn Sutter	Campolindo-Goalie
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Zoe Benizek	Acalanes
Lola Ciruli	Campolindo
Ava Dunleavy	Acalanes
Abby Fleming	Miramonte
Jessica Henningsen	Campolindo
Chloe Morrison	Miramonte
Alex Mould	Acalanes
Nina Munson	Campolindo
Fiona Young	Miramonte

Honorable Mention

Courtney Coleman	Miramonte
Mary Beth Heffelfinger	Acalanes

Photos Gint Federas



Audrey Pak

Sarah Carrasco



Madi Risch

Megan Hohman



Jewel Roemer

Savannah Sherwood

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