2018-2019 Girls DAL All League

Cassidy Haskell

DAL All-League Competitive Sport Cheer - 2018-19 All-League Chloe Parmelee Acalanes DAL ALL-LEAGUE **GIRLS LACROSSE - 2018-19** Most Valuable Player **Boo Dewitt** Miramonte First Team Grace Gebhardt Acalanes Vanessa Lam Miramonte **Devon Ortman** Campolindo Lauren Westergren **Acalanes** Claire Gallagher **Acalanes Emerson Bohlig** Miramonte **Shaune Lundstrom** Miramonte **Second Team** Acalanes Coco Fellner Jordan Pratt **Acalanes** Emma Workman Acalanes Sally Peterson Miramonte Marcy Morse Acalanes Kiara Kofoed Miramonte Annie Cimperman Campolindo **Honorable Mention** Campolindo **Caroline Coates** Kendall Monkarsh Campolindo Miramonte Mina Jenab **DAL All-League** Girls Swimming - 2018-19 1st Team All-League **Emily Gebhardt** Acalanes Shelby Suppiger Acalanes

Eloise Engs Miramonte Sophia Kosturos Miramonte Katie Lyons Miramonte Margaux McDonald Miramonte 2nd Team All-League Alex Fuller Acalanes Jewel Roemer Acalanes Claire Rowell Acalanes Maggie Buckley Campolindo Campolindo Lizzy Follmer Channing Hanley Campolindo Maddie Smith Campolindo Amber van Meines Campolindo **Honorable Mention** Heidi Heffelfinger Acalanes Vanessa Watts Acalanes Lola Ciruli Campolindo Campolindo Lexi Fok Katherine Hawkins Campolindo Ashleen O'Brien Campolindo Natalie Ung Campolindo DAL All-League **Girls Track – 2018-19** 1st Team All-League Maddy Doane Campolindo 100M, 200M, 400M, 4x100 Relay Anna Weier Acalanes Shot Put, Discus 2nd Team All-League Nicole Frigon Acalanes 800M

Miramonte

Poloma Hancock Campolindo 3200M Sara Tabibian Campolindo 300 Hurdles, 4x100 Relay, 4x400 Relay **Emily Hatch** Campolindo 4x100Relay, 4x400 Relay Terryal Bell Campolindo 4x100 Relay, 4x400 Relay Campolindo Alicia Hober 4x400 Relay Irionnia Allen Miramonte 4x100 Relay, High Jump, Long Jump Kyla Meyer Miramonte Pole Vault **Honorable Mention** Masina Mayo Miramonte 100M, 4x100 relay, 4x400 Relay Lauren Yee Acalanes 800M Audrey Allen Miramonte 1600M, 3200M Ava Moran Miramonte 4x100 Relay, 4x400 Relay Kaylyn Goode Miramonte 4x100 Relay, 4x400 Relay Beatrice Whitaker Miramonte 4x400 Relay Scarlette McCullough Acalanes Long Jump

Madelyn Robinson

Triple Jump

DAL All-League - Valley Division -Softball - 2018-19 Most Valuable Player - Valley Division Kavlee Pond Acalanes 1st Team All-League - Valley Division Katelyn Poole Campolindo Abbie Lee Campolindo Kelly Gagnon Campolindo Morgan Salmon Acalanes Riley Nicosia Acalanes Miramonte Ashley Miller 2nd Team All-League - Valley Division Acalanes Amy Schwing Ellie Palma **Acalanes** Alexandra Sofield Acalanes Bailee Takano Acalanes Jenna Evaristo **Acalanes** Campolindo Hanna Grossen Kaitlyn Dowdall Campolindo Sarah Tallarico Campolindo Carly Johnson Miramonte Honorable Mention - Valley Division Ellie Sinha Miramonte Madi Lehman Miramonte Ruby McCabe Miramonte Rayna Landry Miramonte Lindsey Home Campolindo $\bar{\text{Campolindo}}$ Qing Inglis Emma Rahimi Campolindo Makayla Erickson Campolindo Acalanes Madeline Fink Evan Mirabelle Acalanes

Diablo Alliance 12U wins qualification tournament for National Junior Olympics

Submitted by Dale Kang

During the weekend of June 14-16, the Diablo Alliance 12U girls went undefeated in clinching the top spot from the Pacific Zone for the National Junior Olympics water polo tournament that will be held in Southern California in July. This weekend's tournament included water polo clubs from around the Bay Area. The competition results will determine seedings for NJO, with water polo clubs competing from all around the country.

Top row, from left: coach Jim Hassett, Rosalie Hassett, Zoe Jimenez, Ally Larsen, coach Robby Arroyo; 2nd row: Nola Kurtz, Addison Dankworth, Ella Del Rosario, Clara O'Connor, Kayden Page, Tess Schirmer, Quinn Arroyo, Sara Williams, Elise Gratton; holding sign: Kiley Arroyo, Elizabeth Hassett; front row: Audrina Kang



Miramonte

Acalanes Softball Champions

Submitted by Chris Palma

Acalanes Softball won 2019 Diablo Athletic League Valley Division going 10-0 in league play. Coached by Victor Silva, Melissa Brymner and Dennis Fink.

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The Gael force of Saint Mary's to play in 'The Basketball Tournament'

... continued from Page C2

Though we were all familiar with each other, last year we did not practice a lot prior to the tournament. Coach Bennett has always run the same system and we've been focused on that. That is our strength and we really have to build on it."

McConnell agrees with that strategy: "We're practicing so that we'll all be on the same page. We're just working on everyone's schedules to make it work out. We've all stayed in touch with Coach Bennett over the years and we're all familiar with his system. Regardless of the year we played, we all fit in with each other's games."

Rob Jones, who is currently a graduate assistant coach for Saint Mary's, brings a coach's perspective to this team: "I think the Gaels were ahead of the curve with our shooting and open spacing. The emphasis changes some with every team. For example, when Omar was here, we

went into the post a lot. When I played, we did not have a dominant center. You change to your personnel, but it's all the same concepts."

The team has tried to address their shortcoming from last year, said Samhan: "We came up just short last year after leading at halftime, losing to a team that had former Warrior James McAdoo and former Cal star James Randle who gave us fits with his athleticism. This year we have added guard E.J. Roland for his speed and athleticism and Jordan Hunter for his size and overall skills."

McConnell, who lives in Pleasant Hill, looks forward to competing against a number of players that he has competed against overseas: "We had a lot of fun last year. We got to see a lot of players that we were familiar with. It's good to see how many of them have progressed."

Samhan, who grew up and still lives in Danville, sees many positives in the event: "It's tons of fun. It feels like we're back in college. We're with our teammates and are put up in a hotel. With such top competition and the games being on ESPN, it's like an NCAA tournament. Plus, a lot of my friends, family and fans get to watch us again since they don't get to see us playing overseas."

Watching Saint Mary's take on Villanova in the NCAA tournament this past season brought back many memories to Samhan and McConnell, both of whom played on the Saint Mary's team that upset the No. 1 seeded Villanova in 2010. "There were tons of memories hearing the announcers talk about our victory over Villanova," says Samhan. "It was a great experience for the Gaels and the fans to kind of relive what turned out to be our best year ever."

McConnell appreciated how Saint Mary's has improved over the years: "Against Villanova, we were completely an underdog and it's been great to see how Coach Bennett has taken the program to another level. It was cool to see this matchup against Villanova once again. We had to go cross country for the early game and the team had to do the same thing this year. We don't get many favors from the NCAA"

vors from the NCAA."

Both Samhan and McConnell have greatly enjoyed
their time overseas: "It's been
an unbelievable cultural experience," said Samhan. As a
small-town East Bay kid, it's
been really nice to get out and
see the world. It's been a
great run and I plan to play a
few more years though the
wear and tear adds up."

wear and tear adds up."

McConnell has played for several teams around the world: "I've bounced around to a lot of countries. I've been lucky playing in a lot of good places with a lot of good teammates. I just finished my eighth year and am going to take it ween by wear."

take it year by year."

Jones, who played overseas in Poland, Greece, Australia and Puerto Rico, broke his foot and returned to the

United States for surgery and rehabilitation. He will be receiving his master's in education and leadership in August. It was at this point that Jones chose to retire from playing and to begin a career in coaching: "As I was rehabbing and training and talking to the players on the team and working out with them, It really opened up my eyes that coaching was something that I wanted to do. I talked with Coach Bennett about the steps that would be necessary to make this happen. It's something that I always wanted to do. It's thinking about the players and the team and not about yourself. It's been a real blessing for me."

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TBT should not only provide great basketball but it will be an excellent opportunity for the Saint Mary's and Lamorinda communities to reconnect with so many outstanding former Saint Mary's players.