

2018-2019 Girls DAL All League

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

Coco Fellner Acalanes
Jordan Pratt Acalanes
Emma Workman Acalanes
Sally Peterson Miramonte
Marcy Morse Acalanes
Kiara Kofoed Miramonte
Annie Cimperman Campolindo

Honorable Mention

Caroline Coates Campolindo
Kendall Monkarsh Campolindo
Mina Jenab Miramonte

DAL All-League

Girls Swimming – 2018-19

1st Team All-League

Emily Gebhardt Acalanes
Shelby Suppiger Acalanes

Eloise Engs

Sophia Kosturos

Katie Lyons

Margaux McDonald

2nd Team All-League

Alex Fuller

Jewel Roemer

Claire Rowell

Maggie Buckley

Lizzy Follmer

Channing Hanley

Maddie Smith

Amber van Meines

Honorable Mention

Heidi Heffelfinger

Vanessa Watts

Lola Ciruli

Lexi Fok

Katherine Hawkins

Ashleen O'Brien

Natalie Ung

DAL All-League

Girls Track – 2018-19

1st Team All-League

Maddy Doane Campolindo

100M, 200M, 400M, 4x100 Relay

Anna Weier

Shot Put, Discus

2nd Team All-League

Nicole Frigon

800M

Cassidy Haskell

1600M

Miramonte

Miramonte

Miramonte

Miramonte

Acalanes

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Poloma Hancock

3200M

Sara Tabibian

300 Hurdles, 4x100 Relay, 4x400 Relay

Emily Hatch

4x100Relay, 4x400 Relay

Terryal Bell Campolindo

4x100 Relay, 4x400 Relay

Alicia Hober Campolindo

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 Miramonte

Triple Jump

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DAL All-League – Valley Division -

Softball – 2018-19

Most Valuable Player – Valley Division

Kaylee Pond Acalanes

1st Team All-League – Valley Division

Katelyn Poole Campolindo

Abbie Lee Campolindo

Kelly Gagnon Campolindo

Morgan Salmon Acalanes

Riley Nicosia Acalanes

Ashley Miller Miramonte

2nd Team All-League – Valley Division

Amy Schwing Acalanes

Ellie Palma Acalanes

Alexandra Sofield Acalanes

Bailee Takano Acalanes

Jenna Evaristo Acalanes

Hanna Grossen Campolindo

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

Qing Inglis Campolindo

Emma Rahimi Campolindo

Makayla Erickson Campolindo

Madeline Fink Acalanes

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

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'

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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."