

USA Women take down Greece 14-3 in Moraga



Photos Gint Federas

Amanda Longan (Moorpark, CA/USC/Santa Barbara 805)

For the third consecutive game Team USA took down Greece 14-3 July 4 at Campolindo Soda Center. Amanda Longan got the start in goal and made 11 saves in the cage. Maddie Musselman and Jamie Neushul powered Team USA's offense by scoring three goals each.

According to USA Water Polo, Inc., Team USA came out the gate quickly on offense as they went up 1-0 on their first shot of the game through Paige Hauschild. Team USA then took a commanding 5-0 lead at the end of the first quarter after four successive goals.

Similarly, in the second quarter Kiley Neushul got the scoring started and her sister Jamie ended it with Team USA's ninth goal in a row before Greece scored one to make it 9-1 at halftime.

The third quarter was a tighter contest as Greece got

their second goal and then it took until two minutes left in the quarter for Team USA to find the net. Musselman then added another to increase the lead to 11-2 at halftime. Team USA continued to push forward in the final quarter with three more goals, going on to win 14-3.

Team USA went 2/2 on penalties and Greece went 1/2 on penalties.



Maddie Musselman (Newport Beach, CA/UCLA/CdM Aquatics)



Maggie Steffens (Danville, CA/Stanford/NYAC)

Orinda Aquatics' swimmers path to college



Orinda Aquatics team cheering

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The kids that go on to swim either collegiately or at a club level is a very high percentage. It's our culture that supports it."

Kassy Gregory, a recent graduate of Campolindo and Orinda Aquatics, will be swimming for Soka Univer-

sity in Alisa Viejo, California and attributes much of her success to swimming for the Heidarys: "As a student-athlete, I had to learn to develop self-discipline and time management. That discipline has helped me to be become a better student. At Orinda Aquatics, we recognize our responsibilities for behaving

as high-character athletes. Everyone is treated with the deepest respect, whether they are swimmers, officials or coaches. While our passion for the sport propels us to put in our best effort, we understand how our actions relate to others."

There have been three Olympians that have come

out of Orinda Aquatics – Kim Vandenberg (UCLA and Campolindo), Peter Varellas (Stanford and Campolindo) and Heather Petri (California and Miramonte) along with 23 other Olympic qualifiers. As gratifying as that is to the club, "What we're most proud of is how many of our kids have gone on to be leaders of

their collegiate swim team," says Don. "Forty-one of our swimmers have been named captains of their teams in college. We'll put that number up against any club in the country."

The large number of leaders that have come out of Orinda Aquatics can be attributed to their 'Positive Training Environment.' It's a matter of taking the path of most resistance, says Don: "When our swimmers enter a culture of commitment and effort, they either adapt or they are excused as our swimmers and coaches do not want the team's standards jeopardized. They not only grow as athletes through the challenges, but they grow as people. We emphasize character, which is the foundation of our program. If the environment is not positive and conducive to long-term training and development, you will see much more attrition and kids looking to move out of the sport, not continue to a higher, more demanding level. That's what we try to do every day, create that environment that supports kids that want to continue on and they do and we've seen that play out for over two decades."

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