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## Meadows named new Campolindo Athletic Director



Ray Meadows

Photo Jon Kingdon

By Jon Kingdon

After heading an athletic department that led to

Campolindo being named Cal-Hi's Division III School of the Year, Shannon Rogers has stepped away from the athletic

administration and will be devoting all of her efforts to her role as a special education teacher.

Replacing Rogers will be Ray Meadows, who was recently named as Campolindo's athletic director, a position he is taking for the first time. Meadows is well aware of the legacy that Rogers leaves behind: "Shannon was phenomenal. She has transitioned everything over to me and it's really evident what a great job she did as the athletic director and putting together such an excellent coaching staff."

As an athlete, Meadows swam and played water polo at De La Salle and played water polo at UC Santa Barbara. His first job out of college, ironically enough, was teaching and coaching at Campolindo from 2004 to 2010: "There are still a lot of the same friends, teachers and contacts here when I left 10 years ago. We now have coaches that were students when I was teaching: Miles Price, our water polo coach, was an outstanding player and has done a phenomenal job with the program; Steve Dyer was a basketball player and is now the head coach of the state championship team; and Nikko Triggas, our wrestling

coach, played water polo for me. I was always looking to get back over here."

Meadows left Campolindo to see the world: "My wife and I were looking to travel over the summer. We went to New Zealand where I was coaching a water polo club in their national league. One of my team's directors was a high school principal and he offered me a teaching position, which I took and taught economics and New Zealand history, which was an experience."

Meadows brought back more than memories: "My daughter was born there, but being far from home and family is what ultimately brought us back. It was a once in a lifetime opportunity to live in a country that I learned to love. It was great to live somewhere else and make some lifelong friends."

After returning from New Zealand, Meadows taught and coached at De La Salle along with being the head coach of the Springbrook Swim Team. Campolindo was not far from his mind: "I was at Campolindo longer than when I was at De La Salle so this is kind of coming home for me in terms of my professional life."

Meadows, who will also

be teaching freshman world history, understands the role of athletics at Campolindo: "I know the commitments the coaches, the parents and the administration make to the teams. I'm just hoping to keep everything going and to contribute as much as I can. It's already a very successful school athletically and I'm really excited to be a part of it. I'm trying to figure out my role and the ways that I can contribute to make everything continue to work as well as it has. Bob Wilson was the AD when I was there and he always helped me when I had questions and whenever I needed something to get done, he got it done. That's what I'm striving to do, to be the link between the coaches and the school and the community."

The term student-athlete is important to Meadows: "The student comes first because the school is so competitive academically and I think that it translates to their overall commitment. They're committed as students and they're also able to balance their time as athletes. The teachers and the coaches are demanding so it takes a special kid with special families to be able to participate on teams that ask a lot of them."

## Lamorinda football season preview

... continued from Page C1

There are big shoes to fill as Kresnak threw for 2,542 yards and 25 touchdowns. Mike O'Donnell will be given the first opportunity to take over the starting position. O'Donnell was primarily a linebacker last season, averaging 6.7 tackles a game. If O'Donnell can match his passing performance from last season, things should take care of themselves. O'Donnell had a maximum quarterback rating last season of 177.1 though he only threw two passes (2/2/95 yards/1 TD)

Also competing for playing time is junior Brady Huchingson who has moved up the system, having played quarterback the last two seasons for the Dons' freshmen and JV teams. Burnsed is optimistic about the potential for both quarterbacks: "Mike is a really good player that makes good decisions and will also be lining up as a linebacker. I also have a lot of confidence that Brady can go in and play,

though he has no experience as yet at the varsity level."

The receiving corps took a big hit with the graduation of Chris Rogers who will be on the Cal roster this year. Senior Lucas Eppinger was solid last season with 47 receptions and nine touchdowns (long of 95 yards), averaging 16.7 yards per catch. Jack Muren who only played three games last season due to a shoulder injury is back and Sam Heyman who was a force on the JV team last season should make the transition to the varsity level. Senior Matt Hess who has not played football since he was a freshman (playing lacrosse) could be a factor as well.

Senior Jake Delaney, who will be starting for the fourth year, is being counted on to carry the load in the backfield. Delaney, who also runs for the Dons' track team, led the team in rushing last year, gaining 414 yards, averaging 5.2 yards per carry and caught 25 passes as well. "This should be his year," said Burnsed. "We're

expecting big things out of him."

Backing up Delaney will be juniors Nic Rossi and another trackman Dane Jensen, who only played cornerback last season.

Leading the way up front is an offensive line that brings a lot of size this year, which Burnsed intends to take advantage of: "Our offensive line is better this year. We are putting more emphasis on our run game and hopefully this will play out." Heading up this group are seniors Carson Burriel ("a really good player") and 6'5" Taylor Clark ("one of our big guys"). Junior Billy Brown (6'6") is playing varsity for the first time. "It's a group with some new players and some players with experience," Burnsed says.

The Dons' defense has good experience. The defensive line is led by 6'4" John Kalil who had 41 tackles last season. Linebacker Tommy Thrasher led the team with 101 tackles last season and the aforementioned



Mike O'Donnell, Acalanes

Photo Gint Federas

O'Donnell was the team's fourth leading tackler.

Senior Nick Pearson, who led the team with four interceptions last season, will be starting at one of the cornerback positions and junior Dane Jensen will be on the opposite side.

Junior Hunter Ridley will be handling the kicking game again and Pearson will be the

team's punt and kickoff returner.

Acalanes opens their season at home on Aug. 23 against Armijo (Fairfield).

The key to the season for Burnsed: "We have to stay healthy. We have 48 players, but not a lot of depth at certain positions."

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