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Filling the sports void for Lamorinda athletes



West Temkin



Nick Kresnak

Photos Gint Federas

By Jon Kingdon

It's been a particularly topsy-turvy spring, particularly for high school students who were quarantined and forced to take their classes online, and with the cessation of all spring sports.

This spring was supposed to be a capstone to a great athletic career for Nick Kresnak, a graduating senior at Acalanes who will be attending the University of Washington in the fall and will be on their baseball team. With the Dons baseball team starting the season off 3-0-1, things came to a sudden halt. "We got a call from our athletic director and had to stop in the middle of practice," said Kresnak. "We just packed up and went home and that was the last time we were on a baseball field. We never thought it would last for the remainder of the season."

The Campolindo baseball

team which had begun the season with a 4-0 record, saw their season conclude the same way it did for Acalanes, said head coach Max Luckhurst: "It was on Friday, March 13th. We were about to start practice and they told us to shut it down immediately. When the season was officially canceled, I felt really bad for the seniors. We had a great group of kids."

The Campolindo community did what they could to acknowledge the senior players. On what would have been the last home game, parents had the seniors come on the field one-by-one for 15 minutes where they had their pictures taken with their banner and their moms so they could have these memories down the road, said Luckhurst. "Besides that, we did have a 'parking lot pickup' with social distancing for the kids to pick up their stuff which allowed the coaches to say goodbye." There are optimistic

plans for various types of summer baseball. "At this point, it's not going to be a game setting," Luckhurst said. "It will be more like workouts with 12 or fewer players with social distancing just to get the kids out there, throwing a baseball, batting and running."

West Temkin, an upcoming junior at Campolindo, is a goalie on the Cougars water polo team that won the NCS this past fall. At this point in the year he would normally be practicing with the Contra Costa United team which, said Temkin, "is one of the best teams and we were really preparing for a tournament called the junior Olympics, and were odds on to win it, but it was canceled which I was pretty sad about."

Though group training is not available at this time, Temkin has taken it upon himself to find a way to maintain his personal training by going to Aquatic Park in San Francisco for morning

swims. "I've been driving in with Marcus Longton (a Campolindo graduate who is on the USC water polo team). It's open swimming in the bay and it's not too crowded. I've been able to fit it in with my video classes at Campolindo."

Club teams have long been an essential tool in the development for so many athletes during their school team's off-seasons. Kim Everist, Campolindo's head coach for the girl's water polo team and a coach for Lamorinda Water Polo Club, has been equally frustrated at the suspension of her club team.

To maintain contact with their swimmers, Guy Baker and Bill Brown of the Lamorinda Water Polo Club responded within 48 hours of the shutdown to set up a home water polo program on Zoom for the club, said Everist. "We began a training program consisting of dry land training and water polo training along with a speaker series and with practical

training sessions."

As a coach, the quarantine is as tough on Everist as it has been on the players: "It has been a shock to my system being unable to coach. We miss the kids a ton and having those connections. It's become an alternate universe only being able to provide training in conversations via the internet. We may be getting pool access in June and will be following the guidelines set by the Lamorinda school districts to create a safe program for the kids related to all the COVID guidelines. We are seeing the light at the end of the tunnel and we're excited at hopefully seeing the kids soon and getting back into the pool regardless of whatever that looks like."

The Acalanes girls volleyball head coach Haley Walsh has also taken advantage of the current technology in lieu of having any spring or summer workouts:

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