

Continuing domination for Lamorinda girls water polo

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With such a compressed season, Miramonte coach Lance Morrison knew that the team would have to hit the ground running. "We're doing our best to get organized, having to adapt and roll with what we have," Morrison said. "There is a certain energy on the team right now. We're not taking any moment for granted."

Campolindo coach Kim Everist attacked the changes head-on. "We had a team meeting and explained how everything about this year is about being adaptable and adjusting," Everist said. "I just really want everyone to have a

great time with the team and building off of that."

Acalanes

There are two numbers that stand out for Acalanes: 59 (5-0 this season) – the team's consecutive win streak – and 1,266, the number of days since their last loss on Nov. 8, 2017.

Even with several all-league returning players, the graduation of three-time All-American Jewel Roemer has left a big hole for Acalanes. "Jewel directed the traffic in the pool, and this has left a void to be filled," Buchel said. "That void is going to be filled by everyone through communication and action."

There are seven first and

second team all-league players returning to the team: Ava Donleavy, Claire Rowell, Alana McCartney, Marty Beth Heffelfinger, Alex Mould, Heidi Heffelfinger and Caroline Schirmer.

Buchel will be calling on his players to play both offense and defense. "Our versatility has been a real asset and we still have the players that can do multiple things," Buchel said. "Our defenders can post up and our outside shooters can defend. Claire is the best counterattack player in our section. Alana is our 'Swiss army knife' being able to do a little bit of everything. Heidi is big, strong, and fast and will

provide us with the height that we've had in the past. Caroline and Alex are our primary defenders who can play both ends of the pool."

Donleavy, a four-year starter was chosen co-outstanding goalie of the league last year. "Ava's strength is her ability to direct traffic along with her goalie skills," Buchel said. "She is a great shot blocker and has a great range of passing. We've never had a big game where she was flat or off her game. She always brings it."

Miramonte

Morrison is keeping Miramonte's eyes on the prize. "We're going to be a good, competitive team," Morrison said.

"Ever since we won the NCS in 2017, we've been trying to build back into that caliber. We're going to be a good, competitive team and we're going to have a lot of success."

Morrison's game plan is simple: "We're going to let the pieces fall where they may but we're going to remember one thing: "We're a team and nothing works unless we all work together."

This is a young team with a lot of experience. Two sophomores had outstanding freshman seasons: Lindsay Lucas was the co-outstanding goalie of the year and Meghan McAninch was chosen second team all-league.

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