

LMYA Volleyball teaching coaching techniques and technology

By Jon Kingdon

The Lafayette Moraga Youth Association (LMYA) is the largest athletic organization in Lafayette and Moraga and was founded in 1954, serving the surrounding communities. It's stated goal is to build self-esteem, sportsmanship, well-rounded players, and community by providing year-round sports opportunities to school age youth.

Eric Standing, the LMYA volleyball commissioner for the past 15 years, has supplemented the volleyball program

with teaching and tech programs to provide opportunities for those who finish playing the opportunity to continue an affiliation with the LMYA. There is now an opportunity for them to work as trainers (assistant coaches) and in creating computer programs and videos to facilitate the learning process for the players.

Standing played volleyball and went to high school in London, going on to play volleyball and graduate from UC Davis. Solidifying his love of the sport was developing a relationship with USA Volleyball Olympian Karch Kiraly.

Overseeing up to 500 kids and 50-60 girl's volleyball teams, Standing each year hires 50-70 trainers, most of whom are female, to assist the coaches in teaching proper volleyball techniques. "We do a recruiting event at one of the high schools where we run a camp for the little kids," Standing said. "We ask the high school players to come and run the clinic so we can see if they're suited to become a trainer."

They will then undergo an interview process and testing on a business model utilizing three concentric circles. "The

circles represent the 500 players, 80 coaches and 50 trainers with a core staff in the middle," Standing explained. "The core staff's responsibility is to run the trainer business and to learn to write code for tech applications, which is really exciting because they've stepped in and started to close the gender gap with most of the trainers being young women. My intention was to fight sexism and give them a real opportunity, first as trainers and then paying them to learn tech and helping them deliver value to our community with it."

The trainers are ques-

tioned about how they will perceive their roles as trainers. "We will test them during the interview about what they would do in certain situations by having them run a skit," Standing said. "For example, we ask them how they would present themselves to the volleyball coach, identifying themselves and explaining what their practice plan would be for that evening or offering to follow what the volunteer parent-coach has prepared for their teams."

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Lamorinda Water Polo Club qualifies 21 teams for USA Water Polo's National Junior Olympic Competition



Photo provided

LAMO 18U Boys A Team. Front row, from left: Chris Bruen, Adam Ting, Parker Hett, Donovan Davidson, Griff Hallahan, Will Hollerbach. Back row, from left: Coach James Lathrop (LAMO Boys Director and 18U Head Coach), Will Coons, Owen Van Stralen, Jamie Steingraf, Cooper Tunney, Will Stryker, Gavin Grosz, Spencer Tarkoff, Ryan McAninch, Johnny Shepherd, Hugh Flanders, Lincoln Haley (LAMO Boys 16U Head Coach).

Submitted by Chris McCracken

Lamorinda Water Polo Club had all of its A teams finish in the top 4 in each age group for both boys and girls in the Pacific Zone's Junior Olympic Qualifying Tournament in June. The qualifying tournament included 180 teams from Northern California. Overall, LAMO had 21 teams qualify for the Junior Olympics. As the only club to have a top 4 finish in each age group

for both boys and girls and based on the strength of its finishes within those age groups, Lamorinda was the top performing club in the tournament.

The results were led by the girls 16U A team finishing 1st in its division; followed by the girls 18U, 14U, and 12U teams, and 10U boys team finishing 2nd; the 18U, 16U and 14U boys teams, and 10U girls finishing 3rd; and the 12U boys team finishing 4th. The Junior Olympics will take place in Orange County, CA, from July 17-25.

Lamorinda Water Polo Club's 16U Girls Team goes 9-0 in back-to-back first place finishes in National and Regional Competitions



Photos provided

LAMO 16U Girls A Team. Front row, from left: Mira Haldar, Grace Clark, Kaia Levenfeld, Tali Stryker, Lucy Berkman, Dania Innis, Kim Everist (LAMO Girls Director and 16U Head Coach). Back row, from left: Clara Grenning, Ana Pieper, Lauren Lacour, Ally Lurie, Lindsey Lucas, Meghan McAninch.

Submitted by Chris McCracken

Lamorinda Water Polo Club's 16U Girls A Team finished first place in two major tournaments over consecutive weekends. The team took home the

Gold Medal in the Futures Super Finals, a national tournament held in Salt Lake City, Utah, June 18-20. The following weekend, the team finished first place in the Pacific Zone's Junior Olympic Qualification Tournament, beating SHAQ B, Norcal, 680, and Diablo.



LAMO Center, Dania Innis, was honored as 16U MVP.



LAMO Goalie, Lindsey Lucas, was honored as Top 16U Goalie.



LAMO Center Defender, Ainsley Hogan, was honored as Top 14U Defender.

Local team wins big in Omaha



Photo provided

Eli Dudum, Reid Habas, Blake Robison, Tommy Tarhar, Gavin Beers, Branson Smith, Jimmy Cusamano, Cody Michlitsch, Nico Roig, Leo McDonough

Submitted by Jane E. Smith

Lafayette Oaks 13U baseball team won the Omaha SlumpBuster Tournament in Omaha, Nebraska with over 50 13U teams from around the country and

played in Iowa and Nebraska. The Lafayette Oaks beat teams from Minnesota, Utah, Illinois, and finally from Nebraska to take the championship title. The team was coached by Steve Hammond of the Bay Area Baseballers.

Acalanes Celebrates 2021 Senior Recruited Athletes



Photo provided

From left: Sam Roth (Cal Poly SLO Track and Cross Country), Joey Carrillo (UC Davis Football), Scott Ruegg (Colorado College Basketball), Brady Huchingson (Oregon State Football), Davis Diaz (Vanderbilt University Baseball), Michael Castelli (Saint Mary's College Baseball), Grace Gebhardt (UC Davis Women's Lacrosse), Eliza Bates (Cal Poly SLO Women's Tennis), Claire Rowell (UC Berkeley Women's Water Polo), Alex Mould (UC Irvine Women's Water Polo), Shelby Suppiger (UC Berkeley Women's Swimming)

Submitted by Julia Overs Bates

In a year like no other, Acalanes Athletics Boosters were thrilled to celebrate 11 graduating seniors who are continuing their student athlete journey at the NCAA college level.

The pandemic made this a particularly daunting recruiting year as NCAA regulators restricted competitions, campus visits, and in-person contact with college coaches for over a year. These recruits met with coaches and future teammates over Zoom, many simply skipped visits to see the

campus or workouts in person. Perseverance and determination, along with demonstrated strong work ethic, enabled these athletes to get their names added to the rosters of highly respected college programs for next year.

Acalanes Athletics Boosters is proud to have supported their efforts over the years and wish them all the best in their college endeavors. Many of these athletes have enjoyed friendships together since grade school. We will always welcome them as Dons and couldn't be prouder of this accomplishment.

Congratulations and good luck.

A tale of two sports with Grace Gebhardt

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With a father (Jim) who played golf in college and a mother (Beth) who loved all the sports, it's no surprise that Gebhardt is not the only athlete in the family. Her older sister Emily swims for San Diego State, her younger brother Jack will be a freshman at Acalanes and plays soccer and Grant will be starting seventh grade and is a good golfer.

Needless to say, there was a lot of competition among the siblings. "Emily and I were glad that we didn't end up in the same sport because it would have been way too competitive. Still, we would find ways to compete whether it was just around the house or running together and even our brothers will get in on it."

As difficult as her senior year was, Gebhardt came away with an appreciation of how the Acalanes administration attacked the problem: "It was a struggle to get used to it when it all went down in the spring of 2020. Acalanes really nailed it when we returned in the fall. They had the schedule down and all the teachers and students did the best that they could, and we figured it out, but it was definitely an adjustment. The environment and the community of Acalanes was something special and all the faculty and staff were so inclusive, and they would spread that throughout the campus and every student, and I really loved that. Playing all of the sports, I learned how to develop my skills and how to communicate and work with a team, so it's been a really enjoyable experience graduating from there."