

Local Karate athletes at Las Vegas International Karate Competition



Photo provided

Karate athletes from the Lamorinda area, from left: Andrew Cai, Miles Paras, Ryoma Durkee, Paroma Khan, Chloe Paras, Parsa Shayesteh, Sophia Hong, Alex Paras, Polly Ryzhenkova; not pictured: Rayan Sohrabian

Submitted by Thomas Westernoff

A total of 10 Karate & Fitness USA Team Members of Lafayette returned home from the USA Open Karate Championships held in Las Vegas on Dec. 15 - 19 with over 30 medals. Ten

athletes competed in Kata (Forms) and Kumite (Sparring). The USA Open Karate Event is sanctioned by USA Karate which is a member of the United States Olympic Committee. Karate is an official Olympic sport and the sport continues to grow around the world for boys and girls.

Local 8th graders win Adrenaline Challenge Lacrosse Tournament



Photo provided

Submitted by Tim Jones

This month, Derek Youn, Tucker Jones and Donovan Bantique of Lamorinda, while playing with Alcatraz Outlaws,

won the Adrenaline Challenge Cup in Del Mar, Calif.

This is the third lacrosse tournament these boys have won with Alcatraz Outlaws.

Submit stories to
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