

Lamorinda volleyball teams are works in progress



15 Tyler Vineyard, spiking, 26 Patrick Volk, 50 Gabe Goeller, 11 Andrew Pak



Campolindo's Brian Thomas serving



15 Eric Moen Photos Jon Kingdon

which will allow us to open up our game.”

The Cougars have a lot of size that they can call upon. “We have the size but if your size is not fast or disciplined at the net, that can hurt you,” Chan said. “If your ball control is shaky against a team that has good defense and serving, they will pick you apart, so it gave us an understanding as to what we need to do. Our captains Brian Thomas and Patrick Volk have done an excellent job in leading the team.”

Andrew Pak has been solid as the team's setter. Graham Volk, who can also be an effective setter, has been called upon to fill the role as the team's libero. “Graham can run our offense, but we need him on defense in our back row,” Chan said. “For us to be successful, it's going to come down to our service defense and our defense with our first touch. For most of these kids, they have lost half of their career. We want them to have an experience, an opportunity for them to recoup something they've lost.”

Acalanes

The Dons have had an excellent turnout with 50 players. “We been able to have a varsity, JV and freshman team,” Passalacqua said. “My philosophy is to combine John Wooden and Phil Jackson together. It's a mental game with a lot of fundamentals.”

This is an inexperienced team with half of the starters being first year players. Despite this, the Dons have not been shut out in any of their losses.

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By Jon Kingdon

If there is one thing that the volleyball teams in Lamorinda have in common, it's how they are all pointed to the future. Campolindo head coach David Chan is cautiously optimistic about his team's performance: “We are ranked highly in the state but there is so much more that we need to do to solidify that.”

Acalanes head coach Mark Passalacqua is taking a long-term perspective: “We're creating a new culture and it's going to take a while before it all comes together.”

It's youth and inexperience that Miramonte head coach Michael Sami is confronting: “We have a very young team and most of the players have just began playing the game and because of COVID-19, we missed a lot of practice time.”

Campolindo

“Skill-wise, we're getting there as a group,” Chan said. “The culture of the group has been really good and that starts with the team's leadership. We have a big team physically – one of the tallest teams we've ever had, and we have a large number of players. That culture has really

defined our group, due to the virus.”

An early season tournament in San Diego against a number of top teams proved to be an eye-opening experience for Chan and the team. “We knew what our strengths could be, and our weaknesses were exposed. It showed us what we really needed to work on.” The players have shown themselves to be quick learners with a current record of 16-4.

The roster has brought on a basketball player (Tyler Vineyard) and a football player (Tyrone Tuavale) who are both first year players.

“Even though they have not played a lot of volleyball, their value and contributions have helped us,” Chan said. “They have a work ethic and drive that is something valuable that we have been able to use.”

Josh Ewert has been leading the team on the court. “Josh is the heavy lifter on the team as the players learn our game and figure out our system,” Chan said. “At some point, we are going to have our other players contribute. It's just a matter of time when we will be holding everyone accountable, and they will be able to carry their own weight

Karate & Fitness USA members return with medals from SoCal Karate Championships



Submitted by Karate & Fitness USA

Eight team members returned with a total of 13 Medals: four Gold, five Silver and four Bronze. Super Star of the Day Chloe Paras Double Gold Medal in Kata and Kumite. Chloe (Gold Kata, Gold Kumite); Miles (Silver Kata, Silver Kumite); Wayne (Silver Kata, Gold Kumite); Adeeb (Bronze Kata, Gold Kumite); Paroma (Bronze Kata, Bronze Kumite); Sophia (Silver Kumite); Ethan (Silver Kata); and Parsa (Bronze Kumite).



Photos provided

Stanley 8th-Grade A Team goes undefeated, wins tournament

Submitted by Tim Jones

Under the tutelage of coach Adam Perry, Stanley Middle School basketball A Team finished their undefeated sea-

son with a Championship Win Wednesday evening, March 9, in the 8A Boys Tournament held at the Martinez Middle School gymnasium.



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