Acalanes volleyball vs Bishop O'Dowd (33) Joseph Costelli, Liam Hill and Douglas Roberts (white)

Photo Jon Kingdon

# Lamorinda Volleyball hits new heights

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# By Jon Kingdon

With Acalanes starting off strong, Campolindo coming off winning the NCS and a new coach at Miramonte, things are looking up for the Lamorinda volleyball teams, each in their own unique way. Acalanes

Despite a 9-13 record last season, Acalanes made it to the semifinals in the North Coast Sectional tournament. With the departure of coach Mark Passalacqua, Alexis Hammer, who was the Dons JV head coach last year, has carried over the late season success of the team to this season.

After losing their first two games, the Dons have won their last seven games, six of them under tournament conditions. The energy and the commitment of the team is what Hammer most appreciates. "I've learned that if I have even one little lull in practice, they're going to go crazy and just start hitting balls back and forth," Hammer said. "So, they have to be constantly moving, which is a really good thing to have as a coach. For example, if I tell them to go get a water break, they'll say no, let's do hitting lines."

Hammer, a longtime volleyball player, played at Alhambra High School and Simpson College (IA), is currently a student teacher at the Stanley Middle School and has had no problems in transitioning to the varsity. "I coached a lot of players on the JV team last year, and I assisted with the varsity at times with Mark, so I've coached all these boys before in one way or another," Hammer said. "The boys have been amazing players and have been super respectful so it has always been fun coming in the gym and being able to coach them to improve their game." ... continued on Page A9



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# Saint Mary's seeded 5th in NCAA Tournament



SMC coach Randy Bennett and the team hear seeding on March 12. Photo Ben Enos

## By Jon Kingdon

For the 15th straight season, and the 16th time, Saint Mary's will be playing in the post season under Coach Randy Bennett. This is the ninth time Saint Mary's will be

playing in the NCAA tournament, along with seven appearances in the National Invitational Tournament.

At the Saint Mary's University Credit Union Pavilion, in front of the team, family and fans, the Gaels learned by watching the video board, carrying the CBS broadcast, they were named the fifth seed in the West bracket and will be playing the 12th seeded Virginia Commonwealth in Albany, New York this Friday. With a win, Saint Mary's will be playing the winner of the fourth seeded University of Connecticut and 13th seeded Iona College (New York). The only time Saint Mary's and VCU have met was in the first round of the 2017 NCAA tournament with Saint Mary's winning 85-77.

For head coach Randy Bennett, despite knowing that the team was in the tournament, he still needed to hear it officially. "It's an unbelievable feeling," Bennett said. "You know that you're in, but before your name is called you're a little nervous and there's some anxiety. However, when your name is called, there's nothing like it and you don't even care what happens with the rest of the event."

Bennett made it a point to share the credit all around. "First I want to thank our fans," Bennett said. "We've been 32 and 2 at home the last two years and that's what has gotten us our five seeds the last two years. I also want to thank our administration, our players and especially our seniors, Logan Johnson, Kyle Bowen and Alex Ducas. They've been awesome and we couldn't have a better group of guys leading our program. They just care about winning and being a tight team."

Johnson believes that the experience in the tournament last year will really help the team this year.

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# Tri-Cities City Council Meeting, March 15, 7 p.m.

St. Mary's College-Soda Center, Lafayette Conference Room, 1928 St. Mary's Road, Moraga

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