

LAMORINDA SPORTS

Submit sports stories and story ideas to sportsdesk@lamorindaweekly.com

Time for Campolindo archer Jack Saltzberg to take a bow

By Jon Kingdon



Jack Saltzberg Photo provided

Even with a wide range of sports available at the Lamorinda schools, there are still any number of sports that are not available, requiring the student-athletes to go off-campus in order to train and compete in, such as rugby, crew, dirt bike racing, and archery.

Jack Saltzberg, an upcoming senior at Campolindo High School, took up the sport of archery at age 12, and has made such great

strides he is in the running to make the United States Archery team.

It was at his mother's prompting that Jack went to see if archery were something that he would enjoy. "My mom found a local range called Redwood Bowman near the Chabot Space and Science Center," he said. "After taking a few classes, I found I liked the challenge and satisfaction of hitting the target and I got my own

equipment."

Like any sport, it all begins with the fundamentals – how to get into proper alignment with the bow and arrow, bringing your elbow back around back, and then making a triangle with your bow hand, chest, and elbow.

For Jack, it was also an opportunity to develop new relationships. "After I was recruited to join The Chia Archery Club, I became friends with members of that club," Saltzberg said. "When I share what I am doing with my friends, their reaction is that it's pretty cool."

It didn't come all that quickly to Saltzberg: "It was at the two-year mark when I felt I was pretty good at it. When I got to the point where the majority of my shots were landing in the gold and red, (the highest point areas on the target) that was pretty satisfying."

Archery is a year-round sport with indoor and outdoor seasons, which can make finding time to practice difficult. "During the school year I practice twice-a-week and sometimes only once a week when I get particularly busy," Saltzberg said.

Saltzberg goes to tournaments with his

club team, and sometimes others on his own. "I got to all of my tournaments with my mom and then we meet up with the team once we are there," Saltzberg said. "Our coach, Victor Chia, will pick the hotel where most of us stay. After competing during the day, we have a good time hanging out together talking and playing cards."

In the Olympics, the archers are required to use a recurve bow, which uses an adjustable sight that is a rod-like object to which a sight pin is set up to help them view the target better. Saltzberg uses a barebow – a basic style of the recurve bow that does not permit accessories to aid in aiming or stabilization.

"In the first class I attended, I learned how to shoot with a barebow," Saltzberg said. "I liked it because it's simpler and more pure in a way because it's considered harder to shoot and I don't want to have to deal with all of the equipment of recurve or compound bows. The other disciplines are certainly valid on their own, but I just enjoy the basics of barebow."

With his barebow, Saltzberg has broken five state records and

has three tournaments left in Sacramento, New Mexico, and Ohio to see if he will be invited to be on the USA Archery team. "The top five in each category are offered a spot on the team," Saltzberg said. "You get ranked by where you place at each national tournament and the system only takes into consideration your top three best places."

Though it is obviously a non-contact sport, Saltzberg wears protective gear: "I have an arm guard on my left forearm which protects me from getting burned by the string and I wear a finger tab on my right hand which allows me to release the string more smoothly and so it doesn't hurt my fingers. There are a few injuries to watch out for – hyper-extension and pulling muscles are the most common injuries but if you have proper form, warm up, and your equipment is suited to you, you shouldn't get injured."

What makes a good archer? "In general, you need good back strength, a solid core and shoulders, and arms come into it as well," Saltzberg said. "You're going to need to be precise, consistent, stable, and pa-

tient. You also need to be more adaptable using the barebow because you have to figure out changes to make on your own unlike being able to adjust the equipment on the recurve bows."

There is also the mental aspect of archery that cannot be overlooked. "Coach Chia really emphasizes rhythm, tempo, and timing so you don't want to hold for too long or shoot too quickly," Saltzberg said. "Before each arrow I try to make sure that I'm calm, and I don't have any distractions in my head. When I go to draw, I rely on the form that I've trained consistently, and when I'm holding the bow and actually aiming it, I'm focusing on the target face and the tip of my arrow. I'll hold it for a little bit to make sure it's stable and when I feel it's right, I'll release it. A tournament can be physically taxing so I try to stay hydrated throughout, where, depending on the tournament, we will shoot either 72 or 144 arrows."

There may be another archer for Saltzberg to compete against: "My mom is considering archery as well," Saltzberg said.

St. Mary's basketball team trip to Italy

By Jon Kingdon



St. Mary's basketball team in Rome Photo courtesy Emily Smith, Director of Digital Media

If you run into any member of the St. Mary's women's basketball team and ask them what they did this summer, be prepared for a long and colorful answer. On July 24, the team left on a flight to Italy for a ten-day trip visiting Rome, Siena, Caserta, Naples, Florence, Venice, Pisa, Vatican City, the Amalfi Coast, and Caserta, arriving back in America on July 4.

Junior transfer Kiki Afeaki (U. of San Diego) learned about the upcoming trip on a recruiting visit to St. Mary's. "When I was told about the team going to Italy, I was like 'Perfect. I'm there.'" My family was very happy for me because this was a one in a lifetime experience, but they were a little jealous as well."

For Addison Wedin and her sister, Ella, a sophomore, their first thoughts were about their sister Taycee, who graduated from St. Mary's two years earlier. "We felt bad that Taycee would not be on the trip," Addison said. "She was a little jealous but she and our whole family were excited that Ella

and I got to go together."

The team played three basketball games on the trip, but St. Mary's made certain that the team's "Foreign Summer Tour" would be about more than just basketball. One day it was exploring Venice and taking a gondola ride through the old canals, touring the scenic Rialto Bridge and the 1,000-year-old Basilica di San Marco, and riding a train back to Florence through the Italian countryside.

Then it was on to visit the leaning Tower of Pisa, which included climbing the 248 stairs to the top. "That was a lot of stairs and at times you would feel your balance tipping a little bit," Afeaki said.

"Walking all the way to the top and then taking pictures was one of the favorite things I did," Wedin said. "It was really pretty, and Venice was very cool riding in the gondolas."

From there it was on to Florence for a tour of the Accademia Gallery, which included the viewing of Michelangelo's famous statue of David along with shop-

ping and dinner on the crowded streets surrounding the Santa Maria del Fiore Cathedral.

The visit to Rome included a tour of the Colosseum and the Roman Forum. The weather was a bit challenging for everyone. "Italy was very hot and humid, and Rome was definitely the hottest," Wedin said. "Once you stepped outside, you were sweating throughout the entire day, and I believe I had to take four showers a day. I really enjoyed seeing the Colosseum and walking around Rome at night, which was very cool."

After that was a tour of Vatican City and the Sistine Chapel, a day in Naples, with the trip ending in a day spent on the Amalfi Coast, which entailed, shopping, spending time on the beach, and swimming in the Mediterranean Sea. This part of the trip was a particular favorite for Afeaki. "I had often seen the Amalfi Coast on social media and in the movies and to be there in person was a real experience," Afeaki said. ... continued on next Page



Surprisingly great rates right around the corner.

Kelly Sopak Insurance Agency Inc
Kelly Sopak, Agent
Insurance Lic#: 6006124
1Northwood Drive Suite 1
Orinda, CA 94563
Mon-Thurs 9:00am to 5:00pm
Fridays 9:00am to 4:30pm
Evenings & Weekends by Appt
Hablamos Español

I'm your one-stop shop for the service you deserve at a price you want.
Call me for surprisingly great rates and Good Neighbor service right in your neighborhood.
Like a good neighbor, State Farm is there.®
Individual premiums will vary by customer. All applicants subject to State Farm underwriting requirements.

State Farm
Bloomington, IL
2001878





Bay Area Greenscapes, Inc.

Synthetic Grass - Installation - Landscaping

1801 Saint Mary's Rd. Moraga, CA 94556

Phone (925) 819-2100

- Design & Consulting
- New Landscape Installation
- Re-Landscape & Remodel
- Residential & Commercial
- Green Landscape Options
- Maintenance & Clean Ups
- Synthetic Lawn Installation

CA Lic# 938445