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SPORTS LAMORINDA'S LOCAL SPORTS NEWS

Set to Kill

Local Varsity Volleyball Prepares for Season
By Mikaela Cowles



Campo freshman Sophie Seiberth sets for junior Kim Condie; senior Mia Fair in background Photo Doug Kohen



Miramonte Volleyball team at practice Photo Doug Kohen

The local talent is impressive and all three varsity teams are returning from successful seasons last year. While it's anyone's season at this point, it is obvious that competition will be tough.

Miramonte

Former head coach Chris Wells has handed the reins to assistant Shannon Ross after an incredible 37-7 season last year. The Mats brought home their first Diablo Foothills Athletic League (DFAL) championship since 1999 and showed incredible consistency winning 97 of their 122 games. Miramonte's season came to an end at the North Coast Section (NCS) Division III championship game, in a hard fought loss to Bishop O'Dowd.

The Mats lost five seniors; three starters and two captains. Despite suffering the blow of losing so much talent and experience, Ross remains confident about this season. "I'm really excited about this year," Ross says.

The good news is they return seven varsity players, not the least of whom is outside hitter, Juliana Stivanicevic, DFAL MVP for 2008. Ross says Stivanicevic, "brings amazing talent and is surrounded by an excellent cast. I think she can be a completely dominant player again this year."

Miramonte will open pre-season against Amador Valley in Pleasanton on September 8th. Ross says, "We have a really tough schedule. Within our league we have some great teams." She expects the target on their back to increase their intensity on the court.

Acalanes

The Dons earned a 21-12 record for 2008 and made it to the NCS Division III semi-finals. After the loss to Bishop O'Dowd, Acalanes said goodbye to their seven seniors.

Losing seven seniors is a blow to the Dons' level of experience. Head coach Steve Siegmans says, "It's going to be at least a struggle at the start. The biggest struggle of all is going to be consistency." However, he remains positive about the teams' ultimate success. Siegmans says their younger teams last year were strong and "made up of girls who have been playing club for a few years," so they are not inexperienced. "We have a lot of tall, athletic girls who will really improve our block this year," Siegmans says.

In a league with teams such as Miramonte and Campolindo, Siegmans knows this year's schedule will be tough. He is confident the girls will step-up and show consistency on the court. The Dons will begin their pre-season schedule in a jamboree at Deer Valley on September 5th.

Campolindo

Cougars head coach Scott Bishop could not be more excited about the 2009 season. In his eighth year as head coach for Campolindo, Bishop is coming off an impressive 23-7 record in 2008. After losing the NCS Division II title to Maria Carillo, the Cougars graduated only one senior.

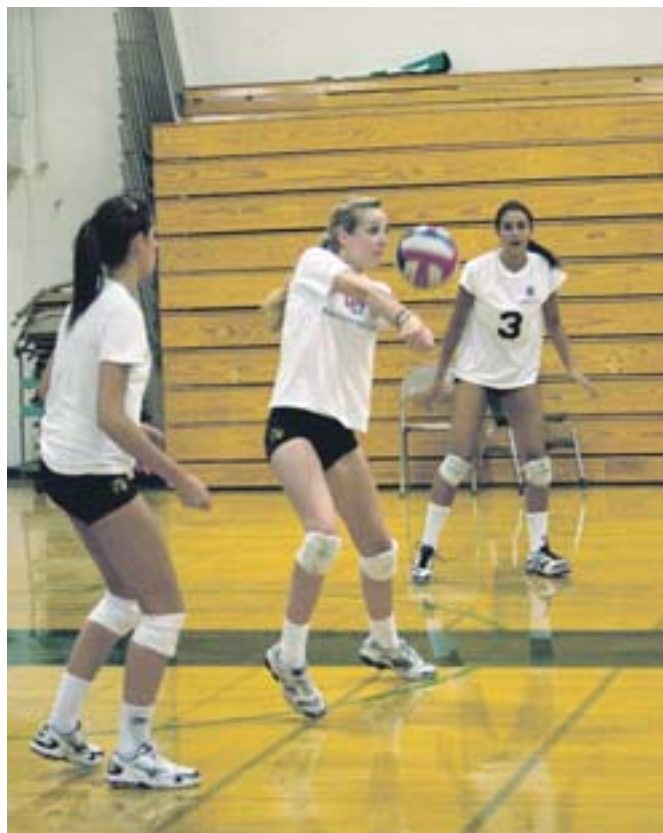
Returning nearly a full roster, Bishop says, "Experience wise we're looking pretty good. We have some excellent seniors, the juniors have a little experience under their belt and our freshmen have a ton of athleticism." Campolindo will see only a small change in their line up, as Bishop will dedicate two girls, junior Stacy Drury and freshman Sophie Seiberth, as setters.

Last year Bishop had two girls setting from the back row and hitting in the front row. "It just wasn't fair to ask that much of them," Bishop says. "With two rookie setters this year, we'll have to see what our offense looks like." He is certain the Cougars will once again be a force on the court this season.

Campolindo's schedule is impressive for 2009. Not only will they face tough talent in league, but are also entered in both the Mitty tournament and the Great 8 tournament. They will be kicking off pre-season against Bishop O'Dowd on September 9th.



Campo senior Mia Fair hits; freshman Sophie Seiberth in background Photo Doug Kohen



Miramonte Volleyball team at practice Photo Doug Kohen

Don't miss this season's local match-ups!

Tuesday, September 29: Campolindo @ Miramonte
Thursday, October 1: Campolindo @ Acalanes
Thursday, October 8: Acalanes @ Miramonte
Thursday, October 22: Miramonte @ Campolindo
Tuesday, October 27: Acalanes @ Campolindo
Tuesday, November 3: Miramonte @ Acalanes

(Varsity games are scheduled to start at 6:30p.m, Frosh and JV play earlier the same day; check team websites for updates.)

Lamorinda U12 Win with Penalty Kicks

Submitted by Julie Morgan



United poses after Soccer by the Bay tournament victory Photo Tracy Brewer

The Lamorinda U12 Girls 1A team competed in a field of ten teams for one of the top spots in the fourth annual Soccer by the Bay Tournament the weekend of August

15th. The team finished in third place.

In their first match-up against Sonoma County Alliance (SCA) Girls 98 North, Lamorinda United

suffered a hard 0-4 loss. However, they turned the tables in their next games, beating the Peninsula Power 3-0 and the Burlingame Tornadoes 4-1.

In the consolation game Lamorinda was again matched up against SCA. The second match-up proved better for United, as they finished the game in a tie, 4-4. After two five-minute overtime periods the deadlock remained and the teams turned to penalty kicks: 1-1, 2-2, 3-2. The keeper, Jane Buckley, went 4-3, 5-4.

Total goals scored, 16: Gina Crosettie, 5; Sophia Zoller, 3; Emily Holbrook, 2; AJ Morgan, 2; Bailey Yuen, 2; Jane Buckley, 1; Kayla Hohenstein, 1.

Lamorinda Soccer Club Under 19 Finish #2

Submitted by Neal Ringquist



Photo Rick Gonzales

The Lamorinda United 91, a girls' under-19 team, finished the summer tournament season ranked #2 in Northern California after winning first place in both the Pleasanton Rage College Showcase and the Nike Mustang Stampede tournament.

Pictured from bottom left are Caroline Scofield, Mekenna deBack, Kendall Pegan, Katherine Cuyler, Lexy Gonzalez, Katherine Sander. Pictured from top left are Coach Mohamed Mohamed, Marissa Crosetti, Allegra Zoller, Katie Nied, Rachel Chazin-Gray, Bonnie Zeiger, Aly McDonald, Kaelyn Caspillo, Naomi Hetzel, Meggi Fisher, Tori Ringquist and Coach Alasdair Heath. Not pictured: Julianna Andrews, Kelly Hilck, Caroline O'Neill, Anja Simonsen and Celina Velasco

Horses not just for Cowboys

Bottomley Farm hosts Quadrille Coming Out

Submitted by Kristi Buck



left to right: Bibi Koch (16) Berkeley, on Lila; Tory Hummer (16) Orinda, on Buckwheat; Becca Buck (10) Lafayette, on Shasta; Meg Dowley (16) Lafayette, on Micah; Sally Bruce (12) Lafayette, on Clint; Cami Brisbo (19) Lafayette, on Sylvester Photo Ohlen Alexander

Ask any Lamorinda family how they spent their summer and you'll hear the usual mix of sports including, swim team, water polo, club soccer, golf and baseball. But for those willing to venture just outside the Lamorinda border a whole other world awaits -- the realm of classical dressage and horsemanship. Dressage is an equestrian sport that encompasses both training and competitive elements to accentuate a horse's natural athletic ability. To pursue this sport one need to go no further than the hills of Briones, just behind Orinda, where you'll find numerous equestrian stables. Among those stables is Bottomley Farm, home to the Bottomley Bombshells Quadrille Team.

To the uninitiated, a Quadrille is a choreographed synchronized dressage ride, commonly performed to music. It is often compared to an equestrian ballet or drill team. Four horses are used to perform in unison, although many teams have more than four participants so that alternates are always available. Quadrille may be ridden as a performance or as a competitive test with judging.

Either way, it is a thrill to watch.

This past Sunday, under the keen eye of trainer, Corinne Burt, the Bottomley Bombshells gave a debut performance for family and friends in order to prepare them for formal competition this fall. To the members of the Bombshells team - Cami Brisbo, Sally Bruce, Becca Buck, Meg Dowley, Tory Hummer and Bibi Koch, it was not just another day at the barn. These local girls have practiced several days a week all summer to prepare for their coming out. Decked out in their team colors of black and white, the six riders and their horses performed two "tests" with grace and precision for a crowd of more than 100.

Equal credit must be given to the four legged friends. The Bottomley horses are an impressive if not eclectic team. Leading the herd was the barn's schoolmaster Buckwheat, followed by Shasta, a Quarter Horse formerly used for western riding, Sylvester a rescued Mustang, Micah the Arabian, Clint a high-stepping Thoroughbred, Chance a Paint/Arab cross, and Lila the little black pony.

Bottomley operates on "horse time." Everything is done with a simple purpose -- to provide a healthy, safe and enriching environment for the horses and their humans. Bottomley is known for its unique combination of horsemanship and dressage. The students develop their horsemanship by devoting equal time to their ground work and their riding. Burt firmly believes, "there is no dressage without horsemanship and no horsemanship without dressage." It is this guiding principle that has led to a mutual respect between the horses and their humans. Burt's goal is to teach students to be "horse people, not just riders."

Burt has over 18 years experience teaching lower-level dressage and horsemanship in the San Francisco Bay Area. She is certified by the American Riding Instructor's Association, she has published numerous articles on horsemanship, and she was named one of America's top 50 riding instructors in 2007 by American Riding Instructor's Association.