

# LMSC Earns First in Spring League

Submitted by Corinna Sassano



Front row, from left: Bella Deanhardt, Audrey Allen, Spencer Deutz, Samantha Lin, Ava Schmitt, Jenna Thomas; back row: Emma Lankford, Kate Canon, Mia Castillo, Ariel Steinberg, Madison Rogers, Amy O'Connor, Coach Stefan Clemens; not pictured: Samantha Hansen. Photo Alton Schmitt

The Lamorinda United 02 Girls finished off Spring League with a decisive win over rival Walnut Creek to finish in first place. Lamorinda started the season going undefeated in their first seven games, recording six wins and one tie before suffering a 2-1 loss to Montclair Clippers. The loss spurred the team forward, however. In their

final two games, they scored 11 goals while allowing only two.

The girls were motivated by many factors, but one stood out. "Our coach said if we won the league, we could have a hair-cutting party," said forward Maddie Rogers. "Now we all get to cut his hair!"

# Strokes Row to Podium at Nationals

Submitted by Steven Johnson



Varsity women's crew

Photos provided



Varsity men's crew

Over 365 young crews from 153 youth rowing clubs representing 30 states came together June 7 at the US Rowing Youth Nationals in Oakridge, Tenn. to compete for three days. By the close of racing on Sunday, three Oakland Strokes boats had reached the podium: Lightweight Womens 8+ won gold; Varsity Mens 8+ won silver; Varsity Womens 8+ won bronze.

The Lightweight boat was crewed by Alia Shafi (Acalanes), Marie Johnson (Miramonte), Elizabeth Pate (Miramonte), Alana Anderson, Gabriela Pascual-Mead, Madelynn Prendergast, Indigo Catton (Campolindo), Grace Benson, and coxswain Caroline Carper.

The Varsity Women followed with a hard fought bronze, getting nosed out by cross-bay archrival Marin Rowing and Cincinnati Junior. The Varsity Women's boat was crewed by Shafi, Johnson, Pate, Laura Rosas (Mira-

monte), Tara Bozzini (Acalanes), Ellen Pate (Miramonte), Elizabeth Elmgren, Lauren Noga, and coxswain Amanda Rutherford.

The Varsity Men lost to Sarasota Crew, but beat Marin Rowing for the first time this season to take second. The Varsity Men's boat was crewed by Erik Johnson (Miramonte), Josef Starc, Tanner Malone, Luke O'Brien, Sean-Patrick Sullivan, Marshall Krock, Cubby Parker (Bentley), Viggo Hoite, and coxswain Karmi Chan (Miramonte).

The Lightweight Men closed out their season with a hard fought fourth place finish in their C Final. The Lightweight Men's boat was crewed by Tucker Johnson, Danny Hogan, Brian Wharton (Acalanes), Ben Peterson (Campolindo), Elias Morley (Bentley), Michael Landheer, Alec Petty, Allan Hosler, and Hannah Christopher (Miramonte).

# Freshman of the Year

Submitted by Sonja Schoenwald



Photo provided

Campolindo freshman Zoe Marrott was named Cal-Hi Sports State Softball Freshman Player of the Year. The Campo softball team won the CIF NCS Division III championship this year. In announcing the award, Cal-Hi reported Marrott was "in-

strumental in that victory (2-for-4, 2 RBIs) on both offense and defense." Marrott hit .484 with a .590 on-base percentage, with three home runs, 23 RBIs, 18 runs scored, a .726 slugging percentage, only seven strikeouts, and had seven stolen bases.

# Swimming to Build Character

Submitted by Julie Carlson



Photos provided

Lamorinda Aquatics recently held its third annual Character Camp at the Soda Aquatic Center. During the week of June 17, almost 40 Lamorinda area boys and girls spent two hours a day focusing on stroke development and technique with coaches Don and Ron Heidary. During the land-based portion of the camp, the campers spent another two hours discussing character, leadership, personal responsibility and per-

severance, all key components of developing as a successful athlete and person.

The American Swim Coaches Association (ASCA) recently published Don and Ron Heidary's new manual on developing high character athletes. Their program has been recognized by swim coaches across the country as an important coaching tool.



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