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WEIGHTLOSS

AM©RINDA SP **Football Season Kicks Off** 

By Michael Sakoda



he three Lamorinda high make up for some of that production." school football teams began practice on Monday and are gearing up for the 2013-14 season. All three non-league schedule that leads to teams are eyeing the postseason.

7-5 record, 4-2 in DFAL play, and beat Tennyson 35-7 in the first round of the NCS Playoffs before losing to eventual champion, Marin Catholic.

"The way we ended, wasn't the way we wanted to," said head coach Jack Schram. "But anytime you not only get to the playoffs, but get through the first round, and when the team that beats you goes on to represent Northern California in the State Bowl, it's understandable."

The Mats return a number of more of our kids." players to the team, including quarterback Drew Anderson, defensive back, running back and wide receiver Ray Clark, and linebackers Bennet Stehr and Jonathan McDonald. "I expect those guys to be leaders," said Schram. "They were all-league players and they've gotten better."

Still, the Mats have the task of replacing the production of graduated takis has suffered a stress fracture to receivers, Marshall Deutz and Zati his throwing arm and won't be ready Williams. "I expect a lot from our receiver core," said Schram. "Dominic will be starting until Andrew is Dons is running back Peter Mitchell. Paoletti and Will Fuller will have to healthy," said Macy. "He was a start-

In terms of goals, Miramonte has high hopes. "We'd like to have a solid solid league play and hopefully a Last year, Miramonte recorded a league championship," said Schram.

> great season with a 10-2 record, including a 6-0 performance in DFAL play and a 38-19 rout of Terra Linda in the opening round of the NCS playoffs, before a tough 38-34 loss to Analy.

> "That last game against Analy," said head coach Kevin Macy, "there was a game we could have found a way to win...but under the circumstances, we couldn't have asked any-

Despite the season-ending heartbreaker, Macy was pleased with his team's efforts after losing quarterback Brett Stephens halfway through the season.

"Andrew (Zolitakis) had to step in, and he did a great job," said Macy.

But the Cougars' coaching staff received notice last week that Zolifor the season opener. "Jack Stephens

Photo Lamorinda Weekly archive ing defensive end, so it's going to be a bit of a transition for him."

The quarterback will have support. "Our strength is going to be in our receiving core," commented Macy. "That will be Justin Dunn, In Moraga, Campolindo ended a Hunter Rosenbaum and Phillip Rei, with Tyler Petite at tight end. That group returning with Andrew at quarterback has us excited."

> Campo's hope for the season-"We just have to get ourselves playoff eligible...see if we can make some noise in the postseason," said Macy.

> Acalanes finished last season with a 7-4 record, 3-3 in DFAL play, and fell 16-13 to Oakland's Bishop O'Dowd in the opening round of the NCS.

> "We took a step forward last year," said Dons' head coach Mike Ivankovich. "We lost four games by a combined 14 points, so it's disappointing knowing we could have gone further... a couple plays made a big difference."

For this year, Ivankovich said it's all about effort. "It's going to come down to the kids that are back stepping up and the new guys filling in holes that were left by graduation."

One key player returning for the ... continued on page C2



as we may need to provide further detail please sign up at www.ladybluedevils.org TVMHA - Dublin Iceland---7212 San Ramon Rd., Dublin, CA 94568 - tvlbdhockey@gmail.com

The Bigger the Better

OMPA Hosts 57th Annual Championship Meet **By Clare Varellas** 



Competitive High School Rowing Team &

**Recreational Middle School program** 

Emma Knutson of MCC (bottom) finished first in the Girls 6 & under 25-yard backstroke.

Photo Kevin Nguyen

f bigger means better, the Orinda-Moraga Pool Asso- there is much celebration for "popping" one's time, swimciation (OMPA) championship certainly has the size factor. For the 57th year in a row, the OMPA welcomed nine recreational swim teams to compete for a championship title. On August 2-4, almost two thousand swimmers from age 3-18 swarmed Campolindo High School for the event. OMPA president Ben Horenstein noted that the event is one of the largest in the country.

"Everybody comes together in one meet," said 14year-old swimmer Scott Wu of Meadow Swim and Tennis Club. "Dual meets are only so fun because you can only swim against one other team. When you get every single team out here, it just makes it that much better."

Bigger is not only about the number of participants, bigger also means faster. Just this year, nine meet records were broken, one of which dated back to 1978. The fastest team this year was Orinda Country Club, who won the championship for the13th year in a row, followed by Sleepy Hollow, then Meadow.

Even when swimmers do not break OMPA records,

speak for breaking a personal record.

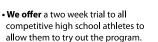
"I set goals for myself and I try to get better times every time I swim," said 10-year-old Aia Zabetian of Sleepy Hollow. ... continued on page C2

## **Orinda-Moraga Pools Association** 57th Annual Championship Meet 2013

**Combined Team Scores** 

#### Team Place

- **Orinda Country Club** 1
- 2 **Sleepy Hollow Legends**
- 3 Meadow Swim & Tennis Club
- 4 Moraga Country Club
- 5 **Orinda Park Pool Swim Team**
- 6 Moraga Valley Pool Swim Team
- 7 Moraga Ranch Swim Club
- 8 **Campolindo Cabana Club Marlins** 
  - **Miramonte Swim Club**



•Practices for 1st year rowers begin September 3rd.

• Sign-ups on-line at: www.oaklandstrokes.org

• Questions? e-mail us: oaklandstrokes@gmail.com

Middle school: registration is limited and on a first come first serve basis. The program fills up quickly and will open for registration on August 1st.



WANT TO FIND OUT MORE? Come to our open house!

September 7th 9:00 am - 10:00 am

Coaches will speak at 9:30 am

Tidewater Boating Center 4675 Tidewater Ave., Oakland

Come see our new rowing facility and ask any questions you may have.

### www.oaklandstrokes.org

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