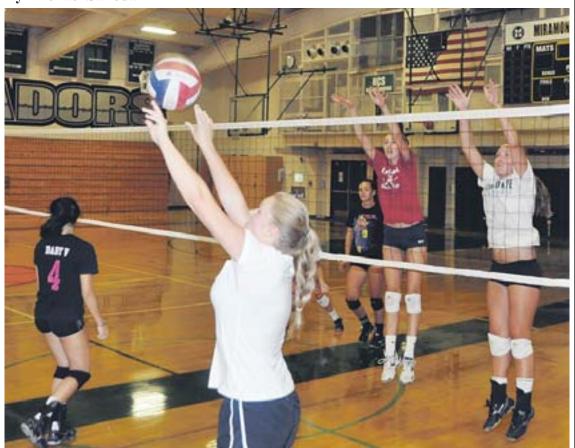
Competitive High School Rowing Team &

OAKLAND STRU

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## Volleyball Teams Prep for Season

By Michael Sakoda



Maddie Goodreault (center) sets the ball at Miramonte's practice.

Meniktas.

v tice last week, Lamor-

inda's high school volleyball

teams are gearing up for the 2013

an incredible 30-5 record includ-

ing going 11-1 in the DFAL. The

Cougars earned a trip to the State

Championship game in San

Diego for the second time in three

exceeded my expectations," said

head coach John Vuong whose

and 63rd in the nation last year.

last season, leaving pretty big

holes in Campo's roster. Coming

back for the Cougars are juniors

Maddie Browning, Annie Doyle,

Nine Cougars graduated after

by Cathedral Catholic.

September.

ith the first day of prac- Kaylyn Murray, sophomore

"We have seven players from season that gets under way in the state final game returning," said Vuong. "Kelley Wirth, Last season, *Campolindo* had Kirsten and Natalie will definitely be stepping into larger roles."

Despite losing nine players to graduation, Vuong expects his team to remain top competition. Still, he keeps his sights on each years, where they were defeated individual game.

"We'll focus on one game at a "The performance last season time and hope we have a shot to make the postseason," said Vuong, "I'm really excited, lookteam was ranked 17th in the state ing forward to another great sea-

> Acalanes finished last year with a 10-11 record, including a 6-6 mark in the DFAL, earning themselves a trip to the NCS playoffs. They were ousted by

"They were competitive last Kirsten Sibley and senior Natalie year," said newly appointed head coach Todd Travis. "They finished in the top half of the DFAL and made it to NCS."

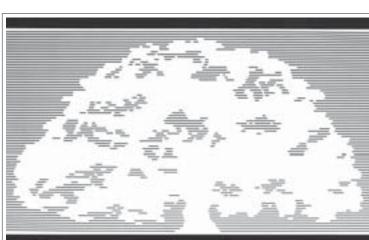
Photo Andy Scheck

The Dons will return six players from last year's team including seniors Rachel Cox and Katie Nall, juniors Molly Dalziel and Ying Stroebe and sophomores Grace Bolen and Reilly Webster. Acalanes has also brought up Maddie Graham, Dory Grobeck and Molly Armstrong.

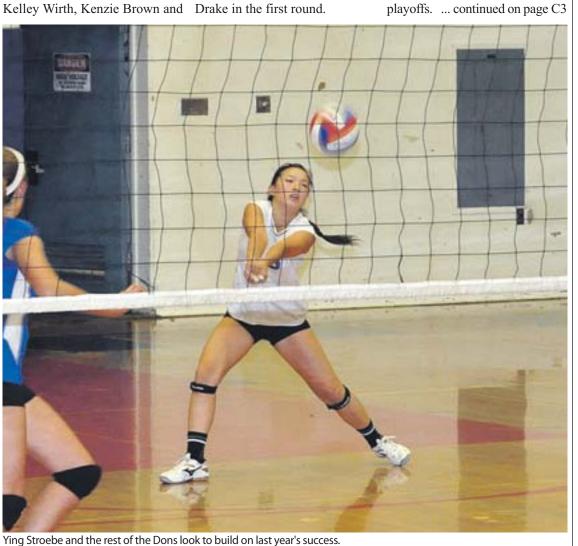
"[They] are my key newcomers," said Travis. "I expect contributions from everyone, but I expect [Graham] and [Dalziel] to step up and take on larger roles this year, to go along with returning starters."

The Dons hope to improve on a solid league performance last year and make it back to the NCS





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