

SPORTS MEDICINE CENTER FOR CHILDREN'S HOSPITAL YOUNG ATHLETES & RESEARCH CENTER OAKLAND

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- SPORT-SPECIFIC PHYSICAL THERAPY FOR THE DEVELOPING YOUNG ATHLETE
- LONG-TERM SPORTS PERFORMANCE ENHANCEMENT
- INJURY REDUCTION TECHNIQUES



Lafayette Yetis Compete in Winter Tourney

Submitted by Jim Malmquist



Photo provided

he Lafayette Yetis, a 13U team, win the tournament. played "up" in the 14U NorCal Winter Classic Dec. 14-15. Grant Malmquist the field was much more valuable than and Ben Stoddard put a team of friends together to compete in the tournament.

The Yetis played their best in Sunday's final game against the team that went on to

The lesson these boys took away from winning a trophy - that is does not matter what the score is, what matters most is being with friends and having a good time playing a sport they all love.

Undefeated Team Wins Tourney

Submitted by Scott Gardner



From left, back row: Coach Dwight Foster, assistant coach Chuck Engs; middle row: Charlie Engs, Ryan Gardner, Henry Engs, Timothy Zhou, Evan Persinger; front row: Matthew Hawkins, Jack Nixon, Jimmy Foster. Photo provided

the 2013 MVP Flight Holiday Classic tour- Santa Maria team has not lost a game this nament with three consecutive victories season.

he Santa Maria CYO third grade over the Dec. 20-22 weekend, defeating St. boys' National Division team won Perpetua in the championship game. The

St. Perpetua Wins Turkey **Tournament**

Submitted by Jim Malmquist



he CYO fourth grade boys' National team from St. Perpetua played in the 13th Annual Turkey Shootout Basketball Tournament and went undefeated to win the tournament.

The St. Perpetua squad defeated two teams from St. Joan of Arc and one from Santa Maria.

Outstanding offensive play from Cole Reagan, Mitchell Sweeney and Mason Archer helped the St. P's team get things going - but it was spectacular defensive efforts from Evan Malmquist, Cole Foster, Jake Henderson and Matthew Brock-Utne that prevented the other teams from getting any momentum. The St. Perpetua team out-rebounded their opponents behind Big Ben Larsen and the efforts of Zach Anderson and Luke Combi.

Photo provided

Acalanes Wrestling Underway

Submitted by Dan Nakahara



From left: Rain Mize, coach Bob Chance, Andrew Nakahara, Brian Lilienstein. Photo provided

vitational Tournament on Dec. 14 in Castro spectively.

he Acalanes High School wrestling Valley. Andrew Nakahara and Brian team participated in the Bay Area In- Lilienstein finished third and fourth, re-

Fourth Grade Holiday Champs

Submitted by Hector Chao



From left, back row: Kyle White, Mike Kostolansky, Will Stryker, Tate Nelson, Jack Wood; front row: James Frye, Luke Souza, Marco Chao, Aidan Mahaney. Photo provided

t. Perpetua's fourth grade boys' basket- Holiday tournament by winning the Amerball team capped a successful MVP ican Division.

Orinda Blaze Way to Title

Submitted by April Murphy



his year the Orinda Blaze, the OYA 7/8th grade girls' team, won the LMYA/OYA 10team league.

Kelly Murphy, Perrie Lundstrom and Kiki Immel went on to represent the Orinda Blaze in the All-Star game Nov. 16 where their team won 1-0.

From left: Kelly Murphy, Perrie Lundstrom and Zoe Zabetian.

Photo provided

Silver in the Winter Classic

Submitted by Lynn McAuliffe



Sam Liang makes the slide into home, just beating out the catcher's tag.

baseball team played in a tourna-

by former Major League pitcher Wayne

Yayne Franklin's 14U Revolutions Franklin, assisted by Dave Manousos.

The boys were the first seed in the ment at Manteca's Big League Dreams semi-final game on Dec. 15 after two wins Field. The team is comprised of players on Saturday. They were defeated in the last from Moraga and Lafayette, and coached inning of the playoff game 6-4 on Sunday.