



SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

OAKLAND
(510) 428-3558

SAN FRANCISCO
(415) 353-2808

SAN RAMON
(925) 979-3450

WALNUT CREEK
(925) 979-3430



Pair of Orinda Residents Compete in World Rowing Championship

By Karl Buscheck



Cole Ortiz, 4th from left and Nikita Lilichenko, 5th from left Photo provided

After a summer spent training in Portland, Ore., and rowing on nearby Vancouver Lake, a pair of Orinda residents are taking part in the 2016 World Rowing Junior Championships.

"It's all the best guys from all the best programs come to one place," said Brian de Regt, the coach of the U19 men's eight boat. "And then the best of those make the national team. So, it's the biggest accomplishment that you can have in terms of making a squad."

Cole Ortiz, a 2016 graduate of Campolindo, and Nikita Lilichenko, who will be a senior at Miramonte, both made the cut. In June, Ortiz and Lilichenko were members of de Regt's Oakland Strokes varsity eight boat that won a gold medal at the U.S. Rowing Youth National Championships.

"It's the pinnacle of junior rowing in the United States," said de Regt, "As a program, we won the national championship which is obviously a pretty big achievement, but to make the World team is just the next step."

It's no secret how Ortiz, who will row at Cornell in the fall, has risen to the top of the sport.

"I don't know if you met him - he's enormous," de Regt said. "He's 6-foot-eight, 215 pounds. So, that certainly helps because that gives him a lot of leverage and that's a big part of the sport."

Like Ortiz, Lilichenko creates plenty of leverage.

"Nikita's also a pretty big guy," de Regt said. "He's like six-foot-five and 210 pounds. So, that's a big part of it."

Their imposing statures help, but that's just the start. As de Regt detailed, there are other reasons why Ortiz and Lilichenko are among the select group of rowers taking part in the World Championships, which run Aug. 21 to 28 in Rotterdam, The Netherlands.

"They're physically talented. So, they have the core tools that you need in

order to compete at this level," de Regt explained. "But there are a lot of guys who are 6'5" who didn't make the team. They worked very hard. They row well."

Ortiz and Lilichenko's home club - the Oakland Strokes - is one of the premier rowing setups in the nation.

"We run hopefully the best program in the country," said de Regt after Strokes' boats claimed three medals - including a pair of golds - at the US Championships. "That level is the highest junior 8's rowing in the world - just the times we're putting up. So, in order to win that championship you have to be pretty good as an individual athlete."

The World Championships - hosted every year at the junior level and every non-Olympic year at the senior level - provide athletes like Ortiz and Lilichenko with a glimpse of just how wide the world of rowing is.

"It just opens their eyes to what's possible," de Regt said. "It's a very cool event. It's very cool to be out there and listening to other people talking different languages and understanding how different rowing is in different countries and to kind of come together and hopefully put yourself in a place where you can be the best in the world."

While an educational experience, the competition is ultimately a business for de Regt and his rowers.

"I hope they're pretty clear on it that it's not a vacation to Rotterdam," de Regt said. "Like, we're not going to enjoy Europe. I'm sure there will be an element of that, but I think the coolest part is that you're going to the most competitive regatta that you could ever go to as a junior athlete. It's the absolute pinnacle."

As de Regt sees it, the goal in Rotterdam is simple.

"I think the guys are pretty clear that we're going over to Europe to try and come back with some hardware."

Local Olympians Inspire Young Swimmers at OMPA Meet

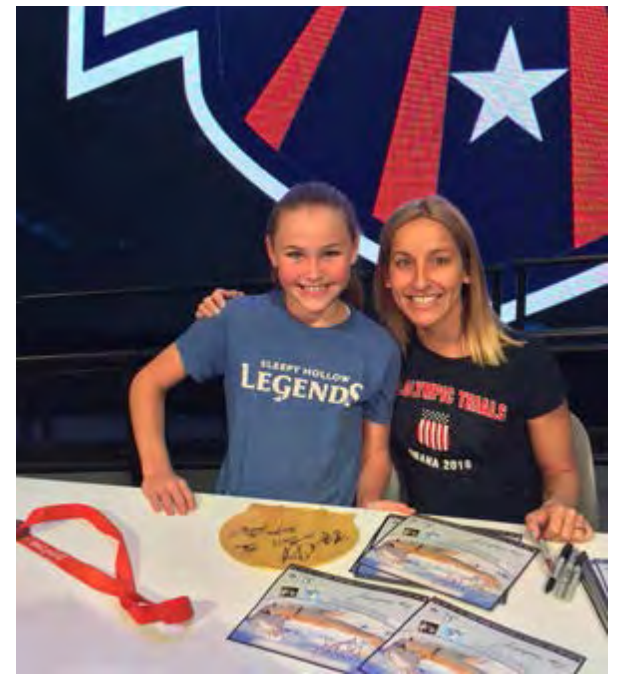
Submitted by Mary McMahon



Pictured from left are members of the Sleepy Hollow 9-10 outstanding girls medley relay Ava Satterfield, Mollie Appl, Maren McDonald, and Natalie Aiken. Photos provided

Natalie Aiken of Orinda didn't have to look hard to find local inspiration when attending the Olympic Trials held in Omaha last month -- pictured at right with Kim Vandenberg, one of several local area Olympians who attended the trials. Other Olympians who came back to the trials to either swim or participate in the events included Brian Goodell, Matt Biondi and Natalie Coughlan.

Aiken, who was named as the Outstanding Girl Swimmer at last weekend's OMPA swim championships in Moraga, finished as High Point in her 9-10 age group and broke records in the 50-yard Butterfly, the Medley Relay and the Free Relay. She swims for the Sleepy Hollow Legends.



From left, Orinda's Natalie Aiken and local Olympian Kim Vandenberg.

High Point Winner at OMPA Championship

We received this information in addition to the published high point winners in our last issue:

2016 Meet High Point (Outstanding Swimmer)-Girl				
Name	Age Group	Team	Place/Stroke	Total Points
Natalie Aiken	9-10	SH	1st FR	72
			1st FL	
			1st IM	
Record in Event	50 FL			
New record =	0:28.72			
Old record =	0:29.23			

Go to www.ompaswim.com for all results.

Classified • Classified • Classified • Classified • Classified • Classified • Classified

Golf Clubs For Sale

TONY LEMA GOLF CLUBS, MEN'S, FULL SET, BAG. \$155. 376-4171.

Music Lessons

Piano/guitar w/Robbie Dunbar
All levels welcome!
I travel to your home.
M. A. Music Composition
Piano tuning as well!
925-323-9706
robbiedn@gmail.com

Fun Piano Lessons

Learn your favorite song! I teach Certificate of Merit. BM & MM in Piano. Lessons in your home. 925-984-8322. lynnf253@gmail.com

Guitar Lessons

Lamorinda Guitar Lessons
Folk, Rock, Blues & Jazz
Serving Lamorinda since 1980
925-933-3111
www.lamorindaguitarlessons.com
jackeskridgeguitar@gmail.com

Computer Service

COMPUTERS' BEST FRIEND
Home & Office Computer Service
• ONSITE REPAIRS • VIRUS REMOVAL
• WINDOWS TUTORING
• HARDWARE UPGRADES
• NETWORK SETUP AND SUPPORT
• REMOTE DESKTOP/TELEPHONE SUPPORT
www.computersbestfriend.com
925-682-3408 • 510-938-1881

Windows & Gutters

Reliable Window Cleaning
Friendliness & remarkable results.
Windows, Gutters, Pressure Washing. (925) 254-7622
ReliableWindowService.com

House Cleaning

www.totalclean.biz
Serving Lamorinda since 1985.
Insured and bonded 376-1004.

Insurance

Totalintegrityinsurance.com
20+yr Lamorinda resident.
My independent insurance brokerage is here to serve you.
Over 100 top carriers = great pricing and coverage for Biz Gen Liability, W Comp, Homes, Auto, Life. Call Henry at (925) 247-4356 OE90108

Tile Setting

Baths, Showers, Floors, Walls, Counters
Cliff 510-697-1125

Rototilling

Ken's Rototilling
• 4 W/D Tractors
• Hillside Weed Cutting
• Mowing • Discing • Rototilling
Free estimates! 925-938-9836
licensed, bonded & insured. CA#667491
www.kensrototilling.com

Plumbing

LEAPFROG PLUMBING
WE HOP TO IT!
(925) 377-6600
LeapFrogPlumbing.com

Handyman

Rusty Nails Handyman Service
Repair • Restore • Revamp
Call Rusty- (925) 890-1581

Ramon's Home Improvement Services.
Repairs. No job too small.
(925)348-3375. Lic. #973746

Construction

Jacob Spilsbury - General Contractor
American owned and operated
Renovation • Remodeling • Home Repair
Big & Small Jobs • Bonded & Insured
Lic # 898775 925-825-5201

Concept Builders

Remodeling, Home Repair & New Construction
Bonded & Insured. License no. 842563
(925) 283-8122, Cell: (925) 768-4983

Tree Service

East Bay Tree Service.
377-8733. Fine pruning, large tree removal, stump grinding
License #805794

Tree & brush removal.
Poison Oak removal. 376-1995,
Licensed, insured & bonded

\$10 per 1/2" classified ad height Email to: classified@lamorindaweekly.com

reach 60,000+ with your ad