

Kring named Bay Area News Group girls athlete of the week

By Jon Kingdon



Photo provided

Campolindo Goalie Sydney Kring

Despite not playing any water polo in the off-season due to a concussion and stepping into the water after several months with her first practice this season, Campolindo sophomore

goalie Sydney Kring, has had an outstanding season and was just named the Bay Area News Group' girls high school athlete of the week for Oct. 2-7. Kring received 34.27% of the vote among 10 nominees.

During that week, Kring had 51 saves, 12 steals and eight assists in the Arroyo Grande Classic with wins over Acalanes, Righetti, Saint Francis, Sacred Heart, and Carondelet.

Kring, who was second team all-league last season, was starting from scratch when this season began. "A big part of that was getting her fitness levels back up and getting back in shape," Campolindo head coach Kim Everist said. "Sydney has just gotten better and better and I would expect her to be pretty phenomenal here on the back end of the season."

Appropriately, Kring

learned of the award from her mother. "My mom sent me a screenshot of the story in the paper," King said. "I was super excited to win the award."

Kring thanked Everist and her teammates: "Coach Everist has been very motivating and encouraging and we have a really good team dynamic."

According to Everist, there is much more to Kring than just her talent in the goal. "Her teammates love her. She's a good teammate that has a great voice and is very respected."

Also finishing high in the voting was Miramonte water polo player, junior Audrina Kang. Kang had two goals and four assists against Sacred Heart Prep, the third-best team in the Bay Area, and followed that up with two goals and three assists against No. 2, Campolindo.

Olivia Williams: Fully fueled after 'Running on Empty'

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The change has been apparent to Coach Morlan: "Olivia looks healthier, and she has grown two inches in the last six months. She is still driven and wants to succeed, and I kept reminding her to have patience with the process and six months later, she's back winning races again."

"Running on Empty" video

Williams and Eric Morford, the photography and video productions teacher at Acalanes, discussed the idea of making a YouTube video about her experiences the past year but it was something that Williams was not ready to do. "I was still in treatment and feeling those strong emotions and resentments, so we waited to film it until I was done and ready and coming into this cross-country season feeling good and healthy," Williams said. "We decided it was the right time to do it and share it so that, hopefully, it can help anybody else who is struggling with similar issues."

Morford, also a runner, was one of Williams' cross-country coaches who had worked for a time at MileSplit, a running website. "I brought up the idea of doing the video 'Running on Empty' months ago," Morford said. "I knew that Olivia had a very inspiring story and how strong a person she is and said that I wouldn't ask her do a story about this

unless I thought that this would be an opportunity for her to make a difference in other people's lives. I also wanted Olivia's parents (Chris and Laura) to be sure that Olivia was in a good place. Even though her story continues, there is some type of conclusion that she has to get over in terms of her comfortability. It's a story I think that people can find something that they have in common with her, even if it's not an eating disorder."

Williams' goal is to reach other young athletes to have them understand when they are ignoring signs that things are not right with their bodies. "When those sacrifices impede your body's natural development, like missing a menstrual cycle or not growing, then that should be a serious red flag that you've left the territory of being a driven and dedicated athlete and you're entering a world of reckless habits," Williams said. "Although sacrifices have to be made, if certain things aren't happening that need to in order for you to grow and develop, then the sacrifices aren't worth it."

In just the first few weeks, "Running on Empty" has had over 25,000 views and the numbers are increasing exponentially. "I'm happy that the time that Olivia has taken and the vulnerability that she's shown is going to help, not defining her story, but that she can be a part of that message for so many others in terms of putting their

physical health first," Morford said.

Williams has received a lot of feedback as well: "I've gotten a lot of messages off the video which has been super rewarding, thanking me for getting the message out and sharing their similar experience, so that has been really cool to see."

The next step for Williams will be deciding where she wants to attend college and continuing to compete as a runner. "It's a mix between some East Coast and West Coast schools," Williams said. "I am looking for somewhere where the coach, staff and the team are going to be really supportive and continue to allow me to balance my physical and mental health where they have a positive relationship with that and where I can be academically and athletically challenged. At some point, I would love to try my hand at the marathons and longer distances but no matter where I am, I want to be able to run for as long as I can, even if it's not super-fast."

It's still an ongoing process for Williams, but one she looks back on with pride: "I would say that I am a much stronger person after that. Overcoming something like that is really challenging and hard for a lot of people to go through. I think that it has just made me a lot more resilient and allowed me to realize that I can get through whatever else can come my way and I'm really glad that I dealt with it when I did."

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The First Champions of the Brand-New WRECK LEAGUE have been Crowned

Realizing the need for an all-fun, no practice, pick-up league for Middle School kids, LMYA spun-off a **Wreck League** for kids in the 6th-through 8th grade. The purpose is to **wreck** boring, traditional sports and bring, fun, competitive, edgy games to this age group.

It's first basketball season concluded on October 8 at Stanley School. Champions were crowned and an MVP named.

Coached by high school students, the players can relate to, the teams played every Sunday night beginning at the end of August. For those participants who wanted more, free clinics taught by a high school varsity coach were available each week, as well.

This exciting program will have its second basketball season this winter, every Saturday evening at Stanley.

Watch us grow.





Winning Team - MAVERICKS

Pictured from left to right - Peter Endemann, Nate Lederman, Jayden Albiento, Jaxson Morantes, and Myles Langford.

Not pictured - Harrison Clark, Jaxson Wallace Terry, Treysen Roberts, Grant Cortez, and Joshua Sinha.

Coached by Spencer Clark and Kyler Roberts, not pictured.



MVP of the League, Jayden Albiento

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