

# LAMORINDA SPORTS

## Split decision for Lamorinda Lacrosse at DAL Championships

By Jon Kingdon



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Frankie Veverka



Keri Wendt

The boys and girls DAL championship games played on May 4 had a distinct Lamorinda flavor to it.

The Miramonte boys were playing at Acalanes and the Acalanes girls were playing at Miramonte.

The teams came away with a split decision: the Acalanes boys defeated Miramonte 12-2 while the Miramonte girls defeated Acalanes 11-5.

The Acalanes (7-0) and Miramonte (6-1) boys finished 1-2 in league play.

The Miramonte (7-1), Campolindo (7-1) and Acalanes (6-2) girls finished 1-2-3 in league play. Acalanes defeated Campolindo in the semifinals setting up final against Miramonte.

The Miramonte girls fell behind 4-1 at the start but scored 10 of the next 11 goals. Miramonte head coach Jackie Pelletier did not single out any individuals: "It was a team effort. Every girl stepped up their game. We were very physical and had a real presence out there. We got about every ground ball and draw in the game."

The Acalanes boys team jumped out to an early lead and kept up the pressure all game. Acalanes head coach Brent Ringwood explained it this way: "We established our pace on offense and did not make any mistakes. We kept peppering the goal, got an early lead and it was on from there."

Miramonte, coming into the game averaging 11 goals per game,

saw their offense almost completely stifled. Ringwood gave much of the credit to their 10-man riding game (harassing the player with the ball before he can pass the ball upfield): "We brought our goalie out of the game and marked somebody, allowing us to match up with Miramonte. It is hard for an opponent to practice for and our kids were patient."

Ringwood very much welcomes the return of two key players from injuries: midfielder Matt Mariano (knee) and attacker Colin Jeffries (ankle).

Entering the NCS playoffs, the Acalanes and Miramonte boys and the Acalanes, Campolindo and Miramonte girls teams were all playing well. In fact, the five schools

had a combined 26-7 record in their last 33 games.

You can now add 10-0 to that record as all five of the Lamorinda teams won each of their playoff games. The Acalanes boys team outscored Sonoma Academy and Livermore by a combined score of 39-7. The Miramonte boys defeated Head Royce (18-10) Petaluma (12-6). The Miramonte girls won their two games over Livermore and San Marin by a combined 35-7 score.

Campolindo defeated Petaluma (18-2) and Marin Academy (11-10) while Acalanes won their two games over Bishop O'Dowd (16-5) and Casa Grande (13-3).



Tori Fleming

## Acalanes and Miramonte Competitive Sport Cheer teams come to fore

By Jon Kingdon



Miramonte CSC Stunt Team



Photo provided

What do George W. Bush, Samuel L. Jackson, Kirk and Michael Douglas all have in common? They were all cheerleaders in high school. Cheerleading dates to 1877 at Princeton University though females did not begin to participate in cheerleading until 1923. Yet it was not until the onset of World War II that women began to numerically dominate this field.

There are different types of cheer teams: Spirit cheerleading teams cheer at the games and rallies and perform at event halftimes; Traditional Competitive Cheer, which typically has 2 1/2 minute cheer routines that are performed at competitions, and consists of a music and cheer section that are judged by a panel in the categories of stunt difficulty and execution, tumbling, dance motions and cheer execution; and Competitive Sport Cheer, which has come to the fore and is now an official high school sport in the Diablo Athletic League. Rather than a number of groups competing against each other, CSC competition is a head-to-head match between two schools. Each school will perform the same routines, earning points for the school that performs their routines the cleanest and most precise. This entails jumps and tumbling, pyramids and tosses and partner stunts.

This past year, Acalanes and Miramonte joined four other

schools in the DAL with competitive cheer teams for the first time. Clayton Valley and Concord finished 1-2 and went on to compete in the NCS tournament with Acalanes (4-2) and Miramonte (1-5) providing ample competition in their premier seasons.

Jazzlyn Boynton and Alexis Caviness, both students at Diablo Valley College, are the cheerleader coaches at Acalanes High School. Boynton and Caviness, both former cheerleaders at Acalanes, split the responsibilities of coaching the Dons. Says Boynton: "I teach the stunts and jumping required and Alexis, who was a gymnast, teaches the tumbling."

Carol Herndon is the head cheerleader coach at Miramonte High School along with Meghan Hashimoto, Danielle Herndon, and Victoria Carozza, all of whom have high school and all-star competitive cheerleading experience. Said Herndon: "I sat on the board with the other cheerleading coaches in Sacramento to help cheer become a sport in California and was the one on a board to see how it would play out."

The past three years, the Matoradors were the national champions in the Traditional Cheer Competition. Despite their success in TCC, there will be changes at Miramonte according to Herndon: "This next year, we are not doing traditional

cheer and will be focusing on competitive cheer. There was disappointment for some of the ath-

letes but it is just too difficult to do both."

Competitive sports cheer will

have as many as 30 girls on the roster.

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