



# 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



## Oakland Strokes sweep to nationals

Submitted by Rachel Yates



Oakland Strokes Men's Junior Varsity 8+ cross the finish line to secure Gold Photos provided

The many hours of training, early mornings and grueling land and water workouts paid off this weekend for the Oakland Strokes Rowing Program as they put on a powerful performance to take a record breaking 18 medals, and advance a total of seven boats to the USRowing Junior National Championships.

The varsity women's team put on a commanding performance to medal in every event they entered. This performance, combined with the success of the women's novice team led to a win of the Women's Team Points Trophy by a convincing margin over cross bay rivals Marin. The varsity women's head coach Allison Dobb Ray, associate women's head coach Anita Sarrett, and strength coach Frank Clayton were clearly delighted with the outcome of the team effort. "I am most proud of the team performance - winning the points trophy speaks to the strength of our team and the team culture the team has worked so hard to build," Dobb Ray said.

The longstanding rivalries in the varsity men's programs made for some intense races, with Newport, Marin, Capital and Oakland battling it out in nail biting finishes.

The Oakland Men qualified three of their boats for Nationals and set the stage for some fierce competition in Sacramento in June.

As the varsity men's head coach Brian

De Regt noted, "We're very pleased with how the boys handled themselves through the season and rose to the occasion when it mattered most ... The most gratifying part of the weekend was watching our athletes learn what can happen when they fully buy into the process, and discover just how much they're capable of."

As a 'no-cut' program, the success of the Oakland Strokes program is a testament to the commitment and work of the coaching staff at both novice and varsity levels. Many of the athletes who are heading their first, second - or even third - National championships had no rowing experience before joining the Strokes. Instead, most come through one of the summer 'Learn to Row' sessions or joined as novices in the fall. The team heading to Nationals has an eclectic mix of athletes - some who have rowed since middle school, while others joined the program as high school juniors.

What unites them, according to managing director Dana Hooper, is the transformative power of rowing. "Rowing ... is a sport that allows a diverse group of young men and women to come together and learn to work as one, and ultimately achieve goals that are greater than they ever could have achieved individually."



Oakland Strokes Women's Team dominate the medal podium with 5 Golds, 3 Silver and 3 Bronze medals, winning the overall Team Points Trophy.

## 2017-2018 Boys DAL All League

### Winter Sports

Photos Gint Federas

#### DAL All-League - Foothill Division Boys Basketball - 2017-18

**1st Team All-League - Foothill Division**  
Carter Mahaney Campolindo

**2nd Team All-League - Foothill Division**  
Robby Rowell Acalanes  
Aiden McNamara Acalanes

**Honorable Mention - Foothill Division**  
Brandon Betson Miramonte  
Andrew Logan Miramonte  
Trevin Kroichick Campolindo  
David Ahazie Campolindo



Carter Mahaney



Robby Rowell

#### DAL All-League - Foothill Division Boys Soccer - 2017-18

**1st Team All-League - Foothill Division**  
Jose Carra Hernandez Campolindo

**2nd Team All-League - Foothill Division**  
Seppi Ortman Campolindo

**Honorable Mention - Foothill Division**  
Kellen Clancy Campolindo  
Lucas Allen Campolindo  
Jamiel Liu Campolindo



Jose Carra-Hernandez



Seppi Ortman

#### DAL All-League - Valley Division Boys Soccer - 2017-18

**Co-Most Valuable Player - Valley Division**  
Sam Pinto Miramonte

**Most Valuable Offensive Player - Valley Division**  
Alex Topping Acalanes

**1st Team All-League - Valley Division**  
Travis Stevenson Acalanes  
Chris Rogers Acalanes  
Ben Andrews Miramonte  
Cole Kelez Miramonte  
Owen Reed Miramonte

**2nd Team All-League - Valley Division**  
Nick Geannacopulos Acalanes  
Oliver Feigin Acalanes  
Luca Argast Miramonte  
Ross Gruen Miramonte  
Andrew Byrne Miramonte

**Honorable Mention - Valley Division**  
Tai Fox Miramonte

Giovanni Sponzilli Miramonte  
Conor Roemer Miramonte  
Reider Martinsen Acalanes  
Dominic Van Cleave Schottland Acalanes  
Luke Denham Acalanes

#### DAL All-League Boys Wrestling - 2017-18

**2nd Team All-League**  
145 Owen Madaus Miramonte  
160 Issac Douglas Acalanes

**Honorable Mention**

106 Noah Hamann Campolindo  
152 Steven Williams Campolindo  
182 Addison Early Acalanes



Sam Pinto



Alex Topping



Travis Stevenson



Owen Madaus Provided



Isaac Douglas



Addison Early

**2017-2018 Girls DAL All League Winter Sports will be included on May 30**

**Classified • Classified • Classified • Classified • Classified • Classified • Classified**

#### 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  
robbiednrb@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

#### Music

**Music for your Club or Private Party.** Ragtime, Dixieland Jazz, Swing, Klezmer. Single Act or Band.  
Eliot Kenin - 800-965-1302

#### Painting

Inside and outside. Father and Son, 40 years experience. Local references. Licensed, bonded, insured.  
(925-285-0370) Don

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

#### Help Wanted

**Business Analyst** (Walnut Creek, CA). Responsibilities include: Develop business architecture; Create vision, scope, & use case documents; use business process models, case diagrams, activity diagrams, & state chart diagrams; construct easy-to-understand data & process models; develop & modify software product; Perform GAP and Risk analysis of existing system; Conduct market research and business intelligence analysis; test plan & test cases for User Acceptance Testing (UAT); Coordinate using MS Project; Develop standards & strategies for business process operating environment; Create documentation for training and Help Desk teams. Requirements: Bachelor's Degree in Business Administration, Commerce or a related field with 2 years work experience. To apply please send resume to: Innovato LLC, 1630 North Main Street, Suite 208, Walnut Creek, CA 94596.

#### 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

#### House Cleaning

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

#### Hauling

**Haul Your Junk Away**  
**925-435-3492**  
Call or Text Don

#### Weed Cutting

**Tall Weed Cutting**  
Hillsides, Free Estimates  
**925-938-9836**

#### Collectibles

**Buy or sell collectibles**  
Call or Text  
**925-435-3492**

#### Handyman

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

**HANDYMAN SERVICE**  
Plumbing, Electrical, Carpentry, Etc., Etc. **(925) 934-0877 Jim**

**Quetzal Handyman**  
**NO JOB TOO SMALL**  
Please call **Carlos Toledo**  
**925-872-0422**

#### Plumbing

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

#### 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

#### Construction

#### 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