



SPORTS LAMORINDA'S LOCAL SPORTS NEWS

From Cubicle to Fitness Room

Swing-Easy Fitness Details Office-Based Golf Workout Program

By Lou Fancher

After successfully pedaling up Mount Diablo on a unicycle, what's an athletic, triathlon-type guy supposed to do next?

Steve Meagher's answer is a surprise: sit in a chair and write a book for golfers. Specifically, a self-published book titled, *Swing-Easy Fitness, The Premier Office-Based Golf Workout Program*.

"I played in a golf tournament with my brother," Meagher says, explaining how the idea for the book began. "He was a champion water polo player, and I'm a runner, but afterwards, we were really sore!"

Meagher, a physical therapist by profession, knew his aching muscles were the result of poor golf conditioning. As the founder of Site Solutions, a network of ergonomic physical and occupation therapists, he has spent the last thirteen years evaluating work stations and helping workers operate more efficiently and safely.

Meagher began to wonder: How can I help others who are stuck in an office during the day, but want to be sport warriors after 5 p.m.? His independent spirit and shoe-string budget meant he had to do it on his own.

"I found BlurB," he says, "they have online self-publishing software." Working with Jacob Meggers, an East Bay graphic artist, Meagher's *Swing-Easy Fitness* is close to completion.

An early proof of the book shows Meagher, in easy-to-understand photographs, demonstrating exercises and stretches in an office setting. Accompanying text explains the movements, offering both basic and advanced options.

Beginning with simple Stretch and Strength Tests, a reader evaluates his/her physical fitness. Identifying individual weaknesses is a key aspect of Meagher's practical approach. The book then moves on to specific activities designed to address flexibility and strength for golf.

One obvious question springs to mind when reading the book: why not do these exercises in a gym? Again, Meagher is full of surprises: "I'm kind of intimidated by the gym," he says. "They're all gym rats at a club, you know, big and buff," he says.

Meagher started with office exercises for golf, but thinks there's room for other sports. "There are things you could do at your office to stay in shape for tennis, soccer, all kinds of things," he says.

Swing-Easy Fitness is both practical and fun. With pressure to skip lunch, take on extra assignments, and be available 12/7, office workers can use the program to stay competitive on the job and on the green. And suddenly, a stapler is the perfect iron; an office chair increases your swing velocity.



Photo April Stevens

To commemorate his 47th birthday, Orinda resident Steve Meagher set himself a goal—to ride his bike from the bottom to the top of Mount Diablo. An admirable goal, and many people make that bike trek each year, right? But Meagher's planned bike ride was unique, because his bike has just one wheel. Meagher set out early on the morning of August 29th to make his way of up the 12 mile climb. He was within a hundred feet of the top, with the grade of the hill at 17%, when he started to struggle to stay upright. But the large group of friends and family members who were waiting to celebrate his ride (and enjoy some birthday cake) quickly came to the rescue. With a little help from his friends, Meagher was propped up on his unicycle and he finished the climb in two hours and 12 minutes. *A. Firth*

Northern California Karate-do



\$65 - \$95/mo. Try us for a week FREE!

Traditional Japanese Karate
www.norcalkaratedo.org
(925) 683-2377

Focus & Self-Confidence!

Develop balance, coordination, and strength while learning self-defense skills. Our mission is to help each student achieve his or her maximum potential in the art of karate, learn respect for oneself and for others, and develop the focus and self-confidence that will carry an individual throughout his or her life.

Send sports stories and ideas to: sportsdesk@lamorindaweekly.com

It's all online!

Ready for you to send to friends and family - worldwide

www.lamorindaweekly.com

Lamorinda Soccer Finishes Second in Tournament

By Mary Gabrielson



The U11 Boys Lamorinda Soccer team opened up their 2010 - 2011 season with a bang by placing second the Diablo FC Summer Challenge Tournament on August 21st and 22nd. Their hard work at practices all summer paid off with their 10 - 0 victory in the first game. Down by one goal at half time the boys fought hard to win their second game 3 - 2. On a roll, they defeated the third team 5 - 0, qualifying them for the championship. This LMSC United team battled in the championship game, where they were narrowly defeated by River City United Pumas 3 to 2.

Back Row: Head Coach Jasko Begovic, Justin Pratt, Harrison Sturgeon, Lucas Rodriguez, Sam Pinto, Evan Gabrielson and Assistant Coach Tony Neto
Front Row: Kent, Aidan Jenkins, Tao Fox, Seppie Ortman and Alex Topping
Photo Mary Gabrielson

Lamorinda in Cooperstown

Submitted by Don Nimura



The Lamorinda Baseball Academy (LBA) Legends proudly represented the Lafayette, Moraga, Orinda (and Alameda) area with a 9-1 record at the Cooperstown Dreams Park Baseball Tournament, losing in the semi-finals 7-6 to the eventual champions, Santa Clarita (CA) Bulldogs.

After an undefeated trip through pool play the Legends beat Homer (IL) Heat 4-1, DeMarini (CA) Bombers 14-2, and NFWB (MI) Cobras 17-5 in the play-offs to reach the semi-finals.

The Legends finished in third place with a record of 9-1 (out of 104 teams), having played 48 innings, and notching 134 runs to their opponents 23. They recorded 30 home runs.

Back row: Tommy Nimura, Grant Young, Alex Vick, Nicky Fafoutis, Ryan Geisreiter, Tommy Henderson, Max Flower
Front row: Jake Berry, Reid Gibbs, Jack Eisner, Tyler Henderson, Patrick Ratchford
Photo by Mary McConnell

Rancho Colorados Tennis Team Takes Fourth at Nor Cal Sectionals

Submitted by Dawn Brightbill



Rancho Colorado's 12 and Under girls United States Tennis Association team went undefeated in its league this summer and earned a spot to represent Contra Costa County and compete in the Northern California Sectionals held on August 6-8, 2010, in Clovis, CA. It was Rancho's first ever entry into this age group for girls and the girls' finished fourth overall.

left to right Caroline Clark, Bridget Immel, Hannah Ross, Emma McDonnell, Katja Brewer, Sarah Shipway, junior coach Alex Neguescu and head coach John Sharpe. Photo Miriam McDonnell

BAD INC. Bay Area Drainage, Inc.

Have You Checked Your Crawlspace Lately?

- French Drains
- Underfloor Drains
- Downspout Systems
- Subdrain Systems
- Sump Pumps
- Retaining Walls
- Pavestone Driveway & Walkways

A General Engineering Contractor
Locally owned and Operated
Contractor LIC # 762208

925•377•9209

visit our website
www.bayareadrainage.com



License # 586512

MARA CONSTRUCTION

LOCATED IN LAMORINDA AREA
20th YEAR IN BUSINESS

SPECIALIZING IN ALL PHASES OF HOME CONSTRUCTION

- NEW CUSTOM BUILDS
- ADDITIONS
- CUSTOM KITCHENS
- CUSTOM BATHS
- DOORS/WINDOWS
- TILE/PAVERS
- FOUNDATIONS:
- RE-LEVELING
- STRUCTURAL REPAIR
- DRAINAGE SYSTEMS
- RETAINING WALL
- ELECTRICAL/CUSTOM WIRING

CALL FOR A
FREE
ESTIMATE
ANTHONY
MARAMONTE