



CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND

## SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

WALNUT CREEK 925-988-0100  
OAKLAND 510-428-3558

REHAB OF SPORTS-RELATED INJURIES IN CHILDREN AND ADOLESCENTS •  
SPORTS PERFORMANCE ENHANCEMENT • INJURY PREVENTION TECHNIQUES



## Swimming and Diving Post-Season Report

By Sarada Symonds



Photos Ohlen Alexander

Campolindo's Soda Aquatic Center played host to both the DFAL diving and swimming meets on May 11. The participants were all hoping to earn a spot at the NCS Championships on May 18.

The Campolindo-Los Lomas-Acalanes-Miramonte (CLAM) diving program sent six divers to the North Coast Section meet. Morgan Matranga, Alyssa Parsons, Simone Raeth, Miranda Gold, Spencer Cox, and Justin Hart all qualified.



Campolindo sophomore Matranga came in first in girls' varsity with a score of 420.05. Acalanes sophomore Gold and Campolindo senior Parsons took second with 386.7 and third with 351.60, respectively.

Matranga has participated in competitive diving for five years. "Everyone worked really, really hard today, and I'm really excited for NCS," she said.

Head coach Marie Estorge started coaching at Acalanes just two weeks before the DFAL meet, but she thought the divers on the team did really well. "Everyone worked really, really hard today. It was great to earn points for the team, and I'm really excited for NCS," Estorge said.

Estorge had coached the Acalanes dive team for the past four years, but had taken a leave of absence. When the 2013-season coach quit, Estorge volunteered to step in.

Both Campolindo and Miramonte also had a new head coach this year, Aric Gilbrecht. "There have been a lot of changes, especially for the athletes. They had to adapt and you saw the results today. They've been doing especially well," he said.

The NCS competition took place May 16 at

the Concord Community Pool. In the girls' event, Matranga placed fifth out of 32. Gold took seventh place. Parsons and Raeth placed 10th and 25th, respectively.

In the boys' event, Hart (Las Lomas) placed 12th and Cox, in his first year diving for Campolindo and in his first NCS competition, placed 17th.

The DFAL swim meet saw record breaking times in seven individual and three relay events. Campolindo girls' earned 476 points to beat their cross-town rivals Acalanes (418) and Miramonte (388.5).

The Campolindo boys' team also took first with 495 points, while Miramonte, with 383 points, placed third and Acalanes, with 288.5, placed fourth.

Campolindo senior Steven Stumph set new records for the 100 breaststroke (54.42 seconds) and 100 butterfly (49.14 seconds). Stumph and Campolindo athletes Sven Campbell, J.D. Ratchford and Grant Sivesind also blasted by last year's 400 freestyle relay record with a time of 3:03.08.

Acalanes' Brittany Usinger set a meet record in the 100 butterfly with a time of 54.75. Other top finishes included Miramonte's Annie Larsen in the 500 freestyle and Miramonte's Cameron Hoyh in the boys' 500 freestyle.

At the NCS competition on May 18 at the Concord Community Pool, Campolindo boys' earned first place, while Miramonte took third and Acalanes eleventh. Campo's girls finished fourth to lead Lamorinda, while Miramonte took sixth and Acalanes eighth.

The highlight of the meet, however, came when Stumph broke a national high school record with his performance in the 100-yard breaststroke with a time of 53.39. Perhaps more amazing, was that all top-three finishers came in under Olympian Brendan Hansen's record. Miramonte's Charlie Wiser finished second (53.57).

Stumph also won the 100 butterfly, 200 medley and the 400 freestyle relay team. Campbell won the boys 50-freestyle and second place in the 100 backstroke.

For complete results visit [cificns.org/sports/swimming\\_&\\_diving](http://cificns.org/sports/swimming_&_diving).



From left: Alyssa Parsons, Miranda Gold, Morgan Matranga, Simone Raeth Photo Marie Estorge



From left: Spencer Cox, Coach Marie Estorge, Justin Hart Photo Shelly Hart

## DFAL Track and Field Tough Competition

By Tommy Bush



Photos Ohlen Alexander

The 2013 Diablo Foothill Athletic League (DFAL) track and field season has been one of intense competition. From the bang of the starting gun to the final turn of the season, Acalanes, Miramonte and Campolindo have been neck-and-neck throughout.

"The league meet is always a focus for us," said Campolindo's head coach Chris Woolridge. "Our kids take a lot of pride in setting the standard in the DFAL in terms of team culture and commitment. They have a lot of respect for their DFAL opponents and enjoy the opportunity to compete against them."

Acalanes boys' team entered the DFAL league meet with only one loss, and earned a share of the DFAL regular season title with Campolindo. However, at the DFAL meet, the Cougars narrowly edged the Dons by five points to earn the first place finish. Miramonte finished in fifth place.

"We were pleased to see the boys' squad win the meet, having key athletes like Ryan Hoffman, Aidan Goltra and Brian Pfaff all healthy and competing," said Woolridge. "Har-

ison Hughes has been the bedrock for the sprinters."

Despite the second place finish, the strong senior leadership as well as a talented core of athletes led to the Dons' impressive season.

In the DFAL championship meet, the Dons gathered points from numerous athletes, but they especially relied on junior Matt Thomas. Thomas won both the discus and the shot put, earning him the honor of meet MVP.

Miramonte wrapped up their DFAL season with notable finishes on both the boys' and the girls' side. Seniors Tyler Hanson and Rebekah Ent were critical to the growth of the team.

"The biggest strength of the team is our leadership," said head coach Bradley Alban. "Our captains have done a tremendous job of setting positive examples and teaching younger athletes the fundamentals of the sport. With a large team, we rely on our captains to lead on a daily basis."

At the DFAL championship meet, Miramonte girls' team earned the top finish, with the Dons close behind in second place. Both teams earned the title of Co-Champions for the DFAL regular season. Campolindo finished fourth in the championship meet.

The Dons were led by their runners.

"On the girls' side our strength is in our

### Senior Stand Out

Submitted by Susie Romak



Photo Sandra Guay

Senior Anna Boer was a standout at the DFAL Championship meet. She scored over 25 percent of her team's points for the Matadors. She earned three top finishes, including: the triple jump with 34'6", which was a personal record of over a foot; the 100 meter dash with a 12.83; and a second place finish in the long jump with at 16'0.50".

sprinters," said head coach John Crain.

Though DFAL finish was tough, the girls' team at Campolindo also had a solid season.

"For the girls, it was a tough fourth place finish, just one point behind Dublin," said Woolridge. "Had the girls finished in third place, they would have forged a tie for the league title."



### Lamorinda Top-Three Finishes for NCS:

**Girls' 1600m:** First, Brighie Leach, Campolindo, 5.00.11  
**Girls' 3200m:** Second, Brighie Leach, Campolindo, 11.00.27  
**Girls' Pole Vault:** Third, Lillian Quint, Campolindo, 10-07.00  
**Boys' 800m:** First, Adler Faulkner, Acalanes, 1:55.53  
**Boys' 1600m:** Third, Michael Wang, Acalanes, 4:20.77  
**Boys' 3200m:** Second, Aidan Goltra, Campolindo, 9:31.28  
Third, Tyler Hanson, Miramonte, 9:31:70  
**Boys' Shot Put:** Third, Matt Thomas, Acalanes, 51-06.00  
**Boys' Discus Throw:** Second, Matt Thomas, Acalanes, 164-04