

Gaels Continue Rugby Career

Submitted by Tony Samaniego



Photos provided

Two local rugby players, former Gaels Tim Maupin and Michael Haley, made a huge impact in last month's Collegiate All-American tour in New Zealand. Both Maupin and Haley recently completed their collegiate careers at SMC as part of a team that finished No. 2

in the nation in Division 1A. They now play for San Francisco Golden Gate men's rugby club, where they have helped the team win three straight tournaments. Both have been selected to travel to London in August for an International Sevens tournament.



Tim Maupin and Michael Haley



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LSC Hosts Annual Championship Meet

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Nicole Chapman SVST, Girls 13-14 50 yard butterfly

Photo Andy Scheck

Emily Gebhardt (12) of Springbrook, who has been swimming since she was 5 years old, began this season with the goal of qualifying for the County meet in all four strokes (or, five events, if you count her role in the 200 Freestyle relay, where she swam a 26:02).

She broke the fifth record of the weekend with her 28.55 time in the girls' 50-yard fly. She made the swim look fluid and effortless. "It was really close. I had to be really fast on the turn. But my dive was good, I had a fast break-out and I finished really fast," said Gephardt.

She achieved all her goals, today.

Now, she hopes to come in first place in the 50-fly event at County. Gephardt's drive-- and her incredible achievements-- are what this swim conference is all about.

Jewel Roemer (11) of Sun Valley, the high-point winner of her age group, also astounded the crowd in the 50 backstroke with a time of 31:00.

Several relay teams broke records, too, including Springbrook's 9-10 girls' medley relay team and Springbrook's 6 & under boys' medley relay team, which finished in 2:13:23 and 1:17:87, respectively.

Over the course of the weekend,

five individual records were broken and seven relay teams claimed record-worthy times.

Even with all the broken records, Springbrook's head coach Joe Natina said his biggest reward is "...seeing kids accomplish things they didn't think they could in an age of instant feedback. To see them realize they could do more than they thought they could is incredible."

"I swim because I love the water," said Grace Androinco (12) of Rancho Colorados who swam in the consolation final of the 50-yard breast stroke.

Lafayette Swim Conference Results

High Point Winners:

- F 6 & under: Erin Alfaro, Rancho 62 pts
- M 6 & under: Jon Mendelsohn, Rancho 72 pts
- F 7-8 Elle Forscheler, Springbrook 69 pts
- M 7-8 Jake Davis Springbrook 64 pts
- F 9-10 Sophie Lurie, SVST, 72 pts
- M 9-10 Owen Wardy Oakwood AC, 72 pts

- F 11-12 Jewel Rowmer SVST, 69 pts
- M 11-12 Jack Larsen Springbrook, 69 pts
- F 13-14 Lucy Fellner, RC 72 pts
- M 13-14 Sean McKenna SVST, 72 pts
- F 15-18 Molly Quinn Springbrook 72 pts
- M 15-18 Drew Pitcher Pleasant Hill, 69 pts

Teams:

- 1. Springbrook: 5,1330.5
- 2. Sun Valley: 3,397
- 3. Rancho Colorados: 3,301
- 4. LYMA 2878.5
- 5. Pleasant Hill Dolphins: 2241
- 6. Oakwood: 440

Individual Records broken:

- 1. Lucy Fellner RC (14): 50 Free OLD: 25;14, NEW: 24.99 (1990)
- 2. Lurie, Allie SVST (8) : 25 Breast: OLD 19.04, NEW: 18.84 (2005)
- 3. Wardy, Owen OAK (10): 50 Breast OLD: 37.57 NEW: 36.03 (1992)
- 4. Roemer, Jewel SVST (11) 100 IM OLD: 1;06:58 NEW: 106:55
- 5. Gebhardt, Emily SPBRK (12) 50 Fly OLD 28.56 NEW: 28.55

Relay Records Broken:

- 1. Springbrook Girls 9-10 200 Medley OLD record: 2:15:29 NEW: 2:13:23
Jessica Davis (10), Shelby Suppiger (10), Anna McCarthy (10) Caroline Schirmer (10)
- 2. Springbrook Girls 11-12 200 Medley OLD 2:02:80, NEW: 2:01:25
Kaitlyn Alli (11), Jackie Geannacopulos (12) Emily Gephardt (12), Stella Sowarby (12)
- 3. Pleasant Hill Girls 13-14 200 Medley OLD 1:58:17, NEW: 1:58:11
Kendelle Sullivan (14), Emiliy Farrell (13), Emily Adamson (14), Annie Farrell (13)
- 4. Springbrook Boys 6 & under 100 Freestyle Medley OLD 1:21:91 NEW 1:17:87
Gaetan Avicolli (6), Jace Carter (6), Tanner Gates (6), Brendan Miles (6)
- 5. Springbrook Girls 9-10 Freestyle Relay OLD: 1:59:97 NEW:1:59:20
Jessica Davis (10), Caroline Schirmer (10), Anna McCarthy (10), Shelby Suppiger (10)
- 6. Springbrook Girls 11-12 200 Freestyle Relay OLD: 1:50:75, NEW: 1:50:38
Emily Gephardt (12), Jackie Geannacopulos (12), Stella Sowarby (12), Kaitlyn Allio (11)
- 7. Springbrook Girls 13-14 200 Freestyle Relay OLD: 1:45:11, NEW 1:44:80
Veronica Marrone (14), Lauren Etnyre (14), Madison Stewart (14), Zoe Del Rosario (13)

Outstanding Relays:

- 1. Springbrook: 9-10 Girls: (Jessica Davis (10), Shelby Suppiger (10) , Anna McCarthy (10) and Caroline Schirmer (10) OLD 2:15:29, NEW: 2:13:23
- 2. Springbrook: 6 & Under Boys: (Gaetan Avicolli, (6), Jace Carter (6), Tanner Gates (6), Brendan Miles (6) OLD 1:21:91 NEW: 1:17:87

Sleepy Hollow B Meet Results

Submitted by Carrie Waechter



Photos provided



Sleepy Hollow Swim & Tennis Club held its 27th annual B Invitational Swim Meet on July 21. This meet celebrates the "B" swimmers within the Orinda-Moraga Pool Association.

"B" swimmers comprise the majority of the OMPA; over 800 swimmers participated. The meet provides a great opportunity for them to earn high honors.

Sleepy Hollow would like to recognize the 2013 B Meet High Point Winners:

Age Group	Swimmer Name	Swim Club
6-Under Girls	Elizabeth VonderBrink	Moraga Ranch Swim Club
6-Under Boys	Damian Wyszynski	Sleepy Hollow Legends
7-8 Girls	Siena Esopa	Orinda Country Club
7-8 Boys	Thomas Colpo	Moraga Country Club
9-10 Girls	Claudia Gravano	Moraga Valley Pool
9-10 Boys	Colin Hilkemeyer	Campolindo Cabana Club
11-12 Girls	Peyton Smith	Sleepy Hollow Legends
11-12 Boys	Graham Velek	Moraga Ranch Swim Club
13-14 Girls	Sarah Coufal	Moraga Valley Pool
13-14 Boys	William Layton	Orinda Park Pool Swim Team
15-18 Girls	Catrina Kolm	Miramonte Swim Club
15-18 Boys	Michael McCabe	Orinda Park Pool Swim Team

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