

National Letter of Intent Signers Honored at Acalanes

Submitted by Sue Thoren



Photo Gint Federas

On April 24 the Acalanes High School Athletic Booster Club recognized the 2015 senior athletes who have signed National Letters of Intent and were awarded scholarships

to their respective colleges, along with those who will be playing their respective sports at any Ivy League school or military service academy.

The following Acalanes senior athletes signed National Letters of Intent:

- Brady Aiello - Football - University of Oregon
- Molly Dalziel - Volleyball - University of California, San Diego
- Zach Stromberg - Baseball - Boston College
- Katherine Torchio - Soccer - University of Wisconsin
- Brittany Usinger - Likely Letter Commit - Swimming - Harvard

FAST Swims in Florida

Submitted by Jon Wheeler



13/14 boys 400 free relay, Emily Hamilton and Alexis Fok, girls 200 medley relay



Top row, from left: coaches Sophie and Kevin Lai, Sarah Hamilton, Sophia Kosturos, Margaux McDonald, Lizzy Folmer, Emily Hamilton, Ashleen O'Brien and Max Cruz; bottom row: Alec Baker, Richard Zhang, Will Nagle and Beck Jurasius

Photos provided

Orinda Aquatics was well represented at the recent NASA Showcase Classic held April 7-12 in Clearwater, Fla. Considered one of the fastest 14 and under meets of the year, the competition attracted over 950 swimmers from 94 teams across the country. The Junior group swimmers Alec Baker, Max Cruz, Alexis Fok, Lizzy Follmer, Emily Hamilton, Sarah Hamilton, Beck Jurasius, Sophia Kosturos, Margaux McDonald, Will Nagle, Ashleen O'Brien and Richard Zhang represented Orinda Aquatics incredibly well and enjoyed some fast swimming in the hot Florida sun. Highlights of the meet included individual event victories from Ash-

leen O'Brien (50 Fly, 100 Fly, 200 Fly, 50 Free), Will Nagle (200 Free) plus 46 top 10 finalists overall. In addition, the girls 13/14 200 medley relay of Ashleen O'Brien, Margaux McDonald, Sarah Hamilton and Sophia Kosturos set a new meet record with a time of 1:46.71 and the boys 13/14 400 free relay of Alec Baker, Beck Jurasius, Max Cruz and Richard Zhang set a new Pacific swimming record with a time of 3:16.36. Ashleen O'Brien was named the most outstanding swimmer of the meet for the 14-year-old girls, setting two individual meet records along the way.

Seven Sherman Divers Advance to USA Preliminary Championships

Submitted by Alison Fingerut



Top row, from left: Steve Sherman (head coach), Brianna Nicholson (assistant coach), Amanda Fingerut (Lafayette), Camille Valvur (Moraga), Ingrid Henderson and Brenna Cetrone (Orinda); front row: Gina Banfield, Anna Stubbington, Caty DeBonis, Chole Goddard (Lafayette), Addison Kozimor and Ellie Keane; not pictured: Allison Keane and Spencer Drannan (Moraga)

Photo Alison Fingerut

Twelve divers from the Sherman Divers JO Team competed at the USA Diving Region 10 Championship qualifier meet April 24-26 in Beaverton, Ore., and seven Sherman divers qualified to move on to the USA Diving

National Preliminary Championships scheduled for June 9-15 in Beaverton. Local divers included Spencer Drennan (Moraga), Amanda Fingerut (Lafayette), Chole Goddard (Lafayette) and Camille Valvur (Moraga).

Lamorinda Varsity Rugby Wins in Season Finale

Submitted by Steve Peterson



Lamorinda and San Diego join in for the post-match hospitality.

Photo provided

Lamo Rugby came roaring back from a 29-12 deficit and scored 31 unanswered points to beat the San Diego Mustangs, a highly regarded and nationally prominent program, 43-

12 on April 20 at the Saint Mary's College Pat Vincent Field. Lamo later honored its 22 graduating seniors in a season ending player-parent barbecue.

Lamorinda United 98 Repeats as State Cup Champion

Submitted by Nicole Rogers, Corinna Sassano and Marcia Holbrook



Lamorinda United 98 U16 girls will move on to the Far West Regionals June 12-16.



The U14 Lamorinda girls at the CYSA State Cup



The U17 Lamorinda girls is ranked No. 4 in the country

Photos provided

Fresh off of beating the No. 1 team in the nation at the Las Vegas Players Showcase, Lamorinda United 98 finished off the California Youth Soccer Association State Cup in a decisive manner. After going undefeated in league, the U16 girls entered the playoffs with confidence.

head to Boise for Regionals.

U17 Lamorinda Girls

U17 Lamorinda girls competed in the top flight for Northern California in a division that included four teams ranked in the top 12 nationally at the NorCal state playoffs. The girls played great throughout the tournament over two weekends against the best competition in NorCal. They made it to the finals against a surging Santa Clara team that has been a tough rival for many years. They came up short in the final losing 2-1 but controlled the ball for 80 percent of the game. They pushed into overtime with a special performance but it just wasn't enough. As a result of which teams they played and which teams they beat to get there, the U17 team is now ranked No. 4 in the country and is in a great position to move up the rankings in the next few weeks. The girls are currently in first place in league play, which includes the same four top teams and they look forward to an exciting finish to the spring season.

U14 Lamorinda Girls

The young U14 Lamorinda girls wrapped up an exciting journey after completing the Cal North State Cup playoffs that consisted of four divisions from throughout Northern California. They played their way into the top flight against the best Cal North had to offer. They came up short in the final game in Elk Grove losing 0-2 to a team ranked No. 2 in NorCal. With over five games in the final round, they were 4-1 with 11 goals scored versus two against. They played well throughout and even controlled much of the final game despite the loss, and should be proud with how fast they are learning Lamorinda's complex possession style. Their success at State Cup has propelled them to a No. 7 ranking in NorCal.

In the games leading up to the final, they defeated Diablo Futbol Club (DFC) 2-0, Placer Roseville 6-2, Santa Clara Sporting Green 4-0 and El Dorado Fury 10-1 to move to the finals of the State Cup. In the final, Lamorinda met Placer Roseville Impulse again. Lamorinda's possession style soccer kept Impulse busy with several attempts on goal in the first half, but the only goal scored in the first half was by Katharine Larson (#6) who shot up the middle to receive the ball from Emma Nushi (#15) and put it past the goalie.

The second half was played at a much quicker pace as Lamorinda settled down and controlled the game. Lamorinda scored quickly in the second half on a beautiful cross from Cecilia Gee (#7) to Caroline Clark (#1), making it 2-0. Less than three minutes later, it was the same combination of Gee and Clark for the third goal. Gee added in two goals of her own, assisted by Nushi, and Callie Ericksen (#19) added one with an assist from Gee to make the final score 6-0.

Lamorinda's defense allowed only two shots on goal the entire game and played a high line, keeping possession of the ball on the other team's side of the field. Lamorinda will now move to the Far West Regionals in Boise, Idaho June 12-16. A win there will put them in the National Championships in July.

Lamorinda continues to compete at the highest level, having moved to No. 1 in the state, No. 2 in the 11 state region and No. 5 in the nation. They hope to continue their climb as they