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LAMORINDA WEEKLY

# SPORTS MEDICINE **OUNG ATHLETES**

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# **DFAL Boys' Spring Sports**

Golf: Both Miramonte and Acalanes played in the NCS Division I qualifier tournament, where both teams earned a Top-8 finish and a spot at the NCS Tournament of Champions. Mira-Hou monte finished in sixth place overall with a team score of 400. Acalanes finished in eighth place with a team score of 414.

#### First Team:

Drew Karren	Miramonte
Kent Kao	Miramonte
Jake Basilico	Acalanes
Ryan Burnett	Campolindo
econd Team	

Miramonte Scott Guidotti Campolindo Austin Fischer Will Lagomarsino Campolindo John Stenovec Miramonte

Lacrosse: All three Lamorinda teams qualified for the NCS tournament. Acalanes earned the No. 1 seed with a 15-4 record. Campolindo (11-6) earned the No. 8 berth and Miramonte (10-8) the No. 12. Miramonte lost a heartbreaker 8-7 in the first round. Campolindo advanced to the quarterfinals to face Acalanes. The Dons cruised past the Cougars with a 13-6 win. Acalanes lost a close game 9-8 in the finals to Marin Catholic.

#### **Most Valuable Player:**

Adrian Jeffries	Acalanes
First Team:	
Nathan Brickman	Acalanes
Austin Mello	Campolindo
Sam De Roque	Acalanes
Sam Tuttle	Miramonte
Will Rack	Campolindo
Brian Maiken	Acalanes
Joshua Chen	Miramonte
Ryan McCormick	Campolindo

#### Vinnie Gladden **Second Team:**

Shea Danforth	Campolindo
Drew Cirelli	Campolindo
Kannah Cruickshank	Campolindo

Acalanes

#### Spencer Hardwick Miramonte Josh Baginski Acalanes Nate Welcomer Acalanes

norable Mention:	
Tyler Henderson	Acalanes
Coleman Fine	Miramonte
Chris Lane	Acalanes
Ryan Doyle	Campolindo
Justin O'Camb	Miramonte
Dan Ennis	Acalanes
Alex Wahl	Campolindo
Sam Essabhoy	Miramonte

Swimming: Competing against 41 teams from across the East Bay, Lamorinda teams faced tough competition. Campolindo led the way with a team score of 176, earning the Cougars a fourth place finish. Miramonte followed in 14th place with a score of 50. Acalanes notched 24 points for a 21st place finish.

Acalanes
Campolindo
Campolindo
Miramonte
Miramonte
Miramonte
Miramonte

**Second Team:** Campolindo Peter Brassinga Nicky Erickson Campolindo Ryan Shaw Campolindo Spencer Tagg Campolindo Scott Zurnacian Campolindo

**Honorable Mention:** Garrett Felix Campolindo Tyler Larsen Miramonte Ryan Sitar Miramonte Justin Lamment Miramonte Carter Chan Miramonte

#### The girls' All-League list will be featured in our July 1 issue.

Cameron Gaskell

**Tennis:** Two players from Lamorinda earned a berth to the NCS Singles Tournament. Kyle Everly of Acalanes earned a No. 4 seed. He advanced to the semifinals before facing the No. 1 seed and eventual champion, Kevin Ma. Campolindo's Tilden Oliver also qualified. In the NCS Doubles Tournament, Miramonte's Peter Martin and Alex Hwang represented Lamorinda. Martin and Hwang defeated a Tamalpais pair to win the tournament and the NCS title.

#### First Team:

Kyle Everly	Acalanes	
Peter Martin	Miramonte	
Tilden Oliver	Campolindo	
Kyle Rechnitz/Bryce Hummer		

Miramonte

Acalanes

Nico Brightbill/Conor McGynn

**Second Team:** Isaiah Bird Acalanes Ryan Cardiff Acalanes Alex Hwang Miramonte Kevin Shaffer/Garrett Neustrom

Campolindo Ian Dao/Preston Tso Acalanes

**Honorable Mention:** Cole Noone Acalanes Jacob Goldsmith Campolindo Neil Weikert Miramonte

Track and Field: At the NCS Meet, 21 teams from across the East Bay competed for top honors. Campolindo led the way for Lamorinda, finishing in ninth place. Acalanes tied for 16th place with eight points and Miramonte took 18th with seven. While the teams did not earn podium finishes, Lamorinda had many Top-3 results, including: Jack Shurtz's third place finish in discus, Cameron Gaskell's second place finish in the 3200M, and Niki Moore's second place finish in the 800M.

### First Team:

Charles O'Brien Miramonte Christian Gonzales Miramonte

Jackson Braitberg Miramonte Elliott Fong Miramonte Justin Pfaff Campolindo Steven Rein Miramonte John Brydon Acalanes Jack Shurtz Campolindo **Second Team:** Johnathan Hughes Campolindo Niki Moore Campolindo Jared Yabu Campolindo Parker Lothamer Campolindo Mohammad Movahedi Campolindo Daniel Konstantino Miramonte

Acalanes

Miramonte

Clayton Stehr Matt Immesoete

Miramonte **Honorable Mention:** Kevin Buckley Campolindo Nick Comly Acalanes Danny Applian Acalanes Jesse Iniquez-Stralla Acalanes Chris Gonser Acalanes John Brydon Acalanes

Volleyball: The Cougars have had the run of the DFAL and the NCS for years, and this year was no different. Campolindo's volleyball team completed its fifth straight NCS title run and third straight NorCal title run.

irst leam:	
Ryan First	Campolindo
Joe Worsley	Campolindo
Gage Worsley	Campolindo
Yize Dong	Campolindo
Second Team:	
Mitch Brooks	Miramonte
Michael Standring	Campolindo
Jack Cole	Campolindo
Jack Eisner	Campolindo
Tommy Graham	Acalanes
Honorable Mention:	

Joey Moran Charlie Mattox

Mitchell Tang

Acalanes Campolindo Miramonte



# Dons Boys' Tennis Finish in CIF Tournament

### **Submitted by Suzanne Everly**

its most successful season in the school's history. The Dons came in second in the DFAL, receiving an at-large bid into the NCS Tournament. At NCS, the Dons beat Monte Vista in the semifinals, losing to Dougherty Valley in the finals. As a fi-

he Acalanes boys' tennis team had nalist in NCS, the Dons received a spot in the CIF NorCal State Tournament. Led by new head coach Stephanee Lawrence, the Dons won their quarterfinal match against Rio Americano before losing to the No. 1 seed Menlo in the semifinals.

From left, back row: head coach Stephanee Lawrence, Isaiah Bird, Preston Tso, Nico Brightbill, Conor McGlynn, Kyle Everly, Ian Dao, assistant coach Suzanne Everly; front row: Alex Hashim, Trenten Tso, Ryan Pegels, Ethan Fitzsimons, Ryan Cardiff, Cole Noone; not pictured: Stefen Pegels, Clay Schmidt, Jin Heo

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