

# Acalanes lacrosse team is charging through league play

By Karl Buscheck



Acalanes Collin Jeffries and Miramonte Josh Radlow

Photo Gint Federas

Asked about the possibility of the considerable outside hype becoming a distraction for the Acalanes lacrosse team, head coach Brent Ringwood had to let out a laugh. "Honestly, I don't think they even know about those rankings," Ringwood said of his club, pegged as the No. 20 team in the state and the No. 71 team in the nation, per Max-

Preps. "They're used to being pretty well regarded. We haven't had a down season in a really long time," Ringwood added. "And we always talk about the history of the (program) and they put in the work." As Acalanes carves through the schedule with an unblemished 8-0 record in league,

the Dons have suffered just one defeat overall, falling 12-4 on Redwood of Larkspur back on March 18.

"We weren't really sure how the team was going to be this year," Ringwood admitted. "We knew we had a lot of talent, but we didn't quite know how they fit together and at the beginning of the season we were kind of getting by the skin of our teeth, but lately we've found a groove."

Perched atop the Diablo Athletic League standings, the Dons (10-1), have benefitted from a roster stacked with skilled athletes.

"We've got some talented players," Ringwood said. "But we're spread pretty evenly across offense and defense."

With six DAL contests remaining on the docket, the Dons are on the path to scratching the first bullet point off their annual to-do list.

"We have the same goals pretty much every year," Ringwood said. "We ask the kids for team goals at the beginning of each season. We have them submit them and write them all down. They always consist of two goals. They want to win league. They want to compete for an NCS championship."

Last spring, Acalanes advanced to the quarterfinals of the NCS Division 2 bracket before watching their season come to an end. While the focus remains on the league schedule and the task at hand, the Dons already have designs of producing yet another deep

postseason march.

"I think Division 2 teams will tell you that we're going to be there or we're going to be close at the end," Ringwood said. "We just want our shot."

Campolindo is one of the teams that is angling to take down the Dons. The Cougars face off against Acalanes on the road on May 2 in the penultimate game of the DAL season.

Campolindo was on the wrong end of the score line in the first meeting, falling 9-7 to Acalanes on March 24. The loss stands as one of just two defeats for the Cougars, who sport an 8-2 mark overall and a 7-1 record in the DAL.

After dropping the season opener 13-5 to Monte Vista back on Feb. 21, Campolindo has found its form, running off eight wins in a stretch of nine matches.

Miramonte sits in a tie for fourth in the DAL table after edging Northgate, 9-8, on the road on March 30. The win stemmed the team's two-game slide, and leaves the Mats at 5-6 overall and 4-4 in league play.

While head coach Byron McGovern's team dropped back-to-back contests to their local rivals during the week of March 14, the Mats still have one more crack at the Dons and Cougars, respectively. The Mats visit Moraga on April 21 for DAL showdown with their neighbors and travel to Lafayette on April 25 to meet up with Acalanes.

# Lamorinda Rugby Hosts Canadian Team

Submitted by Doug Pearson



The two teams pose together under the goalposts at Wilder after the match.



Shawnigan Coach Ander Monro congratulates Lamo on the match and thanks them for their hospitality. Lamo players, pictured from left, Nick Miller, Nick Pearson, Marco Nykodym, Miles Beaubelle, Konrad Mader, Tighe Tejada, Dominic Bradley, Nick Bettencourt, Max Schoenberger, Owen McNamara, Alex Cortessis, Logan Branch, Mateo Larson.

The Lamorinda Rugby JV team got a taste of international rugby flavor this week. On Tuesday, Lamo players met players from Shawnigan Lakes (British Columbia) and took them into their homes as guests for the night. The following night, the two teams played each other at Wilder Field in Orinda. The Shawnigan players started the game with a furious pace and scored twice to go ahead 12-0 in the early minutes. Lamorinda fought back and tied the game at halftime 12-12. The Lamorinda players had woken up and in the second half put 24 unanswered points on the board. Final Score: Lamo 36-Shawnigan 12. Zach Barker (Miramonte), Nick Bettencourt (Acalanes) each scored tries with Kaleo Nelson (Campolindo) converting the extra points. Logan Branch (Acalanes) had a couple of 20-yard runs and Nick Miller (Miramonte) had some nice tackles in the match. Following the match, both teams awarded players of the match to the other team and sat down for a post-match pasta feed as is the custom in rugby. Lamo players hosted the Shawnigan players one more night at their homes and wished them good luck on the rest of their tour of Northern California. The Lamorinda JV team is looking to continue their undefeated season with a play-off run that will end in April.

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# LMYA Volleyball is in Full Swing

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## The Heart of LMYA Volleyball

More than a decade ago, Eric took the helm of a fledgling LMYA Volleyball program and, with his passion for the game, improved and energized the program. Among his innovations was to bring college and high school volleyball players to help train the coaches and to act as role models for LMYA's aspiring athletes. Eric also coaches volleyball at Joaquin Moraga Intermediate School and shares his talent at Campolindo High School and St. Mary's College. Where did his enthusiasm come from?



ERIC STANDRING

"My interest for volleyball sprang from an incident in London, England when I was 14 or 15. Until then I played baseball as a pitcher, and basketball as a center, and a little soccer in Kuala Lumpur, Malaysia. At the American School in London, a PE teacher, Mr. Dodson, was watching me and a few older kids as we tried to dunk volleyballs after a basketball game. I could dunk so Mr. Dodson asked me to play volleyball against the military kids in the south of England that weekend. I remember getting knocked out while trying to block from the 10' line. Somehow that caused me to like volleyball more than all the other sports I had played. Today, with a Master's Degree in leadership from St. Mary's College, I see in volleyball more interdependence than in other sports. What other sports (by and large) require two assists before the attack? What other ball sport has more people in such as small (30' x 30') space? All in all volleyball plays well into my passion for developing youth in teaming skills"