Serving Lamorinda since 2013

URGENT CARE

No Appointment Needed Just Walk-in

Open Every Day, including Evenings, Weekends & Holidays

URGENT CARE SERVICES

Downtown Lafayette

925-297-6396

970 Dewing Ave, near Diablo Foods



www.lamorindaweekly.com

Ear Aches, UTIs, Allergies, Bronchitis, Dehydration, Sprains, Fractures, Stitches, Concussions & Much More

PHYSICALS

Sports, Camp, School, DOT & Work



Pleasant Hill/Concord 925-234-4447

Livermore 925-315-8828

statmed.com

Insurance, including Medicare, accepted. HMO Subscribers: Ask about special low flat rates.

LAMORINDA SPOR

Submit stories to sportsdesk@lamorindaweekly.com

(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)

SMC women's volleyball surpassing expectations halfway through season By Jon Kingdon

Lindsey Knudsen (17) and Sienna Young (6)

and defeat. Last season the Saint

it only took the Gaels 11 matches

to reach last season's win total and

Head coach Rob Browning

both teams: "I thought we were a

good team last year but we had a lot

of injuries and did not have a good

record in five set matches going 2

and 6. This year we have won all

five of our five set matches. Still

This is a very balanced roster

rely on his group of seniors, Lind-

court. This group is a stronger,

competitive team with great desire

and a team connection which is al-

lowing us to win the close games."

players to transition easily into the

program: "We have a program that

we like and we get our players to

learn that system. In terms of per-

sonnel, they may play different positions. It's a simple system but it

is a good one. The players are ready

slower in the middle. Together, it's

Insurance Lic. #: 0F45583 346 Rheem Blvd., Suite 106

hard to defend."

Browning utilizes an offense

we are a better team this year."

halfway through the season.

It's a fine line between victory proved their play on offense."

The overall improvement of Mary's women's volleyball team the offense is apparent in the team had a record of 9 and 19. This year, numbers. Last season Saint Mary's averaged 46 kills per match. This season, the kills/match average is now have an overall record of 11-3 53. The assist numbers have also improved from 43 to 50 per match.

doesn't see that much difference in leads the team with 340 assists. Parker, who earned the nickname "Crash" from falling off a bicycle, does live up to her nickname, leading the team with 27 saves and is third on the team with 95 digs. Says Browning: "Alexsa came to with such a solid group of seniors, Saint Mary's after being named as the Gatorade Player of the Year in Utah as an outside hitter but comprised of three seniors, four was moved to setter and is a very floor, one of the top programs for juniors, two sophomores and six good all-around player." Freshman the past 15 years and that was a big freshmen. Browning has come to Alosina Thompson is backing up Parker. Says Browning: "Alosina sey Calvin, Lindsey Knudsen and has done a nice job stepping in and Emily Bible: "The leadership of is learning quickly. Crash has been our seniors shows on and off the a good model for her and she has seen significant playing time in big matches." Thompson is second on the team with 115 assists and 104

The Gaels defense took a big that is flexible and it allows the hit when starting freshman libero Kelsey Knudsen (Lindsey's sister) was lost early in the season due to a serious knee injury. Fortunately for Saint Mary's, Bible has stepped in to replace Knudsen and the team has not seen any fall off in this area.

Browning takes great pride to jump in there when they arrive in the defense he installed, which and run our type of offense. It's a was unique at the time: "We were fast offense and a little unique. We the only ones that ran our type of set the outside hitters faster and set defense with our blocking system and now everyone has taken on our philosophy and system utilizing The two Lindseys, senior swing blocking (using your open, middle blocker Lindsey Calvin cross, hop footwork along the net (132) and Lindsey Knudsen (127) while swinging your arms in order are leading the offense in kills. to penetrate further over the net to Says Browning: "Calvin has re- block your opponent) but now it's ally stepped up in her game as an much more common throughout

State Farm[®]

Photo Tod Fierner son, a third freshman outside hitter, Breyon Ashley from Dublin has also seen a fair amount of playing time. Says Browning: "Breyon is a very good player. At this point she is primarily a serving sub but she is also a dynamic blocker and player."

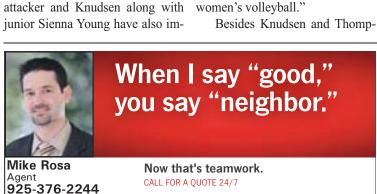
With victories over Utah and Junior Alexsa "Crash" Parker California, the Gaels entered into the league season with great confidence. The team began their league schedule playing the 24th ranked University of San Diego and No. 1 ranked team in the nation, BYU, on the road. Saint Mary's defeated San Diego 3-2 and lost to BYU 3-0. The victory over San Diego was particularly pleasing to Browning: 'We beat San Diego on their home win. The players believe in themselves and what they have built. This has led to our winning record and some very impressive comebacks."

With the maturation of the freshmen class and the anticipation of future commitments to the program, Browning sees a bright future for the women's volleyball team: "Along with our returning players, we have some top recruits coming in next year and also commitments from some high school juniors that will help us to continue on our track. We always want to be competitive in the West Coast Conference and to compete for championships."









Registration Opens: October 1, 2018

We have a lot of fun events on the calendar this season for kids and adults.

We look forward to seeing you on the pitch (field).

Lamo Welcomes Everyone

The Lamorinda Rugby Football Club, aka "Lamo"

A community based volunteer organization that provides youth and school age students, aged 6-18, the opportunity to learn and play rugby in a team environment that promotes both individual development and shared achievement.

Come give us a try, we know your kids will love it!

LamoRugby.com