

Soccer, from page 13

they decided to leave everything we had on the field that day," said Coach Leigh Kirmsse, who was helped by Assistant Coach Matt Bolender. The turn-around

from Saturday's game loss was stunning.

AC Milan battled the Davis Red Ducks in Sunday's first game and prevailed 3-0. Phillips,

Palacios and Bellafronte scored AC Milan's goals with assists from Josh Kirmsse, Macy and fullback Nic Bob. Stielow blocked more than 15 shots on Milan's goal to preserve a perfect shutout game. The entire game was impacted by the outstanding defensive play of Bob and defensive fullbacks Dalton Heinz, Bradley Antonson, Vincent Garaventa and Tyler Connel. "All of Milan's fullbacks turned out a remarkable game; they refused to yield ground at any point during the game," Leigh Kirmsse said.

Milan's shut-out win against the Red Ducks propelled them into the Championship Game against club team Santa Rosa United Gold. Milan came out fighting and was inspired by a tremendous goal kicked by Bob from the midfield on a direct kick. "It was a magnificent kick, and it inspired the entire team" Kirmsse said.

Subsequent goals were

scored by Simons, Palacios and Phillips, with assists by Milan forward Brandon Bolender and midfielders Josh Kirmsse and Macy. Again, Kirmsse, Bellafronte and Macy controlled and distributed the ball with tremendous drive and accuracy. Milan's defense again refused to yield as Bob turned in a flawless game. In fact, all of Milan's fullbacks were in the right place at the right time throughout the hard-fought game.

"No doubt about it, Milan's defensive team of Bob, Heinz, Garaventa, Conne, and Antonson all turned in remarkable performances," Leigh Kirmsse said. Milan's keeper, Stielow, again blocked more than 12 shots on Milan's goal, turning in another shutout game against his opponents.

Milan prevailed against the Santa Rosa team 4-0 and won the championship Concord Cup in the Under 10 boys' flight. All four games were shutouts, with

three in Milan's favor.

"The entire tournament was a true team effort; every player gave everything they had to give. It was a flawless, courageous performance" Leigh Kirmsse said. "This was a

dream team. I am going to miss them all, and I know they will miss each other."

A Mount Diablo Soccer Association U10 Boys All Star team has not won the Concord Cup since 1997.

Want to earn extra income?

Become a **Demonstrator or Host a Party** and earn **FREE** candles!

Enjoy Flexible Hours!
Have Fun Selling
"The World's Finest"



Golden Light Candles
(925)689-3461
goldenlc@netvista.net
www.goldenlightcandle.com

Independent Distributor for GOLD CANYON CANDLE CO.

THINK OF ME AS A PERSONAL TRAINER FOR YOUR FINANCIAL PLAN

A lot of people think reaching your financial goals is simply a matter of hard work. While it does take personal commitment, it also helps to have someone working with you every step of the way. I work with you to design a financial plan with the goal of making your money work harder for you, rather than the other way around.

From retirement planning to smarter investing to reducing income taxes, I can help you explore your options and help you decide what's best for you. Call me for a complimentary initial financial consultation and see why more than two million people come to American Express Financial Advisors for their financial fitness.

American Express Financial Advisors Inc.
IDS Life Insurance Company
5356 Clayton Road, Suite 211
Concord, CA 94521
Bus: 925.685.4523
Fax: 925.685.3520
Lic: CA 0692378

Mureleen Benton, CFP
Financial Advisor
CERTIFIED FINANCIAL PLANNER

The two million figure includes over one million clients who have purchased financial planning throughout our history.
© 2001-2005 American Express Financial Corporation. All rights reserved

Shape Up, from page 13

Another myth is that strength training can cause serious injuries. Actually, strength training can help reduce the risk of injuries in adolescents. Research has shown that the potentially serious injuries reported were a result of power lifting, which focuses on lifting as much weight as possible, and not a result of strength training, which focuses on resistance methods. The majority of injuries from strength training, when they occur, are muscle strains. A competently supervised training program led by certified coaches will reduce this risk.

Additionally, many parents assume their child is too young to see any real improvements from strength training, but children as young as six can see improvements in strength when adhering to specific guidelines. While pre-adolescents will not see increases in actual muscle size, there will be noticeable

gains in muscle strength and motor fitness skills, such as jumping and sprinting. This is due to the muscles simply learning how to contract more forcefully as well as more efficiently.

The most significant component of any strength program is certified, knowledgeable and experienced supervision. This oversight is critical to ensure that a young athlete receives a program that is appropriate for their maturity level, designed to meet their specific goals, progresses at the proper rate and, above all else, is safe.

The first thing to look for when choosing a trainer/coach for your child is proper certification. While personal training certifications give a general overview of lifting techniques, they can usually be completed in a weekend or less, consequently, the amount learned is minimal. Degrees in exercise science, exercise physiology or kinesiology require knowledge that far

extends lifting techniques. Other reputable certifications, some of which require at least a bachelor's degree in one of above fields, include Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association, United States Weightlifting Club Coach and Performance Enhancement Specialist for the National Academy of Sports Medicine.

Safety must always be the top priority. All programs should begin with teaching proper techniques and safety and awareness in a weight room setting. It is imperative trainees receive as much individualized feedback as possible in order to form a good foundation. Unfortunately, as kids get older and begin strength training at school, the level of supervision may be greatly reduced, and in an environment with 30 or more kids, it's easy for athletes get on the wrong track by simply not following a structured program or by mimicking what they see others doing.

So remember, strength training does not necessarily imply weights. For the youngest athletes, beneficial strength training can be achieved by using only the athlete's body weight. This can be accomplished through exercises such as squats, lunges, pull-ups, crunches, push-ups and pre-hab exercises designed to help prevent injuries. As kids grow older, once competency and proper technique is demonstrated, they can begin to add resistance such as weights, dumbbells and barbells.

Nabil Langkai is the Sports Performance Director at Velocity Sports. He has designed programs for NFL Combine Athletes, professional baseball players as well as tennis, soccer, swim and lacrosse teams. Coach Langkai has a BS in Exercise Physiology. You can contact him at 925-363-0066

Baseball, from page 12

Tyler Hunter, Darrian Matthews, Austin Pehrson, Zack Byers, Andrew Deichler, John Keane, Nick Mazza, Jeff Teicheira, Kyle Callan, Sean Flannery, Jack Loflin, Max Nelson and Logan West.

The 14-year-olds will play in tournaments in Palm Springs, North Lake Tahoe, Pleasant Hill, and Riverside, as well as in the Clayton Valley "Firecracker Classic" at their home field at Tesoro Sports Park in Concord July 2-4.

Both the 13-year-olds and the 11- and 12-year-olds, will be playing end-of-season tournaments in Reno, North Lake Tahoe, Pleasant Hill and Riverside.

For more information about the Clayton Valley PONY and Bronco programs, go to www.cvpony.org.



MORNINGSIDE HORSE FARM
A Great Place For Horses & People

A PERFECT PARTNERSHIP FOR YOU AND YOUR HORSE

6115 Morgan Territory Road 6001 Morgan Territory Road



home of *Royal Connemara's*

The facility, experience and education for the best possible horse care

Coming in June

- Gina Duran dressage clinic
- David Adamo jumping clinic
- Clayton Canyon Pony Club Meeting

672-3632 - BOARDING
672-2874 - CLINICS/CAMP/INSTRUCTION

WE TAKE WINE SERIOUSLY SO YOU DON'T HAVE TO

AT WINE THIEVES. WE MAKE WINE FUN AND AFFORDABLE SO EVERYONE CAN ENJOY IT. IN FACT, THE MAJORITY OF OUR WINES ARE UNDER \$10! COME "STEAL" SOME DEALS OF YOUR OWN!

COME JOIN US EVERY FRIDAY NIGHT FROM 6-8 P.M. FOR WINE TASTING

But shhh... don't tell your friends.



Monday thru Saturday: 10 a.m. to 8 p.m.
Sunday: 11 a.m. to 7 p.m.
672-4003
5443 Clayton Road next to Blockbuster

Your **Audio, Video and Home Theater System** can be your dream come true OR your worst nightmare.

Before you make costly mistakes in design or buy the wrong equipment, call the experts with decades of experience for professional advice on audio, video and home theater systems.

electronic systems integration
audio video theater automation wireless solutions

1-925-969-1477
<http://www.electronicssystemintegration.com>

residential professional commercial house of worship





Richard A. Littorno

Littorno & Morrison, Attorneys At Law

Since 1979

- Living trusts • wills • elder law
- Probate & trust administration
- Creative estate & tax planning
- Asset protection & general business

Clayton office:
6160 Center St., Suite D
Clayton, CA 94517
Phone: (925) 672-6463
Fax: (925) 672-6468
rlittorno@msn.com

Pittsburg office:
2211 Railroad Ave.
Pittsburg, CA 94565
Phone: (925) 432-4211
Fax: 432-3516
Estateplanning.com/Littorno