

Clayton Sports

CVHS's new Cross Country Coach's challenge



TEAM CAPTAIN, ERIC MADERA AT A SEASON MEET at Newhall Park. Madera made the North Coast All League Second Team.

ANDRÉ GENSBURGER
Clayton Pioneer

Michelle Howisey is the new Cross Country Coach at Clayton Valley High School. Along with assistant coach, Kevin Choe, better known as Officer Choe, the School Resource Officer, Howisey ramped up the old program to new levels through a combination of persistence and a desire to reach her students.

25 students, girls and boys, Junior Varsity and Varsity, form the team, training daily for the weekend meets, and pushing themselves beyond their former rankings, as well as their abilities.

"The girls didn't have a team all season," Howisey said. "They're young, lots of freshmen in the group, but they ran very well."

Choe ran cross-country when he was in high school and recalled that it taught him perseverance; he maintained the running and hopes that his example will rub off onto the younger students.

"The cross country kids are good kids," he said. "You never see them in the office for discipline or other issues."

"I think the kids had a lower expectation after last year," Howisey said. "They had lots of different coaches and not enough consistency."

She had a head start over the summer, beginning her training and making sure her expectations were clear. "All the students have dropped their times, a minute from last season and a minute from the start of this season," Howisey said.

"We switch roles," Choe said. "One of us runs while the other delegates."

"At the start of the season we ran with them every day," Howisey said, "but someone has to time it."

Varsity meets are 3 miles and Junior Varsity meets are 2 miles.

The school administration has been supportive of the changes.

"All the vice principals would ask how we did after a meet," Choe said. "The Principal would also ask."

"Vice Principal Jim Long came to a meet," Howisey said. "The support has been very good."

The program is geared to encourage any student who wishes to run. There are no cuts and the only requirement is the school academic standards in order to participate in sports.

"One student - Nathanael Litwiller from Clayton - even made the State Meet," Howisey said.

"To get there," Choe added, "You have to be very good."

"He was second in the league and third in the North Coast," Howisey explained. "The boys' team is very good. Our second runner, another Clayton student, Eric Madera, also the team captain, made the All League Second Team."

For the girls, it was two freshmen runners, Brigitte Leblow and

Melissa Del Bene, who demonstrated a consistent strength all season. Senior, Carolina Ung was also considered to be a top runner. "The three of them made All League Second Team," Howisey added.

"Next season we'll be in a new league," Choe said.

"We're so proud of how far these students have come," Howisey said. "We've enjoyed working with them. Through track, they're more familiar with each other as a team, more cohesive."

"It promotes a healthy lifestyle, as well," Choe added.

Clayton Valley High School is a member of the Bay Valley Athletic League and the North Coast Section of the California Interscholastic Federation. There are 24 varsity sports and over 30 junior varsity and freshmen teams at CVHS.

Mark Anderson



"No one's winning. It's ballet."

Sports Shorts

CLAYTON VALLEY LITTLE LEAGUE

Registration for Spring 2008 Baseball and Softball, Saturday, Dec. 8, 10 a.m.-2 p.m., Holy Cross Church on the corner of Ygnacio and Alberta. Come to registration with questions or call CVLL: 672-WINS (9467) or Krista Smith at 672-1074.

DVAL HAS NEW LEADER

The newly formed Diablo Valley Athletic League (DVAL) appointed Mario Balestrieri as its new league commissioner. The league will begin competition in August, 2008, and is part of the North Coast Section of CIF. The league will be made up of the following seven local high schools: Berean Christian, Clayton Valley, College Park, Concord, Mt. Diablo, Northgate and Ygnacio Valley

HOLIDAY BASEBALL CAMP

A Winter Holiday Baseball Camp will be offered by the Eagle Baseball Academy at Clayton Valley High School on Dec. 26-28, 9 a.m. to 1 p.m. The program is for youth of all ages as individual skills will be the focus. This camp will cover all aspects of the game of baseball and provide an opportunity for the kids to play games during the camp. The staff will consist of the Varsity baseball team at CVHS. We have no limit on the number of campers. The camp will be held rain or shine at our all-weather facility at CVHS. Eagle Baseball Academy provides baseball instruction to players ranging from beginners to advanced. Boys and girls aged 7 and up attend the Academy's camps and clinics to learn from professional high school coaches. The academy is directed by Coach Casey Coakley, Varsity Baseball Coach for Clayton Valley High School and utilizes the facilities at CVHS in Concord. For more information, email claytonbaseball@hotmail.com, or call 672-4960

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Big New Year's Eve BASH

PARTY LIGHTS

Live music by "Jest Jammin"
Rock 'n Roll band featuring favorites from the 60s to the present

Hors d'oeuvres and tri-tip buffet dinner

Party favors
Champagne at Midnight

9:30 p.m. to 1 a.m.
\$40 for adults
\$30 for youth under 16
\$30 for adults not bowling
Pre-paid reservations a must

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