

Trojans winning under co-coaches

BY TREVOR HORN
Bee Correspondent

The former coach used to joke that all the Oak Ridge High School volleyball program needed was a new person at the helm to get it going.

Or two people.

Becky Potter stepped away following last season after leading the team to championship success. Now under the tutelage of co-coaches Bre Horton and Christy Bergin, The Bee's No. 4-ranked Trojans are 7-4 against a daunting schedule.

Last week, Oak Ridge opened with a 3-0 sweep of then-No. 3 Rocklin before being swept 3-0 by current No. 3 Christian Brothers. At the Christine Craft Memorial on Sept. 7, Oak Ridge lost to Rocklin and beat CBS.

A young team led by underclassmen has been battle tested, the coaches said. Juniors Kimmy Tuttle and Marissa Quilici and sophomore Olivia Reid give Oak Ridge a formidable net presence in front of setters Kelly Krigger and Elizabeth Cameron.

Potter remains a mathematics instructor on the El Dorado Hills campus and is close friends with Horton and Bergin. The transition has been seamless with all parties involved excited.

"All they needed was a better coach," Potter joked.

Grizzlies uprising - Top-ranked Granite Bay played in its first weekend tournament of the season, the Harbor Invitational in Santa Cruz. The Grizzlies were without senior captain Taylor Nelson for the first two matches Saturday morning, as the Cal Poly verbal commit was taking college entrance exams.

But the honor student and team leader showed up in time for Granite Bay (11-0) to defeat Notre Dame of Salinas, and the Grizzlies cruised to the championship with a 2-0 win over San Benito of Hollister.

Taylor and fellow senior captains Maddy Deters and Nicolette Pinkney were named to the all-tournament team.

Big-time Holy Court - After Saturday's Holy Bowl matchup between Jesuit and

THE BEE'S TOP 20

PR - previous ranking

School	W-L	PR
1. Granite Bay	11-0	1
2. St. Francis	14-3	2
3. Christian Bros.	10-2	4
4. Oak Ridge	7-4	8
5. Rocklin	11-3	3
6. Nevada Union	11-4	5
7. El Camino	10-4	6
8. Roseville	17-6	9
9. Oakmont	15-4	10
10. Rio Americano	3-3	7
11. Davis	9-3	14
12. Vista del Lago	9-7	11
13. Pleasant Grove	10-5	16
14. Placer	4-5	12
15. Ponderosa	7-5	13
16. Bella Vista	7-5	20
17. El Dorado	6-3	18
18. Yuba City	9-5	17
19. Woodcreek	7-4	-
20. Bear River	6-11	19

- Trevor Horn

Christian Brothers at Hughes Stadium, the volleyball rivalry version is expected to attract a big crowd when No. 2 St. Francis visits CBS on Thursday.

The Troubadours (14-3) swept No. 6 Nevada Union and No. 7 El Camino last week. St. Francis' only losses are to Granite Bay, No. 8 Roseville and nationally ranked Archbishop Mitty of San Jose.

CBS (10-2), under coach Diane Heine, has won five consecutive matches, and its only losses were to Oak Ridge and Rocklin.

The Falcons' last five victories have been against top-20 teams. After sweeps over No. 20 Bear River and El Camino, CBS last week beat No. 10 Rio Americano 3-1 before sweeping Rocklin and Oak Ridge.

Bear River hurting - Defending Sac-Joaquin Section Division IV champion Bear River has been playing without injured senior libero Hannah Christianson.

The Bruins (6-11) have seven losses to top-20 teams with their top back-row player sidelined.

Coach Matt MacDonald expects Christianson back this week. With front-row players Kirsten Pereira, a senior, and Kaely Rath, a sophomore, Bear River expects to be at full strength when Pioneer Valley League action starts Oct. 3 against Center.



Junior outside hitter Lauren Overstreet gets down to dig for a ball during a late October match.

seasons with some heavy praises.

"I put this team on the top," Heine said. "This team is more explosive and competitive."

It's the first time Anderson has played competitive volleyball since her sophomore season. A knee injury kept the senior out of two club seasons and she missed the 2012 high school season entirely.

Third on the team in kills behind junior Nastassja Bowman and sophomore Ashlynn Frequent Heine said having Anderson back was the final piece to the puzzle that was missing last season.

"Every player respects her," Heine said. "She's a great leader. She completes the team."

Added Anderson of her return to the court: "It means a lot to me because I came back from the injury after not playing for quite a while."

All four seniors for the Falcons, Anderson, Jaymee-Lee Bulda, Regan Bradley and Chelsea Valine has played on varsity since their sophomore season. The only CVC losses for those four came to Oakmont in 2012 after going 10-0 in 2011 they are currently undefeated this year. Bulda says it's enjoyable to be one of the veterans now.

"I'm really excited this year because we have a lot of babies on our team," Bulda said. "We are working really hard and they are playing well. I'm proud of them. I've never played with younger kids before. I've always been the baby. So it's really exciting for me."

Bulda has taken on the role of setter this season, leading the team in assists. She also has

THE BEE'S ALL-METRO VOLLEYBALL TEAM

COACH OF THE YEAR

DIANE HEINE,

Christian Brothers

Heine is no stranger to hanging Sac-Joaquin Section banners in the rafters at Christian Brothers. But the work this season's team put in to win the Division III championship made it one of the best years in her long career at the Oak Park campus. The Falcons were undefeated in the Capital Valley Conference and swept Vista del Lago in the section final for the program's seventh title, fourth under Heine and first for CBS since winning the Division IV title in 2009. Heine credits the return of senior Iris Anderson, who missed her junior year because of a knee injury, as the key to the Falcons' successful season that ended in a heartbreaking 16-14 fifth-set loss to Sacred Heart Cathedral of San Francisco in the Northern California Regional Division III semifinals. Heine also was The Bee's Coach of the Year in 2007.

FIRST TEAM

IRIS ANDERSON, Christian Brothers, outside hitter, senior
Anderson was the missing piece for the Falcons this season after sitting out her junior year with a knee injury. She was second on the team in digs (351) and kills (208).

ANNA BAYTOSH, St. Francis, outside hitter, senior

Baytosh, who's headed to Chico State, had 357 kills to lead the Troubadours to a second consecutive NorCal title match.

NASTASSJA BOWMAN,

Christian Brothers, opposite hitter, junior

Bowman was the do-it-all catalyst for the Falcons; though just 5-foot-9, she played at the net and on the back line with precision and power.

MADDY DETERS, Granite Bay, outside hitter, senior

Deters, a four-year starter who is headed to Concordia State in Irvine, led the state-champion Grizzlies with 440 kills.

ALI KOUMELIS, St. Francis, setter, senior

Koumelis, who has committed to the University of Portland, led the Troubadours with 969 assists and was the vocal leader for St. Francis as it advanced to the NorCal Division I title match.

BETHANY MANDON, Rocklin, middle hitter, senior

Mandon had 290 kills as the Thunder won the Division II section title; she will play for Point Loma Nazarene next season.

NICOLETTE PINKNEY, Granite Bay, outside hitter, senior

Pinkney, a three-year starter, led the Grizzlies with 17 kills in the state championship victory over Los Alamitos.

MIKAELA NOCETTI, El Camino, outside hitter, junior

Nocetti, the Capital Athletic League MVP, led the Eagles with 246 kills despite missing 11 sets this season.

SECOND TEAM

■ Mackenzie Berlin, Whitney, outside hitter, senior

■ Kara Campbell, Vista del Lago, outside hitter, junior

■ Sumeet Gill, Pleasant Grove, middle blocker, junior

■ Maddie Haynes, Rocklin, outside hitter, sophomore

■ Alex Holt, Monterey Trail, outside hitter, senior

■ Jolie Meade, Rocklin, middle hitter, senior

■ Maddie Merlino, Rio Americano, setter, junior

■ Kirsten Pereira, Bear River, outside hitter, senior

■ Kyra Rogers, Oakmont, middle blocker, junior

HONORABLE MENTION

Elizabeth Dahlberg, El Camino; Libby Deters, Granite Bay; Maddie Graham, Placer; Chloe Hakim, St. Francis; Devin Herenda, El Camino; Brooke Hershberger, Granite Bay; Sara Hibbs, Bella Vista; Madison Hunziker, Rio Americano; Abby Jensen, Roseville; Kelly Krigger, Oak Ridge; Jayme-Lee Bulda, Christian Brothers; Samantha Shelton, Whitney; Megan Sullivan, St. Francis; Kayla Williams, Pleasant Grove

— Trevor Horn

Volleyball: Grizzlies set up for perfection

FROM PAGE C1

and two-time All-Metro pick, also was honored as the Gatorade State Player of the Year and a MaxPreps All-America first-team selection.

"It's amazing. I'm so glad she is getting this recognition," said Granite Bay senior Maddy Deters, who was picked for the All-America second team by MaxPreps. "She works so hard. She always has since she was little."

Nelson and Deters have lived next door to each other since they were 4, and their friendship has bonded through sports, especially volleyball.

They were varsity players as freshmen on a team that did not qualify for the postseason. As they capped their high school careers with the state championship, they embraced each other after being dog-piled by teammates.

"Just having her as a best friend, like a sister, and having her with me my whole life and having this last year with her and our team end in such an amazing way," Nelson said. "You couldn't ask for more."

Separated by just nine days at birth, they have been inseparable since the Deterses moved in next door 14 years ago.

"I know I'm going to look back and tell my kids about this," Deters said. "I know Taylor and I will remain best friends throughout our lives. Maybe we can move in next to each other when we're older and have our kids play volleyball together."

But first there's college. Nelson didn't have to think long about her choice of Cal Poly, where her parents excelled in athletics, mom, Vera, in volleyball, dad, Rich, in baseball.

"I've wanted to go there for as long as I can remember," Nelson said. "My parents took me there when I was 5. We were all there in all of our Cal Poly gear. Ever since then, I fell in love with the campus and couldn't see myself anywhere else."

Nelson grew up with volleyball. Her mother is the longtime Sierra College women's coach.

"I am just excited to see her go through all the things we did," Vera Nelson said. "College athletics is amazing, and (she) will find some amazing friends there."

Nelson, an honors student with a 3.92 grade-point average, graduated from Granite Bay last Friday, so she can enroll at Cal Poly next month.

"(Cal Poly) is lucky to get her," said Bret Almazan-Cezar, coach of Division II state champion Archbishop Mitty of San Jose. "She's a strong personality and a leader."