

Piedmont beats Mt. Eden 6-0, improves to 3-2

By Jonathan Comeaux

Piedmont High's flag football team pulled out a 6-0 shutout over Western Alameda County Conference opponents Mt. Eden on Thursday, September 11 at Witter Field. The result improves Piedmont's record to 3-2 overall and 2-0 against league opponents. Piedmont got its game-winning touchdown with 1:35 remaining in the first quarter when quarterback Edie Elmquist found Kate Tong for a five-yard pass on an out route. It was also a big game on the defensive side for Brynne Jones, who finished with four tackles for loss and a quarterback sack. Dahlia Osman had an interception, and Elspeth Grippando led the team with 12 tackles.

The Highlanders look ahead to another league battle when visiting Arroyo in San Lorenzo on Thursday, September 18.

Game Recap

After two trades of possession in the first quarter, Piedmont scored on an eight-play drive. It featured Elmquist hitting receiver Malia Williams on a big 26-yard reception on 3rd-and-16 to the Mt. Eden 30. Elmquist then found Tong on a 15-yard reception. After a Monarchs penalty put the Highlanders at the five, Elmquist passed to Tong for the touchdown reception on second down with 1:35 on the clock. After a failed one-point conversion, Piedmont led 6-0. PHS forced a punt on Mt. Eden's next possession, including

a tackle for loss by Brynne Jones. Both teams traded the ball on multiple three-and-outs through the remainder of the first half, but highlights include another tackle for loss by Jones and a 29-yard reception by Williams. Mt. Eden drove to the Piedmont 32 to open the third quarter, but another tackle for loss by Jones led to a turnover on downs. After a three-and-out by Piedmont, senior safety Dahlia Osman nabbed an interception with 3:17 left in the third. Both teams continuously traded possession in the fourth quarter until the final whistle. Jones recorded a sack, leading to a turnover on downs at the Piedmont's 29. Lil Colbert had a pass defense and Kalayani Spieckerman had a sack on Mt. Eden's next



Staff Photos
Kate Tong scored Piedmont's winning touchdown in the first quarter.



Dahlia Osman sprints down the sideline after making an interception.



Brynne Jones had four tackles for loss and a QB sack against Mt. Eden.

possession. Colbert had another pass defense in the final possession of the game, while Elspeth Grippando recorded a sack. *Final stats:* Jones had four tackles for loss and a sack. Osman had an interception and a tackle. Grippando had one sack, one pass defense, and 12 tackles. Elmquist completed 11 passes. Tong had four receptions. Williams had three receptions.

NEXT UP

Piedmont (3-2 overall, 2-0 league) heads to Arroyo in San Lorenzo on Thursday, September 18 at 4:00 p.m.

Interview with PHS head football coach Jordan Seiden

By Jason Shum

Coach Jordan Seiden was named head coach of Piedmont varsity football in 2022, taking over at a time when the program's future was in doubt. He brought more than 25 years of coaching experience, having led teams at Skyline High School in Oakland, Capuchino High School in San Bruno, and Castro Valley High School. With deep roots in local gridiron history, he has made it his mission to restore Highlander pride through leadership grounded in hard work, respect, and camaraderie.

Since his arrival, coach Seiden has led a remarkable turnaround. Piedmont football was on the brink of collapse after COVID decimated participation and raised questions about the future of the program. Under his leadership, the team has rebounded with renewed pride and energy, climbing back to win back-to-back league titles. A Bay Area native, coach Seiden played at St. Mary's High School and graduated from Berkeley High in 1991. He continued his football journey at Diablo Valley College and UC Davis before studying kinesiology at St. Mary's College in Moraga. Off the field, coach Seiden has devoted his career to supporting young people in challenging situations. He worked at Alameda County's juvenile hall and later with the Oakland Unified School

District, helping students stay in school or return after time away. For him, the true measure of success is helping young people grow into responsible citizens as well as athletes. Coach Seiden continues to inspire players, families, and the wider community with a vision built around discipline, teamwork, respect, and lasting Highlander pride.

Q & A with Coach Seiden

Q: How have you seen Piedmont's Football team grow since you started?

A: Immensely! In our first year we had to drop the varsity program and take the eligible players we had and play a JV season due



Staff Photos
PHS football head coach Jordan Seiden sits down for a 1-on-1 interview with Piedmont High senior Jason Shum.

to lack of interest in football in the community. Understandably, the concussion fear hit the community hard.

Q: To what do you attribute the team's recent successes?

A: I attribute the recent success of the program to the hard work and commitment of the last graduating class that laid the foundation for what this program could be.

Q: What core values do you try to instill in your players?

A: Hard work and dedication and commitment to something bigger than yourself.

Q: What are some standout moments or games that you will never forget?

A: As a coach, despite the many great moments we have had over the last few years, it's always the L's (I don't like to say losses...L is for lesson) that stick out the most. Losing to Alameda 2 years ago and of course Fernelale will be two games that I will never forget.

Q: What are your goals for the next few years?

A: To continue to see it grow both in numbers (from the 15-17 we started with) and in commitment to the development of football in the Piedmont community, as it once was.

Q: How do you define success beyond wins and losses?

A: The number of kids that *See Coach Seiden on page 28*

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Jordan Seiden talks over the growth of Piedmont High's football program and his philosophy as a coach.

Robyn Kim

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USPA Tested Powercrush Summer of Strength in Napa on August 3, and then won the 2024 USAPL Heavy Metal Open less than three weeks later.

In November last year she won the 2024 USAPL California State Championship in Sacramento. She became a two-time State champion in February of this year, winning the 2025 USAPL California State Championship in San Diego.

Her 2025 State Championship preceded the 2025 Tested National Powerlifting Champion-

ship in July.

Kim saw a huge jump in her total weight-lifting ability from the February event in San Diego to the National Championship, going from 595.2 pounds up to 683.4. She had a 50-pound increase in her squat and a 33-pound improvement in the deadlift.

“There were a lot of technique changes I made in the squat and deadlift. With squat, I had a transition point after my first meet. One of the powerlifters asked me why I squatted high-bar, which is when the bar rests on the upper

part of your neck. I moved the bar a bit further down on my back, and it changed the mechanics of the squat because it activates different muscles than high-bar,” Kim described.

From the gym to the Y Kim has done nearly all of her work by herself, leaning on her own extensive research. In recent months, Kim joined Get Bent Gym in Oakland, which also houses fellow Piedmont High National Champion, Layth Haddawy.

“I was at the Y for a long time, but was able to get training at Get Bent. Layth kept telling me to join the gym, and I’m glad I did. It’s a different environment than a commercial gym. I still go to the Y a few times a week and also train at Get Bent a few times a week. The coaches there are super helpful and they’ve been able to give me a lot of knowledge. In the first two years of lifting, I really didn’t know how to structure my workouts and knew the basics of body building. There were fundamental things that I hadn’t thought about for a powerlifting competition,” Kim said.

Piedmont High is in a rare category with two champion powerlifters with Kim and Haddawy. The two lead the school’s weightlifting club, often giving pointers in the gym.

“The beginning of junior year, we founded the PHS Lifting Club. We wanted to make a club that everyone could join. We have club meetings during lunch, and people can come to the gym to train,” Kim said.

She now looks ahead to competing in a US Powerlifting competition at Get Bent in December in preparation for next year’s National Championship. She hopes to set the International Powerlifting League’s record in her division of 330 pounds in the dead lift.



Robyn Kim powers through the dead lift. She lifted 297.6 pounds towards her National title.

Americans in Paris

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to be cultivated in hot houses was added in 1835. Nicolas Forestier, chief curator of Bois de Boulogne, created a beloved rose garden and his team rehabilitated the park. Today flocks of peacocks freely roam and beg for scraps from picknickers. A revolving cast of stray cats are at home at Bagatelle, their meals catered by a volunteer squadron of cat minders. So, the secret’s out. Bagatelle is a park within a park, within the Bois de Boulogne. Bagatelle’s origin story has a seamy side of debauchery that has clung to Marie Antoinette’s rumored escapades at Versailles and Bagatelle. Built as

a private garden and playground by the youngest brother of King Louis XVI, the wealthy, unbri dled Count of Artois. At age 20 in a frivolous bet with the Queen, urgently pressed 900 workmen into service to complete the park and chateau in an astounding 63 days. Artois, unlike his brother the king, escaped Paris ahead of the revolutionary mobs and lived a long life.

A semi-finalist for favorite park is Père Lachaise Cemetery situated on a park-like hillside both historically significant and spiritually bracing for a tranquil stroll. The tract was acquired by the Jesuits and Père La Chaise

was confessor to the young King of France Louis XIV, the longest serving monarch in European history. The cemetery opened in 1804 and presently holds 70,000 burial plots. A Who’s Who burial chart is sold at the floral shops near the park entry and is handy if you are searching for the gravesites of, as example, Edith Piaf, Jim Morrison, Frédéric Chopin, Marcel Proust, Molière, Abelard and Héloïse, Oscar Wilde, Colette, and thousands of other souls awaiting your arrival.

To mon conjoint the especially talented Michael Mathews with know-how to convert hectares to acres and most any other esoteric inquiry. Comments to pkf.empower@gmail.com



Jardin du Luxembourg is a 57-acre park with the Senate building.

Volleyball

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3-1 over Urban

Piedmont won in four sets, with the first three separated by just two points. The opening set went to six extra points, winning by 31-29, 25-23, 24-26, and 25-9.

Piedmont logged 18 kills in the heated first set. Ting powered down six spikes, Wilk and Fiona Olson had four, while Meyer and Dando had two.

In their second set, PHS took advantage of Urban’s mistakes

with and made 11 kills. Ting led Piedmont in the second set with four kills.

Final stats: Ting led with 14 kills, Wilk had nine, Dando had two, Meyer had four, Olson had seven, Houlder had two, Huyhn had three, and Sachs had six.

NEXT UP

Piedmont (6-3 overall) visits Oakland Tech on Thursday, September 18 at 6:00 p.m.

Tennis

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Chin won 6-1, 6-0 at No. 3, and Rosen won 6-3, 6-4 at No. 4.

At doubles, Tran and Chan won 8-2 at No. 1, Inara Mehta and Sivakumar won 8-3 at No. 2, while Angulo and Oldrin won 8-3 at No. 3.

6-3 loss to NCS rival Acalanes

Piedmont played nine matches against Acalanes instead of the typical seven. Faith Chin won Piedmont’s only singles match at the No. 3 spot, 6-4, 6-1. Of the three doubles matches, Silvio and Mehta won in three sets at No. 2, 6-3, 5-7, 10-6. Tran and Rosen also won at No. 3 doubles, 3-6, 6-3, 10-5.

At singles, Ruthven lost in three sets at the No. 1 spot, 4-6, 6-2, 10-6. Jumper lost 6-3, 6-3 at No. 2, Kortum lost 6-4, 6-2 at No. 4, Sivakumar lost 6-1, 6-2 at No. 5, and Thomasson lost 6-0,

6-2 at No. 6.

Also at doubles, Huyhn and Chan lost in three sets at the top spot, 6-3, 3-6, 10-7.

7-0 over San Leandro

At singles, Faith Chin won 6-3, 6-3 at No. 1, Kortum won 6-4, 6-0 at No. 2, Sivakumar won 6-1, 6-0 at No. 3, and Thomasson won 6-0, 6-0 at No. 4.

Piedmont made it a clean sweep in doubles. Huyhn and Chan won 6-0, 6-0 at No. 1, Silvio and Angulo won 6-0, 6-0 at No. 2, and Paige Chin and Oldrin won 6-0, 6-0 at No. 3.

NEXT UP

Piedmont (5-5 overall, 1-0 league) hosts Lick-Wilmerding today, Wednesday, September 17 at 4:30 p.m., and plays Castro Valley at home on Thursday, September 18 at 3:30 p.m.

Coach Seiden

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participated in the program that go on to college and become successful both personally and professionally. And hopefully share things they learned from us along the way.

Q: How do you build trust with your players, especially when you are holding them to a high standard?

A: Consistency. Hold everyone accountable and to a certain standard. Make sure that they understand what is expected of them and what is acceptable and what is not. Both on and off the field.

Q: What legacy do you want to leave as a coach?

A: One that everyone involved gets remembered for. This took a lot of help and cooperation from a lot of people, from parents and players to the coaches and other people that have supported us along the way. This was a true team effort.

Q: When someone asks what makes Piedmont football different, what do you say?

A: The closeness of the kids and the community. So many of the players have grown up together that there can be a different sense of ownership and commitment when you are also doing it for your brother because you know he’s doing the same. There’s a little more buy in when you are doing something for more than just yourself.

Q: What keeps you coming back to the field year after year?

A: Love of the game but also the development of the love of the

game in young people. Football is hard...I say that all the time. You know that...but when you get past that and get are out there and are playing at a high level because of the work you put in you it makes it all worth it. The joy you feel when you celebrate a tough win with your brothers is unmatched!

This interview is part of Jason Shum’s Eagle Scout Project with Troop 15, documenting the history of Piedmont High School football for the Piedmont Football Archive at PiedmontGridiron.club. Featured coaches include Jordan Seiden, Beth Black, Pouyan Assadi, Dick Carter, and Mark Kliszewski.



Staff Photos
Piedmont High and coach Jordan Seiden are seeking their third straight league title.