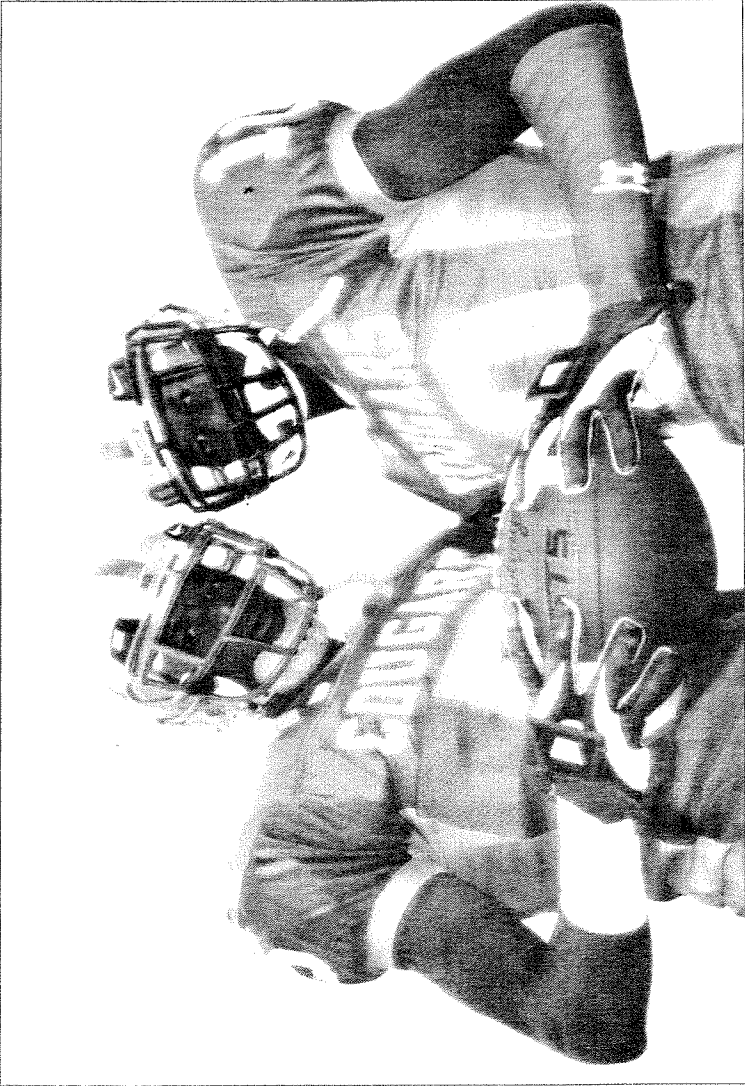




NEWARK'S TWIN THREATS of Michael (left) and Myles Gates will be on display today against Washington.

# Newark found Gates to success

**Twin D-I prospects helped Cougars football become powerhouse**

**By Kyle Bonagura**  
STAFF WRITER

**NEWARK** — When standout athletes Michael and Myles Gates were getting ready to attend high school, Newark Memorial wasn't even a blip on their radar.

No, the twins were set on following in their father's footsteps to Central Coast Section football power St. Francis, where they hoped to add to the tradition that already included 14 CCS titles.

So after graduating from Fremont's Centerville Junior High, they registered at the South Bay Catholic school.

But after a year and a half, Myles had seen enough. Though he experienced athletic success, academic struggles, coupled with the logistical nightmare of making the 40-mile round-trip trek to the Mountain View campus every day led him to transfer to hometown Newark Memorial.

He landed at Newark just weeks after its football team completed its worst season in school history, an 0-10 campaign in which it lost by an average of 23 points.

"I wasn't sure I even wanted to play for a team that went 0-10," Myles said. "But I started hanging out with some of the guys, and they were telling me there were a lot of injuries and the team was going to be a lot better the next year."

Longtime Newark coach Rich Swift took Gates into his office and laid out what he had to do to be a part of the team.

"We have an old-school way of doing things here," Swift said. "I told Myles he had to complete the offseason workout program if he wanted to play. He didn't buy in at first, but he came around."

At the end of the semester, Michael joined his brother at Newark, but unlike Myles, he didn't even consider playing football at Newark.

"I was going to be the starting running back at St. Francis, and then all of a sudden I was the new guy at a school that went 0-10. There was no way I was

playing," Michael said. "I just wanted to sit at home."

But thanks to encouragement from his mom, Chirika, and a meeting with Swift, Michael eventually decided to suit up for the Cougars. He sure is glad he is.

Since that decision, the Gates' twins have helped transform Newark from the Mission Valley Athletic League's worst team into one of the favorites to win this year's North Coast Section 3-A championship and have established themselves as legitimate Division I prospects.

Last year, Newark went 7-3 as an NCS 4-A team, but was left out of a loaded playoff field.

"I didn't get it," Myles said. "There were teams in our league that we beat (2-A John F. Kennedy and 3-A Washington) with worse records who got to keep playing, but we didn't. It made us want it even more this year ... now we want to win it all."

This year the Cougars got off to a 9-0 start before falling 21-14 to the East Bay's second-ranked team, James Logan, and earned the No. 2 seed in the NCS 3-A East Bay playoffs.

"(We gave Logan) by far their

## PREP FOOTBALL PREVIEWS

**NCS 3-A EAST BAY PLAYOFFS**  
**Today**  
**No. 7 Washington (4-5-1)**  
**at No. 2 Newark Memorial (9-1), 7 p.m.**

**Last week:** Washington beat American 48-6; Newark lost to Logan 21-14.

**Notes:** This is a winner-take-all rematch of Week 4 that saw Newark come out on top of a slugfest, 6-3. ... The last time Newark made the NCS playoffs was 2001, when it fell 21-19 to Foothill to open the 4-A playoffs. ... Newark is coming off a tough loss at Logan in which the Cougars battled back from a 21-7 deficit and held Logan scoreless in the second half. ... Newark's defense ranks among the best in the East Bay, allowing 181.3 yards and a mere 11.1 points per game. In the previous matchup, Newark held Washington, which is averaging 291.1 yards per game to 185 (63 passing and 122 rushing). ... On offense, Newark has some playmakers in twins Myles (RB) and Michael Gates (QB). Myles dashed for 136 yards rushing on 13 carries and scored a TD that cut Logan's lead to 21-14. Balancing out the run game are RB Eric Stewart, a powerback, and speedster RB Robert Hawkins. The Cougars may attempt a pass or two, but their bread and butter is the run. ... Washington is looking for a chance to avenge the loss to Newark in which they stalled

**No. 8 American (6-4) at No. 1 San Ramon Valley (8-1-1), 7 p.m.**

**Last week:** American lost to Washington 48-6; SRV lost to Monte Vista 20-14.

**Notes:** American makes its first appearance in the NCS playoffs since 2003, when it suffered a 55-6 loss to Clayton Valley in the first round. ... The surprise team of the MVAL, American enters has a passing attack that was second to none in the MVAL. QB Michael Krainer threw for 1,439 yards with 22 TDs and five INTs. His top target, Andrew Stone, caught 35 passes for 818 yards and 13 TDs. The Eagles welcome back WR Jeremy Troupe, cause he threw a punch the previous season finale against Washington because he wasn't allowed to play in the week. Troupe Masi has 257 yards on 21 receptions and seven TDs. RB Dajon Johnson balances out the offense Johnson rushed for 694 yards and scored eight TDs. ... Defensively, the Eagles allow 29 points and 287 yards per game. ... The San Ramon defense, behind its solid linebackers and safety Dan Smithwick, has only 239 yards per game. Junior QB Joe Southwick has thrown for 2,096 yards and 27 touchdowns this year. WR Ryan Fitzgerald is the leading receiver with 36 catches and five touchdowns, but Joey Tidwell (31 catches, 5 TDs) and Zach Peterson (31

**GIANTS**, from Sports 1  
BALCO case, gave back her Olympic medals after she admitted to steroid use.

Giants outfielder Dave Roberts said he would be saddened if Selig acted to erase Bonds' accomplishments.

"I'm just a player, but in my opinion it would be very unfortunate," Roberts said. "The justice system has already intervened and will do what's right. Due process needs to take place."

Roberts said the indictment wouldn't change his view of Bonds or his accomplishments.

"We in the game realize how hard it is to accomplish what he did, regardless of what people feel he did in the past," Roberts said. "It doesn't change my opinion. He's a great player and accomplished a lot in his career. It's just unfortunate this will be dragged out further. Baseball is in such a great state right now, so it's unfortunate for everybody."

Roberts said he hoped teams wouldn't blacklist Bonds in the wake of the indictment. "Each team has got to make its own decision," Roberts said. "He was a great teammate to me, and obviously he's still a great player. The numbers speak to that."

The market for Bonds figured to be limited even before the indictment. Many baseball officials, including a few with the Giants, figured there was a good chance he would not find a team and salary to his liking.

Several clubs thought to be a destination for Bonds, including Seattle, Detroit, Texas and St. Louis, already stated publicly that Bonds was not in their plans.

Players of his serious charge the judicial process, we look began, we look to this matter be a court of law.

## Bringing down Barry won't be

**PETERSON**, from Sports 1

reality of his own creation, one where he need not be accommodating, accountable or apologetic if it doesn't suit his mood.

It rarely does.

The upcoming trial, then, looms as nothing less than a fundamental conflict pitting the laws and statutes of the collective against one man's ethereal cocoon of entitlement and privilege.

You wonder if the feds truly understand what they're getting into.

Bonds has a genius for deflecting criticism and accusation. He's no great orator, but he can do evasive and play obfuscation. Asked in the spring of 2005 whether he had cheated by using steroids, he replied, "I don't know what cheating is."

Pressed on the issue, he asked reporters how much they had contributed to Hurricane Katrina relief. He's



**GARY REYES**  
**FOR HIRE:** S thought pos for Barry B pulle

"We've been discussions with an agent who is other free-agent. "He wasn't even with any club."

Bonds conc year era in a G in September, club's final bot week earlier, u partner Peter I formed Bonds would not ben for another on — a decision li especially pres comment This

"This is a v the statement many years. B was an import our team and most talented players of his serious charge the judicial pr began, we look to this matter be a court of law.

## Schedule

**NCS 1A**  
**Today**  
**No. 8 Berkeley (6-3-1) at No. 1 De La Salle (6-0), 7 p.m.**  
**No. 7 Foothill (6-0) at No. 2 James Logan (10-0), 7 p.m.**

**Saturday**  
**No. 5 Monte Vista (7-3) vs. No. 4 San Leandro (6-2) at Burnell Field, 7 p.m.**  
**No. 3 California (6-1) at No. 6 Pittsburg (6-1), 7 p.m.**

**NCS 3-A EAST BAY**  
**First round**  
**Today**  
**No. 8 American (6-0) at No. 1 San Ramon Valley (8-1-1), 7 p.m.**  
**No. 7 Washington (4-5-1) at No. 2 Newark Memorial (9-1), 7 p.m.**  
**Saturday**  
**No. 5 Alameda (7-3) at No. 4 College Park (6-2), 1 p.m.**  
**No. 6 Arroyo (6-4) at No. 3 Pinole Valley (8-1-1), 7 p.m.**

**NCS 4A EAST BAY**  
**First round**  
**Today**  
**No. 8 Piedmont (7-3) at No. 1 Las Lomas (10-0), 7 p.m.**  
**No. 7 Compton (7-3) at No. 2 Heritage (7-3), 7 p.m.**

**Saturday**  
**No. 5 Ygnacio Valley (6-4) at No. 4 Bishop O'Dowd (6-2), 7 p.m.**  
**No. 6 Alhambra (6-4) at No. 3 Episcopal (6-2), 7 p.m.**

**NCS CLASS A**  
**First round**  
**Today**  
**No. 8 Chualar (7-3) at No. 1 St. Patrick St. Vincent (10-0), 7 p.m.**  
**Saturday**