

NFL

# Purdy cleared for camp after offseason surgery

**JOSH DUBOW**  
Associated Press

SANTA CLARA — San Francisco 49ers quarterback Brock Purdy has been cleared to take part in training camp after undergoing surgery on his throwing elbow in the offseason.

General manager John Lynch said Tuesday that Purdy has been given the green light from doctors to practice after making good progress in his rehabilitation.

“He going to be without restrictions,” Lynch said. “Having said that, we’re sticking and we’re ad-

hering to a plan that’s been put in place for some time. ... We believe in that plan. He’s cleared without restriction. There will be some time off due to pitch count and all that. But the great news is Brock has worked his tail off and he’s ready to go.”

Purdy will be eased back into the flow and won’t throw more than two days in a row, so he won’t take part in the team’s first practice Wednesday after ramping up before camp.

But Purdy is expected to resume

his role as starter with the first team at practice Thursday, with Trey Lance and Sam Darnold sharing first-team reps when Purdy can’t go.

Coach Kyle Shanahan said he expects Purdy to be back practicing every day in about two weeks. Shanahan has gotten video updates on Purdy’s progress and watched from his office when Purdy has been at the team facility but hasn’t seen him throw up close.

But from what he has seen, Shanahan said he “looks like Brock” and

isn’t worried that he lost any power on his throws.

“We haven’t seen his max velocity. I’m not trying to see that yet,” Shanahan said. “It’ll be back to how it was. I was hoping for like a ‘Rookie of the Year’ type thing. If you’ve seen that movie when you were younger, like it was just going to come back all of a sudden, the fastest on the planet. But I think it’s going to be the same.”

Purdy tore the ulnar collateral ligament in his elbow on the first drive of a 31-7 loss in the NFC title game

against Philadelphia on Jan. 29.

Purdy went from the last pick of the draft to the starter in the conference title game in an impressive rookie season for the 49ers. He won his first seven starts before the loss to Philadelphia in the conference title game.

Purdy threw for 1,374 yards with 13 touchdowns and only four interceptions in the regular season and his 108 passer rating in the regular season and playoffs was the highest ever for a rookie with at least 200 passes.

## Sumpter

From B1

Calistoga’s league opponent landscape has changed on numerous occasions, but St. Helena has been a constant since rejoining the NCL in 2000. The Saints were a member of the NCL until 1985 before joining the Superior California Athletic League in the CIF Sacramento Section. Though St. Helena was competitive in some sports, it was overmatched in others.

“I’m glad St. Helena decided to come back to the North Central League I after its experiment with the Superior California Athletic League,” Sumpter said. “I never understood the reason for the switch. St. Helena was so out of place in the SCAL. St. Helena’s dominance in volleyball when I first came to the Record-Bee was absolute. That was an incredible run. Hopefully, St. Helena girls basketball can be back to where it used to be.”

The Saints’ girls basketball teams had winning seasons all four years 2011

graduate Maddy Densberger played on the varsity.

“The Maddy Densberger teams were fun to watch, much like the St. Helena softball teams of the last few seasons,” Sumpter said of a softball program that won the CIF North Coast Section Division V title in June and advanced to the Northern California Regional tournament in 2022 and 2023.

He was also referring to St. Helena’s volleyball dominance during the Donna McCornack era from 1972-1989 and its eight consecutive winning seasons during the Benny Rabanal years from 2006-2013, led by Densberger from 2008-2011. She was inducted into the St. Helena High School Athletic Hall of Fame last October. After her illustrious career with the Saints, she starred at Sonoma State in volleyball.

“I always liked going to events in Napa County,” Sumpter said, a Cloverdale resident. That meant traveling through Alexander Valley and Knights Valley, which is a beautiful ride even to this day.”

## D’Adamo

From B1

Though I work a physical job now, I have seen newspaper deadline life enough to know that it is not for the faint of heart. I’ve seen people get swallowed up by breaking down emotionally, but that was not Sumpter. In the times I witnessed, he was a picture of poise.

There is only one Brian Sumpter, the epitome of dedication and resolve. The dedication part has been commuting 70 miles round trip from Cloverdale to Lakeport five days per week, partly because the Hopland Grade is no joke. In his role as Record-Bee sports editor, he has been a man of many hats — reporter, editor, and page designer for the five high schools in Lake County. In recent years, because of California wildfires and the COVID-19 pandemic, Sumpter took on the role of news reporter as well.

Sumpter is the Lake County Record-Bee.

The resilient part came from watching his daughter, Sarah, lose her life to brain cancer at age 25. She courageously fought the battle for five years before succumbing in September 2015.

No parent should ever have to endure such a fate. My wife and I have a 16-year-old and two 14-year-old twins and I continually say, “I hope our kids are pallbearers at our



VINCE D’ADAMO PHOTO

Lake County Record-Bee newspapers and high school programs cover a table at Brian Sumpter’s recent retirement party.

funeral, not us being pallbearers at theirs.”

The first time I met Brian was in 1999, when I made the trek from Napa to Upper Lake for a Saturday afternoon Calistoga football game.

As former Napa Valley Publishing sports editor Randy Johnson could attest, Upper Lake is one of the few places where late October feels like mid-July. The Wildcats won that game 34-19 on the way to a CIF North Coast Section Class B title.

The next season, 2000, I had more interaction with him since St. Helena High had rejoined the North Coast Section and North Central League I. Since 2004, when I took over the Upvalley beat, I crossed paths with Sumpter very regularly.

Like every journalist, Sumpter has

written something that has rattled a few cages. Heck, we all have. At his core, however, he is the quintessential community-oriented journalist who has tried to accentuate the positive in a team’s achievements rather than try to find fault.

He gets it that you can’t cover the Lower Lake Trojans the same way you cover the USC Trojans.

He gets it that you can’t cover the Clear Lake Cardinals like you cover the St. Louis Cardinals.

Other than freelance writing and online journaling, I have no desire to return to the newspaper industry. But I can see the appeal of staying in Lake County for 39 years like Sumpter has. The Record-Bee appreciates commitment, but good luck finding someone who defines the term like Sumpter did.

The beauty of Sumpter’s career move, unlike many newspaper employees who are dispatched because of archaic technology, he is walking away on his own terms. I was lucky enough to do that, but it involved a career change.

Earlier this month, I made the trek to Lakeport to attend his retirement party. I had the chance to meet with current and former Lake County coaches and administrators, some of whom I already knew. The respect and reverence with which they spoke of Sumpter was very telling.

As retirement life reels in Sumpter hook, line and sinker, I salute him by saying, “Let freedom ring!”

## North Bay Association of REALTORS® Charity Awards \$59,000 in Scholarships



### NorBAR Scholarship Program 2023

In recognition of their remarkable determination and resilience, the North Bay Association of REALTORS® Charity is proud to announce the winners of this year’s high school scholarships. For their leadership, academic achievements, and commitment to community, these outstanding students were selected following a meticulous review by our chapters, scholarship committees, and Board of Directors. **A total of 48 scholarships, across 18 high schools, throughout 15 jurisdictions have been awarded.**

Representing more than 3700 REALTORS® and industry professionals, NorBAR promotes positive community impact, and advocates for a sustainable housing economy in Sonoma, Napa, Mendocino, and Lake Counties. Spearheaded by our member volunteers, the NorBAR Charity raises funds to support the ongoing (and emergency) housing and educational needs of our region.

### NorBAR Charity Regional Scholarships (partial list)

- Marisol Alvarez Diaz, Sonoma Valley High
- Briana Birk, Cardinal Newman
- Jaret Bosarge, St. Vincent De Paul
- John Bugbee, Casa Grande
- Isabela Cole, Fort Bragg High
- Carlo Delanni, Napa High
- Catelin Dundas-Gordon, Casa Grande
- Josephine Erickson, Fort Bragg High
- Quincy Frommelt, Napa High
- Emily Harris, Technology High
- Giovanni Lopez, Windsor High
- Brittany Manzo Diaz, Geyserville New Tech Academy
- Esperanza Marquez, Windsor High
- Aiden McFadden, Fort Bragg High
- Rosalina Meuniot, Ukiah High
- Anuska Parajuli, Santa Rosa High
- Lily Roberts, St. Vincent De Paul
- Emma Smith, Windsor High
- Casey Sullivan, Petaluma High
- Ella Turjanis, Napa High
- Samuel Vanden Heuvel, Healdsburg High

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