



ALCHA STRANE

PROFILE

Dr. Alcha Strane is the perfect example of a true “student-athlete.”

While maintaining a 3.95 grade point average throughout her four years at Castro Valley High, Strane also played four years of varsity basketball, earning first-team all-league honors in her sophomore, junior and senior seasons and twice leading her team to a league championship and North Coast Section qualifying. She went on to play four years of college basketball – three in Division I programs – while taking difficult pre-med courses as she pursued her dream of becoming a doctor.

Strane is currently a practicing gynecologist/obstetrician for the Tanner Medical Group in Villa Roca, Georgia, and also does research in the field of African American women’s health.

Playing point guard for coaches Bob and Tina Frey at Canyon Middle School and in summer travel leagues, Strane led her teams to numerous championships, including a National Junior Basketball (NJB) national title. At CVHS she averaged 11 points per game as a sophomore, 15 as a junior and 17 as a senior.

Upon graduating Castro Valley in 2004, Strane accepted a basketball scholarship to Oregon State and played one year in Corvallis before a coaching change prodded her to come back home and play at Ohlone College. There she averaged 17 points per game, ranking in the

top 10 in the state, led the state in assists with seven per game, was named first-team All-Sierra Conference and second-team All-State. She also ranked in the top 10 in California for three-point field goals made, three-point percentage and free-throw percentage.

Strane’s Most Valuable Player season at Ohlone led to a basketball scholarship to the University of San Diego where, in 2006-2007, she played a role in the biggest turnaround in that program’s history, a 12-game improvement, the Toreros going 21-8 that year

Strane finished her athletic eligibility at USD and earned a psychology degree with a minor in biology before entering medical school at Morehouse University in Atlanta. Eight years later – four in med school and four more in residency at Wellstar Hospital – her professional dream of becoming a doctor came true

Alcha lives in Villa Roca with her wife, Tauree, and four-year-old son Kai.