

# *Acalanes High School*

*Athletic Department*

*2006-2007 Summary*

## Fall sports athletic update.

The Cross Country team had an outstanding season. The boys posted a 9-0 DFAL record to win the league championship. The girls finished 5-4 to place 5<sup>th</sup>. Their continued success found the boys placing 2<sup>nd</sup> at the NCS Championships. The boys were led by Nate Beach finishing in 3<sup>rd</sup> place, Joey Thomas in 8<sup>th</sup>, Maxime Stinnett in 13<sup>th</sup> place, Connor Mooney in 19<sup>th</sup>, and Josh Johnson in 22<sup>nd</sup> place. The boys team qualified for the CIF state championships where they finished 7<sup>th</sup> in division III led by Nate Beach (42<sup>nd</sup>), Joey Thomas (46<sup>th</sup>) and Maxime Stinnett (49<sup>th</sup>).

### All DFAL

#### First team

Nate Beach, junior  
Joey Thomas, senior  
Ryan Troxel, senior

#### Second Team

Connor Mooney, senior  
Maxime Stinnett, senior

#### NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.48.  
Varsity girl's team with an overall GPA of 3.52.  
Junior varsity boy's team with an overall GPA of 3.25.  
Non-varsity girl's team with an overall GPA of 3.32.  
Frosh-soph boy's team with an overall GPA of 3.36.  
Frosh-soph girl's team with an overall GPA of 3.43.

### NCS Scholar Athletes

#### Varsity

Emily Baker  
Michelle Chew  
Josh Johnson  
Rebecca Lorenzana  
Ethan Mark  
Connor Mooney  
Bronwen O'Herin

#### Junior varsity

Leanne Brady  
Emma Chastain  
Jusvin Dhillon  
Bryan Dinerman  
Sam Dreyer  
Anne Fraysse  
Allan Kapoor  
Kyle Matthews  
Chris Newcomb  
Hannah O'Brien  
Brendan Reese  
Rebecca Uhlman  
Melissa Wilcox

#### Frosh-Soph

Alejandro Ayala-Hurtado  
Chloe Ridings  
Brett Cantrell  
Kelly Ross  
Amy Clancy  
Emily Shearer  
Abhishek Chowdhury  
Emily Simons  
Gurbir Dhillon  
Dallas Smith  
Nathan Falk  
Michaela Tarpey  
Parker Grant  
John Treat  
Laura Harris  
Samantha Wall  
Ryan Heptig  
Stephen Weston  
Jamie Horn  
John Wilcox  
Damian Kellogg  
Michael Zayac  
Andrew Kephart  
Tyson Moore  
Conor O'Herin  
Chris Purkis  
Logan Quinn

The Football team finished 4-7 overall, and 6<sup>th</sup> in the DFAL with a 3-6 league record qualifying for the NCS playoffs. They were defeated by Campolindo HS 42-21 in the first round of the NCS playoffs.

Brooks Baker was named third team All Contra Costa Times wide receiver.

#### All DFAL

##### First team

Brooks Baker (WR), junior  
Don Kephart (P), senior  
Connor Ring (RB), senior

##### Honorable mention

Brian Garthwaite (OT), junior  
Brett Kelly (LB), senior  
Don Kephart (K), senior  
Mike McGlynn (C), senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.01.  
Freshman team with an overall GPA of 3.09.

#### NCS Scholar Athletes

##### Varsity

Ben Englehart  
Don Kephart  
Robbie Pestal  
Ben Poth

##### Junior varsity

Cody Blocker  
Spencer Blodgett  
Evan Kaufman  
Brad Mitchell  
Ian Rudin

##### Freshman

Nate Boone  
Ryan Bullen  
Jay Fowler  
Jack Gaylord  
Matt Lewis  
Eric Lyman  
Kevin Mutch  
Matt Olivero  
Ross Pappas

The Girls Golf are the DFAL Co-Champions with a 13-1 record. They finished third at the DFAL Championships, and 16th at the NCS Championships.

All DFAL

First Team

Julianna DelBeccaro, freshman  
Christina DeTomasi, junior

Second Team

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.  
Junior varsity team with an overall GPA of 3.52.

NCS Scholar Athletes

Varsity

Jane Appert  
Juliana DelBeccaro  
Katherine Lau  
Katie Mitchell  
Lisa Okamoto  
Katherine Vannelli

Junior varsity

Nicole Song  
Keely Tietjen

The Girl's Tennis team finished tied for fourth in the DFAL with a record of 11-7. Alex Iova won their first three matches at the DFAL Championships to qualify for the semifinals.

Alex Iova, senior, was a first team All-DFAL selection.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.  
Junior varsity team with an overall GPA of 3.59.

NCS Scholar Athletes

Varsity

Jessica Chen  
Anna Eames  
Lindsay Grove  
Ellie Howard  
Alex Iova  
Sarah Lindsay  
Ariel Neidermeier  
Mary-Alice Paulsen  
Jenny Reich

Junior varsity

Lauren Aragon  
Julia Brady  
Diana Brownstein  
Caroline Devaney  
Sara Garewal  
Eleanor Huddart  
Gabrielle Huddart  
Mahya Jaberiansari  
Julia Jarrett  
Eun Jae Lee  
Sun Jae Lee

Jane Loria  
Zoe Porter  
Megan Rogers  
Kelly Tong  
Hayley Winther  
Iris Wong  
Jessie Yarrow

The Girls Volleyball team had an overall record of 13-12, and a DFAL record of 12-6 to finish 4th in the league. They qualified for the NCS playoffs suffering a first round loss to Del Norte HS in five games.

#### All DFAL

##### First Team

Kate Lennon, senior

##### Second Team

Ellie Cohen, sophomore

Amelia Shugrue, senior

##### Honorable Mention

Brooke Roberts, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

Junior varsity team with an overall GPA of 3.28.

Freshman team with an overall GPA of 3.46.

#### NCS Scholar Athletes

##### Varsity

Alex Blits

Becky Edwards

Kate Lennon

Brooke Roberts

Courtney Shea

Amelia Shugrue

Pooja Yavannaver

##### Junior varsity

Nina Lagpacan

Hillary Smith

Linda Swift

Mari Zelin

##### Freshman

Caroline Appert

Marika Carrel

Kelli Chew

Robyn Corcoran

Tina Pinedo

Emily Robertson

Maya Scheckter

Wendy Wyatt-Mair

The Boys Water Polo team finished with an 14-9 overall record, and 5-2 DFAL record to place third. In the NCS playoffs, they defeated Novato HS 14-10 before falling to defeat to De La Salle HS 9-7 in the quarterfinals.

Nick Ferrif was an All Times selection.

Nick Ferrif was an All NCS selection.

#### All DFAL

##### First team

Nick Ferrif, senior

Bryan Schnugg, senior

##### Second team

Robert Graves, senior

Joey, Seroy, senior

Brendan Whitmore, junior

##### Honorable mention

Nick Hoversten, freshman

Blair Ridings, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.04.

Junior varsity team with an overall GPA of 3.07.

#### NCS Scholar Athletes

##### Varsity

Sam Stromberg

Greg Walker

##### Junior Varsity

Will Breashears

Jimmy Cochran

Tyler Hill

Andrew Linfoot

Cy Whitten

The Girls Water Polo team finished with an improved 10-15 overall record, and 2-5 DFAL record. They defeated Deer Valley HS 8-6 in the first round of the NCS playoffs before they were defeated by Campolindo HS 6-0.

All DFAL

First team

Taylor Stern, junior

Second team

Erin Connolly, junior

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

Frosh-soph team with an overall GPA of 3.17.

NCS Scholar Athletes

Varsity

Valerie Lew

Shannon Pegnim

Taylor Stern

Junior Varsity

Tessa Arsenault

Karli Blocker

Amelia Gurley

Marisa Huff

Megan Roeth

Emily Stanford

Brianna Tarpey

Jessie Welcomer

Stephanie Wu

## Winter Sports Update

The Boys Basketball team was the DFAL Champions with a record of 27-4 overall, and 13-1 in the league. As the number one seed in the NCS playoffs they went on to defeat Elsie Allen HS, and Bishop O'Dowd HS. As the number two seed in the Nor Cal playoffs they defeated Weston Ranch HS of Stockton, and Sacramento HS.

Jordan Fillmore, senior, was a first team All Times selection.

Russ Scheibley was named Boys Basketball Coach of the Year by the Contra Costa Times.

### All DFAL

Jordan Fillmore, senior, was the DFAL Most Valuable Player.

#### First Team

Joe McGlynn, senior

#### Second Team

#### Honorable Mention

Joey Anderson, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.22.

Freshman team with an overall GPA of 3.41.

The Varsity team had the third highest team GPA in division 3 in the North Coast Section.

### NCS Scholar Athletes

#### Varsity

Brooks Baker

Scott Hampton

Robert O'Keefe

#### Junior Varsity

Steve Maze

#### Freshman

Jay Fowler

Ethan Grossman

Adam Hoffman

Michael Lue

Matthew McGoldrick

Trevor Mooney



The Girls Basketball team finished 16-12 overall, and 8-6 in the DFAL. In the NCS playoffs, they defeated El Cerrito HS before being defeated by Hercules HS.

All DFAL

First Team

Second Team

Honorable Mention

Katie Bruzzone, sophomore

Abby Cohen, senior

The Varsity team had the third highest overall GPA in the North Coast Section for all division 3 girls basketball programs.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.29.

Junior varsity team with an overall GPA of 3.46.

Freshman team with an overall GPA of 3.49.

The Varsity team had the second highest team GPA in division 3 in the North Coast Section.

NCS Scholar Athletes

Varsity

Katie Bruzzone

Abby Cohen

KJ Kroetch

Laura Lazzarini

Ashlie Neff

Junior varsity

Sydney Cox

Krista Evans

Jamie Horn

Courtney Shea

Laura Wagstaff

Freshman

Allison Blumenfeld

Amelia Gurley

Erin Kline

Kate Parkinson-Morgan

Danae Sugaoka

The Boys Soccer team finished with a 16-4-3 overall record and finished in second place in the DFAL with an 12-3-3 record. In the NCS playoffs, they were defeated by St. Mary's HS.

#### All DFAL

Franco Cruz, senior, was the DFAL Most Valuable Offensive Player.

Vincente Andrade, senior, was the DFAL Most Valuable Defensive Player.

#### First team

Nick Cherne, junior

Alex McArthur, senior

#### Second team

Dan Caven, senior

Jon Klueger, senior

#### Honorable mention

Nic Carrillo, freshman

Ryan McCowan, senior

Brett Webber, junior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.13.

Junior Varsity team with an overall GPA of 3.10.

Frosh-soph team with an overall GPA of 3.37.

The Varsity team had the third highest team GPA in division 2 in the North Coast Section.

#### NCS Scholar Athletes

#### Varsity

Franco Cruz

Alex McArthur

Sean Nixon

Mark Sanderson-Cimino

Adam Seperak

#### Junior varsity

Brett Cantrell

Ben Ewing

Coleman Ruffin

Jack Sullivan

#### Frosh-Soph

Brendan Buller

Michael Danese

Joe Escobar

Peter Espe

Travis McGee

Brett Olson

Dallas Smith

Brendan Stuart

Sean Woo

The Girls Soccer team had an overall record of 10-12-2 and a DFAL record of 5-12-1.

All DFAL

Jane Rhodes, junior, was the DFAL Co-Most Valuable Player.

First team

Second team

Honorable mention

Ariel Beard, senior

Ashly Borrelli, sophomore

Kelly Farrell, senior

Kate Holding, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.49.

Junior varsity team with an overall GPA of 3.24.

Frosh-soph team with an overall GPA of 3.19.

The Varsity team had the second highest team GPA in division 2 in the North Coast Section.

NCS Scholar Athletes

Varsity

Ashly Borrelli

Michelle Caine

Sabrina Caires

Melissa Collins

Amanda Conrad

Carolina Eva

Kelly Farrell

Kate Holding

Angela LaScala-Gruenwald

Libby Lowell

Jane Rhodes

Rachel Whittom

Junior varsity

Michelle Fearon

Jennifer Lande

Sarah Lindsay

Katie Mitchell

Katie Richards

Hayley Winther

Mariah Wilson

Wendy Wyatt-Mair

Frosh-soph

Lindsay Cope

Kathleen Emerson

Marin Hubert

Carmen Montagnon

Maddie Peare

Alex Ross

Shannon Schumacher

Kat Torre

The Wrestling team had a DFAL record of 1-8. Greg Weitzman qualified for the NCS Championships for the second consecutive year, with a second place finish in the DFAL Championships. Zach McDiarmid finished fourth in the DFAL Championships and competed in the NCS Championships.

NCS Scholar Team honors:           Varsity team with an overall GPA of 3.31.  
  Junior Varsity team with an overall GPA of 3.09.

The Varsity team had the third highest team GPA in the North Coast Section.

NCS Scholar Athletes

Varsity

Parker Grant  
Ian Rudin  
Greg Weitzman  
Stephanie Williams

Junior Varsity

Nathan Falk  
Evan Kaufman  
Conor O'Herin  
Michael Zayac

The Cheerleading squad was bigger and better under the direction of new coach Alyson Thomas.

NCS Scholar Team honors:           Varsity team with an overall GPA of 3.10.

NCS Scholar Athletes

Varsity

Jordan Murphy

Junior Varsity

Hina Ahmed  
Kathleen Emerson  
Chelsea Lonergan  
Kara Puett

## Spring Sports Update

The Baseball team won the DFAL with a record of 17-1. They finished with an overall record of 25-1. As the first seed in the NCS Playoffs, they defeated Encinal HS 7-0 in the quarterfinal round, and Campolindo HS 7-5 in the semifinal round before defeating Albany HS 16-3 to win the NCS Championship.

### All CC Times

#### First team

Ben Englehart (shortstop), senior  
Mike Stone (catcher), senior

#### Second team

Jake Floethe (third base), senior  
Joey Wallace (second base), senior

#### Third team

Scott Emery (utility), senior

### All DFAL

Scott Emery, senior, was selected as the Most Valuable Player in the DFAL.

#### First team

Jake Floethe (infielder), senior  
Mike Guglielmo (pitcher), senior  
TC Lee (outfielder), senior  
Mike Stone (catcher), senior  
Joey Wallace (infielder), senior

#### Second team

Ben Englehart (infielder), senior

#### Honorable mention

Donny Miller (pitcher), senior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.08.

### NCS Scholar Athletes

#### Varsity

Ben Englehart

#### Junior Varsity

Evan Kaufman  
Aaron Kwan  
Steve Maze  
Travis McGee

#### Freshman

Brendan Buller  
Brett Cantrell  
Charles Cao  
Adam Hoffman  
John Treat  
John Welland

The Boys Golf team finished with an overall record of 10-6, and placed 3<sup>rd</sup> in the DFAL with a record of 10-6.

All-DFAL

First Team

Ian Fisher, freshman

Second Team

Brandon Caldwell, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.21.

Junior Varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity

Ian Fisher

Ryan Heptig

Brad Mitchell

Jack Sullivan

Junior Varsity

Tim Durgin

Russell LaBrie

The Boys Lacrosse team was the DFAL runner-up with a 10-2 record, and finished with a 13-7 overall record.

All-DFAL

First Team

Nick Gaubert (attack), senior

Christian Skuce (midfield), junior

Brett Winters (attack), senior

Second Team

Forrest Cheney (goalie), senior

Max Fivey (defense), senior

Clark Winslow (midfield), senior

Honorable Mention

Andrew Chritton (special), senior

Will Grove (midfield), junior

Jimmy Jun (attack), junior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.11.

NCS Scholar Athletes

Varsity

Will Grove

Nick Pegan

Jeff Totten

Brett Winters

Junior varsity

Andrew Atkins

Cole Cheney

Steve Harris

Matthew Johnson

Zach Levine

Andrew Musser

Logan Quinn

Paul Wells

Shane Wright

The Girls Lacrosse team was the DFAL runner up with a 8-2 record, and 12-9 overall record. They were defeated by California HS 16-4 in the first round of the NCS playoffs.

#### All-DFAL

##### First Team

Amanda Conrad (midfield), junior  
Maria Pestana (attack), junior  
Lauren Tyburski (defense), senior

##### Second Team

Rachel Bostwick (attack), soph.     Katie Bach (goalie), sophomore  
Kaitlyn Bowles (defense), junior  
Laura Harris (attack), sophomore  
Katie Mitchell (midfield), sophomore  
Krissy Rich (midfield), junior  
Emily Walker (attack), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.22.  
Junior Varsity team with an overall GPA of 3.39.

#### NCS Scholar Athletes

##### Varsity

Kaitlyn Bowles  
Michelle Chew  
Amanda Conrad  
Claire deCrescenzo  
Jill McGlynn  
Katherine Mitchell  
Krissy Rich  
Lauren Tyburski

##### Junior varsity

Amy Clancy  
Caroline Devany  
Roxanna Firouzian  
Katherine Lau  
Sarah Lindsay  
Kelly Ross  
Emily Simons  
Katharine Stark  
Samantha Wall  
Hayley Winther

The Varsity Softball team finished with a 15-10 overall record, and fourth in the DFAL with a record of 12-6. They were defeated by Las Lomas HS 6-1 in the first round of the NCS.

All DFAL

First team

Second team

Honorable Mention

Yvette Dickson (catcher), junior  
Katie Gray (pitcher), junior  
Jennifer Silva (shortstop), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.16.

NCS Scholar Athletes

Varsity

Ashly Borrelli  
Katie Gray  
Erica Mittelman  
Kristen Phillips  
Jennifer Silva

Junior varsity

Ariel Fishkin  
Claudia Lovell  
Shannon Schumacher  
Hannah Strumwasser



The Boys Swim team placed 3<sup>nd</sup> in the DFAL, and the Girls team placed 8<sup>th</sup>.

The Boys Swim team placed 4<sup>th</sup> in the NCS Championships.

Nick Ferrif won the 100 breaststroke and 100 butterfly.

Matt Boone placed 2<sup>nd</sup> in the 100 backstroke and 4<sup>th</sup> in the 100 butterfly.

The 200 medley relay team champions were Matt Boone, Nick Ferrif, Nick Hoversten, and Sam Stromberg.

The 200 freestyle relay team of Nick Ferrif, Robert Graves, Sam Stomberg, and Matt Boone placed 3<sup>rd</sup>.

In the diving competition, Laura Winn placed 2<sup>nd</sup>, and Katie Copenhagen placed 9<sup>th</sup>.

Nick Ferrif was named CC Times Swimmer of the Year.

Matt Boone was named All-CC Times selection for swimming.

NCS Scholar Team honors:                   Varsity boys team with an overall GPA of 3.22.  
  Junior Varsity boys team with an overall GPA of 3.14.  
  Junior Varsity girls team with an overall GPA of 3.44.

#### NCS Scholar Athletes

##### Boys Swimming

###### Varsity

Matt Boone

Nate Boone

James Cochran

Nick Ferrif

Tyler Hill

Blair Ridings

Greg Walker

Cy Whitten

###### Junior Varsity

Will Breashears

WonWoo Cho

Kalvin Deng

##### Girls Swimming

###### Varsity

Tessa Arsenault

Anne Everett

Shanna Hoversten

KJ Kroetch

Taylor Stern

Jessie Welcomer

###### Junior Varsity

Julliane Bozzini

Danielle Burnstein

Natalie Croak

Anna Eames

Marika Gardner

Marisa Huff

Alexis James

Emily Robertson

Megan Roeth

Brianna Tarpey

###### Diving

Laura Winn

Tabitha Tamberlin

The Boys Tennis team finished tied for 4th in the DFAL with an 11-7 record. Evan Kline and Jarrett Nelson made it to the DFAL doubles semifinals before being eliminated.

NCS Scholar Team honors:           Varsity team with an overall GPA of 3.12.  
  Junior Varsity team with an overall GPA of 3.23.

NCS Scholar Athletes

Varsity

Jason Cheung  
Ricky Fox  
Alex Henze  
Jason Tong  
Jay Yarlagadda

Junior Varsity

Alejandro Ayala-Hurtado  
Jason Constantouros  
Austin Moehle  
Ted Netland  
Sean Paik  
Jason Quinn  
Jordan Yee

The Boys Track & Field team was second in the DFAL, and placed 4<sup>th</sup> at the NCS Tri-Valley Championships.

The Girls Track & Field team placed 7<sup>th</sup> in the DFAL, and placed 16<sup>th</sup> at the NCS Tri-Valley Championships.

Joey Thomas placed 2<sup>nd</sup> in the 800 at the NCS Meet of Champions to qualify for the CIF State Championships, and won the 800 at the NCS Tri-Valley Championships.

Nate Beach won the 3200 at the NCS Tri-Valley Championships.

Joey Anderson placed 3<sup>rd</sup> in the 110 hurdles and 300 hurdles at the NCS Tri-Valley Championships.

Don Kephart placed 4<sup>th</sup> in the shotput at the NCS Meet of Champions to qualify for the CIF State Championships, and placed 3<sup>rd</sup> in the shotput and 4<sup>th</sup> in the discus at the NCS Tri-Valley Championships.

Joey Thomas was named an All-CC Times selection in track & field.

NCS Scholar Team honors:

- Boys varsity team with an overall GPA of 3.13.
- Girls varsity team with an overall GPA of 3.35.
- Boys junior varsity team with an overall GPA of 3.31.
- Girls junior varsity team with an overall GPA of 3.31.

The varsity boys track & field team had the 3<sup>rd</sup> highest GPA in the NCS Tri-Valley.

#### NCS Scholar Athletes

##### Boys Varsity Track & Field

Brendan Berry  
Diego Briones  
Stephen Chan  
Jusvin Dhillon  
Allan Kapoor  
Don Kephart  
Taylor Miller  
Connor Mooney  
Robert O'Keefe  
Griffin Taylor  
Ryan Troxel  
Greg Weitzman  
Neil Zhang

##### Boys Junior Varsity Track & Field

Andrew Aquilina  
Abishek Chowdhury  
Gurbir Dhillon  
Nathan Falk  
Toshi Kellogg  
Andrew Kephart  
Carson Ley  
Dylan Loebel-Begelman  
David McDiarmid  
Trevor Mooney  
Conor O'Herin  
Adam Sherman  
John Wilcox  
Matthew Wynn

##### Girls Varsity Track & Field

Brita Almestad  
Michelle Caine  
Melissa Collins  
Miranda Eustis  
Olivia James  
Kellina Lohman  
Rebecca Lorenzana  
Bronwen O'Herin  
Hayley Scott  
Melissa Wilcox  
Mariko Zelin

##### Girls Junior Varsity Track & Field

Sophia Dandelet  
Cordelia Palitz  
Liz Platt  
Kara Puett  
Chloe Ridings  
Courtney Shea  
Emily Shearer  
Margaret Yau

The Boys Volleyball team finished with a 10-12 overall record and 6-8 DFAL record.

All DFAL

First team

Charley Henrikson, senior

Second team

Ed Kao, sophomore

Honorable mention

Cameron Gordon, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.

Junior varsity team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity

Ed Kao

Freddy Wong

Junior varsity

Miller Bauer

David Horn

Josh Saleh

Sen-Yeung Shu

Dallas Smith

Sean Woo

## Times Top 100 Athletes

Ben Englehart, senior. Baseball and football.  
Nick Ferrif, senior. Water polo and swimming.  
Jordan Fillmore, senior. Basketball.  
Joey Wallace, senior. Baseball and basketball.

## Senior Awards

Alex Wu and Lauren Tyburski won the Harry Radcliffe Award for the unsung hero of the athletic department.

Jordan Fillmore and Sara Stenson won the Most Outstanding Athlete Award for excellence in a single sport.

Nick Ferrif and Kate Lennon won the Most Valuable Athlete Award for excellence in several sports.

Don Kephart and Kate Lennon won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

## Overall Update.

138/357 Scholar athletes in the Fall.

19/20 Scholar teams in the Fall.

84/227 Scholar athletes in the Winter.

14/16 Scholar teams in the Winter.

150/523 Scholar athletes in the Spring.

18/24 Scholar teams in the Spring.

372/1107 Scholar athletes in the year.

51/60 Scholar teams in the year.

85% of our teams received scholar team honors.

34% of our student-athletes received scholar-athlete honors.

773 students participate in at least one sport, which is 60% of our student body.

222 students are two-sport athletes, 29 students are three-sport athletes, and 1 student is a four-sport athlete.

All DFAL selections. These are voted upon by the head coaches in the league.

NCS Scholar Athlete. GPA must be 3.5 or higher. Determined by the non-weighted grade point average for the marking period.

NCS Scholar Team honors. Average GPA must be 3.0 or higher. Determined by the teams average non-weighted grade point average for the marking period.