

Acalanes High School

Athletic Department

2007-2008 Summary

Fall sports athletic update.

The Cross Country team had an outstanding season. The boys posted an 8-1 DFAL record as the league co-champions. The girls finished 7-2 to place 3rd. Their continued success found the boys and girls placing 4th at the NCS Championships. The boys were led by Nate Beach finishing in 2nd place, Maxime Stinnett in 15th place, and Toshi Kellogg in 18th place. The girls were led by Emily Shearer finishing in 12th place, and Katie Berge in 14th place. The boys and girls teams qualified for the CIF state championships where the boys finished 9th in division III, and the girls finished 16th. The boys were led by Nate Beach (4th) and Maxime Stinnett (18th), and the girls were led by Emily Shearer (45th).

Nate Beach, senior, was named as an All-Contra Costa Times selection for cross country.

All DFAL

First team

Nate Beach, senior
Katie Berge, freshman
Maxime Stinnett, senior

Second Team

Michelle Caine, junior
Brett Cantrell, sophomore
Emily Shearer, sophomore
Ryan Troxel, senior

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

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.49.
Varsity girl's team with an overall GPA of 3.69.
Junior varsity boy's team with an overall GPA of 3.28.
Non-varsity girl's team with an overall GPA of 3.28.
Frosh-soph boy's team with an overall GPA of 3.26.
Frosh-soph girl's team with an overall GPA of 3.37.

NCS Scholar Athletes

Varsity

Grace Appert
Michelle Caine
Brett Cantrell
Allan Kapoor
Toshi Kellogg
Rebecca Lorenzana
Ethan Mark
Bronwen O'Herin
Emily Shearer
Maxime Stinnett

Junior varsity

Miller Bauer
Amy Clancy
Gurbir Dhillon
Jusvin Dhillon
Parker Grant
Ryan Heptig
Ian Johnson
Josh Johnson
Kyle Mathews
David McDiarmid
Dan Naylor
Megan Roeth
Dallas Smith
Kirk Steuber
Nathan Tapia
Rebecca Uhlman
Melissa Wilcox
Josh Zorn

Frosh-Soph

Lucas Bachman
Corinne Contreras
Emily Ellsworth
Joe Escobar
Nathan Falk
Kevin Farnan
Matthew Feddersen
Rebecca Frank
Devon Frazer
Jack Gidre
Katie Girdler
Amelia Gurley
Noelle Lopez
Michael Lue
Gianna Marciarille
Yama Nowrouz
Jenny Padilla
Matthieu Pelpel

Chris Purkis
Jack Roeth
Jordan Steinberg
John Treat
Stephen Weston
John Wilcox
Gabrielle Zoger

The Football team finished 6-5 overall, and 3rd in the DFAL with a 6-3 league record qualifying for the NCS playoffs. They were defeated by Encinal HS 46-7 in the first round of the NCS playoffs.

Brooks Baker, senior, was named as a first team All Contra Costa Times selection at wide receiver. Robbie Pestal, senior, was named as a second team All Contra Costa Times selection at quarterback.

All DFAL

First team

Brooks Baker (WR), senior
Robbie Pestal (QB), senior

Second team

Dan Camporeale (LB), junior
Brian Garthwaite (OT), senior
Brian Garthwaite (DL), senior
Hunter Hewitt (TE), senior
Evan Howard (WR), senior
Tyler Malley (RB), sophomore

Honorable mention

Dan Camporeale (C), junior
Cameron Fillmore (DL), senior
Evan Howard (DB), senior
Tyler Malley (P), sophomore

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.14.
Freshman team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity

Dan Camporeale
Will Grove

Junior varsity

Nate Boone
Ken Bruzzone
Tim Durgin
Jack Gaylord
Matt Lewis
Eric Lyman
Kevin Mutch
Logan Quinn

Freshman

Trent Baker
Michael Berg
Andy Gause
Dustin Kobs
Lance Lazzarini
Lucas Levine
Lloyd McClendon
Zac Schoenrock
Chris Wool

The Girls Golf are the DFAL Champions with a 13-1 record. They won the DFAL Championships, and placed 10th at the NCS Championships.

All DFAL

First Team

Jessica Bruns, senior

Julianna DelBeccaro, sophomore

Second Team

Christina DeTomasi, senior

Karly Topkis, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Jane Appert

Katherine Lau

Lauren Longyear

Stephanie Williams

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

Mary-Alice Paulsen, junior, was a first team All-DFAL singles selection.

Sarah Lindsay and Jessica Chen, juniors, were second team All-DFAL doubles selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

Junior varsity team with an overall GPA of 3.51.

NCS Scholar Athletes

Varsity

Jessica Chen

Anna Eames

Elizabeth Landry

Emily Lindsay

Sarah Lindsay

Jane Loria

Ariel Neidermeier

Jenny Reich

Junior varsity

Shelby Bittner

Nicole Boltz

Maddy Cimino

Courtney Crakow

Natalie Croak

Erin Grant

Julia Jarrett

Amy Lee

Emily McCormick

Katie Morris

Michell Ong

Melissa Shaffer

Maddy Sharafian

Kelly Tong

Helen Wang

Hayley Winther

Bin You

The Girls Volleyball team had an overall record of 21-17, 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 Analy HS.

All DFAL

First Team

Ellie Cohen, junior

Second Team

Brooke Roberts, junior

Honorable Mention

Kelsey Wyatt-Mair, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

Junior varsity team with an overall GPA of 3.37.

Freshman team with an overall GPA of 3.55.

NCS Scholar Athletes

Varsity

Caroline Appert

Alex Blits

Kayla Breslin

Marika Carrel

Ellie Cohen

Brooke Roberts

Linda Swift

Kacey Woodman

Junior varsity

Kelli Chew

Mackenzie Demos

Emily Robertson

Maya Schechter

Wendy Wyatt-Mair

Mari Zelin

Freshman

Katie Bassak

Shelby Davis

Taylor Ewing

Taylor Gray

Quinn Maarse

Emily Marsden

Megan Riske

Katie Waal

Alexa Wash

The Boys Water Polo team finished with an 17-9 overall record, and 5-2 DFAL record to place third. In the NCS playoffs, they defeated Berkeley HS 16-5 before falling to San Ramon Valley HS 8-7 in the quarterfinals.

Nick Hoversten, sophomore, was named as an All Contra Costa Times selection for water polo.

All DFAL

First team

Nick Hoversten, sophomore

Brendan Whitmore, senior

Second team

Mike Kimble, sophomore

Blair Ridings, senior

Honorable mention

Morgan Kennedy, sophomore

Brett Lambert, senior

Jeff Perry, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.

NCS Scholar Athletes

Varsity

Nick Hoversten

Greg Walker

Junior Varsity

Joe Dietrich

Andrew Linfoot

Cy Whitten

The Girls Water Polo team finished with an improved 15-9 overall record, and 4-3 DFAL record. They defeated Las Lomas HS 6-5 in the first round of the NCS playoffs before they were defeated by Monte Vista HS.

All DFAL

First team

Taylor Stern, senior

Second team

Erin Connolly, senior

Honorable Mention

Anne Everett, junior

Ellie Stern (G), sophomore

Kate Warner, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.

NCS Scholar Athletes

Varsity

Tessa Arsenault

Adrienne Burgin

Erin Connolly

Anne Everett

Marisa Huff

Valerie Lew

Casey Reid

Emily Stanford

Ellie Stern

Taylor Stern

Brianna Tarpey

Jessie Welcomer

Junior Varsity

Tara Bani-Hashemi

Jennifer Seroy

Winter Sports Update

The Boys Basketball team was the DFAL Champions with a record of 19-9 overall, and 9-5 in the league. In the NCS playoffs they defeated El Cerrito HS before losing to Campolindo HS in the semifinals.

Joe Anderson, senior, was named as a third team All Contra Costa Times selection at forward.

All DFAL

First Team

Joey Anderson, senior

Second Team

Honorable Mention

Hunter Hewitt, senior
Bryan Perkins, senior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.25.
Freshman team with an overall GPA of 3.31.

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

NCS Scholar Athletes

Varsity

Joey Anderson
Dexter Masland
Steve Maze

Junior Varsity

Trent Baker
Jay Fowler
Ethan Grossman
Adam Hoffman
Kevin Mutch

Freshman

Sam Bucher
Sohraab Jahromi
Lucas Levine
Matt Marion
Parker Ramsey

The Girls Basketball team finished 16-12 overall, and 9-5 in the DFAL. In the NCS playoffs, they defeated Sir Francis Drake HS before being defeated by Hercules HS.

All DFAL

First Team

Second Team

Honorable Mention

Katie Bruzzone, junior

Shannon German, junior

KJ Kroetch, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.

Junior varsity team with an overall GPA of 3.04.

Freshman team with an overall GPA of 3.54.

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

NCS Scholar Athletes

Varsity

Grace Appert

Katie Bruzzone

Sydney Cox

Krista Evans

KJ Kroetch

Ashlie Neff

Megan Rangel

Laura Wagstaff

Junior varsity

Allison Blumenfeld

Jamie Horn

Kate Parkinson-Morgan

Freshman

Samantha Cheng

Taylor Ewing

Gianna Marciarille

Nicole McCann

Nicole Young

The Boys Soccer team finished with a 10-7-7 overall record and finished in seventh place in the DFAL with an 7-7-4 record.

All DFAL

First team

Nick Cherne, senior

Second team

Sasha Chalak, junior

Honorable mention

Nic Carrillo, sophomore

Ruben Komisar, junior

Brett Webber, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.18.

Junior Varsity team with an overall GPA of 3.06.

Frosh-soph team with an overall GPA of 3.30.

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

NCS Scholar Athletes

Varsity

Brett Cantrell

Ben Ewing

David Kloth

Nick Manning

Chris Nielsen

Nick Pereira

Mark Sanderson-Cimino

Adam Seperak

Junior varsity

Brendan Buller

Kevin Farnan

Travis McGee

Coleman Ruffin

Brendan Stuart

Sean Woo

Frosh-Soph

Erik Asterlind

Steven Glascock

Nick Karp

Ian Kersten

Matt Zelin

The Girls Soccer team had an overall record of 11-9-2 and finished in 7th place in the DFAL with a record of 8-9-1. They defeated Las Lomas HS in the first round of the NCS playoffs, and Campolindo HS in the quarterfinals, before falling to Piedmont HS in the semifinals.

All DFAL

First team

Jane Rhodes, senior

Second team

Kristy Adcock, senior

Honorable mention

Ashly Borrelli, junior
Amanda Conrad, senior
Michelle Caine, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.
Junior varsity team with an overall GPA of 3.24.
Frosh-soph team with an overall GPA of 3.22.

NCS Scholar Athletes

Varsity

Kristy Adcock
Emilie Bers
Nikki Boudreaux
Michelle Caine
Amanda Conrad
Angela LaScala-Gruenwald
Emily Lindsay
Jane Rhodes
Anja Simonsen
Rachel Whittom

Junior varsity

Melissa Cameron
Corinne Contreras
Lindsay Cope
Amber Fearon
Michelle Fearon
Kinsey Hartong-Redden
Siena Haz
Natalie Schneider
Hayley Winther

Frosh-soph

Katie Barton
Nicole Boltz
Hannah Borosky
Marin Hubert
Katie Salmon

The Wrestling team had a DFAL record of 1-8. Parker Grant and Ian Rudin qualified for the NCS Championships, with third place finishes in the DFAL Championships. Zach McDiarmid and Michael Rule finished fourth in the DFAL Championships to be alternates to the NCS Championships.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.12.

NCS Scholar Athletes

Varsity

Nathan Falk
Parker Grant
Conor O'Herin
Stephanie Williams

Junior Varsity

Nick Atkinson
Blake Mason

The Cheerleading squad continues to grow and improve.

NCS Scholar Athletes

Varsity

Chelsea Lonergan

Noelle McNabb

Cordelia Palitz

Kara Puett

Danae Sugaoka

Katy Walter

Spring Sports Update

The Baseball team won the DFAL with a record of 3-15. They finished with an overall record of 5-19.

All DFAL

First team

Second team

Honorable mention

Will Cote
Spencer Cuiper

NCS Scholar Team honors:

Freshman team with an overall GPA of 3.00.

NCS Scholar Athletes

Varsity

Will Cote
Adam Hoffman
Aaron Kwan
Ben Poth
John Treat
Max Weintraub
John Welland

Junior Varsity

Charles Cao
Zac Schoenrock
Jake Stromberg

Freshman

Nick Karp
Lloyd McClelland

The Boys Golf team finished with a DFAL record of 9-7, and finished in 2nd place at the DFAL Championships. At the NCS Southern Qualifier, they placed 8th to qualify for the NCS Championships.

All-DFAL

First Team

Ian Fisher, sophomore

Second Team

Brandon Caldwell, senior

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

Spencer Blodgett
Jack Sullivan

Junior Varsity

Erik Alsterlind
Tim Durgin
Andy Gause
Steve Glascock
Harrison Kim
David Kloth
Russell LaBrie
Jack Roeth

The Boys Lacrosse team was the DFAL runner-up with a 10-2 record, and finished with a 14-6 overall record. They were defeated by Amador Valley HS in the first round of the NCS Playoffs.

All-DFAL

First Team

Jimmy Jun (attack), senior
Robert Mull, junior
Sam Nep (midfield), senior
Christian Skuce (midfield), senior

Second Team

Logan Quinn (midfield), sophomore
Jeff Totten (defense), junior

Honorable Mention

Will Long (goalie), senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.05.

NCS Scholar Athletes

Varsity

Will Grove
Jimmy Jun
Logan Quinn
Derek Sheldon
Jeff Totten

Junior varsity

Michael Berg
Troy Gibb
Ryan Mitchell
Andrew Musser
Justin Woo

The Girls Lacrosse team was the DFAL runner up with a 8-2 record, and 10-11 overall record. They were defeated by Redwood HS in the first round of the NCS playoffs.

All-DFAL

First Team

Katie Bach (goalie), junior

Amanda Conrad (midfield), senior

Katie Mitchell (midfield), junior

Second Team

Devon Frazer (attack), freshman

Laura Harris (attack), junior

Elizabeth Landry (midfield), freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

Junior Varsity team with an overall GPA of 3.34.

NCS Scholar Athletes

Varsity

Kaitlyn Bowles

Amanda Conrad

Taylor Ewing

Devon Frazer

Elizabeth Landry

Katie Mitchell

Krissy Rich

Kelly Ross

Junior varsity

Tara Bani-Hashemi

Hannah Borosky

Shelby Coletto

Roxanna Firouzian

Rebecca Frank

Julia Kimmel

Kat Lau

Carmen Montagnon

Casey Reid

Emily Simons

Katharine Stark

Sarah Young

The Varsity Softball team finished with a 10-11 overall record, and fourth in the DFAL with a record of 9-7. They were defeated by Las Lomas HS in the first round of the NCS.

All DFAL

First team

Second team

Honorable Mention

Ashly Borrelli, junior
Jennifer Silva, senior
Hannah Wilbur, sophomore

Katie Gray, senior
Taylor Gray, freshman
Tara Wilson, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.
Junior Varsity team with an overall GPA of 3.18

NCS Scholar Athletes

Varsity

Courtney Crakow
Katie Gray
Kinsey Hartong-Redden
Hannah Wilbur

Junior varsity

Allison Blumenfeld
Samantha Cheng

The Boys Swim team placed 4th in the DFAL, and the Girls team placed 5th.
The Boys Swim team placed 7th, and the girls 16th in the NCS Championships.
Matt Boone placed 2nd in the 100 backstroke.
Sam Stromberg placed 8th in the 50 freestyle.
The 200 medley relay team champions were Matt Boone, Morgan Kennedy, Nate Boone, and Sam Stromberg placed 7th.
The 200 freestyle relay team of Matt Boone, Sam Stomberg, and Nate Boone, and Nick Vaiana placed 8th.

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

NCS Scholar Team honors: Varsity boys team with an overall GPA of 3.14.
Varsity girls team with an overall GPA of 3.32
Junior Varsity boys team with an overall GPA of 3.20.
Junior Varsity girls team with an overall GPA of 3.20.
Diving team with an overall GPA of 3.29.

NCS Scholar Athletes

Boys Swimming

Varsity

Nate Boone
Nick Hoversten
Morgan Kennedy
David Palley
Greg Walker

Junior Varsity

WonWoo Cho
Harry Lafferty
Taylor Stern
Jonathan Lin
Dominic Maggio
Cameron Mes
Nick Moran

Girls Swimming

Varsity

Tessa Arsenault
Julianne Bozzini
Adrienne Burgin
Erin Connolly
Natalie Croak
Anne Everett
KJ Kroetch
Valerie Lew
Emily Stanford
Brianna Tarpey
Jessie Welcomer

Junior Varsity

Danielle Burnstein
Anna Eames
Alena Faulkner
Emily Marsden
Maddie Peare
Casey Reid
Emily Robertson
Jennifer Seroy
Ellie Stern
Bryce Tanner
Katie Waal
Stephanie Wu

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 3.09.
 Junior Varsity team with an overall GPA of 3.08.

NCS Scholar Athletes

Varsity

Jason Constantouros

Blake Padua

Junior Varsity

Devin Abbott

Alejandro Ayala-Hurtado

James Evangelista

Austin Moehle

Alex Schperberg

The Boys Track & Field team was 2nd in the DFAL, and placed 8th at the NCS Tri-Valley Championships.

The Girls Track & Field team placed 4th in the DFAL, and placed 16th at the NCS Tri-Valley Championships.

The following won or placed at the NCS Tri-Valley Championships to qualify for the NCS Meet of Champions.

Nate Beach won the 3200.

Joey Anderson placed 4th in the 300 hurdles.

Toshi Kellogg placed 4th in the 800.

Emily Shearer placed 4th in the 1600.

Griffin Taylor placed 5th in the 400.

Katie Berge placed 6th in the 800.

The Boys Track & Field team placed 8th at the NCS Meet of Champions.

Joey Anderson placed 2nd in the 300 hurdles, and 4th in the 110 hurdles, and Nate Beach placed 3rd in the 3200 at the NCS Meet of Champions to qualify for the CIF Championships.

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.32.
 Girls varsity team with an overall GPA of 3.55.
 Boys junior varsity team with an overall GPA of 3.04.
 Girls junior varsity team with an overall GPA of 3.66.

The varsity boys track & field team had the highest GPA in the NCS Tri-Valley.

The varsity girls track & field team had the highest GPA in the NCS Tri-Valley.

NCS Scholar Athletes

Boys Varsity Track & Field

Brett Cantrell
Gurbir Dhillon
Jusvin Dhillon
Joe Escobar
Nathan Falk
Kevin Farnan
Andrew Kephart
Carson Ley
Michael Lue

Ethan Mark
William Mathews
David McDiarmid
Mark Sanderson-Cimino
Maxime Stinnett
Chris Wichmann
Matthew Wynn

Boys Junior Varsity Track&Field

Sam Chen
Nathaniel Chung
Blake Mason
Conor Naylor
Yama Nowrouz
John Wilcox
Benjamin Zucker

Girls Varsity Track & Field

Grace Appert
Katie Barton
Katie Bruzzone
Michelle Caine
Angela Kim
Emily Lindsay

Rebecca Lorenzana
Tiffany Lum
Bronwen O'Herin
Emily Shearer
Anja Simonsen
Melissa Wilcox

Girls Junior Varsity Track&Field

Mehmaz Ahrar
Emily Ellsworth
Amlia Gurley
Noelle Lopez
Gianna Marciarille
Gabrielle Zoger

The Boys Volleyball team finished with a 15-12 overall record and 11-5 DFAL record.

All DFAL

First team

Ed Kao (libero), junior

Second team

Bradley DeLaFuente(setter),senior
Cameron Gordon (outside), senior

Honorable mention

Freddy Wong (middle), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

NCS Scholar Athletes

Varsity

Matt Chernin
David Horn
Ed Kao

Junior varsity

Jared O'Rourke

Times Top 100 Athletes

Brooks Baker, senior. Football and Basketball.

Nate Beach, senior. Cross country and Track & field.

Senior Awards

Erin Connolly won the Harry Radcliffe Award for the unsung hero of the athletic department.

Brooks Baker, Matt Boone and Jane Rhodes won the Most Outstanding Athlete Award for excellence in a single sport.

Nate Beach and Taylor Stern won the Most Valuable Athlete Award for excellence in several sports.

Joe Anderson and Grace Appert 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.

146/394 Scholar athletes in the Spring.

20/24 Scholar teams in the Spring.

368/978 Scholar athletes in the year.

53/60 Scholar teams in the year.

88% of our teams received scholar team honors.

38% of our student-athletes received scholar-athlete honors.

747 students participate in at least one sport, which is 55% of our student body.

201 students are two-sport athletes, 13 students are three-sport athletes.

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.