

# *Acalanes High School*

*Athletic Department*

*2008-2009 Summary*

Fall sports athletic update.

The Cross Country team had an outstanding season. The boys posted a 4-2 DFAL record to finish 3<sup>rd</sup> in the league. The girls finished 2-4. Their continued success found the boys placing 4<sup>th</sup> at the NCS Championships. The boys were led by Toshi Kellogg finishing in 12<sup>nd</sup> place, Ethan Mark in 21<sup>st</sup> place, and Ryan Troxel in 26<sup>th</sup> place. The boys team qualified for the CIF state championships where the boys finished 16<sup>th</sup> in division III. The boys were led by Ethan Mark (48<sup>th</sup>) and Toshi Kellogg (57<sup>th</sup>).

#### All DFAL

##### First team

Ethan Mark, senior

##### Second Team

Toshi Kellogg, junior  
Ryan Troxel, senior  
Tyler Troxel, freshman

The Varsity boy's team was an NCS Scholastic Championship team as they were tied with Miramonte HS with the third highest overall GPA in division 3.

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.39.

Varsity girl's team with an overall GPA of 3.30.

Junior varsity boy's team with an overall GPA of 3.18.

Junior varsity girl's team with an overall GPA of 3.23.

Frosh-soph boy's team with an overall GPA of 3.29.

Frosh-soph girl's team with an overall GPA of 3.40.

#### NCS Scholar Athletes

##### Varsity

Katie Bruzzone  
Michelle Caine  
Brett Cantrell  
Ethan Mark  
David McDiarmid  
Emily Shearer  
Tyler Sorensen

##### Junior varsity

Joe Escobar  
Nathan Falk  
Laura Gomez  
Parker Grant  
Amelia Gurley  
John Treat  
John Wilcox

##### Frosh-Soph

Sina Bagheri  
Scott Bertics  
Whitney Boone  
Jack Caine  
Meredith Collett  
Jon Cox  
Emily Ellsworth  
Matthew Feddersen  
Roger Fleischmann  
Rebecca Frank  
Ruth Frederick  
Elizabeth Gambel  
Katie Girdler  
Alexander Grover  
Cody Kallen  
Brendan Kapoor  
Brendan Lewis  
Grace Linderholm  
Gianna Marciarille  
Yama Nowrouz  
Matthew Quinn  
Michael Sanders

Tia Seltzer  
Allie Weiner  
Michael Yang  
Kevin Zhang  
Gabrielle Zoger  
Ben Zucker

The Football team finished 3-7 overall.

All DFAL

First team

Dan Camporeale (LB), senior

Second team

Dan Camporeale (T), senior

Tyler Malley (Util), junior

Tyler Malley (P), junior

Nick Manning (K), senior

Honorable mention

Ryan Bullen (LB), junior

Tyler Caldwell (QB), junior

Brad Mitchell (WR), senior

Brad Mitchell (DB), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.02.

Freshman team with an overall GPA of 3.14.

NCS Scholar Athletes

Varsity

Tyler Caldwell

Jack Gaylord

Taylor Holm

Brent Kobs

Mat Lewis

Nick Lunsford

Nick Manning

Brad Mitchell

Logan Quinn

Robert Royster

Junior varsity

Trent Baker

Adam Jakubowitz

Lucas Levine

Freshman

Bryan Berlier

Dante Carrillo

Scott Clendening

Scott Ericksen

Drew Gaylord

Bradley Green

Ben Harbaugh

Spencer Henderson

Daniel Kennedy

Pierce Koehn

Trevor Masland

Philip Rowley

The Girls Golf team finished with a 5-8 overall record and 5-7 in the DFAL. They received an at large berth to the NCS Southern Qualifier. At this meet, Juliana Del Beccaro finished tied for 24<sup>th</sup>, but was defeated in a playoff for the opportunity to play in the NCS Championships.

All DFAL

First Team

Julianna DelBeccaro, junior

Second Team

Katie Mitchell, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.34.

Junior varsity team with an overall GPA of 3.34.

NCS Scholar Athletes

Varsity

Kat Lau

Katie Mitchell

Junior varsity

Geneva Glaspie

The Girl's Tennis team finished tied for third in the DFAL with a record of 7-5. Mary-Alice Paulsen won her first two matches at the DFAL Championships before being defeated in the quarterfinals.

Mary-Alice Paulsen, senior, was a second team All-DFAL singles selection.

Anna Eames, senior, and Grace Whitten, freshman, were honorable mention All-DFAL singles selections.

Sarah Lindsay and Jessica Chen, seniors, were first team All-DFAL doubles selections.

Lindsay Grove and Ellie Howard, seniors, were second team All-DFAL doubles selections.

Julia Brady and Jane Loria, seniors, were honorable mention All-DFAL doubles selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.61.

Junior varsity team with an overall GPA of 3.66.

#### NCS Scholar Athletes

##### Varsity

Lindsay Grove

Ellie Howard

Olivia Jackson

Alexis James

Valery Jorgensen

Elizabeth Landry

Nicole Lee

Emily Lindsay

Sarah Lindsay

Jane Loria

Mary-Alice Paulsen

Jenny Reich

Hailey Westphal

Grace Whitten

##### Junior varsity

Mehrnaz Ahrar

Rachel Bauer

Shelby Bittner

Nicole Boltz

Jackie Figueredo

Erin Grant

Natalie Neale

Melissa Shaffer

Maddy Sharafian

The Girls Volleyball team had an overall record of 21-12, and a DFAL record of 6-6 to finish 4th in the league. They qualified for the NCS playoffs and defeated Sir Francis Drake HS in the quarterfinals before falling to Bishop O'Dowd HS in the semifinals.

#### All DFAL

##### First Team

Ellie Cohen, senior  
Brooke Roberts, senior

##### Second Team

Akemi Inouye, junior

##### Honorable Mention

Courtney Shea, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.21.  
Junior varsity team with an overall GPA of 3.33.  
Freshman team with an overall GPA of 3.33.

#### NCS Scholar Athletes

##### Varsity

Alex Blits  
Kayla Breslin  
Marika Carrel  
Kelli Chew

##### Junior varsity

Katie Bassak  
Natalie Chan  
Shelby Davis  
Gabby Gaubert  
Megan Riske  
Kacey Woodman

##### Freshman

Genny Copenhagen  
Kelsey Figone  
Rawan Masarweh  
Courtney Neff  
Sierra Shimo'oka  
Marie Teichman

The Boys Water Polo team finished with an 15-11 overall record, and 3-2 DFAL record to place third. In the NCS playoffs, they defeated Mission San Jose HS 16-5 before falling to San Ramon Valley HS 10-5 in the quarterfinals.

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

#### All DFAL

##### First team

Nick Hoversten, junior  
Morgan Kennedy, junior

##### Second team

Tyler Hill, junior  
Mike Kimble, junior  
Jake Kisner, sophomore

##### Honorable mention

Joe Dietrich, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.05.  
Junior varsity team with an overall GPA of 3.20.

#### NCS Scholar Athletes

##### Varsity

Jimmy Cochran  
Tyler Hill  
Morgan Kennedy  
Mike Kimble

##### Junior Varsity

Grant Diede  
Connor Mattox  
Sean Mooney  
Nick Moran  
Andrew Schnugg

The Girls Water Polo team finished with an improved 14-10 overall record, and 2-3 DFAL record. They were defeated by Amador Valley HS 5-4 in the first round of the NCS playoffs.

All DFAL

First team

Adrienne Burgin, sophomore  
Ellie Stern (goalie), junior

Second team

Barbara Lanier, freshman  
Casey Reid, sophomore

Honorable Mention

Tessa Arsenault, senior  
Mandy Sheehan, senior

The Varsity team was an NCS Scholastic Championship team as they had the second highest overall GPA.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.  
Junior varsity team with an overall GPA of 3.40.

NCS Scholar Athletes

Varsity

Tessa Arsenault  
Adrienne Burgin  
Marisa Huff  
Barbara Lanier  
Casey Reid  
Mandy Sheehan  
Brianna Tarpey  
Jessie Welcomer

Junior Varsity

Kate Avery  
Rachel Frank  
Sarah Gidre  
Ariana Johnson  
Lizzie Newman  
Molly Quinn  
Sami Sciacqua  
Jennifer Seroy  
Katie Waal

## Winter Sports Update

The Boys Basketball team was the DFAL Champions with a record of 15-13 overall, and 5-7 in the league. In the NCS playoffs they defeated Campolindo HS before losing to Miramonte HS in the Quarterfinals.

### All DFAL

#### First Team

#### Second Team

#### Honorable Mention

David Masi, senior

Corey Collins, junior

Steve Maze, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.36

Junior Varsity team with an overall GPA of 3.18.

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

Trent Baker

Corey Collins

Jay Fowler

Steve Maze

Trevor Mooney

#### Junior Varsity

Sohraab Jahromi

Ryan Mitchell

Luke Poling

Parker Ramsey

#### Freshman

Justin Capener

Spencer Henderson

Trevor Masland

Ben Weintraub

Brandon Zegarowski

The Girls Basketball team finished 14-13 overall, and 6-6 in the DFAL. In the NCS playoffs, they were defeated by Tamalpais HS in the first round of the playoffs.

All DFAL

First Team

Kiara Harewood, sophomore

Second Team

Honorable Mention

Ashlie Neff, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

Junior varsity team with an overall GPA of 3.28.

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

NCS Scholar Athletes

Varsity

Samantha Cheng

Ashlie Neff

Sophie Taylor

Junior varsity

Meredith Collett

Shelby Davis

Olivia Murphy

Sara O'Reilly

Kate Parkinson-Morgan

The Boys Soccer team finished with a 16-4-5 overall record and finished as the DFAL Champion with an 8-1-3 record. They defeated Hayward HS in the NCS quarterfinals, and Piedmont HS in the semifinals. Tied after regulation and overtime, they went to a shootout with Bishop O'Dowd HS and defeated them 5-3 to capture the North Coast Section Championship.

#### All DFAL

Sasha Chalak, senior, was Co-Most Valuable Player of the DFAL.

#### First team

Nic Carrillo, junior  
Simon Eva, senior  
Ruben Komisar, senior

#### Second team

Adam Separack, senior  
Nate Sonnenthal, senior  
Logan Spittler, junior

#### Honorable mention

Ben Ewing, junior  
Peter Jernigan, senior  
Nick Manning, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.13.  
Junior Varsity team with an overall GPA of 3.25.  
Frosh-soph team with an overall GPA of 3.41.

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

#### NCS Scholar Athletes

#### Varsity

Dylan Autran  
Brett Cantrell  
Nic Carrillo  
Ben Ewing  
David Kloth  
Ruben Komisar  
Nick Manning  
Nick Pereira

#### Junior varsity

Bryan Berlier  
Austen Grassini  
Brad Green  
Aiden Maquire  
Matt Zelin

#### Frosh-Soph

Sina Bagheri  
Josh Bulos  
Scott Ericksen  
Asher Lichtig  
Tate Lyverse  
Westin Mirner  
Chris O'Keefe  
Matt Quinn  
Andrew Weis

The Girls Soccer team had an overall record of 13-6-5 and a DFAL record of 3-5-4. They defeated Piedmont HS in the first round of the NCS playoffs, before falling to Miramonte HS in the quarterfinals.

#### All DFAL

##### First team

Ashly Borrelli, senior  
Anja Simonsen, sophomore

##### Second team

Schuyler Blee, sophomore  
Angela LaScala-Gruenwald, junior

##### Honorable mention

Cammie Goodman, junior  
Celina Velasco, sophomore  
Rachel Whittom, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.32.  
Junior varsity team with an overall GPA of 3.43.  
Frosh-soph team with an overall GPA of 3.38.

#### NCS Scholar Athletes

##### Varsity

Annie Beliveau  
Whitney Boone  
Ashly Borrelli  
Michelle Caine  
Melissa Cameron  
Lindsay Cope  
Angela LaScala-Gruenwald  
Emily Lindsay  
Anja Simonsen  
Rachel Whittom

##### Junior varsity

Katie Barton  
Hannah Borosky  
Morgan Davis  
Samya Faiq  
Ruth Frederick  
Elizabeth Landry  
Courtney Neff  
Katie Salmon  
Tia Seltzer  
Hayley Westphal

##### Frosh-soph

Kate Avery  
Nicole Boltz  
Genny Copenhagen  
Siena Del Ponte  
Julia Fellows  
Lindsey Long  
Alex Taylor  
Allie Weiner

The Wrestling team had a DFAL record of 2-4. Conor O'Herin and Michael Rule won DFAL titles, and Ian Rudin and Robert Royster were runner-ups to qualify for the NCS Championships. Michael Heater finished fourth in the DFAL Championships and was an alternate to the NCS Championships.

#### All DFAL

##### First team

Conor O'Herin (160), senior  
Michael Rule (215), senior

##### Second team

Robert Royster (189), junior  
Ian Rudin (140), senior

##### Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.16.

#### NCS Scholar Athletes

##### Varsity

Conor O'Herin  
Robert Royster

##### Junior Varsity

Blake Mason  
Shane Wright

The Cheerleading squad continues to grow and performed to rave reviews.

NCS Scholar Athletes

Varsity

Stephanie Burr  
Danae Sugaoka

Dance

Linda Swift  
Stacy Walter  
Jessica Zischke

## Spring Sports Update

The Baseball team was fifth in the DFAL with a record of 5-7. They finished with an overall record of 12-12.

### All DFAL

#### First team

Jake Carson (utility), senior

#### Second team

Dan Camporeale (utility), senior  
Evan Heptig (infield), sophomore  
Trevor LaHonta (infield), junior  
John Treat (1<sup>st</sup> base), junior

#### Honorable mention

Adam Hoffman (pitcher), junior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.22  
Freshman team with an overall GPA of 3.05.

### NCS Scholar Athletes

#### Varsity

Charles Cao  
Adam Hoffman  
John Treat  
John Welland

#### Junior Varsity

Eddie Epperson  
Scott Ericksen  
Drew Gaylord  
Spencer Henderson  
Nick Karp  
Zac Schoenrock

#### Freshman

Kevin Connor  
Julian Cronen  
Austen Grassini

The Boys Golf team finished with a DFAL record of 7-5, and finished in 3<sup>rd</sup> place at the DFAL Championships. At the NCS Southern Qualifier, Spencer Blodgett shot a 71 to finish tied for the lead. At the NCS Championships, Spencer shot a 73 to tie for 5<sup>th</sup>, but lost in the tie-breaker to qualify for the CIF NorCal Championships.

Spencer Blodgett, senior, was named as an All Contra Costa Times selection for boy's golf.

#### All-DFAL

##### First Team

Spencer Blodgett, senior

##### Second Team

Ian Fisher, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.16.

Junior Varsity team with an overall GPA of 3.06.

#### NCS Scholar Athletes

##### Varsity

Harrison Kim

Russell LaBrie

Ramsey Parker

##### Junior Varsity

Erik Alsterlind

Trent Baker

Sam Bucher

Andy Gause

Adam Jakubowitz

Philip Rowley

Danny Thoren

Jason Woo

The Boys Lacrosse team was the DFAL Co-Champion with a 10-2 record, and finished with a 14-5 overall record. They were defeated by Berkeley HS in the NCS quarterfinals.

Robert Mull, senior, was named as an All Contra Costa Times selection for boy's lacrosse.

#### All-DFAL

Robert Mull, senior, was named DFAL Most Valuable Player

#### First Team

Jack Bergman (attack), senior  
Logan Quinn (midfield), junior  
Jeff Totten (defense), senior  
Paul Wells (attack), senior

#### Second Team

Ryan Bullen (defense), junior  
Andrew Musser (lsm), junior

#### Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.01  
Junior varsity team with an overall GPA of 3.25.

#### NCS Scholar Athletes

#### Varsity

Harrison Bagdan  
Matt Johnson  
Andrew Musser  
Logan Quinn  
Dayne Vinther

#### Junior varsity

Bryan Berlier  
Alex Biro  
Brian Chan  
Roger Fleischmann  
Brad Green  
Cody Kallen  
Trevor Masland  
Chris O'Keefe  
Matt Quinn  
David Reiling

The Girls Lacrosse team was the DFAL Champions with a 10-0 record, and 17-4 overall record. They were defeated by Amador Valley HS in the NCS quarterfinals.

Katie Mitchell, senior, was named as an All Contra Costa Times selection for girl's lacrosse.

#### All-DFAL

Katie Mitchell was named DFAL Most Valuable Player.

#### First Team

Katie Bach (goalie), senior

Devon Frazer (attack), sophomore

Elizabeth Landry (midfield), soph

#### Second Team

Taylor Ewing (defense), sophomore

Sarah Lindsay (midfield), senior

Ellen Reiling (midfield), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.21.

Junior Varsity team with an overall GPA of 3.19.

#### NCS Scholar Athletes

#### Varsity

Katie Bach

Amy Clancy

Devon Frazer

Ariana Johnson

Elizabeth Landry

Kat Lau

Sarah Lindsay

Casey Reid

Emilie Simons

#### Junior varsity

Hannah Borosky

Emily Ellsworth

Rebecca Frank

Gianna Marciarille

Courtney Neff

Devin Ortlieb

The Varsity Softball team finished with a 14-6 overall record, and fourth in the DFAL with a record of 10-2. They were defeated by San Marin HS in the NCS quarterfinals.

All DFAL

Hannah Wilbur, junior, was named DFAL Most Outstanding Pitcher.

First team

Ashly Borrelli (outfield), senior

Second team

Taylor Gray (shortstop),sophomore

Honorable Mention

Sheyenne Greer (catcher), senior  
Katie Trent, (second base), junior  
Tara Wilson (centerfield), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.38.  
Junior Varsity team with an overall GPA of 3.27.

NCS Scholar Athletes

Varsity

Ashly Borrelli  
Siena Del Ponte  
Taylor Gray  
Maile Hoyt  
Grace Lovell  
Hannah Wilbur

Junior varsity

Annalise Baer  
Julia Fellows  
Alina Keomanee  
Emily Svensson  
Jackie Welland  
Stacy Wen

The Boys Swim team placed 3<sup>rd</sup> in the DFAL, and the Girls team placed 4<sup>th</sup>.  
 The Boys Swim team placed 3<sup>rd</sup>, and the Girls team placed 20<sup>th</sup> in the NCS Championships.  
 Piankhi Gibson placed 2<sup>nd</sup> in the 100 butterfly.  
 Nick Hoversten placed 4<sup>th</sup> in the 50 freestyle, and 5<sup>th</sup> in the 100 freestyle.  
 Piankhi Gibson, Nick Hoversten, Morgan Kennedy, and David Palley won the 200 medley relay.  
 Nate Boone, Piankhi Gibson, Nick Hoversten, and Jake Kisner placed 3<sup>rd</sup> in the 200 freestyle relay.  
 Asher Lichtig placed 8<sup>th</sup> in diving.

Piankhi Gibson, sophomore, was named as an All Contra Costa Times selection for boy's swimming.

### All DFAL

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Piankhi Gibson (200 med rel), soph	Nate Boone (200 free relay), junior	Natalie Chan (200 med rel), soph
Nick Hoversten (200 med rel), jr	Jake Kisner (200 free relay), junior	KJ Kroetch (200 med rel), senior
Morgan Kennedy (200 med rel), jr		Katie Records (200 med rel)soph
David Palley (200 med rel), soph		Bryce Tanner (200 med rel),soph

NCS Scholar Team honors:

- Varsity boys team with an overall GPA of 3.20.
- Varsity girls team with an overall GPA of 3.36.
- Junior Varsity girls team with an overall GPA of 3.19.
- Diving team with an overall GPA of 3.28.

### NCS Scholar Athletes

#### Boys Swimming

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Diving</u>
Nate Boone	Joe Jansky	Haley Barnes
Jimmy Cochran	Brendan Kapoor	Marin Hubert
Tyler Hill	Matthew Lai	Shane Wright
Miles Inserra	Danny Nguyen	
Jake Mefford	Brennan Quinn	
Sean Mooney	Andrew Schnugg	
David Palley		
Amit Weiss		

#### Girls Swimming

<u>Varsity</u>	<u>Junior Varsity</u>	
Tessa Arsenault	Kate Avery	Emily Robertson
Julianne Bozzini	Rachel Bauer	Sam Sciacqua
KJ Kroetch	Sam Cheng	Elena Teare
Barbara Lanier	Maddy Cimino	Katie Walter
Mandy Sheehan	Kelsey Figone	Caitlin Wineman
Bryce Tanner	Rachel Frank	
Brianna Tarpey	Sarah Gidre	
Caroline Vaiana	Martha Hatcher	
Katie Waal	Mallika Lal	
Jessie Welcomer	Jenny Reich	

The Boys Tennis team finished tied for 3<sup>rd</sup> in the DFAL with an 7-5 record, and 7-6 overall. John Grimes and Alex Henze won the DFAL doubles championship to qualify for the NCS Championships. Aaron Boltz and Blake Padua were defeated by John and Alex in the DFAL doubles semifinals.

Sam Behbehani and Aaron Boltz, seniors, were second team All-DFAL singles selection. Ricky Fox, senior, and Ted Netland, junior, were second team All-DFAL doubles selections.

NCS Scholar Team honors: Junior Varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Aaron Boltz

Andrew Bontemps

Junior Varsity

Alejandro Ayala-Hurtado

Charlie Butterfield

Chris Gomez

Andy Kim

Lloyd McClelland

Aryan Shamloo

Adam Winchell

Chris Wool

The Boys Track & Field team was 3<sup>rd</sup> in the DFAL with a 4-2 record.

The Girls Track & Field team placed 6<sup>th</sup> in the DFAL with a 1-5 record, and placed 11<sup>th</sup> 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.

Katie Barton won the 100 and 300 hurdles, and placed 4<sup>th</sup> in the long jump.

Emily Shearer placed 2<sup>nd</sup> in the 800 and 1600.

John Wilcox placed 6<sup>th</sup> in the 100 and 300 hurdles.

Toshi Kellogg won the 800.

Katie Berge won the 800.

Anja Simonsen placed 2<sup>nd</sup> in the 400.

Ethan Mark placed 3<sup>rd</sup> in the 1600.

Brett Cantrell placed 4<sup>th</sup> in the 800.

Lucas Levine placed 5<sup>th</sup> in the 300 hurdles.

Robert Royster placed 5<sup>th</sup> in the discus.

Alex Blits placed 5<sup>th</sup> in the shotput.

Nathaniel Chung placed 6<sup>th</sup> in the 100.

Jesse Weiner placed 6<sup>th</sup> in the 800.

Brendan Buller placed 6<sup>th</sup> in the triple jump.

Adrienne Burgin placed 6<sup>th</sup> in the shotput.

Katie Berge, Katie Bruzzone, Emily Shearer, and Anja Simonsen placed 3<sup>rd</sup> in the 4x400 relay.

Brett Cantrell, Toshi Kellogg, Ethan Mark, and Jesse Weiner placed 6<sup>th</sup> in the 4x400 relay.

Katie Barton, Katie Berge, Katie Bruzzone, Emily Shearer, and Anja Simonsen placed 4<sup>th</sup> in the 4x400 at the NCS Meet of Champions to qualify for the CIF Championships. Emily Shearer placed 6<sup>th</sup> in the 1600.

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.23.

Girls varsity team with an overall GPA of 3.63.

Boys junior varsity team with an overall GPA of 3.07.

Girls junior varsity team with an overall GPA of 3.52.

#### NCS Scholar Athletes

##### Boys Varsity Track & Field

Brett Cantrell  
Nathaniel Chung  
Donovan Davis  
Gurbir Dhillon  
Nathan Falk  
Andrew Kephart  
Lucas Levine  
Carson Ley  
Michael Lue  
Blake Mason  
David McDiarmid  
Trevor Mooney  
Tyler Sorensen  
John Wilcox

##### Boys Junior Varsity Track&Field

Sina Bagheri  
Scott Bertics  
Matthew Brewer  
Jack Caine  
Shawn Kashef  
Yama Nowrouz  
Syd Salsman  
Mike Sanders  
Aaron Shaffer  
Kyle Trujillo  
Michael Yang  
Benjamin Zucker

Girls Varsity Track & Field

Katie Barton  
Alex Blits  
Katie Bruzzone  
Melissa Cameron  
Amlia Gurley  
Grace Linderholm  
Emily Lindsay  
Emily Shearer  
Sierra Shimo'oka  
Anja Simonsen  
Grace Whitten

Girls Junior Varsity Track&Field

Adrienne Burgin  
Elizabeth Gambel  
Olivia Jackson  
Natalie Neale  
Jennifer Padilla  
Madeline Sharafian  
Margaret Yau

The Boys Volleyball team finished with a 0-11 overall record and 0-10 DFAL record.

All DFAL

First team

Ed Kao (setter), senior  
Devin Wall (outside), senior

Second team

Sean Woo (outside), senior

Honorable mention

Noah Rosen (middle), senior

NCS Scholar Athletes

Varsity

William Henrikson  
Ed Kao

Junior varsity

Josh Bulos  
Minh Ho  
Dan Kennedy  
Ben Weintraub

## Senior Awards

Edward Kao and Jeff Totten won the Harry Radcliffe Award for the unsung hero of the athletic department.

Sasha Chalak, and Ellie Cohen won the Most Outstanding Athlete Award for excellence in a single sport.

Dan Camporeale and Ashly Borrelli won the Most Valuable Athlete Award for excellence in several sports.

Michael Rule and Michelle Caine 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.

82/224 Scholar athletes in the Winter.

12/15 Scholar teams in the Winter.

168/441 Scholar athletes in the Spring.

19/24 Scholar teams in the Spring.

388/1022 Scholar athletes in the year.

50/59 Scholar teams in the year.

85% of our teams received scholar team honors.

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

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

238 students are two-sport athletes, 23 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.