

Acalanes High School

Athletic Department

2009-2010 Summary

Fall sports athletic update.

The Cross Country team had an outstanding season. The girls posted a 5-1 DFAL record to finish 2nd in the league. The boys finished 4-2 to finish 3rd. The girls continued success resulted in a 3rd place finish at the NCS Championships led by Kelli Berge finishing 9th, Nicolette Sorensen 13th, Annie Marggraff 15th, Amy Hollshwandner 19th, Katie Berge 22nd, Kelly Collins 27th, and Emily Shearer 32nd. The boys placed 7th at the NCS Championships led by Toshi Kellogg finishing in 14th place, Ethan Mark in 31st place. The girls team qualified for the CIF state championships where they finished 10th in division III. The girls were led by Annie Marggraff (48th) and Amy Hollshwandner (57th).

All DFAL

First team

Brett Cantrell, senior
Annie Marggraff, freshman
Nicolette Sorensen, freshman

Second Team

Adler Faulkner, freshman
Tyler Sorensen, sophomore
Kelli Berge, freshman
Kelly Collins, freshman
Emily Shearer, senior

The Varsity girl's team was an NCS Scholastic Championship team with the third highest overall GPA in division 3.

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.17.
Varsity girl's team with an overall GPA of 3.71.
Junior varsity boy's team with an overall GPA of 3.00.
Junior varsity girl's team with an overall GPA of 3.33.
Frosh-soph boy's team with an overall GPA of 3.29.
Frosh-soph girl's team with an overall GPA of 3.33.

NCS Scholar Athletes

Varsity

Kelli Berge
Brett Cantrell
Kelly Collins
Emily Ellsworth
Adler Faulkner
Amy Hollshwandner
Toshi Kellogg
Annie Marggraff
Haley McKay
Emily Shearer
Nicolette Sorensen
Tyler Sorensen

Junior varsity

Rebecca Frank
Amelia Gurley
Colin Leahy
Gianna Marciarille
Yama Nowrouz
Sara Schwartz
John Treat
John Wilcox
Gabrielle Zoger

Frosh-Soph

Dylan Autran
Adena Bauer
Scott Bertics
Matthew Brewer
Rick Brundage
Keenan Byrne
Jack Caine
Garrett Candau
Daniel Escobar
Maddie Fraysse
Katie Girdler
Elliott Grossman
Luke Johnston
Jamaica Larsen
Scott Lindsay
Grace Linderholm
George Liow

Tate Lyverse
Courtney Neff
Matthew Quinn
Alex Taylor
Jen Vaccaro
Nick Warren
Brad Wash
Caroline Wilcox
Jeffrey Wilde
Michael Yang
Kevin Zhang

The Football team finished 5-6 overall, and 4-2 in the DFAL to finish tied for 2nd in the league. They were defeated by Analy HS in the first round of the NCS playoffs.

Bryan Moss, senior, was named as a Bay Area News Group All East Bay third team selection for football.

All DFAL

First team

Trent Baker (DB), junior
Nate Boone (LB), senior
Tyler Malley (P), senior
Bryan Moss (OT), senior
Matt Rogstad (C), junior
Robert Royster (OG), senior

Second team

Ryan Bullen (LB), senior
Michael Joyce (OG), senior
Mat Lewis (TE), senior
Tyler Malley (RB), senior
Bo McSwine (RB), senior

Honorable mention

Ken Bruzzone (RB), senior

NCS Scholar Athletes

Varsity

Trent Baker
Nate Boone
Ken Bruzzone
Ryan Cherezian
Joe Escobar
Lucas Levine

Junior varsity

Bryan Berlier
Brian Chan
Drew Gaylord
Paul Nork

Freshman

Craig Anderson
Adam Brown
William Falk
Erik Kuzmin-Batchelor
Brendan O'Donnell
Casey Sclar
Marc Strohwig
Tyler Supple

The Girls Golf team finished with a 1-12 overall record and 1-11 in the DFAL. Juliana Del Beccaro qualified for the NCS Southern Qualifier.

Julianna DelBeccaro, senior, was a first team All-DFAL selection.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.61.

Junior varsity team with an overall GPA of 3.00.

NCS Scholar Athletes

Varsity

Juliana Del Beccaro
Devon Frazer
Megan Kaye
Sarah Pardo

Junior varsity

The Girl's Tennis team had an overall record of 6-7, and finished fourth in the DFAL with a record of 6-6.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.51.
Junior varsity team with an overall GPA of 3.37.

NCS Scholar Athletes

Varsity

Rachel Bauer
Shelby Bittner
Nicole Boltz
Connie Chen
Olivia Jackson
Alexis James
Valery Jorgensen
Nicole Lee
Emily Lindsay
Melissa Shaffer
Hailey Westphal
Wendy Yang

Junior varsity

Rachel Bauer
Alice Bishop
Kiana Chan
Danielle Palffy
Lauren Price
Ally Rosenberg
Grace Vannelli

The Girls Volleyball team had an overall record of 12-17, and a DFAL record of 7-5 to finish tied for 3rd in the league. They qualified for the NCS playoffs but fell to Moreau Catholic HS in the first round.

All DFAL

First Team

Caroline Appert, senior
Akemi Inouye, senior

Second Team

Natalie Chan, junior
Tyanna Roy, sophomore

Honorable Mention

Marika Carrel, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.27.
Junior varsity team with an overall GPA of 3.32.
Freshman team with an overall GPA of 3.52.

NCS Scholar Athletes

Varsity

Caroline Appert
Kendall Baker
Marika Carrel
Kelli Chew
Jessica Henry
Meaghin Riske
Kacey Woodman

Junior varsity

Brooke Aiello
Ariana Album
Lisa Carrington
Megan Dalziel
Kelsey Figone
Rawan Masarweh

Freshman

Lauren Andronico
Ainsley Blandford
Grace Francis
Natalie Goepel
Danielle Grobeck
Blair Howard
Sarah Rogers
Sophia Takashima

The Boys Water Polo team finished with an 19-8 overall record, and 5-0 in the DFAL to finish at the league champion. In the NCS playoffs, they defeated Livermore HS 20-10, Amador Valley HS 18-7 in the quarterfinals, San Ramon Valley HS 18-7 in the semifinals, but fell to Miramonte HS 6-5 in the championship game to finish 2nd in the North Coast Section.

Nick Hoversten, senior, was named Bay Area News Group East Bay Boys Water Polo Player of the Year.

Mike Kimble, senior, was named as a Bay Area News Group All East Bay selection for boy's water polo.

All DFAL

Nick Hoversten, senior, was named as the DFAL Most Valuable Player.

First team

Morgan Kennedy, senior

Mike Kimble, senior

Jake Kisner, junior

Second team

Joe Dietrich, junior

Tyler Hill, senior

Honorable mention

Tanner Cullen, sophomore

Andrew Linfoot, senior

Cy Whitten, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

Junior varsity team with an overall GPA of 3.12.

NCS Scholar Athletes

Varsity

Tyler Hill

Connor Reid

Junior Varsity

Adam Chan

Wyatt Goertler

Brendan Quinn

The Girls Water Polo team finished with an improved 14-10 overall record, and 3-2 DFAL record to finish 3rd in the league. They were defeated Tamalpais HS 7-6 before being defeated by Las Lomas HS 5-2 in the quarterfinals.

All DFAL

First team

Adrienne Burgin, junior
Casey Reid, junior
Ellie Stern (goalie), senior

Second team

Barbara Lanier, sophomore
Molly Quinn, sophomore

Honorable Mention

Megan Dietrich, freshman
Lizzie Newman, sophomore

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 3.42.
Junior varsity team with an overall GPA of 3.25.

NCS Scholar Athletes

Varsity

Megan Dietrich
Barbara Lanier
Casey Reid
Kaitlyn Stewart
Brianna Tarpey
Jessie Welcomer

Junior Varsity

Annie Flanagan
Rachel Frank
Sarah Gidre
Kathryn Hill
Esther Hsu
Morgan McQuain
Maddy Myall
Katie Ramm
Nora Vance

Winter Sports Update

The Boys Basketball team was 2nd in the DFAL with a record of 15-11 overall, and 9-3 in the league. In the NCS playoffs they defeated Drake HS before losing to El Cerrito HS in the quarterfinals.

All DFAL

First Team

Corey Collins (guard), senior
Jay Fowler (guard), senior

Second Team

Zach Bloom (guard), senior

Honorable Mention

Tyler Caldwell (forward), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

Freshman team with an overall GPA of 3.25.

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
Sohraab Jahromi
Matt McGoldrick
Trevor Mooney

Junior Varsity

Justin Capener
Luke Inserra
Trevor Masland
Ben Weintraub
Stephen Wemple

Freshman

Craig Anderson
Brendan Kirbach
Brendan O'Donnell
Ezra Schroeder
Casey Sclar
Tyler Supple

The Girls Basketball team finished 15-12 overall, and 4-8 in the DFAL. In the NCS playoffs, they were defeated by Encinal HS in the first round of the playoffs.

All DFAL

First Team

Emani Harrison (forward), junior

Second Team

Kiara Harewood (forward), junior

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.05.

Junior varsity team with an overall GPA of 3.16.

NCS Scholar Athletes

Varsity

Samantha Cheng
Molly Martin
Tara Wilson

Junior varsity

Kathryn Hill
Olivia Murphy
Nicole Shimotake

The Boys Soccer team finished with a 17-3-3 overall record and finished 2nd in the DFAL with an 8-3-1 record. They defeated Concord HS in the first round of the NCS playoffs, and Piedmont HS in the quarterfinals before being defeated by Bishop O'Dowd HS in the semifinals.

Logan Spittler, senior, was named as a Bay Area News Group All East Bay selection for boy's soccer.

All DFAL

Nic Carrillo, senior, Defensive Most Valuable Player of the DFAL.

First team

Nic Carrillo, senior
David Kloth, senior
Logan Spittler, senior

Second team

Dylan Autran, sophomore
Ben Ewing, senior

Honorable mention

Brett Cantrell, senior
Jacob Carroll, sophomore
Austen Grassini, sophomore

NCS Scholar Team honors

Varsity team with an overall GPA of 3.25.
Junior Varsity team with an overall GPA of 3.25.
Frosh-soph team with an overall GPA of 3.07.

NCS Scholar Athletes

Varsity

Dylan Autran
Bryan Berlier
Brendan Buller
Brett Cantrell
Nic Carrillo
Ben Ewing
Austen Grassini
David Helfrich
Logan Spittler

Junior varsity

Josh Bulos
Ben Croze
Scott Ericksen
Jackson Foote
Max Omick
Matt Quinn
Tristan Tarpey
Nic Warren

Frosh-Soph

Jack Connolly
Connor Goodheart
James Lande
Randy Long
Talal Nabulsi
Luc VanOss

The Girls Soccer team had an overall record of 10-8-4 and a DFAL record of 5-4-3. They defeated El Cerrito HS in the first round of the NCS playoffs, and Berean Christian HS in the quarterfinals before being defeated by Alhambra HS in the semifinals.

Anja Simonsen, junior, Offensive Most Valuable Player of the DFAL.

All DFAL

First team

Schuyler Blee, junior

Second team

Callie Goodman, sophomore
Rachel Whittom, senior

Honorable mention

Annie Beliveau, sophomore
Angela LaScala-Gruenwald, senior

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

Becca Bostwick
Melissa Cameron
Lindsay Cope
Amber Fearon
Angela LaScala-Gruenwald
Emily Lindsay
Kaitlin McGee
Tia Seltzer
Anja Simonsen
Rachel Whittom
Claire Winter

Junior varsity

Katie Barton
Kelli Berge
Kelly Collins
Morgan Davis
Samya Faiq
Siena Haz
Haley McKay
Courtney Neff
Katie Salmon
Hayley Westphal

Frosh-soph

Genny Copenhagen
Siena Del Ponte
Julia Fellows
Grace Linderholm
Alex Taylor
Jen Vaccaro
Allie Weiner
Julia Zucker

The Wrestling team had a DFAL record of 0-6. Robert Royster and Gavin Schag were runner-ups in the DFAL to qualify for the NCS Championships.

All DFAL

First team

Second team

Gavin Schag (152), sophomore
Robert Royster (189), senior

Honorable mention

NCS Scholar Athletes

Varsity

Daniel Escobar
Blake Mason

Junior Varsity

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.15.
 Junior varsity team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Danae Sugaoka
Eden Sussenguth
Katie Walter
Jessica Zischke

Dance

Bridget Butterfield
Annie Knox

Spring Sports Update

The Baseball team was fifth in the DFAL with a record of 5-7, an overall record of 15-10. They were defeated by Arcata HS in the first round of the NCS playoffs.

Grant Diede, sophomore, was named as a Bay Area News Group All East Bay second team selection for baseball.

All DFAL

First team

Second team

Honorable mention

Evan Heptig (shortstop), junior
John Treat (pitcher), senior

Tommy Beritzhoff (c), senior
Drew Gaylord (first base), soph
Spencer Henderson(pitcher),soph

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19
Freshman team with an overall GPA of 3.35.

NCS Scholar Athletes

Varsity

Drew Gaylord
Adam Hoffman
Nick Karp
Zac Schoenrock
John Treat
John Welland

Junior Varsity

Kevin Connor
Julian Cronen
Scott Ericksen
Jackson Foote
Paul Nork

Freshman

Keenan Byrne
Garrett Candau
Julian Deily
Austin Franklin
Brendan Kirbach
Jake O'Malley
Tyler Supple

The Boys Golf team was co-champions of the DFAL with a record of 11-1, and finished in 2nd place at the DFAL Championships. They had an overall record of 17-1. At the NCS Southern Qualifier, Michael Schweibinz shot a 79 tying for 15th place, and Parker Ramsey 80 tying for 17th place to qualify for the NCS Championships. Parker Ramsey shot a 72 at the NCS Championships to finish tied for 4th, and shot a 75 the CIF NorCal Championships to finish tied for 34th place in Northern California.

All-DFAL

First Team

Ian Fisher, senior

Second Team

Parker Ramsey, junior

Ryan West, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

Junior Varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Chris Childers

John Gonser

Connor Goodheart

Harrison Kim

Junior Varsity

Chris Lin

The Boys Lacrosse team was the DFAL Co-Champion with a 10-2 record, and finished with a 15-6 overall record. They defeated Miramonte HS 10-8 in the first round of the NCS playoffs, but were defeated by Foothill HS 10-6 in the quarterfinals.

All-DFAL

Logan Quinn, senior, was named DFAL Most Valuable Player

First Team

Harrison Bagdan (goal), junior
Andrew Musser (defense), senior
Logan Quinn (attack), senior

Second Team

Andrew Atkins (attack), senior
Ryan Bullen (defense), senior
Trevor Felt (midfield), junior

Honorable Mention

Cole Cheney (defense), senior
Roger Fleischmann (mid), soph
Ryan Mitchell (lsm), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.02.
Junior varsity team with an overall GPA of 3.03.

NCS Scholar Athletes

Varsity

Ethan Grossman
Matt Johnson
Ryan Mitchell
Wyatt Smyers

Junior varsity

Bryan Berlier
Jake Hirsch
Cody Kallen
Adam Lee
Scott Lindsay
Chris O'Keefe
Matt Quinn
David Reiling
Nick Warren

The Girls Lacrosse team was the DFAL Champions with a 12-0 record, and 15-7 overall record. They defeated Davis HS 16-11 in the first round of the NCS playoffs, but were defeated by Amador Valley HS 8-7 in the quarterfinals.

Elizabeth Landry, junior, was named as a Bay Area News Group All East Bay selection for girls lacrosse.

All-DFAL

Elizabeth Landry, junior, was named DFAL Most Valuable Player.

First Team

Taylor Ewing (midfield), junior

Devon Frazer (midfield), junior

Elizabeth Landry (midfield), junior

Casey Reid (defense, midfield), junior

Second Team

Emily Ferreira (midfield), junior

Lexi James (defense), senior

Ariana Johnson (goalie), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.05.

NCS Scholar Athletes

Varsity

Rebecca Frank

Devon Frazer

Ariana Johnson

Elizabeth Landry

Courtney Neff

Casey Reid

Junior varsity

Niki Quinn

Alex Taylor

The Varsity Softball team finished with a 14-7-1 overall record, and 2nd in the DFAL with a record of 10-2. They defeated Encinal HS 2-1 in 11 innings in the first round of the NCS playoffs, and defeated Albany HS 2-1 in 9 innings in the quarterfinals before falling to Bishop O'Dowd HS in the semifinals.

Hannah Wilbur, senior, was named as a Bay Area News Group All East Bay third team selection for softball.

All DFAL

Hannah Wilbur, junior, was named DFAL Most Outstanding Pitcher for the second consecutive year.

First team

Courtney Crakow (outfield), senior

Second team

Taylor Gray (catcher), junior
Grace Lovell (first base), sophomore
Tara Wilson (second base), senior
Katie Trent, (shortstop), senior
Siena Del Ponte (DP), sophomore

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.31.

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

NCS Scholar Athletes

Varsity

Siena Del Ponte
Natalie Goepel
Taylor Gray
Maile Hoyt
Grace Lovell
Jackie Welland

Junior varsity

Annalise Baer
Julia Fellows
Alina Keomanee
Carol Liu
Danielle Palffy

The Boys Swim team placed 3rd in the DFAL, and the Girls team placed 4th.
 The Boys Swim team placed 6th in the NCS Championships.
 Piankhi Gibson won the 100 butterfly, and placed 3rd in the 50 freestyle.
 David Palley placed 3rd in the 100 backstroke.
 Morgan Kennedy placed 5th in the 100 breaststroke.
 Brett Usinger placed 5th in the 200 intermediate medley relay
 Nate Boone, Piankhi Gibson, Morgan Kennedy, and David Palley placed 4th in the 200 medley relay.
 Asher Lichtig placed 7th in diving.

Piankhi Gibson, junior, was named as a Bay Area News Group All East Bay selection for boys swimming.

All DFAL

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Piankhi Gibson (100 free), junior	Nate Boone (200 medley), senior	Natalie Chan(200 med rel),junior
Asher Lichtig (diving), sophomore	Morgan Kennedy(200 med), senior	Joe Dietrich (200 free), junior
	David Palley (200 medley), junior	Kathryn Hill (200 mr), freshman
		Jake Kisner (200 free), junior
		Katie Records (200 mr), junior
		Brett Usinger (200 im), freshman
		Nora Vance (200 mr), freshman

NCS Scholar Team honors:

- Varsity boys team with an overall GPA of 3.04.
- Varsity girls team with an overall GPA of 3.26.
- Junior Varsity boys team with an overall GPA of 3.18.
- Junior Varsity girls team with an overall GPA of 3.45.
- Diving team with an overall GPA of 3.14.

NCS Scholar Athletes

Boys Swimming

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Diving</u>
Tyler Hill	Truman Ching	Asher Lichtig
Jake Mefford	Jack Connolly	
Sean Mooney	Logan Da Hora	
David Palley	Matt Doughty	
Brett Usinger	Alex Grover	
	Michael Hori	
	Aaron Miller	
	Nick Moran	
	Brennan Quinn	
	Connor Reid	

Girls Swimming

Varsity

Julianne Bozzini
Emily Giambastini
Megan Giambastini
Kathryn Hill
Barbara Lanier
Maddie Myall
Nora Vance

Junior Varsity

Brooke Aiello
Sam Anderson
Kate Avery
August Boye
Kelsey Figone
Alison Flanagan
Rachel Frank
Maggie Graves
Krystal Huey

Mallika Lal
Grace Linderholm
Kate McGlothlen
Delaney McGuire
Morgan McQuain
Allyson Rosenberg
Sami Sciacqua
Corina Van Hoven
Sydney Villanueva

The Boys Tennis team finished 4th in the DFAL with a 6-6 record, and 6-8 overall record.

Blake Padua, senior, was honorable mention All-DFAL singles selection.

Jack Main, freshman, and Ted Netland, senior, were honorable mention All-DFAL doubles selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.

Junior Varsity team with an overall GPA of 3.34.

NCS Scholar Athletes

Varsity

Asher Lichtig
Alex Mogensen
Ted Netland
Alex Schperberg
Jordan Yee

Junior Varsity

Aaron Desin
Elliot Grossman
Curtis Haist
Jake Kallen
Matt Lim
Talal Nabulsi
Chi-Yang Shih

The Girls Track & Field team placed 2nd in the DFAL with a 5-1 record, placed 11th at the NCS Tri-Valley Championships, and placed 4th at the NCS Meet of Champions. The boys placed 4th in the DFAL with a record of 3-3.

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

Katie Barton placed 2nd in the 300 hurdles, and 3rd in the 100 hurdles.

Emily Shearer placed 2nd in the 1600, and 3rd in the 800.

Toshi Kellogg placed 4th the 800.

Katie Berge placed 6th the 800.

Katie Barton, Lisa Carrington, Amy Hollshwandner, and Katie Salmon placed 7th in the 4x100 relay.

Katie Barton, Katie Berge, Amy Hollshwandner, and Emily Shearer placed 3rd in the 4x400 relay.

The following won or placed at the NCS Meet of Champions to qualify for the CIF State Championships.

Katie Berge won the 800

Emily Shearer won the 1600.

Katie Barton, Katie Berge, Amy Hollshwandner, and Emily Shearer placed 3rd in the 4x400

Emily Shearer, senior, and Katie Berge, junior were named as a Bay Area News Group All East Bay selections for girls track & field.

All DFAL

First team

Katie Barton (hurdles), junior

Katie Berge (800), junior

Becca Bostwick (4x400), freshman

Lisa Carrington (4x100), freshman

Amy Hollshwandner (4x400), freshman

Katie Salmon (4x100), junior

Alia Shafi (4x100), freshman

Emily Shearer (1600), senior

Second team

Nathan Falk (pole vault), senior

Toshi Kellogg (800), senior

Tyler Malley (long jump), senior

Honorable mention

Adler Faulkner (1600), freshman

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.17.

Girls varsity team with an overall GPA of 3.54.

Boys junior varsity team with an overall GPA of 3.29.

Girls junior varsity team with an overall GPA of 3.32.

The Varsity team had the highest team GPA in division 3 in the North Coast Section Tri-Valley.

NCS Scholar Athletes

Boys Varsity Track & Field

Brett Cantrell
Nathaniel Chung
Joe Escobar
Nathan Falk
Adler Faulkner
George Liow
Blake Mason
Yama Nowrouz
Tyler Sorensen
John Wilcox
Michael Yang

Boys Junior Varsity Track&Field

Scott Bertics
Aaron Bertucio
Jared Brinton
Jack Caine
Matthew Chung
Jake Dawson
Noah Elder
Dan Escobar
Ziheng Fang
Samuel Griebstein
Luke Johnston
Aidan King
Brendan Lewis
Scott McCormick
Kyle Trujillo
Brad Wash

Girls Varsity Track & Field

Katie Barton
Adrienne Burgin
Lisa Carrington
Angela Falk
Amber Fearon
Danielle Grobeck
Amlia Gurley
Amy Hollshwandner
Noelle Lopez
Annie Marggraff
Emily Shearer
Sierra Shimo'oka
Anja Simonsen
Nicolette Sorensen
Caroline Wilcox
Brianna Wilkinson

Girls Junior Varsity Track&Field

Adena Bauer
Zoe Bauer
Bridget Butterfield
Connie Chen
Kelly Collins
Samya Faiq
Payton Palacio
Elise Peterson-Trujillo
Thea Thompson

The Boys Volleyball team finished with a 6-14 overall record and finished 4th in the DFAL with a 2-6 record.

All DFAL

First team

Jeff Armstrong (middle), senior
Cole Markley (outside), junior

Second team

Evantre Amos (opposite), junior
Daniel Inouye (libero), freshman
Dan Kennedy (setter), sophomore

Honorable mention

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity

Josh Bulos
Evan Groover
William Henrikson
Daniel Inouye
Ben Weintraub

Nick Hoversten was selected to the Bay Area News Group Top 115 Athletes of the East Bay.

Senior Awards

Mike Kimble and Rachel Whittom won the Harry Radcliffe Award for the unsung hero of the athletic department.

Nick Hoversten, and Juliana Del Beccaro won the Most Outstanding Athlete Award for excellence in a single sport.

Nick Hoversten and Emily Shearer won the Most Valuable Athlete Award for excellence in several sports.

Brett Cantrell and Emily Shearer won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

132/371 Scholar athletes in the Fall.

17/20 Scholar teams in the Fall.

83/221 Scholar athletes in the Winter.

12/15 Scholar teams in the Winter.

168/411 Scholar athletes in the Spring.

20/23 Scholar teams in the Spring.

383/1003 Scholar athletes in the year.

49/58 Scholar teams in the year.

84% of our teams received scholar team honors.

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

767 students participate in at least one sport, which is 57% of our student body.

208 students are two-sport athletes, 28 students are three-sport athletes.

1003 total student participants.

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.