

Acalanes High School

Athletic Department

2012-2013 Summary

Fall sports athletic update.

The Cross Country team had an outstanding season. The girls finished 2nd in league, and the boys finished 5th. The NCS Meet of Champions was a different story as the girls were division 3 champions led by section champion Annie Marggraff, Kelly Collins finishing 3rd, Caith Wright 7th, Amy Hollshwandner 12th, May Lewerenz 35th and Sammy Taketa 49th. The boys were the runner-up at the NCS Meet of Champions led by Scott Lindsay finishing 7th, Michael Wang in 12th place, Keenan Byrne 13th, Cameron Gaskell 22nd and Alec Weber 28th. At the CIF State Championships, the girls finished 8th in division III led by Annie Marggraff finishing 8th, Amy Hollshwandner 33rd, and Caith Wright 53rd. The boys team also qualified and were led by Keenan Byrne finishing 30th.

Annie Marggraff, senior, was named as a Bay Area News Group All East Bay first team selection for cross country.

All DFAL

First team

Keenan Byrne, senior
Kelly Collins, senior
Annie Marggraff, senior
Michael Wang, junior

Second Team

Cameron Gaskell, freshman
Amy Hollshwandner, senior
Scott Lindsay, senior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.35.
Varsity girl's team with an overall GPA of 3.46.
Junior varsity boy's team with an overall GPA of 3.10.
Junior varsity girl's team with an overall GPA of 3.52.
Frosh-soph boy's team with an overall GPA of 3.37.
Frosh-soph girl's team with an overall GPA of 3.51.

NCS Scholar Athletes

Varsity

Ali Bergmann
Keenan Byrne
Kelly Collins
Adler Faulkner
Raea Gragg
Amy Hollshwandner
Mary Lewerenz
Annie Marggraff
Sammy Taketa
Tristan Tarpey
Michael Wang
Caroline Wilcox

Junior varsity

Jack Connolly
Briana Grether
Elliott Grossman
Edward Huddart
Yoceline Martinez
Alyssa Milward
Michael Moorehead
Juan Pestana
Katelyn Rader
Daylon Srinivasan
Larry Wang
Nick Warren
Brad Wash

Frosh-Soph

Kate Anderson
Elise Berg
Angelo Calitis
Sage Catton
Jen Chan
Ryan Cheng
Andrew Chow
Kendall Comins
Megan Connor
Aleah Dajani
Sophie Dunne
Jared Ericksen
Joe Fonstein
Sophia Frument
Diane Halm
Aaron Harman
Grant Jackson
AnaLisse Johansson
Alexander Kelly
Mariam Khan
Janina Larsen
Julia Machol
Olivia Marrone
Sian Marshall
Nicholai Martinsen
Regan McQuain
Ryn McWhirter
Kristian Mills
Nikki Roos
Amy Strobelt
Genevieve Tambornino
Preston Tso
Guyar Vial
Patrick Walker
Rachel Wan
Zachary Wiesenthal
Samantha Woehrle
David Yegiazaryan

The Football team finished 7-4 overall, and 4th in the DFAL with 3-3 record. In the NCS playoffs, they were defeated by Bishop O'Dowd HS.

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

All DFAL

First team

Gabe Newman (DL), senior
Tyler Supple (DB), senior

Second team

DeShawn Johnson (RB), senior
Jon Lauth (DB), junior
Steve Main (WR), senior
Peter Mitchell (LB), junior
Buster Souza (DL), junior

Honorable mention

Aaron Edwards (LB), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.
Junior varsity team with an overall GPA of 3.14.
Freshman team with an overall GPA of 3.05.

NCS Scholar Athletes

Varsity

Andrew Bosshart
Tommy Kresnak
Brian Lilienstein
Brendan O'Donnell
Drew Rule
Casey Sclar
Buster Souza
Tyler Supple
Colin Watson

Junior varsity

Christo Collett
Michael Fink
Casey Harrington
Joey Hewitt
Jack Hood
Grant Pedder
Everett Roeth
Tom Yates

Freshman

Joey Christensen
Josh Douglas
Nathan Edwards
Zev Fellenbaum
Griffin Holt
Glenn Johnston
Ryan Leamy
TJ Low
Brian Maiken
Michael Ney
Matthew Self
Jack Stanton
Jack Thoren
Chris Vaisnor
Grant Young

The Girls Golf team finished with an overall and DFAL record of 9-3. The team finished in 3rd place at the DFAL Championships to qualify for the NCS Southern Qualifier, as Elizabeth Schultz shot the best round of 69. At the NCS Southern Qualifier, the team finished 8th to qualify for the NCS Championships, as Adrienne Lee shot a 78 to tie for 11th place, and Elizabeth Schultz shot an 81 and Lauren Kim an 88. At the NCS Championships, the team finished 11th and Elizabeth Schultz shot a 73 to finish 6th to qualify for the CIF NorCal Championships. Adrienne Lee shot an 80 to tie for 25th place. At the CIF NorCal Championships, Elizabeth Schultz shot a 75 to finish tied for 15th.

Elizabeth Schultz, junior, was named as a Bay Area News Group All East Bay first team selection for girls golf.

All DFAL

Elizabeth Schultz, junior, was named Most Valuable Player of the DFAL for the second consecutive year.

First team

Lauren Kim, sophomore

Second Team

Adrienne Lee, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.

NCS Scholar Athletes

Varsity

Megan Kaye

Lauren Kim

Adrienne Lee

Camila Mendez

Tess Olsson

Sarah Pardo

The Girl's Tennis team finished 4th in the DFAL with a record of 6-6. Isabella vonEbbe placed 2nd at the DFAL Championships and qualified for the NCS Championships. Tessa Karagocev placed 3rd at the DFAL Championships.

Tessa Karagocev (junior) and Isabella vonEbbe (sophomore) were All-DFAL first team singles selections.

Ida Barabi (senior) was an All-DFAL honorable mention singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.48.
 Junior varsity team with an overall GPA of 3.44.

NCS Scholar Athletes

Varsity

Alice Bishop
Kaitlyn Johnson
Shelley Kwok
Tessa Lo
Bridget Parry
Claire Pockell-Wilson
Melissa Van Pell
Isabella vonEbbe
Arielle Wenokur
Megan Yee
Julia Zucker

Junior varsity

Olivia Daniels
Maddie Grassini
Lan-Anh Ho
Julia Lauer
Juliana Matz

The Girls Volleyball team had an overall record of 12-11, and a DFAL record of 6-6 to finish 4th in the league. In the NCS playoffs they were defeated by Sir Francis Drake HS.

All DFAL

First Team

Brooke Aiello, senior
Amanda Jarquin, senior

Second Team

Lisa Carrington, senior
Rachel Cox, junior

Honorable Mention

Joanna Harnish, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.51.
Junior varsity team with an overall GPA of 3.42.
Freshman team with an overall GPA of 3.33.

NCS Scholar Athletes

Varsity

Brooke Aiello
Ainsley Blandford
Grace Bolen
Lisa Carrington
Molly Dalziel
Jen Lincoln
Emily Mesetz
Reilly Webster

Junior varsity

Claire Amaral
Holly Fleischmann
Melia Green
Dory Grobeck
Katie McCarty
Mimi White

Freshman

Asha Alagappan
Rachel Lom
Carly Porep
Hannah Roberts
Morgan Shepherd
Caroline Wash
Lia White

The Boys Water Polo team finished with an 14-13 overall record, and 3-2 in the DFAL to finish in 3rd place. In the NCS playoffs, they defeated California HS 18-6, and Campolindo HS 13-12 in the quarterfinals, before falling to Miramonte HS in the semifinals.

Connor Reid, senior, was named as a Bay Area News Group All East Bay first team selection for boys water polo.

All DFAL

First team

Tommy Bush, junior
Connor Reid, senior

Second team

Jacob Welcomer, senior

Honorable mention

Wyatt Goertler, senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Tommy Bush
Connor Reid
Adrian Shestakov
Brendan Supple

Junior Varsity

Nathan Brickman
Marc Davis
Daniel Erenstein
Tommy Fellner
Nico Hillman
Melvin Lai
Jack Winther
Nathaniel Whitmore

The Girls Water Polo team finished with a 17-10 overall record, and 4-1 DFAL record to finish 2nd in the league. They defeated Ukiah HS 17-3 in the quarterfinals, and Sir Francis Drake HS 8-4 in the semifinals before falling to Campolindo HS 8-7 in the NCS Championship game.

Katie Ramm, senior, was named as a Bay Area News Group All East Bay first team selection for girls water polo.

Megan Dietrich, senior, was named as a Bay Area News Group All East Bay second team selection for girls water polo.

Katie Ramm, senior, was named DFAL Outstanding Goalie for girls water polo.

All DFAL

First team

Megan Dietrich, senior
Ellyn Stewart, junior

Second team

Chase Lanier, junior
Nora Vance, senior

Honorable Mention

Maggie Chan, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.54.

Junior varsity team with an overall GPA of 3.36.

NCS Scholar Athletes

Varsity

Megan Dietrich
Reilly Fellner
Hannah Kresnak
Chase Lanier
Alyssa Mueller
Caroline Newman
Sasha Newton
Ellyn Stewart
Nora Vance

Junior Varsity

Brooke Alsterlind
Sabrina Elliott
Lucy Fellner
Paige Haywood
Nicole Jackson
Lydia Lapporte
Katie Nagle
Hannah Raslan
Marie Whitmore

Winter Sports Update

The Boys Basketball team was 6th in the DFAL with a record of 8-18 overall, and 3-9 in the league.

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 3.

All DFAL

First Team

Second Team

Honorable Mention

Buster Souza, junior

Matt Thomas, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.23.

Junior Varsity team with an overall GPA of 3.16.

Freshman team with an overall GPA of 3.43.

NCS Scholar Athletes

Varsity

Craig Anderson

Nick Inserra

Zack Kisner

Buster Souza

Ross Teichman

Junior Varsity

Ryan Cheng

Sam deRoque

Casey Harrington

Joey Hewitt

Calvin Saribay

Freshman

Jake Basilico

Nico Brightbill

Joey Christensen

Nathan Edwards

Alex Kinnear

Dylan Siv

The Girls Basketball team was 5th in the DFAL with a record of 12-14 overall, and 5-7 in the DFAL.

All DFAL

First Team

Second Team

Honorable Mention

Jamie Jacobs, senior
Marie Paladino, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.12.
Junior varsity team with an overall GPA of 3.55.
Freshman team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Taylor Jones
Julia Lyons

Junior varsity

Sierra Galanza
Morgan Groover
Alex Grant-Hudd
Alison Smith
Carrie Trent

Freshman

Katie Nagle
Sophie Ross
Kenny Souza
Kelly Yokoi

The Boys Soccer team finished with a 20-1-3 overall record and was the DFAL Champions with a 10-0-2 record. They defeated Piedmont HS 5-1 in the first round of the NCS playoffs before being defeated by St. Mary's HS 1-0 in the quarterfinals.

All Bay Area Newsgroup

Graham Lindgren, senior, was named as a first team selection as a defender.
Dan Glascock, senior, was named as a second team selection as a midfielder.
Eric Rogstad, senior, was named as a third team selection as a goalkeeper.

All DFAL

Dan Glascock, senior, was named Most Valuable Player of the DFAL.
Eric Rogstad, senior, was named Defensive Most Valuable Player of the DFAL.

First team

Ben Croze, senior
Graham Lindgren, senior
Max Mirner, junior

Second team

Mark Helfrich, junior
Luc VanOss, senior
Nick Warren, senior

Honorable mention

Lenny Adkerson, senior
Malaak Hamzeh, senior
Nick Lee, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.24.
Junior Varsity team with an overall GPA of 3.37.
Frosh-soph team with an overall GPA of 3.23.

NCS Scholar Athletes

Varsity

Ben Croze
Malaak Hamzeh
Mark Helfrich
Zach Kramer
Graham Lindgren
Eric Sirott
Tristan Tarpey
Luc VanOss
Nick Warren

Junior varsity

Kian Bagheri
Henry Baglietto
Jared Gragg
Adrian Jeffries
Aidan Langtry
Christian Linfoot
Conor McGlynn
Juan Pestana
Sid Vitale

Frosh-Soph

Charlie Bush
Zev Fellenbaum
Adrian Guzman
Colin Halverson
Nicolai Martinsen
Joe Moran
Max Motley
Nic VanOss
Nic Warren

The Girls Soccer team had an overall record of 9-9-4 and a DFAL record of 1-8-3. They defeated Ygnacio Valley HS 2-1 in the first round of the NCS playoffs before being defeated by Campolindo HS in the quarterfinals.

All DFAL

First team

Kaitlin McGee, senior

Second team

Erin Bishop, senior
Becca Bostwick, senior

Honorable mention

Lexi Silva, freshman
Katharine Torchio, sophomore
Maddie Wheeler, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.
Junior varsity team with an overall GPA of 3.30.
Frosh-soph team with an overall GPA of 3.28.

NCS Scholar Athletes

Varsity

Blake Balfrey
Brooke Balfrey
Hannah Barnes
Becca Bostwick
Carrie Goodman
Sabrina Kenney
Kaitlyn McGee
Bailey McQuain
Regan McQuain
Gabby Paolini
Katelyn Rader
Katherine Tottle
Maddie Wheeler

Junior varsity

Kate Anderson
Isabella Baglietto
Sophie Bishopp
Mariam Faiq
Kate Hansen
Anna Jernigan
Kyle McQuain
Camila Mendez
Emma Welsh
Marie Whitmore

Frosh-soph

Emma Champion
Jessica Evaristo
Julia Goddard
Hope Noonan-Stoner
Tess Olsson
Melanie Toth
Katie Welch

The Wrestling team had a DFAL record of 0-6. Andrew Nakahara was a DFAL Champion and Brian Lilienstein placed 2nd in the DFAL Championships to qualify for the NCS Championships.

All DFAL

First team

Andrew Nakahara(138), junior

Second team

Brian Lilienstein (132), junior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.

Junior varsity team with an overall GPA of 3.18.

NCS Scholar Athletes

Varsity

Jack Connolly

Brian Lilienstein

Andrew Nakahara

Sam Ridge

Vincente Rodriguez

Junior Varsity

Jack Hood

Peyton Li

Kevin Mone

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.29.

NCS Scholar Athletes

Varsity

Olivia Blodgett

Allison Candell

Natalie Clendening

Rachel Kastigar

Mila Rotershteyn

India Williams

Emma Whitmore

Junior Varsity

Dominique Gillis

Freshman

Spring Sports Update

The Baseball team was 2nd in the DFAL with a record of 7-5, and overall record of 20-7. In the NCS playoffs, they defeated San Marin HS in the quarterfinals, and Sonoma Valley HS in the semifinals, and finished the season defeating Analy HS 4-3 to be NCS Champions.

Jack Veasey, senior catcher, and John York, senior pitcher, were named as a Bay Area News Group All East Bay third team selections for baseball.

John York, senior, was named Most Valuable Pitcher of the DFAL.

All DFAL

First team

Andrew Merken (pitcher), senior
Jack Veasey (catcher), senior

Second team

Jake Berry (infield), freshman
Grant Henderson (utility), junior
Tyler Supple (outfield), senior
AJ Welsh (infield), senior

Honorable mention

Neil Lang (pitcher), senior

Gold glove

Austin Fisher, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.00.
Junior varsity team with an overall GPA of 3.44.
Freshman team with an overall GPA of 3.31.

NCS Scholar Athletes

Varsity

Austin Fisher
AJ Franklin
Casey Harrington
Drew Rule
Zach Stromberg
Tyler Supple
Jack Veasey

Junior Varsity

Will Fallat
Michael Fink
Zach Kramer
Chris Mickas

Freshman

Brian Dyer
Michael Ney
Matt Self

The Boys Golf team finished 4th in the DFAL with a record of 6-6, and finished in 3rd place at the DFAL Championships. They had an overall record of 12-6. They placed 4th at the NCS Southern Qualifier as Will Brueckner was tied for lowest score, Ryan West and Kennedy Kim tied for 19th, Spencer Morgan tied for 31st and Peter Tripp tied for 47th. The team qualified for the NCS Championships.

All-DFAL

First Team

Will Brueckner, junior
Ryan West, senior

Second Team

Peter Tripp, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.36.
Junior Varsity team with an overall GPA of 3.21.

NCS Scholar Athletes

Varsity

Jake Basilico
Will Brueckner
Grant Gerber
Kennedy Kim
Peter Tripp

Junior Varsity

Will Audley
Adam Blake
Joey Christensen
Alex Lee
Matt Lee
Andrew McKendall
Sam Rodriguez
Ben Stanford
Ross Teichman
Connor Virostek

The Boys Lacrosse was the DFAL Champion, with a 12-0 record, and finished with a 19-4 overall record. They were also the NCS Champions defeating Cardinal Newman HS 18-7 in the NCS quarterfinals, Piedmont HS 12-9 in the semifinals and Marin Catholic HS 9-8 in the championship game.

Brent Ringwood was named as a Bay Area News Group East Bay Coach of the year for boys lacrosse.

Wes Greason, senior, and Jack Mariani, junior, were named as a Bay Area News Group All East Bay first team selection for boys lacrosse.

Vinny Gladden, sophomore, was named as a Bay Area News Group All East Bay second team selection for boys lacrosse.

All-DFAL

Wes Greason, senior attack, was named Most Valuable Player of the DFAL.

First Team

Vinny Gladden (lsm), sophomore
Nick Mani (defense), sophomore
Jack Mariani (midfield), junior
Robbie Stern (attack), junior

Second Team

Cameron Bosshart (goalie), junior
Scott Lindsay (fogo), senior
Marshall Morse (defense), junior

Honorable Mention

Sam deRoque (midfield), soph.
Peter Mitchell (midfield), junior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.03.
Frosh-Soph team with an overall GPA of 3.03.

NCS Scholar Athletes

Varsity

Nathan Brickman
Sam deRoque
John Fraser
Jake Hirsch

Junior varsity

Glen Johnston
Brian Maiken
Everett Roeth
Austin Scipi
Jack Thoren
Ryan Turano

Frosh-soph

Nathan Lee
Kristian Mills

The Girls Lacrosse team was the DFAL Champion with a 12-0 record, and 17-5 overall record. They were also the NCS Champions defeating Miramonte HS 19-10 in the semifinals and University HS of San Francisco 18-9 in the championship game.

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

Kate Fellner, junior, was named as a Bay Area News Group All East Bay second team selection for girls lacrosse.

All-DFAL

Chloe Landry, junior midfield, was named Most Valuable Player of the DFAL.

First Team

Kate Fellner (midfield), junior
Katie O'Keefe (attack), senior
Gabby Palffy (defense), senior
Niki Quinn (midfield), senior

Second Team

Sabba Jweinat (goalie), freshman
Caroline Newman (attack), soph.

Honorable Mention

Caith Wright (defense), soph.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.
Junior varsity team with an overall GPA of 3.42.

NCS Scholar Athletes

Varsity

Maddy Cooper
Bella Gotts
Ellie Higgins
Chloe Landry
Alyssa Mueller
Caroline Newman
Gabi Palffy
Niki Quinn
Ruth Shaffer

Junior varsity

Brooke Alsterlind
Kate Anderson
Jenn Chan
Lauren Chase
Jacque Diede
Sabrina Elliott
Jessica Evaristo
Jess Hennies
Eden Justi
Lauren Kim
Mckenna Koepke
Camila Mendez
Cameron Morton
Mackenna Mullins
Sophie Ross
Melanie Toth
Katie Welch

The Varsity Softball team finished tied for 2nd in the DFAL with a record of 9-3, and an overall record of 18-6. They defeated by Sonoma Valley HS in the NCS quarterfinals and was defeated by Terra Linda HS in the semifinals.

Mia Monopoli, senior, was named as a Bay Area News Group All East Bay third team selection as a catcher for softball.

All DFAL

First team

Natalie Goepel (pitcher), senior
Mia Monopoli (catcher), senior

Second team

Jamie Jacobs (outfield), senior
Kaitlyn Johnson(1st base),freshman

Honorable Mention

Maddy Maderious(infield),junior
Katie Palma (infield), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.45.
Junior varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Bella Baglietto
Alex Grant-Hudd
Kaitlyn Johnson
Maddy Maderious
Terri Taylor

Junior varsity

Kendall Comins
Sophie McGlothlen
Katrine Padilla
Alyssa Wixsom
Bailey Ziegmann

The Boys and Girls Swim teams placed 3rd in the DFAL.

The Girls Swim team placed 8th in the NCS Championships, and the boys placed 11th.

Brett Usinger placed 3rd in the 200 individual medley and 4th in the 100 breaststroke.

Brittany Usinger placed 6th in the 200 individual medley.

Miranda Gold placed 7th in diving.

Reilly Fellner, Emily Giambastini, Meghan Hill, Brittany Usinger placed 3rd in the 200 freestyle relay.

Henry Baer, Nick Inserra, Zech Newman and Brett Usinger placed 4th in the 200 medley relay.

All DFAL

First team

Reilly Fellner, junior

Emily Giambastini, senior

Meghan Hill, senior

Brittany Usinger, sophomore

Second team

Brett Usinger, senior

Austin Wentzel, junior

Honorable mention

Henry Baer, junior

Miranda Gold (dive), sophomore

Nick Inserra, junior

Anthony Woodard, senior

Zech Newman, junior

Weston Carpenter, sophomore

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.19.

Varsity girls team with an overall GPA of 3.56.

Junior Varsity boys team with an overall GPA of 3.06.

Junior Varsity girls team with an overall GPA of 3.43.

NCS Scholar Athletes

Boys Swimming

Varsity

Henry Baer

Truman Ching

Tommy Fellner

Melvin Lai

Jack Peterson

Sam Ridge

Brendan Supple

Brett Usinger

Junior Varsity

Owen Chan

Ryan Hennessy

Jordan Hodder

Corey Plotkin

Evan Wentzel

Jack Wertanen

Jack Winther

Girls Swimming

Varsity

Juliana Biro

Sophie Catalanello

Megan Dietrich

Lucy Fellner

Reilly Fellner

Emily Giambastini

Megan Giambastini

Maggie Graves

Kathryn Hill

Meghan Hill

Hannah Kresnak

Chase Lanier

Julia Mes

Natalie Morlock

Alyssa Mueller

Maddie Myall

Sasha Newton

Dana Piercy

Simone Raeth

Ellyn Stewart

Marisa Takashima

Brittany Usinger

Kylie VanDeWyngaerde

Nora Vance

Clare Varellas

Allyson Villanueva

Junior Varsity

Grace Francis

Julia Goddard

Nicole Jackson

Cassidy Limtiaco

Emma Maiden

Olivia Marrone

Juliana Matz

Aislinn McNiece

Kamila Sarsam

Madison Sereno

Hope Noonan-Stoner

Kenny Souza

Iris Wang

Caroline Wash

Katrina Woodard

The Boys Tennis team finished 3rd in the DFAL with a 8-4 record and an overall record of 9-4.

Dan Cardiff, junior, was first team All-DFAL singles selection.

Ryan Cardiff and Kyle Everly, freshmen, were second team All-DFAL singles selection.

Rick Brundage, senior, was an honorable mention All-DFAL singles selection.

Nico Brightbill and Conor McGlynn, freshmen, were second team All-DFAL doubles selections.

The Varsity team was an NCS Scholastic Championship team with the third highest overall GPA in division 1.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.60.

Junior Varsity team with an overall GPA of 3.41.

NCS Scholar Athletes

Varsity

Isaiah Bird

Nico Brightbill

Dan Cardiff

Kyle Everly

Elliot Grossman

Conor McGlynn

Talal Nabulsi

Zaid Nabulsi

Ryan Pegels

Ian Richard

Preston Tso

Junior Varsity

Rishabh Bhatnagar

Andrew Chow

Daniel Erenstein

Cole Fang-Horvath

Ethan Green

Amir Homayounfar

Nico Martinsen

Chris Nelson

Charlie Westphal

The Boys & Girls Track & Field teams were co-champions of the DFAL with a 5-1 records. The Boys Track & Field team finished 6th at the NCS Tri-Valley Championships and the following won or placed in the meet.

Adler Faulkner placed 1st in the 800.

Matt Thomas placed 2nd in the discus and 3rd in the shotput.

Michael Wang placed 3rd in the 1600.

Stephen Main placed 4th in the triple jump.

Kelly Collins placed 5th in the 3200.

Jordan Hinds placed 6th in the 100.

Alex Hennies placed 7th in the 400.

Lisa Carrington, Jordan and Julian Hinds and Casey Lee placed 7th in the 4x100.

The following won or placed at the NCS Meet of Champions.

Adler Faulkner won the 800 to advance to the CIF State Championships.

Matt Thomas placed 4th in the discus and 5th in the shotput.

Kelly Collins placed 5th in the 3200.

Michael Wang placed 6th in the 1600.

Lisa Carrington, Jordan and Julian Hinds, and Casey Lee placed 7th in the 4x100.

Adler Faulkner, senior, was named as a Bay Area News Group All East Bay first team selection for track & field.

All DFAL

First team

Lisa Carrington (4x100), senior

Lisa Carrington (long jump), senior

Adler Faulkner (800), senior

Jordan Hinds (4x100), junior

Julian Hinds (4x100), freshman

Casey Lee (4x100), junior

Steve Main (long jump), senior

Matt Thomas (discus, shot), junior

Brianna Wilkinson (discus, shot), sr.

Second team

Sage Catton (4x400), sophomore

Kelly Collins (3200), senior

Cameron Gaskell (3200), freshman

Jordan Hinds (100), junior

Amy Hollshwandner (4x400), senior

Calvin Saribay (long jump), soph.

Julie Vaccaro (4x400), senior

Caroline Wilcox (4x400), senior

Honorable mention

Andrew Bertics (pole vault), jr.

Lisa Carrington (200), senior

Taiki Chiba (4x400), junior

Nick Comly (4x400), sophomore

Adler Faulkner (4x400), senior

Alex Hennies (4x400), junior

Amy Hollshwandner (300 hurd), sr

Eric Thomas (shotput), senior

Caroline Wilcox (100 hurdles), sr

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.10.

Girls varsity team with an overall GPA of 3.44.

Boys junior varsity team with an overall GPA of 3.16.

Girls junior varsity team with an overall GPA of 3.28.

NCS Scholar Athletes

Boys Varsity Track & Field

Andrew Bertics
Matt Chung
Erich Ellsworth
Adler Faulkner
Tristan Tarpey
Josh Vanskike
Michael Wang
Brad Wash

Boys Frosh-Soph Track&Field

Christian Burns
Ryan Cheng
Nick Comly
Jared Ericksen
Greg Fellows
Aaron Harman
Alex Kelly
Peyton Li
Calvin Saribay
Alex Shimotake

Girls Varsity Track & Field

Stephanie Brannon
Lisa Carrington
Kelly Collins
Monica Dwight
Florence Ericson
Amy Hollshwandner
Shelby Johnston
Casey Lee
Annie Marggraff
Sam Martin
Yosi Martinez
Brenda Mittelbuscher
Elise Peterson-Trujillo
Nicole Shimotake
Julie Vaccaro
Caroline Wilcox
Brianna Wilkinson

Girls Frosh-Soph Track&Field

Elise Berg
Megan Connor
Anna Davis
Maddie Grassini
Dory Grobeck
Mariam Khan
Siena Kuan
Janina Larsen
Julia Machol
Maya Michon
Mary Nelson
Kamila Sarsam
Yasmin Sarsam
Rachel Wan

The Boys Volleyball team finished and finished 3rd in the DFAL with a 5-5 record and 11-14 overall record.

All DFAL

First team

Daniel Inouye, senior
Ben Savage, senior

Second team

Honorable mention

Craig Anderson, senior

The Varsity team was an NCS Scholastic Championship team with the third highest overall GPA in division 2.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Craig Anderson
Tommy Graham
Daniel Inouye
Joey Moran
Brendan O'Donnell
Ben Savage
Seth Strumwasser

Senior Awards

Frank Tinley won the Harry Radcliffe Award for the unsung hero of the athletic department.

Dan Glascock, and Megan Dietrich won the Most Outstanding Athlete Award for excellence in a single sport.

Adler Faulkner and Annie Marggraff won the Most Valuable Athlete Award for excellence in several sports.

Adler Faulkner, Annie Marggraff and Caroline Wilcox won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

170/376 Scholar athletes in the Fall.

17/18 Scholar teams in the Fall.

102/231 Scholar athletes in the Winter.

15/16 Scholar teams in the Winter.

210/506 Scholar athletes in the Spring.

22/23 Scholar teams in the Spring.

482/1113 Scholar athletes in the year.

54/57 Scholar teams in the year.

95% of our teams received scholar team honors.

43% of our student-athletes received scholar-athlete honors.

846 students participate in at least one sport, which is 62% of our student body.

219 students are two-sport athletes, 26 students are three-sport athletes.

1117 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.