

# *Acalanes High School*

*Athletic Department*

*2013-2014 Summary*

Fall sports athletic update.

The Cross Country team had an outstanding season. The boys finished 4<sup>th</sup> in the DFAL. At the NCS Meet of Champions, the boys finished 6<sup>th</sup> in division III led by Cameron Gaskell finishing 3<sup>rd</sup>, Alec Weber 33<sup>rd</sup>, Aaron Harman 35<sup>th</sup>, Michael Wang 37<sup>th</sup> and Nima LeClerc 40<sup>th</sup>. For the girls Sammy Taketa finished 8<sup>th</sup>. At the CIF State Championships, Cameron Gaskell finished 25<sup>th</sup> in division III boys and Sammy Taketa finishing 28<sup>th</sup> for the girls.

#### All DFAL

##### First team

Cameron Gaskell, sophomore  
Michael Wang, senior

##### Second Team

Sammy Taketa, sophomore

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.61.  
Varsity girl's team with an overall GPA of 3.33.  
Junior varsity boy's team with an overall GPA of 3.12.  
Junior varsity girl's team with an overall GPA of 3.25.  
Frosh-soph boy's team with an overall GPA of 3.50.  
Frosh-soph girl's team with an overall GPA of 3.50.

#### NCS Scholar Athletes

##### Varsity

Will Audley  
Sammy Browne  
Jared Ericksen  
Briana Grether  
Alex Kelly  
Brooke Lennox  
Nicholai Martinsen  
Seth McWhirter  
Katie Park  
Sammy Taketa  
Michael Wang  
Alec Weber

##### Junior varsity

Ali Bergmann  
Jonah Bodden  
Sage Catton  
Megan Conner  
Jared Gragg  
Griffin Haz  
Alex Hennies  
Aidan Langtry  
Ryn McWhirter  
Jesse Mould  
Ruth Shaffer  
Preston Tso  
Charlie Westphal  
Katie Wikler

##### Frosh-Soph

Aidan Adly  
Kyle Ashburn  
Elise Berg  
Joshua Candau  
Owen Chan  
Andrew Chow  
Joe Fonstein  
Clark Fromer  
Lydia Hancock  
Andy Hyatt  
Janina Larsen  
Peyton Li  
Sam Machol  
Mitchell McTigue  
Rain Mize  
Kevin Mone  
Payson Newman  
Stefan Ramsey  
Zach Tom  
Rachel Wan  
Zachary Wiesenthal

The Football team finished 7-5 overall, and 4<sup>th</sup> in the DFAL with 3-3 record. In the NCS playoffs, they defeated Sonoma Valley HS in the first round before being defeated by Campolindo HS in the quarterfinals.

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

#### All DFAL

##### First team

Tom Hofmeister (DL), junior  
Jon Lauth (LB), senior  
Brett Merrill (DB), senior  
Peter Mitchell (RB), senior  
Robbie Stern (WR), senior

##### Second team

Brady Aiello (OT), junior  
Andrew Bosshart (WR), senior  
Tommy Kresnak (LB), senior  
Drew Rule (C), senior

##### Honorable mention

Andrew Bosshart (DB), senior  
Jared Finney (LB), junior  
Casey Harrington (QB), junior  
Chad Johnson (K), junior  
Kyle Kinnear (DL), senior  
John Lauth (Util), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.01.

Junior varsity team with an overall GPA of 3.16.

Freshman team with an overall GPA of 3.16.

#### NCS Scholar Athletes

##### Varsity

Andrew Bosshart  
Christo Collett  
Sam deRoque  
Michael Fink  
Oleg Helms  
Grant Henderson  
Tommy Kresnak  
John Lauth  
Brian Lilienstein  
Drew Rule

##### Junior varsity

Josh Douglas  
Griffin Holt  
Glenn Johnston  
Devin MacIntyre  
Matthew Self

##### Freshman

Joe Baginski  
Cole Gallagher  
Paul Griessel  
Jack Lewerenz  
Jared Min  
Matthew Mlynek  
Julian O'Donnell  
Noah Prozan  
David Severet

The Girls Golf team finished with an overall and DFAL record of 8-4. The team finished in 3<sup>rd</sup> place at the DFAL Championships to qualify for the NCS Southern Qualifier, as Elizabeth Schultz finished 3<sup>rd</sup>, Emily Attiyeh 10<sup>th</sup> and Adrienne Lee 12<sup>th</sup>. At the NCS Southern Qualifier, the team finished 6<sup>th</sup> to qualify for the NCS Championships, as Elizabeth Schultz shot a 74 finishing in 4<sup>th</sup> place, Emily Attiyeh 80 to finish 7<sup>th</sup> and Adrienne Lee 82 to finish in 11<sup>th</sup> place. At the NCS Championships, the team finished 10<sup>th</sup> and Elizabeth Schultz shot a 70 to finish 3<sup>rd</sup> and qualify for the CIF NorCal Championships. Adrienne Lee shot an 87 to finish in a tie for 35<sup>th</sup>. At the CIF NorCal Championships, Elizabeth Schultz shot a one-over par 74 to finish 2<sup>nd</sup> to qualify for the CIF State Championships where she shot a one-under par 71 to finish tied for 2<sup>nd</sup>.

Elizabeth Schultz, senior, was named as a Bay Area News Group East Bay Girls Golfer of the Year.

#### All DFAL

Elizabeth Schultz, senior, was named Most Valuable Player of the DFAL for the third consecutive year.

#### First team

Adrienne Lee, senior

#### Second Team

Emily Attiyeh, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.62.

#### NCS Scholar Athletes

#### Varsity

Emily Attiyeh

Lauren Kim

Adrienne Lee

Camila Mendez

Allison Merrill

Kween Ojeda

Tess Olsson

Elizabeth Schultz

Melissa VanPell

Alyssa Wixsom

The Girl's Tennis team finished 3<sup>rd</sup> in the DFAL with a record of 8-4 and an overall record of 10-8. In the NCS Team Playoffs, they were defeated by James Logan HS. Isabella vonEbbe placed 2<sup>nd</sup> in singles at the DFAL Championships and qualified for the NCS Championships. Tessa Karagocev and Melissa VanPell placed 3<sup>rd</sup> in doubles at the DFAL Championships. At the NCS Singles Championships, Isabella vonEbbe finished in 4<sup>th</sup> place.

Isabella vonEbbe, junior, was named as a Bay Area News Group All East Bay first team selection for girls tennis.

First team

Isabella vonEbbe, junior

Second team

Tessa Karagocev, senior

Honorable mention

Melissa VanPell, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

Junior varsity team with an overall GPA of 3.67.

NCS Scholar Athletes

Varsity

Madeline Bakar  
Tara Barabi  
Lan-Anh Ho  
Skylar Jeveli  
Shelley Kwok  
Teresa Lo  
Aleksandra Singer  
Erin Siu  
Melissa Van Pell  
Isabella vonEbbe  
Arielle Wenokur  
Megan Yee  
Julia Zucker

Junior varsity

Alex Awwad  
Sam Bell  
Olivia Daniels  
Allie Figueredo  
Maddie Guzaitis  
Shanel Kashef  
Julia Lauer  
Lucy Nguyen  
Bridget Parry  
Eva Poulsen  
Doe Steinbrecher  
Melanie Tymn  
Katie Walner  
Riley Winkvist  
Kelianne Witt  
Megan Yee  
Callie Zucker

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

All DFAL

First Team

Molly Dalziel, junior

Second Team

Rachel Cox, senior

Honorable Mention

Katie Nall, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.

Junior varsity team with an overall GPA of 3.49.

Freshman team with an overall GPA of 3.47.

NCS Scholar Athletes

Varsity

Molly Dalziel  
Maddie Graham  
Dory Grobeck  
Parker Jones  
Maddy Sauer  
Caroline Wash

Junior varsity

Asha Alagappan  
Devin Grobeck  
Rachel Lom  
Liza Pressman  
Morgan Shepherd  
Lia White

Freshman

Kaitlin Clever  
Hayley Gotelli  
Lan Chi Ho  
Emilie Malinovsky  
Caroline Passalacqua  
Kira Robertson  
Claire Terentieff

The Boys Water Polo team finished with an 11-13 overall record, and 2-3 in the DFAL to finish in 4<sup>th</sup> place.

Tommy Bush, 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, senior

Second team

Ryan McCracken, senior  
Tucker Stone, senior

Honorable mention

Brendan Supple, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.28.  
Junior varsity team with an overall GPA of 3.34.

NCS Scholar Athletes

Varsity

Casey Conrad  
Tommy Fellner  
Jack Hillman  
Brad Robison  
Charlie Rogers

Junior Varsity

Daniel Erenstein  
Michael Green  
Nico Hillman  
Kai Mills  
Diego Mountin  
Jack Stryker  
Nate Welcomer

The Girls Water Polo team finished with a 15-12 overall record, and 2-3 DFAL record to finish 4<sup>th</sup> in the league. They defeated Encinal HS in the first round and Marin Catholic HS in the quarterfinals before falling to Campolindo HS in the semifinals.

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

#### All DFAL

##### First team

Hannah Kresnak, sophomore  
Chase Lanier, senior

##### Second team

Reilly Fellner, senior  
Ellyn Stewart, senior

##### Honorable Mention

Emma Myall, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.  
Junior varsity team with an overall GPA of 3.47.

#### NCS Scholar Athletes

##### Varsity

Brooke Alsterlind  
Hannah Kresnak  
Chase Lanier  
Ellyn Stewart

##### Junior Varsity

Grace Baer  
Mia Carvotta  
Sabrina Elliott  
Nicole Jackson  
Izzy Kirke  
Maddy Stewart  
Mia Stripling  
Annika Walker  
Lexi Williams

## Winter Sports Update

The Boys Basketball team was 5th in the DFAL with a record of 17-13 overall, and 5-7 in the league. In the NCS playoffs, they defeated San Marin HS in the first round and Sir Francis Drake HS in overtime in the quarterfinals before being defeated by Bishop O'Dowd HS in the semifinals. In the CIF NorCal playoffs, they were defeated by Christian Brothers HS in the first round.

### All DFAL

#### First Team

Buster Souza, senior

#### Second Team

Matt Thomas, senior

#### Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.

Junior Varsity team with an overall GPA of 3.13.

Freshman team with an overall GPA of 3.08.

### NCS Scholar Athletes

#### Varsity

Ryan Cheng

Buster Souza

Ross Teichman

#### Junior Varsity

Nathan Edwards

Paul Griessel

Ryan Summerlin

#### Freshman

Alex Hashim

Ryan Levy

Connor McCarthy

Ki Mills

The Girls Basketball team was 4<sup>th</sup> in the DFAL with a record of 11-15 overall, and 4-8 in the DFAL.

### All DFAL

#### First Team

#### Second Team

#### Honorable Mention

Julia Lyons, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.

Junior varsity team with an overall GPA of 3.36.

### NCS Scholar Athletes

#### Varsity

Emma Godfrey

Alex Grant-Hudd

Julia Lyons

Roni Marrone

Olivia Sabbadini

#### Junior varsity

Emily Attiyeh

Maya Canonizado

Bella Denny

Emilie Malinovsky

Allison Merrill

Sabina Patel

Sophie Ross

Cara Wolfe

The Boys Soccer team was 3<sup>rd</sup> in the DFAL with a record of 8-11-4 record and 5-5-2 in the DFAL. In the NCS playoffs, they were defeated by Hercules HS 3-2 in the first round.

#### All DFAL

Kaj Simonsen, senior, was named Offensive Most Valuable Player of the DFAL.

#### First team

Patrick Ramm, junior  
Eric Sirott, junior

#### Second team

Lucien Chan, junior  
Zach Kramer, junior

#### Honorable mention

Nathan Ferreira, junior  
Ben Lenz, junior  
Thomas Pathoumthong, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.35.  
Junior Varsity team with an overall GPA of 3.26.  
Frosh-soph team with an overall GPA of 3.27.

#### NCS Scholar Athletes

#### Varsity

Henry Baglietto  
Jared Gragg  
Zach Kramer  
Aidan Langtry  
Christian Linfoot  
Alex Longerbeam  
Mason McKay  
Joe Moran  
Kaj Simonsen  
Eric Sirott

#### Junior varsity

Kian Bagheri  
Colin Halverson  
Max Motley  
Zaid Nabulsi  
Nick VanOss

#### Frosh-Soph

Aidan Beard  
Peter Candell  
Andrew Hyatt  
Nixson Murgia  
Ben Nash  
Payson Newman  
Stefan Ramsey  
Gabe Singer  
Mark VonHacht

The Girls Soccer team had an overall record of 4-9-4 and a DFAL record of 0-8-4.

All DFAL

First team

Phoebe Wixsom, senior

Second team

Gabby Paolini, senior

Honorable mention

Blake Balfrey, junior  
Caroline Clark, freshman  
Bella Gotts, 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 3.57.

Junior varsity team with an overall GPA of 3.57.

Frosh-soph team with an overall GPA of 3.42.

NCS Scholar Athletes

Varsity

Blake Balfrey  
Hannah Barnes  
Jessica Carlin  
Callie Ericksen  
Sabrina Kenney  
Katherine Larson  
Jackie Nichols  
Gabby Paolini  
Morgan Rogers  
Jade Sadoff  
Emma Starr  
Maddie Wheeler  
Phoebe Wixsom

Junior varsity

Savannah Autran  
Bella Baglietto  
Sophia Basaldua  
Sam Bell  
Sophie Bishopp  
Mia Carvotta  
Audrey Carvotta  
Anna deRoque  
Allie Figueredo  
Greta Kohls  
Erin Nolan  
Katie Welch  
Emma Welsh

Frosh-soph

Hannah Kramer  
Emilie Malinovsky  
Allison Merrill  
Maya Michon  
Dierdre Nelis  
Tess Olsson  
Aleksandra Singer  
Madison Toma  
Kate Walner

The Wrestling team had a DFAL record of 0-6. Andrew Nakahara and Brian Lilienstein placed 2<sup>nd</sup> and Sam Ridge and Tai White 3<sup>rd</sup> at the DFAL Championships to qualify for the NCS Championships. Andrew Nakahara placed 8<sup>th</sup> at the NCS Championships.

#### All DFAL

##### First team

##### Second team

##### Honorable mention

Brian Lilienstein (132), senior  
Andrew Nakahara(138), senior

Sam Ridge (145), junior  
Tai White (106), freshman

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.21.  
Junior varsity team with an overall GPA of 3.25.

#### NCS Scholar Athletes

##### Varsity

Oleg Helms  
Miles Hooser  
Brian Lilienstein  
Rain Mize  
Andrew Nakahara  
Sam Ridge  
Will Timken  
Tai White

##### Junior Varsity

Peyton Li  
Sean Mize  
Ryan Ramsay  
Riley Smith

The Cheerleading squad placed 3<sup>rd</sup> in the Regional Championships to qualify for the State Championship competition.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.  
Junior varsity team with an overall GPA of 3.16.

#### NCS Scholar Athletes

##### Varsity

Allison Candell  
Natalie Clendening  
Rachel Kastigar  
Emma Whitmore

##### Junior Varsity

Dominique Gillis  
Sarah Manning

## Spring Sports Update

The Baseball team was 4<sup>th</sup> in the DFAL with a record of 6-6, and overall record of 16-11. In the NCS playoffs, they defeated Del Norte HS 6-1 in the first round and Sir Francis Drake HS 5-2 in the quarterfinals, before falling to Tamalpais HS 2-0 in the semifinals.

### All DFAL

#### First team

Austin Fisher (shortstop), senior

#### Second team

Max Diaz (outfield), senior  
Grant Henderson (DH), senior  
Daniel Kim (utility), freshman  
Doug Nimura (pitcher), senior  
Zach Stromberg (pitcher), junior

#### Honorable mention

Matt Jorgensen (utility), senior

#### Gold glove

Austin Fisher, (shortstop), senior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.

Junior varsity team with an overall GPA of 3.29.

### NCS Scholar Athletes

#### Varsity

Henry Baglietto  
Grant Henderson  
Matt Jorgensen  
Daniel Kim  
Chris Mickas  
Michael Ney  
Alec Weber

#### Junior Varsity

Josh Candau  
Brian Dyer  
Cole Gallagher  
Paul Griessel  
Yoshi Koyake  
Ryan Levy  
Joey Miller  
Matthew Moorehead  
Matt Self  
Jack Stryker

The Boys Golf team finished 4<sup>th</sup> in the DFAL with a record of 5-7, and finished in 3<sup>rd</sup> place at the DFAL Championships. They had an overall record of 8-8. They placed 7<sup>th</sup> at the NCS Southern Qualifier as Will Brueckner shot the low score of 67, 4 shots ahead of the next golfer. Peter Tripp tied for 28<sup>th</sup> and Justin Reilly tied for 42<sup>nd</sup>. The team placed 8<sup>th</sup> at the NCS Championships as Will Brueckner shot a 67 to finish second. At the CIF NorCal Championships, Will Brueckner shot a 66 to record the lowest score. At the CIF State Championships, Will Brueckner shot a 69 finishing in 4<sup>th</sup> place.

Will Brueckner, senior, was named as a Bay Area News Group All East Bay boys golfer of the year.

#### All-DFAL

Will Brueckner, senior, was named Most Valuable Player of the DFAL.

#### First Team

#### Second Team

Kennedy Kim, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.

Junior Varsity team with an overall GPA of 3.03.

#### NCS Scholar Athletes

#### Varsity

Jake Basilico

Arden Childers

Kennedy Kim

Julian O'Donnell

#### Junior Varsity

Brice Bixler

Adam Blake

Luke Denny

Grant Gerber

Zach Tom

Connor Virostek

The Boys Lacrosse team was the DFAL Champion, with a 11-1 record, and finished with a 20-4 overall record. They were the NCS runner-ups defeating Bay School HS 18-1 in the first round of the NCS playoffs, St. Mary's HS of Stockton 16-4 in the quarterfinals and Piedmont HS 17-6 in the semifinals before falling to Marin Catholic HS 7-6 in overtime in the championship game.

Brent Ringwood was named California Coaching Association Northern State Coach of the year for boys lacrosse.

Robbie Stern was named as an All-American for boys lacrosse.

Robbie Stern, senior, was named as a Bay Area News Group All East Bay boys lacrosse player of the year.

Peter Mitchell, senior, was named as a Bay Area News Group All East Bay first team selection for boys lacrosse.

Jack DeVeny, senior, Vinny Gladden, junior, Adrian Jeffries, junior and Jack Mariani, senior were named as a Bay Area News Group All East Bay second team selections for boys lacrosse.

#### All-DFAL

##### First Team

Cameron Bosshart (goalie), senior  
Jack DeVeny (defense), senior  
Vinny Gladden (1sm), junior  
Adrian Jeffries (attack), junior  
Brian Maiken (defense),sophomore  
Jack Mariani (midfield), senior  
Peter Mitchell (midfield), senior  
Marshall Morse (defense), senior  
Robbie Stern (attack), senior

##### Second Team

Nathan Brickman (attack), soph.  
Sam deRoque (midfield), junior

##### Honorable Mention

Tyler Henderson (midfield),soph.  
Chris Lane (midfield), junior

NCS Scholar Team honors: Junior Varsity team with an overall GPA of 3.01.

#### NCS Scholar Athletes

##### Varsity

Sam deRoque

##### Junior varsity

Josh Baginski  
Michael Bone  
Glen Johnston  
Colin Smith

##### Frosh-soph

Sean Ortlieb  
Stefan Ramsey

The Girls Lacrosse team was the DFAL Champion with a 12-0 record, and 16-6 overall record. They were the NCS Champions defeating Sir Francis Drake HS 21-2 in the quarterfinals, University HS of San Francisco 20-4 in the semifinals and Piedmont HS 21-9 in the championship game. This is their second consecutive NCS Championship and third in the past four years.

Chloe Landry was named as an All-American for girls lacrosse.

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

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

#### All-DFAL

Chloe Landry, senior midfield, was named Most Valuable Player of the DFAL for the second consecutive year.

#### First Team

Blake Balfrey (defense), junior  
Kate Fellner (midfield), senior  
Sophie Ross (attack), sophomore

#### Second Team

Alyssa Mueller (defense), junior  
Caith Wright (midfield), junior

#### Honorable Mention

Sam Repstad (goalie), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

Junior varsity team with an overall GPA of 3.28.

#### NCS Scholar Athletes

#### Varsity

Brooke Alsterlind  
Lauren Chase  
Jess Hennies  
Ellie Higgins  
Camila Mendez  
Alyssa Mueller  
Caroline Newman  
Sophie Ross

#### Junior varsity

Anna deRoque  
Jacque Diede  
Sabrina Elliott  
Madison Guzaitis  
Lily Hooker  
Julia Mueller  
Katie Welch  
Marie Whitmore

The Varsity Softball team finished tied for 4<sup>th</sup> in the DFAL with a record of 6-6, and an overall record of 9-10. They were defeated by San Marin HS in the NCS playoffs.

All DFAL

First team

Alex Grant-Hudd (pitcher), soph.

Second team

Kaitlyn Johnson(1<sup>st</sup> base), soph.

Katie Palma (infield), senior

Honorable Mention

Maddy Maderious(infield),senior

Ariel Padua (outfield), senior

Terri Taylor (catcher), junior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.35.

NCS Scholar Athletes

Varsity

Bella Baglietto

Caitlyn Cobb

Kaitlyn Johnson

Maddy Maderious

Terri Taylor

Alyssa Wixsom

Junior varsity

Marina Carr

Morgan Shepherd

Melanie Tymn

The Boys and Girls Swim teams placed 4<sup>th</sup> in the DFAL.

The swim teams placed 14<sup>th</sup> overall at the NCS Championships. The girls team placed 10<sup>th</sup> and the boys placed 16<sup>th</sup>.

Brittany Usinger won the 100 butterfly and placed 2<sup>nd</sup> in the 200 freestyle.

Henry Baer placed 12<sup>th</sup> in the 50 freestyle and 13<sup>th</sup> in the 100 freestyle.

Austin Wentzel placed 11<sup>th</sup> in the 500 freestyle.

Miranda Gold placed 6<sup>th</sup> in diving.

Lucy Fellner, Reilly Fellner, Brittany Usinger and Natalie Morlock placed 8<sup>th</sup> in the 200 freestyle relay.

Henry Baer, Weston Carpenter, Brad Robison and Nick Inserra placed 9<sup>th</sup> in the 200 freestyle relay.

Henry Baer, Austin Wentzel, Weston Carpenter and Brad Robison placed 9<sup>th</sup> in the 400 freestyle relay.

Brittany Usinger, Natalie Morlock, Lucy Fellner and Reilly Fellner placed 11<sup>th</sup> in the 400 freestyle relay.

Brittany Usinger, junior, was named as a Bay Area News Group All East Bay first team selection for swimming.

#### All DFAL

##### First team

Brittany Usinger, junior

Austin Wentzel, senior

##### Second team

Henry Baer, senior

Weston Carpenter, junior

Lucy Fellner, sophomore

Reilly Fellner, senior

Miranda Gold (dive), junior

Nick Inserra, senior

Natalie Morlock, sophomore

Jack Peterson, senior

##### Honorable mention

Jack Avery, junior

Brad Robison, freshman

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.46.

Varsity girls team with an overall GPA of 3.36.

Junior Varsity boys team with an overall GPA of 3.16.

Junior Varsity girls team with an overall GPA of 3.53.

## NCS Scholar Athletes

### Boys Swimming

#### Varsity

Jack Avery  
Henry Baer  
Casey Conrad  
Alexander Fastner  
Ryan Hennessy  
Kai Mills  
Jack Peterson  
Sam Ridge  
Brad Robison

#### Junior Varsity

Owen Chan  
Nico Hillman  
Riley Smith

### Girls Swimming

#### Varsity

Juliana Biro  
Lucy Fellner  
Chase Lanier  
Roni Marrone  
Natalie Morlock  
Maddie Stewart  
Mia Stripling  
Anna Varellas  
Clare Varellas  
Kylie Van De Wyngaerde

#### Junior Varsity

Grace Baer  
Emma Broback  
Audrey Cavotta  
Kaitlin Clever  
Olivia Daniels  
Katia Elias  
Alexandra Figueredo  
Quinn Harrington  
Olivia Marrone  
Tessa Marsden  
Hope Noonan-Stoner  
Caroline Passalacqua  
Madison Sereno  
Adrielle Thorenfeldt  
Annika Walker  
Rachel Wan  
Lexi Williams  
Riley Winqvist  
Katrina Woodard



The Boys Track & Field team was the DFAL Champions with a 6-0 record and the girls finished 4<sup>th</sup> with a 3-3 record.

The Boys Track & Field team finished 5<sup>th</sup> at the NCS Tri-Valley Championships and the following won or placed in the meet.

Matt Thomas won the shotput and placed 2<sup>nd</sup> in the discus.

Windy Margerum placed 6<sup>th</sup> in the long jump and 7<sup>th</sup> in the 110 hurdles.

Alex Hennies placed 3<sup>rd</sup> in the 400.

Nick Comly placed 4<sup>th</sup> in the 400.

Imani Boggan placed 5<sup>th</sup> in the 400.

Michael Wang placed 4<sup>th</sup> in the 1600.

Taiki Chiba placed 8<sup>th</sup> in the 110 and 300 hurdles.

Calvin Saribay placed 5<sup>th</sup> in the triple jump.

Andrew Bertics placed 8<sup>th</sup> in the polo vault.

Alex Hennies, Dan Cardiff, Sid Vitale and Nick Comly placed 4<sup>th</sup> in the 4x400.

Taiki Chiba, Alex Hennies, Nick Comly and Dan Cardiff placed 6<sup>th</sup> in the 4x100.

The Boys Track & Field team finished 4<sup>th</sup> at the NCS Meet of Champions and the following won or placed in the meet.

Matt Thomas won the shot put and discus to advance to the CIF State Championships.

Michael Wang placed 3<sup>rd</sup> in the 1600 to advance to the CIF State Championships.

Imani Boggan placed 3<sup>rd</sup> in the 400 to advance to the CIF State Championships.

Alex Hennies placed 4<sup>th</sup> in the 400.

Windy Margerum placed 8<sup>th</sup> in the 100 hurdles and long jump.

Alex Hennies, Dan Cardiff, Sid Vitale and Nick Comly placed 4<sup>th</sup> in the 4x400.

At the CIF State Championships, Matt Thomas placed 10<sup>th</sup> in the discus.

Matt Thomas, senior, was named as a Bay Area News Group All East Bay boys track & field first team selection.

#### All DFAL

##### First team

Dan Cardiff (800,4x100,4x400),sr.

Alex Hennies (200,400), senior

Alex Hennies (4x100, 4x400), sr.

Calvin Saribay(long,triple jump),jr.

Matt Thomas (discus, shot), senior

Michael Wang (1600), senior

##### Second team

Andrew Bertics (pole vault),senior

Imani Boggan (400, 4x400), frosh

Taiki Chiba (110,300 hurdles,4x400), senior

Nick Comly (400,4x100,4x400), junior

CameronGaskell(3200),sophomore

Casey Lee, (100, 4x400), senior

Windy Margerum(100, long & triple jump), freshman

Sid Vitale (4x400), senior

##### Honorable mention

Callie Ericksen(4x400),freshman

Maya Michon(4x400),sophomore

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.04.

Girls varsity team with an overall GPA of 3.43.

Boys junior varsity team with an overall GPA of 3.06.

Girls junior varsity team with an overall GPA of 3.08.

## NCS Scholar Athletes

### Boys Varsity Track & Field

Andrew Bertics  
Ryan Cheng  
Taiki Chiba  
Nick Comly  
Daniel Eckstein  
Jared Ericksen  
Alex Hennies  
Alex Kelly  
Alex Shimotake  
Preston Tso  
Michael Wang

### Boys Frosh-Soph Track&Field

Aiden Beard  
Josh Douglas  
Ben Hakimjavadi  
Andy Hyatt  
John Liem  
Seth McWhirter  
Evan Mickas  
Sean Mize  
Ben Nash  
Ryan Summerlin

### Girls Varsity Track & Field

Sophia Basaldua  
Elise Berg  
Stephanie Brannon  
Jessica Carlin  
Megan Connor  
Monica Dwight  
Callie Ericksen  
Maddie Grassini  
Devin Grobeck  
Shelby Johnston  
Siena Kuan  
Rachel Larsen  
Adrienne Lee  
Casey Lee  
Brooke Lennox  
Julia Machol  
Morgan Rogers  
Sammy Taketa

### Girls Frosh-Soph Track&Field

Emma Champion  
Kathryn Choi  
Quinn Harrington  
Nicole Jackson  
Gabriella Joseph  
Hannah Kramer  
Janina Larsen  
Olivia Lindgren  
Alexia Lucey  
Lucy Nguyen  
Yasmin Shamloo

The Boys Volleyball team finished and finished 5<sup>th</sup> in the DFAL with a 1-9 record and 1-13 overall record.

All DFAL

First team

Second team

Honorable mention

Tommy Graham, sophomore

Seth Strumwasser, senior

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.42.

NCS Scholar Athletes

Varsity

Clark Fromer  
Tommy Graham  
Tom Hrebec  
Connor McCarthy  
Justin Metzger  
Joey Moran  
Seth Strumwasser  
Zane Wilson

## Senior Awards

Robbie Stern won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department. Will Brueckner, and Elizabeth Schultz won the Most Outstanding Athlete Award for excellence in a single sport.

Dan Cardiff and Reilly Fellner won the Most Valuable Athlete Award for excellence in several sports. Brian Lilienstein, Alec Weber, Reilly Fellner and Chase Lanier won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

### Overall Update.

156/355 Scholar athletes in the Fall.

19/19 Scholar teams in the Fall.

101/236 Scholar athletes in the Winter.

15/15 Scholar teams in the Winter.

187/487 Scholar athletes in the Spring.

19/22 Scholar teams in the Spring.

444/1078 Scholar athletes in the year.

53/56 Scholar teams in the year.

95% of our teams received scholar team honors.

42% of our student-athletes received scholar-athlete honors.

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

214 students are two-sport athletes, 18 students are three-sport athletes. 1 student is a four-sport athlete.

1060 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.