

Acalanes High School

Athletic Department

2015-2016 Summary

Fall sports athletic update.

The Boys Cross Country team finished 5th in the DFAL and the girls finished 6th. Cameron Gaskell placed 3rd and Alex Kelly 17th. At the NCS Meet of Champions, the boys finished 5th in division III led by Cameron Gaskell finishing 4th, Alex Kelly 13th, Ethan Frigon 38th and Zach Woodworth 40th. The girls finished 12th led by Brooke Lennox finishing 30th. At the CIF State Championships, Cameron Gaskell finished 37th in division 3 boys.

Cameron Gaskell, senior, was named as a Bay Area News Group All-East Bay first team selection for boys cross country.

All DFAL

First team

Cameron Gaskell, senior

Second Team

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

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.26.

Varsity girl's team with an overall GPA of 3.52.

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

Junior varsity girl's team with an overall GPA of 3.28.

Frosh-soph boy's team with an overall GPA of 3.35.

Frosh-soph girl's team with an overall GPA of 3.75.

NCS Scholar Athletes

Varsity

Alex Kelly

Caroline Kelly

Annie Klopstock

Christian Lyons

Brooke Lennox

Riley Noon

Nicole O'Connor

Anna Mary Starr

Sammy Taketa

Junior varsity

Andrew Chow

Andy Hyatt

Sean Ko

Peyton Li

Payton Marcu

Mitchell McTigue

Kristian Mills

Zach Wiesenthal

Frosh-Soph

Nick Collins-Yarnell

Cole Goddard

Beatrice Hahn

Daniel Harris

David Johansson

Ethan Johnston

Raymond Ko

Bryan Lam

Kate Lewerenz

James Liem

Reider Martinsen

Isabella Millet

Yahya Qteishat

Clayton Schmidt

Will Schueler

Bradley Sides

Hannah Snyder

Miles Wiesenthal

Emersyn White

Anica Zulch

The Football team finished 4-8 overall, and 5th in the DFAL with 2-4 record. In the NCS playoffs, they defeated Eureka HS in the first round before being defeated by Campolindo HS in the quarterfinals.

All DFAL

First team

Matt Bostwick (TE), senior

Second team

Jack Brydon (OT), senior
Matthew Mesetz (DL), senior
Harley McKee (LB), junior
Jack Thoren (WR), senior

Honorable mention

Leo Barakos (RB), senior
Matt Burns (DB), junior
Joey Christensen (OT), senior
Ryan Leamy (WR), junior
TJ Low (FB, LB), senior
Kevin McConnell (LB), junior
Ryan Nall (DL), sophomore
Grant Young (OG), 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 3.19.
Junior varsity team with an overall GPA of 3.13.
Freshman team with an overall GPA of 3.05.

NCS Scholar Athletes

Varsity

Bryan Bamford
Jake Berry
Michael Bone
Cole Brant
Tyler Ewing
Ryan Leamy
TJ Low
Harley McKee
Ryan Nall
Matthew Self
Jack Thoren
Markus Wesser
Ethan Westmeier

Junior varsity

Max Franz
Jake Landry
Carter Lom
Gabe Middleton
Robby Rowell
Tyler Sverak
Max Thrasher
Kenny Workman

Freshman

Edward Altamirano
Nicholas Bettencourt
Nolan Carpenter
Tucker Jeveli
Riley Ketcham
DJ Panfili
Chris Rogers
Ezra Zimmer

The Girls Golf team finished 4th in the DFAL with a record of 4-8. The team finished in 4th place at the DFAL Championships as Emily Attiyeh and Vanessa Van Pell shot a 73 for the lowest round. At the NCS Southern Qualifier, Emily Attiyeh shot a 73 to finish in 3rd place. At the NCS Championships, Emily Attiyeh shot a 74 to finish one shot away from qualifying for the CIF NorCal Championships.

All DFAL

First team

Emily Attiyeh, junior
Vanessa VanPell, junior

Second Team

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.

NCS Scholar Athletes

Varsity

Grace Andronico
Emily Attiyeh
Elle Hoarau-Feuerstein
Claire Levinson
Caitlin McDonagh
Tess Olsson
Avalon Schenone

The Girl's Tennis team finished tied for 3rd in the DFAL with a record of 9-5 and an overall record of 14-7. In the NCS Team Championships, they were defeated by Foothill HS.

First team

Melissa VanPell (singles), senior

Second team

Sasha Schtein (singles), sophomore
Quinn Harrington (doubles), junior
Lauren Ladrech (doubles), junior

Honorable mention

Marina Akutsu (singles), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.
Junior varsity team with an overall GPA of 3.53.

NCS Scholar Athletes

Varsity

Marina Akutsu
Sydney Bell
Maddie Guzaitis
Quinn Harrington
Julia Lauer
Cameron Morton
Claire Pockell-Wilson
Olivia Reinecke
Sasha Schtein
Hannah Snyder
Sam Sweeney
Vivian Toni
Melissa Van Pell

Junior varsity

Naomi Berkowitz
Kenzie Carlin
Lauren Craig
Molly Cronk
Skyler DeMartini
Jess Gerson
Audrey Glosson
Hayley Gotelli
Katie Heaton
Emily Klein
Sophia Lindgren
Milena Lucey
Maddie McDonagh
Meena Neelakandan
Lucy Nguyen
Niki Palamountain
Sivan Perets
Sophia Scipi
Elizabeth Shehter
Doe Steinbrecher
Lia Swan
Sally Tang
Vanessa Urbina

The Girls Volleyball team had an overall record of 18-8, and a DFAL record of 9-3 to finish 2nd in the league. In the NCS playoffs they defeated Moreau HS and Sonoma Valley HS before being defeated by Campolindo HS in the Semifinals.

Parker Jones, junior, was named as a Bay Area News Group All East Bay third team selection for girls volleyball.

All DFAL

First Team

Parker Jones, junior

Second Team

Mimi White, senior

Honorable Mention

Grace Bolen, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.52.

Junior varsity team with an overall GPA of 3.75.

Freshman team with an overall GPA of 3.76.

NCS Scholar Athletes

Varsity

Grace Bolen

Cali Boustani

Devin Grobeck

Parker Jones

Maddie Kalil

Theresa Nevins

Heidi Stanford

Reilly Webster

Mimi White

Junior varsity

Riana Buchman

Elsa Clever

Roxy Cummings

Samantha Darin

Ren Dunwoodie

Hannah Edwards

Kaitlyn Enrici

Lexi Fraser

Rachel Go

Zoe McPhail

Sarah Nelson

Freshman

Colette Cornish

Lara Dissman

Grace Higgins

Paige Holder

Hayes Hollar

Claire McNally

Cailey McVay

Maja Moran

Lily O'Toole

Laurel Park

The Boys Water Polo team finished with an 16-11 overall record, and 3-2 in the DFAL to finish in 3rd place. In the NCS playoffs they defeated Mission San Jose HS and Las Lomas HS before being defeated by Sir Francis Drake HS in the Semifinals.

Brendan Supple, senior, was named as a Bay Area News Group All East Bay first team selections for boys water polo.

Casey Conrad, junior, and Tommy Fellner, senior, were named as a Bay Area News Group All East Bay second team selections for boys water polo.

All DFAL

First team

Casey Conrad, junior
Brendan Supple, senior

Second team

Tommy Fellner, senior
Jack Winther, senior

Honorable mention

Brad Robison, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

Junior varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Nathan Brickman
Casey Conrad
Tommy Fellner
Brad Robison
Bennett Winther
Jack Winther

Junior Varsity

Alex Archer
Anthony Bertolami
David Bohon
Nick Davidson
Ivan Dikov
Kahren Eloyan
Henry Hutchinson
Jackson Kirke
Jack Lattin
Trevor McNally
Henry Rogers
Spencer Timpkins

The Girls Water Polo team finished with a 18-9 overall record, and 4-1 DFAL record to finish 2nd in the league. They defeated Ukiah HS and Sir Francis Drake HS before falling to Campolindo HS in the Semifinals.

Hannah Kresnak, senior, was named as a Bay Area News Group All East Bay first team selections for girls water polo.

Emma Myall, senior, was named as a Bay Area News Group All East Bay second team selections for girls water polo.

All DFAL

First team

Hannah Kresnak, senior
Emma Myall, senior

Second team

Brooke Alsterlind, senior
Lucy Fellner, senior
Lexi Rowell, freshman

Honorable Mention

Maddie Stewart, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.58.
Junior varsity team with an overall GPA of 3.47.

NCS Scholar Athletes

Varsity

Brooke Alsterlind
Alex Calender
Nicole Chapman
Hannah Kresnak
Lexi Rowell
Kenny Souza
Maddy Stewart
Kylie Walker
Bella Wentzel

Junior Varsity

April Dajani
Kyra Friedman
Laura Garfein
Jackie Geannacopoulos
Sofia Malinovsky
Haley Pinnella
Anne Stryker
Lexi Williams
Emma Workman

Winter Sports Update

The Boys Basketball team was 6th in the DFAL with a record of 9-18 overall, and 2-10 in the league. In the NCS playoffs, they were defeated by El Cerrito HS.

All DFAL

First Team

Second Team

Honorable Mention

Jesse Marlow, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.38.

Junior Varsity team with an overall GPA of 3.36.

Freshman team with an overall GPA of 3.03.

NCS Scholar Athletes

Varsity

Nico Brightbill

Ryan Nall

Carter Smith

Junior Varsity

Andrew Che

Will Grace

Isaac Plotkin

Grant Smith

Trevor Stripling

Freshman

Colby Burns

Ben Lauer

Will Schueler

The Girls Basketball team was 4th in the DFAL with a record of 21-8 overall, and 6-6 in the DFAL. In the NCS playoffs, they defeated Redwood HS El Cerrito HS and Alameda HS before being defeated by Carondelet HS in the championship game. In the CIF NorCal playoffs, they defeated Shasta HS before being defeated by Vanden HS in the semifinals.

All DFAL

First Team

Emma Godfrey, junior

Second Team

Brooke Panfili, junior

Honorable Mention

Julia Lyons, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.60.

Junior varsity team with an overall GPA of 3.63.

NCS Scholar Athletes

Varsity

Emma Godfrey

Alex Grant-Hudd

Taylor Jones

Clara Kobashigawa

Julia Lyons

Roni Marrone

Brooke Panfili

Olivia Sabbadini

Alison Smith

Junior varsity

Isabella Correa

Lauren Craig

Molly Cronk

Maddie Fink

Amber Li

Elena Mountin

Kate Schirmer

Anna Sominsky

Olivia Toth

The Boys Soccer team was 4th in the DFAL with a record of 10-10-5 record and 5-5-2 in the DFAL. In the NCS playoffs, they defeated the #1 seed Redwood HS 1-0 before being defeated by De Anza HS 2-1 in the quarterfinals.

All DFAL

First team

Ian Franklin, senior

Second team

Gabe Singer, junior

Honorable mention

Alex Longerbeam, senior

Joey Moran, senior

Drew Wondolowski, junior

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 3.29.

Junior Varsity team with an overall GPA of 3.21.

Frosh-soph team with an overall GPA of 3.31.

NCS Scholar Athletes

Varsity

Alex Longerbeam

Joe Moran

Max Motley

Zaid Nabulsi

Payson Newman

Chris Rogers

Junior varsity

Lucas Dandeleit

David Lacayo

Reider Martinsen

Cam Otterson

Dominic Schottland

Bennett Winther

Freshman

Lane Altbaum

Parker Bahl

Nick Collins-Yarnell

Edward Danielyan

Cole Goddard

Riley Noon

Matthew Raffel

Max Stryker

Edward Voss

The Girls Soccer team was the DFAL Champions with a DFAL record of 8-2-2 and an overall record of 12-3-2. They defeated Newark Memorial HS and Tamalpais HS before being defeated by Las Lomas HS in the semifinals.

Callie Ericksen, junior, and Cate Combi, sophomore, were named Bay Area News Group All East Bay honorable mention selections for girls soccer.

Callie Ericksen, junior, was named Most Valuable Defensive Player of the DFAL.

All DFAL

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Cate Combi, sophomore	Sophia Giordano, sophomore	Jessie Carlin, junior
Regan McQuain, senior	Kierra Krawec, sophomore	Kyle McQuain, senior
Emily Smith, sophomore	Allison Merrill, junior	Sasha Sadoff, freshman

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 3.51.
Junior varsity team with an overall GPA of 3.54.
Frosh-soph team with an overall GPA of 3.59.

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-soph</u>
Bella Baglietto	Hallie Fang-Horvath	Sydney Bell
Jessica Carlin	Sierra Fang-Horvath	Juliette Benazra
Mia Carvotta	Claire Gallagher	Kenzie Carlin
Molly Davis	Jackie Geannacopoulos	Siene DiBene
Callie Ericksen	Claire Jenkins	Alexandra Gold
Muppy Gragg	Hannah Kramer	Sierra Goodfriend
Malika Haji	Katrina Lee	Anna Green
Regan McQuain	Caitlin McDonagh	Julia Helvey
Allison Merrill	Madison Toma	Hayes Hollar
Sasha Sadoff	Julia Walner	Bridget Johnson
Lexie Silva	Kate Walner	Sophia Urick
	Gogo Zoger	Isobel Whitehead
	Madison Zuber	

The Wrestling team was 3rd in the DFAL with a DFAL record of 3-3 and an overall record of 3-5. In the NCS Dual Meet Championships, they were defeated by Livermore HS and Mt. Diablo HS. Jeremy Ridge was the DFAL champion, Tai White placed 2nd and Ben Ross, Axel Jurgens, Isaac Douglas and Peyton Li 3rd at the DFAL Championships to qualify for the NCS Championships. Chris Fulton, Tyler Sverak and Aaron Baker placed 4th. Tai White placed 3rd at the NCS Championships to qualify for the CIF Championships.

All DFAL

First team

Jeremy Ridge (132), sophomore

Second team

Tai White (118), junior

Honorable mention

Isaac Douglas (160), sophomore
Axel Jurgens (152), junior
Peyton Li (170), senior
Ben Ross (111), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.
Junior varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Isaac Douglas
Axel Jurgens
Peyton Li
Scott Ortlieb
Stefen Pegels
Jeremy Ridge
Ben Ross
Tyler Sverak
Tai White

Junior Varsity

Andrew Gong
Jonli Keshavarz
Ed Laskey
Sofia Malinovsky

The Cheerleading squad had a larger squad that performed to positive reviews from many.

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Lauren Crowson
Sophia Douglas
Sarah Manning
Rebecca Maron

Junior Varsity

Sophia Fischman
Gigi Keppel
Kayling O'Neill
Karen Rosenberg
Mikaela Truong
Anna Weier
Beatrice Weier

Spring Sports Update

The Baseball team was the DFAL Champions with a record of 12-0, and overall record of 26-2. They were also the NCS Champions defeating Hercules HS 7-2, Campolindo HS 5-0, Miramonte HS 6-2 and Analy HS 4-1.

Jake Berry and Tom Henderson, seniors, were named as a Bay Area News Group All East Bay first team selection for baseball.

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

Kevin McConnell, junior, was named as a Bay Area News Group All East Bay third team selection for baseball.

All DFAL

Tom Henderson, senior, was named Most Valuable Player of the DFAL in baseball.

Josh Candau, junior, was named Most Valuable Pitcher of the DFAL in baseball.

First team

Jake Berry (outfield), senior

Kevin McConnell (pitcher), junior

Second team

Tyler Ewing (infield), sophomore

Will Rembac (outfield), junior

Ben Salquist (pitcher), junior

Nick Taylor (infield), senior

Grant Young (pitcher), senior

Honorable mention

Daniel Kim (outfield), junior

Gold glove

Will Rembac, (outfield), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.18

Junior varsity team with an overall GPA of 3.20.

Freshman team with an overall GPA of 3.02.

NCS Scholar Athletes

Varsity

Cole Gallagher

Paul Griessel

Daniel Kim

Yoshi Koyake

Harley McKee

Joey Miller

Matthew Moorehead

Grant Young

Junior Varsity

Jackson Carter

Gareth Kwok

Simon Oh

Stefan Raeth

Robbie Rowell

Grant Smith

Niki Wixsom

Freshman

Scott Brydon

Will Burleigh

Eddie Burns

Ethan Johnston

Mile Profilio

Reed Sabey

The Boys Golf team finished 2nd in the DFAL with a record of 10-2, and finished in 3rd place at the DFAL Championships. They had an overall record of 11-2. They placed 8th at the NCS Southern Qualifier as Jake Basilico shot a 79 to place 23rd and Jake Basilico and Josh Matz each shot 82 to tie for 36th. They placed 9th at the NCS Championships as Jake Basilico shot a 73 to place 8th and Arden Childers shot 77 to place 16th.

All-DFAL

First Team

Jake Basilico, senior

Second Team

Arden Childers, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

Junior Varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Jake Basilico

Josh Matz

Michael Ney

Julian O'Donnell

Henry Rogers

Alec Simas

Max Thrasher

Junior Varsity

Matt Barr

Ben Bequette

Tyler Ellingson

Max Franz

Michael Ney

Kenny Workman

The Boys Lacrosse team was Co-Champions of the DFAL with a 11-1 record, and finished with a 15-7 overall record. In the NCS playoffs, they defeated Justin Siena HS 13-3 in the first round and were defeated by University HS of San Francisco 6-5 in double overtime in the quarterfinals.

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

Nate Welcomer, junior, was named as a Bay Area News Group All East Bay second team selection for boys lacrosse.

All-DFAL

Brian Maike, senior, was named Co-Most Valuable Player of the DFAL

First Team

Josh Baginski (defense), junior
Nathan Brickman (attack), senior
Glenn Johnston (defense), senior
Nate Welcomer (goalie), junior

Second Team

Michael Bone (midfield), junior
Jack Thoren (midfield), senior

Honorable Mention

Fynn Chorak (attack), sophomore
Joey Gladden (lsm), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.16.
Junior Varsity team with an overall GPA of 3.00.

NCS Scholar Athletes

Varsity

Josh Baginski
Michael Bone
Nathan Brickman
Glenn Johnston
Jake Landry
Brian Maiken
Sean Ortlieb
Jack Thoren

Junior varsity

Evan Bosshart
TJ Collins
Tucker Jeveli
Riley Ketcham

The Girls Lacrosse team was 4th in the DFAL with a 6-6 record, and 8-13 overall record. In the NCS playoffs, they defeated Cardinal Newman HS 18-8 in the first round and were defeated by Miramonte HS 8-7 in the quarterfinals.

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

All-DFAL

First Team

Sam Repstad (goalie), senior
Sophie Ross (attack), senior

Second Team

Julia Mueller (midfield), junior
Marie Whitmore (midfield), senior

Honorable Mention

Susie Bush (attack), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.63.
Junior varsity team with an overall GPA of 3.42.

NCS Scholar Athletes

Varsity

Anna deRoque
Natalie Elliott
Sabrina Elliott
Claire Gallagher
Maddie Guzaitis
Kelcey Higgins
Jenna Kisner
Molly Mudgett
Julia Mueller
Sam Repstad
Sophie Ross
Olivia Toth
Katie Welch
Jamie Wendt
Marie Whitmore
Emma Workman

Junior varsity

Riana Buchman
Brooke Cilley
Belize Combs
Coco Cornish
Roxy Cummings
Laura Garfein
Nicolle Kessenich
Annie Roullier
Hannah Snyder

The Varsity Softball team finished tied for 5th in the DFAL with a record of 4-8, and an overall record of 9-11. They defeated Sonoma Valley HS and was defeated by Analy HS in the NCS quarterfinals.

Zoe Marrott, junior was named as a Bay Area News Group All East Bay second team selection for softball.

All DFAL

First team

Alex Grant-Hudd (utility), senior

Second team

Honorable Mention

Kaitlyn Johnson (1st base), senior

Mary Keeler (shortstop), senior

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.46.

NCS Scholar Athletes

Varsity

Marina Carr

Maddie Fink

Alex Grant-Hudd

Kaitlyn Johnson

Mary Keeler

Alice Ma

Kate Schirmer

Rosie Shackett

Brittany Stoddard

Bailee Takano

The Boys and Girls Swim teams placed 5th in the DFAL.

The swim teams placed 14th overall at the NCS Championships. The girls team placed 13th and the boys placed 24th.

Emily Lo placed 2nd in the 200 individual medley and 5th in the 100 breaststroke.

Casey Conrad placed 13th in the 50 freestyle and 16th in the 100 freestyle.

Lucy Fellner placed 15th in the 50 freestyle.

Riley Smith, Brad Robison, Tommy Fellner and Casey Conrad placed 9th in the 200 freestyle relay.

Jackie Samaniego placed 6th in diving.

Audrey Lundgren placed 8th in diving.

All DFAL

First team

Casey Conrad, junior
Tommy Fellner, senior
Emily Lo, sophomore
Brad Robison, junior
Riley Smith, junior

Second team

Honorable mention

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.32.

Varsity girls team with an overall GPA of 3.38.

Junior Varsity boys team with an overall GPA of 3.41.

Junior Varsity girls team with an overall GPA of 3.39.

NCS Scholar Athletes

Boys Swimming

Varsity

Anthony Bertolami
Casey Conrad
Nick Davidson
Tommy Fellner
Jeremy Hathaway
Jack Lattin
Brad Robison
Jake Stone

Junior Varsity

Samuel Arnett
Sam Basilico
David Bohon
Sutter Lum
Colby Suppiger

Girls Swimming

Varsity

Laura Connolly
Amanda Fingerut
Audrey Lundgren
Ava MacKay
Maia Marshall
Natalie Morlock
Hope Noonan-Stoner
Caroline Passalacqua
Haley Pinnella
Lexi Rowell
Jackie Samaniego
Stella Sowarby
Madison Stewart
Annie Varellas
Allyson Villanueva
Kylie Walker
Bella Wentzel

Junior Varsity

Emma Broback
Stella Burford
Fiona Burrows
Kenzie Carlin
Nicole Chapman
April Dajani
Elizabeth Erenstein
Kyra Friedman
Jackie Geannocopoulos
Madeleine Helvey
Avery Lyon
Sarah McCandless
Claire McNally
Lily O'Toole
Annie Stryker
Adrielle Thorenfeldt
Olivia Towery
Sophia Urick

The Boys Tennis team finished 2nd in the DFAL with a 10-2 record and an overall record of 19-2. In the NCS team championships, they defeated Sonoma Valley HS 7-0, De La Salle HS 6-1 and James Logan HS 4-3 and was runner-up after falling to Dougherty Valley HS 5-2. In the CIF NorCal Championships, they defeated Davis HS 5-2 in the quarterfinals and were defeated by eventual champion St. Ignatius HS in the semifinals. Isaiah Bird finished 1st, Kyle Everly 2nd and Ryan Cardiff 3rd in the DFAL Singles Championships. Kyle Everly finished 2nd and Ryan Cardiff 3rd in the NCS Singles Championships.

Ryan Cardiff and Kyle Everly, seniors, were named as a Bay Area News Group All East Bay first team selection for boys tennis.

Isaiah Bird and Kyle Everly, seniors, were 1st team All-DFAL singles selections.
Nico Brightbill and Conor McGlynn were 1st team All-DFAL doubles selections.
Ryan Cardiff, senior, was a 2nd team All-DFAL singles selection.
Jin Heo, junior, and Cole Noone, senior, were 2nd team All-DFAL doubles selections.
Trenton Tso, sophomore, was an honorable mention All-DFAL singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.30.
 Junior Varsity team with an overall GPA of 3.48.

NCS Scholar Athletes

Varsity

Cole Brightbill
Nico Brightbill
Ryan Cardiff
Kyle Everly
Ryan Pegels
Stefen Pegels
Rohan Saha
Trenton Tso

Junior Varsity

Nick Broback
Ed Collinson
Noah Feller
Cole Goddard
Henry Huchingson
Aidan Lewis
James Liem
Noor Mahini
Spencer Tompkins
Miles Wiesenthal

The Girls Track & Field team was Co-Champions of the DFAL and the Boys Team finished 3rd.
 The Girls Track & Field team finished 4th at the NCS Tri-Valley Championships and the following placed in the meet.

Julia Lyons won the long jump and placed 2nd in the 100 and 7th in the 200.

Windy Margerum placed 2nd in the long jump, 3rd in the 110 hurdles and 3rd in the triple jump.

Muppy Gragg placed 4th in the 400, 5th in the 300 hurdles, 6th in the high jump and 6th in the long jump.

Jack Brydon placed 5th in the discus and 7th in the shotput.

Anna Davis in the unified competition placed 2nd in the 100 and 4th in the long jump.

Aimee Gee in the unified competition placed 3rd in the long jump and 4th in the 100.

Ethan Westmeier placed 5th in the triple jump.

Devin Grobeck placed 6th in the 100 hurdles.

Imani Boggan, Muppy Gragg, Annie Klopstock, Marianna Florine, Maya Michon placed 7th in the 4x400.

The following placed at the NCS Meet of Champions.

Julia Lyons placed 3rd in the long jump qualifying for the CIF State Championships and 6th in the 100.

Ethan Westmeier placed 5th in the triple jump.

Windy Margerum placed 6th in the 100 hurdles.

Muppy Gragg placed 7th in the 300 hurdles.

Jack Brydon placed 7th in the shotput.

Imani Boggan placed 10th in the 800.

Imani Boggan, Muppy Gragg, Annie Klopstock, Marianna Florine, Maya Michon placed 4th in the 4x400.

All DFAL

First team

Jack Brydon	Shot put	Discus		
Muppy Gragg	300 hurdles	High jump	Long jump	
Julia Lyons	100	200	Long jump	
Ethan Westmeier	300 hurdles	High jump	Long jump	Triple jump

Second team

Imani Boggan	800			
Cameron Gaskell	3200			
Windy Margerum	100 hurdles	300 hurdles		
Marianna Florine, Julia Lyons, Roni Marrone, Maya Michone			4x100 relay	
Imani Boggan, Marianna Florine, Annie Klopstock, Mikaela Troung			4x400 relay	

Honorable mention

Joey Christensen	Discus
Christy Xie	Discus

The Varsity Girls team was an NCS Scholastic Championship team with the third highest overall GPA in the Tri-Valley.

NCS Scholar Team honors:	Boys varsity team with an overall GPA of 3.16.
	Girls varsity team with an overall GPA of 3.43.
	Boys junior varsity team with an overall GPA of 3.33.
	Girls junior varsity team with an overall GPA of 3.53.

NCS Scholar Athletes

Boys Varsity Track & Field

Jonathan Burns
Andrew Chow
Josh Douglas
Cole Gotelli
Michael Green
Alex Kelly
John Liem
Alex Longerbeam
Ryan Nall
Riley Noon
Cam Otterson
Robert Plafker
Sam Stack
Zach Tom
Ethan Westmeier
Zach Wiesenthal

Boys Frosh-Soph Track&Field

Julian Camilleri
Konstantin Danielyan
Forrest Eagle
Jordan Goodfriend
Daniel Harris
Erik Hays
Christian Lyons
Ryan Siu
Max Thrasher

Girls Varsity Track & Field

Asha Alagappan
Anna Davis
Marianna Florine
Emma Godfrey
Hayley Gotelli
Muppy Gragg
Devin Grobeck
Annie Klopstock
Brooke Lennox
Jingyanshan Li
Olivia Lindgren
Michelle Lo
Julia Lyons
Roni Marrone
Nicole O'Connor
Karen Rosenberg
Diana Ruiz
Elizabeth Shehter
Meagan Snyder
Sammy Taketa
Mikaela Troung
Christy Xie

Girls Frosh-Soph Track&Field

Lauren Bishopp
Isabela Correa
Ryann Drue
Jane Griebstein
Caroline Kelly
Sophia Lindgren
Milena Lucey
Eliana Mann
Siena Marchiano
Elina Rasmussen
Anna Mary Starr
Beatrice Weier

The Boys Volleyball team finished 4th in the DFAL with a 3-7 record and 13-13 overall record. In the NCS playoffs they defeated Arroyo HS in the first round and were defeated by Campolindo HS in the quarterfinals.

All DFAL

First team

Tommy Graham, senior

Second team

Honorable mention

Bijan Shahabi, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.11.

Junior Varsity team with an overall GPA of 3.29.

NCS Scholar Athletes

Varsity

Tommy Graham

Colin Kirbach

Connor McCarthy

Matt Mesetz

Junior Varsity

Nathan Kessenich

Raymond Ko

Sean Ko

Unubold Munkbold

Senior Awards

Michelle Volga won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department.

Kyle Everly and Hannah Kresnak won the Most Outstanding Athlete Award for excellence in a single sport.

Cameron Gaskell, Lucy Fellner and Julia Lyons won the Most Valuable Athlete Award for excellence in several sports.

Joey Christensen and Brooke Lennox won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

175/366 Scholar athletes in the Fall.

19/19 Scholar teams in the Fall.

109/251 Scholar athletes in the Winter.

14/15 Scholar teams in the Winter.

218/459 Scholar athletes in the Spring.

22/22 Scholar teams in the Spring.

502/1076 Scholar athletes in the year.

55/56 Scholar teams in the year.

98% of our teams received scholar team honors.

47% of our student-athletes received scholar-athlete honors.

862 students participate in at least one sport, which is 63% of our student body.

202 students are two-sport athletes, 18 students are three-sport athletes.

1082 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.