

# *Acalanes High School*

*Athletic Department*

*2016-2017 Summary*

Fall sports athletic update.

The Boys and Girls Cross Country teams finished 6<sup>th</sup> in the DAL. Zach Woodworth finished 21<sup>st</sup>. At the NCS Meet of Champions, the boys finished 9<sup>th</sup> in division III led by Zach Woodworth finishing 34<sup>th</sup>.

All DFAL

First team

Second Team

Honorable Mention

Zach Woodworth, senior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.36.

Varsity girl's team with an overall GPA of 3.59.

Junior varsity boy's team with an overall GPA of 3.15.

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 3.67.

NCS Scholar Athletes

Varsity

Muppy Gragg  
Caroline Kelly  
Annie Klopstock  
Christian Lyons  
Seth McWhirter  
Riley Noon  
Anna Mary Starr  
Josh Starr  
Samantha Swan  
Zach Tom

Junior varsity

Adam Coate  
Erin Dao  
Beatrice Hahn  
Daniel Harris  
Raymond Ko  
Sean Ko  
Olivia Lindgren  
Justin Otterson  
Elizabeth Shehter  
Meagan Snyder

Frosh-Soph

Aidan Bodner  
Irvin Chao  
Isabella Gonzalez  
Nikolai Heffernan  
Julia Helvey  
Nathan Kessenich  
Noah Kline  
Ben Krey  
Sophia Larsen  
Natasha Malinovsky  
Marcy Morse  
Callan O'Brien  
Shekar Pandey  
Austin Poole  
Harrison Seymour  
Tristen Tso  
Julia Walner  
Nicole Wan  
Sidney Zimmerman  
Anica Zulch

The Football team finished 4-7 overall, and 5<sup>th</sup> in the DAL Foothill division with 1-4 record. In the NCS playoffs, they were defeated by El Cerrito HS in the first round.

#### All DAL Foothill Division

##### First team

Sterling Butler (LB), senior  
Ryan Nall (DL), junior

##### Second team

Brian Merken (WR), junior  
Robbie Rowell (QB), junior

##### Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.17.  
Junior varsity team with an overall GPA of 3.01.  
Freshman team with an overall GPA of 3.29.

#### NCS Scholar Athletes

##### Varsity

Michael Bone  
Sterling Butler  
Jason Cornell  
Troy Ganter  
Jake Landry  
Chase Maderious  
Kevin McConnell  
Harley McKee  
Gabe Middleton  
Joey Miller  
Ryan Nall  
Will Rembac  
Robby Rowell  
Enzo Sereno  
Ryan Summerlin  
Max Thrasher

##### Junior varsity

Nick Bettencourt  
John Kalil  
Vance Parry  
Chris Rogers  
Ezra Zimmer

##### Freshman

Murphy Baker  
Nikolas Bamont  
Will Condy  
Jake Delaney  
Will Easley  
Lucas Eppinger  
Gibson Fraser  
Owen Hansen  
Matt Hess  
Thomas Judson  
Nick Kresnak  
Jack Miles  
Matt Montaquila  
Krishna Prabakaran  
Ryan Reilly  
Rayce Walton

The Girls Golf team finished 3<sup>th</sup> in the DAL Foothill division with a record of 4-4 and 5-5 overall. The team finished in 3<sup>rd</sup> place at the DAL Championships as Emily Attiyeh shot a 72 for the lowest round. At the NCS Southern Qualifier, Emily Attiyeh shot a 73 to finish in 3<sup>rd</sup> place. At the NCS Championships, Emily Attiyeh shot a 74 to finish one shot away from qualifying for the CIF NorCal Championships.

#### All DAL Foothill Division

Emily Attiyeh, senior, was named Most Valuable Player of the DAL Foothill division.

#### First team

Avalon Schenone, sophomore

#### Second Team

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

#### NCS Scholar Athletes

#### Varsity

Emily Attiyeh

Mary Heffelfinger

Elle Hoarau

Nancy Liu

Caitlin McDonagh

Allison Merrill

Avalon Schenone

Natalie Seiler

The Girl's Tennis team was the DAL Foothill Division Champions with a record of 9-1 and an overall record of 19-5. In the NCS Team Championships, they defeated American HS before being defeated by Foothill HS in the quarterfinals.

First team

Sasha Schtein (singles), junior

Second team

Sydney Bell (singles), sophomore

Honorable mention

Skylar Jeveli (singles), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.

Junior varsity team with an overall GPA of 3.53.

NCS Scholar Athletes

Varsity

Maddie Bakar

Sydney Bell

Zoe Cate

Quinn Harrington

Fernanda Heredia

Skylar Jeveli

Cameron Langley

Maddie McDonagh

Rachel Minden

Olivia Reinecke

Sasha Schtein

Hannah Snyder

Doe Steinbrecher

Kelianne Witt

Junior varsity

Naomi Berkowitz

Lauren Craig

Molly Cronk

Skyler DeMartini

Leah Douglas

Jess Gerson

Audrey Glosson

Emily Klein

Eunky Lee

Milena Lucey

Shannon McVay

Anika Mohanty

Niki Palamountain

Maren Quintella

Scarlett Reichter

Sofia Swatt

Anya Weinstein

Lynn Wolfe

The Girls Volleyball team tied for 2<sup>nd</sup> in the DAL with a record of 7-3 and had an overall record of 31-9. In the NCS playoffs they defeated Tennyson HS and St. Patrick's HS before being defeated by Miramonte HS in the semifinals. In the CIF NorCal playoffs, they defeated Aptos HS 3-1 and Buhach Colony HS 3-0 before pulling out an incredible come from behind 3-2 victory over Sonora HS with a 5<sup>th</sup> game 16-14 thriller. They faced Crossroads HS in Santa Monica for the state title and won the first two games only to drop the next two. In the 5<sup>th</sup> and deciding game, the Dons rallied to edge out Crossroads 15-13 in the 5<sup>th</sup> game to become the CIF Division 3 State Champions. This is only the 2<sup>nd</sup> state title for any Acalanes team in the schools long history.

Parker Jones, senior, was named MaxPreps California Division 3 Girls Volleyball Player of the Year.

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

#### All DFAL

##### First Team

Parker Jones, senior

##### Second Team

Alex Matson, senior

##### Honorable Mention

Devin Grobeck, senior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.69.

Junior varsity team with an overall GPA of 3.58.

Freshman team with an overall GPA of 3.51.

#### NCS Scholar Athletes

##### Varsity

Elsa Clever

Roxy Cummings

Rachel Go

Devin Grobeck

Parker Jones

Maddie Kalil

Alex Matson

Sarah Nelson

Theresa Nevins

Madi Risch

Lane Webster

##### Junior varsity

Kaylin Hiatt

Grace Higgins

Paige Holder

Claire McNally

Cailey McVay

Maja Moran

Laurel Park

Sarah Westergren

##### Freshman

Cat Acuff

Charlotte Glass

Parker Jung

Helen Kleinsmith

Jessica Larrick

Isabella Macayan

The Boys Water Polo team finished with an overall record of 16-10, and 2-2 in the DAL to finish in 3<sup>dr</sup> place. In the NCS playoffs they defeated College Park HS before being defeated by San Ramon Valley HS in the quarterfinals.

All DFAL

First team

Brad Robison, senior  
Jake Stone, sophomore

Second team

Casey Conrad, senior  
Bennett Winther, junior

Honorable mention

Nate Welcomer, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.25.  
Junior varsity team with an overall GPA of 3.28.

NCS Scholar Athletes

Varsity

Casey Conrad  
Brad Robison

Junior Varsity

Alex Archer  
Nick Davidson  
Anubhav Dawadi  
Henry Huchinson  
Scott Murphy

The Girls Water Polo team was the NCS Champions in division 2 with a 17-10 overall record, and 1-3 DAL record to finish 4<sup>th</sup> in the league. They defeated Piedmont HS 18-1, Justin Siena HS 17-9 and Livermore HS 14-3 before defeating Sir Francis Drake HS 7-5 in the championship game.

All DFAL

First team

Lexi Rowell, sophomore

Second team

Ella Maisano, junior

Bella Wentzel, junior

Brooke Westphal, freshman

Honorable Mention

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 3.58.

Junior varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Alex Calender

Nicole Chapman

Ryan Hagglund

Mary Heffelfinger

Ella Maisano

Lexi Rowell

Maddy Stewart

Adrielle Thorenfeldt

Annika Walker

Kylie Walker

Bella Wentzel

Brooke Westphal

Junior Varsity

Kyra Friedman

Laura Garfein

Jackie Geannacopoulos

Emily Gebhardt

Lily O'Toole

Valeria Reggi

Isabel Toldi

Emma Workman

## Winter Sports Update

The Boys Basketball team was 2<sup>nd</sup> in the DAL Foothill Division with a record of 18-10 overall, and 7-3 in the league. In the NCS playoffs, they defeated Santa Rosa HS and were defeated by Moreau HS.

### All DFAL

#### First Team

Jesse Marlow, senior

#### Second Team

Mitchell Smith, junior

#### Honorable Mention

Ryan Nall, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.35.

Junior Varsity team with an overall GPA of 3.30.

Freshman team with an overall GPA of 3.64.

### NCS Scholar Athletes

#### Varsity

Ian Archer

Carson Etnyre

Will Grace

Ryan Nall

Robby Rowell

Ryan Summerlin

#### Junior Varsity

Andrew Che

Ben Lauer

Will Schueler

Josh Starr

Trevor Stripling

#### Freshman

Ismael Ali

Baker Murphy

Matt Hess

Lucas Julian

John Kalil

Jack Miles

Ryan Owens

Shreekar Pandey

Ishaan Saha

The Girls Basketball team was 3<sup>rd</sup> in the DAL Foothill Division with a record of 19-11 overall, and 6-4 in the DAL. In the NCS playoffs, they defeated Rancho Cotate HS and Redwood HS before being defeated by Montgomery HS in the semifinals. They were defeated by Modesto Christian HS in the CIF NorCal Playoffs.

#### All DFAL

##### First Team

Emma Godfrey, senior  
Brooke Panfili, senior

##### Second Team

Roni Marrone, senior

##### Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.  
Junior varsity team with an overall GPA of 3.70.

#### NCS Scholar Athletes

##### Varsity

Emma Godfrey  
Lauren Kobashigawa  
Roni Marrone  
Olivia Sabbadini  
Kate Schirmer  
Olivia Toth

##### Junior varsity

Lauren Craig  
Molly Cronk  
Maddie Fink  
Daphne Ganter  
Elena Mountin  
Aimee Ruane  
Natalie Seiler  
Anna Sominsky  
Anna Weier

The Boys Soccer team was the NCS Champions and the DAL Valley Division Champions with a record of 20-2-4 record and 9-1 in the league. In the NCS playoffs, they defeated Casa Grande HS 4-1, Campolindo HS 1-0, Richmond HS 2-1 in 2OT and Montgomery HS 1-0 in 2OT in the Championship game.

#### All DFAL

Drew Wondolowski, senior, was named Most Outstanding Offensive Player of the Valley division.

#### First team

Bryan Bamford, senior  
Chris Rogers, sophomore  
Gabe Singer, senior

#### Second team

Payson Newman, senior  
Alex Topping, junior  
Mark VonHacht, senior

#### Honorable mention

Luke Denham, junior  
Oliver Feigin, junior  
Brody Quinn, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.28.  
Junior Varsity team with an overall GPA of 3.29.  
Frosh-soph team with an overall GPA of 3.45.

#### NCS Scholar Athletes

#### Varsity

Reider Martinsen  
Nixson Murgia  
Payson Newman  
Chris Rogers  
Dominic Schottland  
Gabe Singer  
Alex Topping  
Mark VonHacht  
Eric Voss  
Drew Wondolowski

#### Junior varsity

Parker Bahl  
Josh Galla  
David Lacayo  
Leo Morris  
Riley Noon  
Matthew Raffel  
Max Stryker

#### Freshman

Charles Baker  
Nicholas Flint  
Nick Geannacopoulos  
Marcelo Guerra  
Owen Hansen  
Thomas Judson  
Aidan Keeler  
Ethan Michon  
Liam Varela

The Girls Soccer team was 4<sup>th</sup> in the DAL Foothill Division with a record of 2-4-2 and an overall record of 5-9-2.

All DFAL

First team

Emily Smith, junior

Second team

Callie Ericksen, senior

Honorable mention

Caroline Clark, senior  
Kierra Krawec, junior  
Allison Merrill, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.  
Junior varsity team with an overall GPA of 3.64.  
Frosh-soph team with an overall GPA of 3.47.

NCS Scholar Athletes

Varsity

Sam Bell  
Jessica Carlin  
Kate Carter  
Caroline Clark  
Molly Davis  
Callie Ericksen  
Sophia Giordano  
Georgia Karas  
Greta Kohls  
Hannah Kramer  
Allison Merrill  
Jackie Nichols  
Jordan Pratt  
Jade Sadoff  
Elle Skvarna  
Emily Smith  
Ivy Souza  
Madison Toma

Junior varsity

Taylor Boren  
Maile Broad  
Beth Daughters  
Grace Denham  
Lara Dissman  
Claire Gallagher  
Jackie Geannacopoulos  
Cate Goodman  
Dylan Hagglund  
Katrina Lee  
Ellie Meyer  
Kaitlyn Parodi  
Eliza Parry  
Julia Walner  
Madeline Wilson  
Gogo Zoger

Frosh-soph

Juliette Benazra  
Kenzie Carlin  
Nicole Edwards  
Alexandra Gold  
Anna Green  
Julia Helvey  
Carla Kraszulyak  
Marcy Morse  
Sydney Norstad  
Maia Pecher  
Emily Sverak  
Sophia Urick  
Beatrice Weier

The Wrestling team was the DAL Valley Division Champion with a league record of 5-0 and an overall record of 6-2. In the NCS Dual Meet Championships, they defeated Albany HS and were defeated by Washington HS and Newark Memorial HS. Axel Jurgens, Jeremy Ridge and Tai White were DAL champions and Ben Ross placed 3<sup>rd</sup> to qualify for the NCS Championships. Jeremy Ridge placed 3<sup>rd</sup>, Tai White 5<sup>th</sup> and Axel Jurgens 7<sup>th</sup> at the NCS Championships. Jeremy Ridge qualified for the CIF State Championships and won 4 of his 6 matches and missed placing by one round. He was awarded the CIF Sportsmanship "Pursuing Victory With Honor" award.

#### All DFAL

##### First team

Axel Jurgens (160), senior  
Jeremy Ridge (145), junior  
Tai White (132), senior

##### Second team

##### Honorable mention

Ben Ross (138), junior

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 3.20.  
Junior varsity team with an overall GPA of 3.08.

#### NCS Scholar Athletes

##### Varsity

Isaac Douglas  
Axel Jurgens  
Jeremy Ridge  
Tai White

##### Junior Varsity

Bayne Albin  
Reid Fellner  
Alex Haase  
Ben Krey  
Colby Suppiger

The Cheerleading squad dazzled many during the football and basketball seasons and qualified for Nationals.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.  
Junior varsity team with an overall GPA of 3.03.

#### NCS Scholar Athletes

##### Varsity

Alyssa Burtis  
Alexis Caviness  
Sophie Fischman  
Rebecah Kaufman  
Gigi Keppel  
Sarah Manning  
Kayling O'Neill  
Cierra Taylor

##### Junior Varsity

Nicole Prozan  
Alexandra Sheehan  
Phoebe Wandell  
Monica Wang

## Spring Sports Update

The Baseball team was 2<sup>nd</sup> in the DAL with a record of 6-4, and overall record of 12-13. They were defeated by Berkeley HS 2-1 in the NCS playoffs.

Josh Candau and Daniel Kim, seniors, and Nick Berry, junior, were named All-Bay Area Newsgroup honorable mention selections in baseball.

### All DFAL

Josh Candau, senior, was named Most Valuable Pitcher of the DAL in baseball.

#### First team

Nick Berry, junior  
Tyler Ewing, senior  
Daniel Kim, senior

#### Second team

Kevin McConnell, senior

#### Honorable mention

Nick Kresnak, freshman  
Will Rembac, senior  
Matty Vicencio, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.  
Junior varsity team with an overall GPA of 3.13.  
Freshman team with an overall GPA of 3.30.

### NCS Scholar Athletes

#### Varsity

Paul Griessel  
Nick Henderson  
Daniel Kim  
Nick Kresnak  
Kevin McConnell  
Harley McKee  
Matthew Moorehead  
Stefan Raeth  
Will Rembac  
Grant Smith  
Matty Vicencio

#### Junior Varsity

Nicholas Bamont  
Scott Brydon  
Colby Burns  
Eddie Burns  
Miles Profilio  
Reed Sabey

#### Freshman

William Easley  
Eitan Feiger  
Ethan Frigon  
Ben Fromer  
Owen Hansen  
Thomas Judson  
John Kalil  
Brendan Klim  
Ethan Michon  
Luke Miles  
David Sniderman

The Boys Golf team finished 4<sup>th</sup> in the DAL with a record of 2-6, and finished in 4<sup>th</sup> place at the DAL Championships. They had an overall record of 6-6. They were NCS Championship qualifiers.

All-DFAL

First Team

Second Team

Honorable Mention

Julian O'Donnell, senior

Jake Rosenberg, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

Junior Varsity team with an overall GPA of 3.13.

NCS Scholar Athletes

Varsity

Murphy Baker

Will Condy

Michael O'Donnell

Junior Varsity

Parker Bahl

Ben Bequette

Mike Winther

The Boys Lacrosse team was Co-Champions of the DAL with a 13-1 record, and finished with a 17-5 overall record. In the NCS playoffs, they defeated University HS in the quarterfinals and were defeated by Marin Academy HS in the semifinals.

All-DFAL

Nate Welcomer, senior, was named Co-Most Valuable Player of the DFAL

First Team

Josh Baginski, senior

Michael Bone, senior

Joey Gladden, junior

Collin Jeffries, junior

Second Team

Fynn Chorak, junior

Sean Ortlieb, senior

Honorable Mention

Matt Mariani, junior

NCS Scholar Athletes

Varsity

Jake Landry

Sean Ortlieb

TJ Collins

Junior varsity

Noah Elze

Matt Hess

Will Schueler

The Girls Lacrosse team was 3<sup>rd</sup> in the DAL with a 12-4 record, and 12-9 overall record. In the NCS playoffs, they were defeated by Novato HS.

#### All-DFAL

##### First Team

Marcy Morse, sophomore  
Julia Mueller, senior

##### Second Team

Claire Gallagher, sophomore  
Emma Workman, sophomore

##### Honorable Mention

Susie Bush, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.  
Junior varsity team with an overall GPA of 3.33.

#### NCS Scholar Athletes

##### Varsity

Anna deRoque  
Claire Gallagher  
Cate Goodman  
Jenna Kisner  
Savannah Mone  
Marcy Morse  
Molly Mudgett  
Julia Mueller  
Hannah Snyder  
Olivia Toth  
Emma Workman

##### Junior varsity

Maile Broad  
Kate Carter  
Molly Cronk  
Emily Erce  
Laura Garfein  
Julia Helvey  
Nicolle Kessenich  
Lauren Kobashigawa  
Elena Mountin  
Sydney Norstad  
Jordan Pratt  
Aimee Ruane  
Natalie Seiler  
Rebecca Starr  
Maddie Wilson

The Varsity Softball team finished 2<sup>nd</sup> in the DAL with a record of 8-2, and an overall record of 16-4. They were defeated by Kennedy, Fremont HS in the NCS playoffs.

All DFAL

First team

Kylie Berry, junior  
Jazzlyn Boynton, senior  
Alexis Carlson, junior  
Brooke Panfili, senior

Second team

Marina Carr, senior  
Jenna Evaristo, freshman  
Rosie Shackett, junior

Honorable Mention

Riley Nicosia, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Kylie Berry  
Marina Carr  
Jenna Evaristo  
Maddie Fink  
Jenna Grant  
Alice Ma  
Maia Pecher  
Rosie Shackett  
Bailee Takano

The Boys and Girls Swim teams placed 5<sup>th</sup> in the DFAL.  
 The girls swim team placed 9<sup>th</sup> and the boys placed 20<sup>th</sup> at the NCS Championships.  
 Emily Lo placed 2<sup>nd</sup> in the 100 butterfly and 3<sup>rd</sup> in the 100 breaststroke.  
 Casey Conrad placed 8<sup>th</sup> in the 50 and 100 freestyle.  
 Emily Gebhardt placed 8<sup>th</sup> in the 50 freestyle and 14<sup>th</sup> in the 100 butterfly.  
 Emily Gebhardt, Claire Maxwell, Bella Wentzel, Emily Lo placed 9<sup>th</sup> in the 400 freestyle relay.  
 Matt Ruegg, Bennett Winther, Casey Conrad, Brad Robison placed 11<sup>th</sup> in the 200 freestyle relay.  
 Jackie Samaniego placed 5<sup>th</sup> in diving.  
 Audrey Lundgren placed 14<sup>th</sup> in diving.  
 At the CIF State Championships, Emily Lo placed 6<sup>th</sup> in the 100 butterfly and 100 breaststroke.

All DFAL

First team

Emily Lo, junior

Second team

Honorable mention

Casey Conrad, senior  
 Emily Gebhardt, sophomore  
 Claire Maxwell, sophomore  
 Brad Robison, senior  
 Matt Ruegg, senior  
 Jake Stone, sophomore  
 Bella Wentzel, junior

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.06.  
 Varsity girls team with an overall GPA of 3.48.  
 Junior Varsity boys team with an overall GPA of 3.46.  
 Junior Varsity girls team with an overall GPA of 3.39.

NCS Scholar Athletes

Boys Swimming

Girls Swimming

Varsity

Anthony Bertolami  
 Casey Conrad  
 Nick Davidson  
 Zach Kuo  
 Jack Lattin  
 Brad Robison

Varsity

Sophia Bicomong  
 Georgia Carpenter  
 Beth Daughters  
 Alex Fellner  
 Amanda Fingerut  
 Daphne Ganter  
 Jackie Geannacopoulos

Stella Sowarby  
 Annie Stryker  
 Isabel Toldi  
 Annie Varellas  
 Annika Walker  
 Kylie Walker  
 Brooke Westphal

Junior Varsity

Sarah Bone  
 Taylor Boren  
 Kenzie Carlin  
 Kyra Friedman  
 Isabella Gonzalez  
 Emma Hathaway  
 Isabella Liu  
 Avery Lyon  
 Sarah McCandless  
 Valeria Reggi  
 Scarlett Reicher  
 Annika Sonne  
 Sophia Urick

Junior Varsity

Joel Braunstein  
 Reid Fellner  
 Ben Krey  
 Nelson Rogers

Dylan Hagglund  
 Ryan Hagglund  
 Mary Heffelfinger  
 Anna McCarthy  
 Lexi Rowell  
 Jackie Samaniego



The Girls Track & Field team was Co-Champions of the DFAL and the Boys Team finished 3<sup>rd</sup>.  
 The Girls Track & Field team finished 3<sup>rd</sup> and the boys team 8<sup>th</sup> at the NCS Tri-Valley Championships and the following placed in the meet.

Individual results at the NCS Tri-Valley Championships qualifying for the NCS Meet of Champions.  
 Windy Margerum won the hurdles and long jump and placed 4<sup>th</sup> in the 100.

Ethan Westemeier won the triple jump.

Imani Boggan placed 3<sup>rd</sup> in the 800.

Carson Etnyre placed 4<sup>th</sup> in the 400.

Scarlette McCullough, Marianna Florine, Imani Boggan, Windy Margerum placed 3<sup>rd</sup> in the 4x100.

Jesse Iniguez-Stralla placed 4<sup>th</sup> in the 100 and 11<sup>th</sup> in the 200.

Ryan Nall placed 7<sup>th</sup> in the discus.

The following placed at the NCS Meet of Champions qualifying for the CIF State Championships.

Windy Margerum won the long jump and placed 2<sup>nd</sup> in the 100 hurdles.

Ethan Westemeier won the triple jump.

Ryan Nall placed 3<sup>rd</sup> in the discus.

The following placed in the top six at the NCS Meet of Champions.

Imani Boggan placed 4<sup>th</sup> in the 800.

Carson Etnyre placed 6<sup>th</sup> in the 400.

Ryan Nall placed 6<sup>th</sup> in the shotput.

Alex Christensen and Anna Weier placed 6<sup>th</sup> in the unified 100.

Alex Christensen and Anna Weier placed 7<sup>th</sup> in the unified long jump.

Scarlette McCullough, Muppy Gragg, Imani Boggan and Windy Margerum placed 4<sup>th</sup> in the 4x100.

Imani Boggan, Muppy Gragg, Annie Klopstock and Emily Sverak placed 4<sup>th</sup> 4x400.

#### All DFAL

##### First team

Imani Boggan	400	4x400 relay		
Marianna Florine	4x400 relay			
Muppy Gragg	400	High jump	Long jump	
Jesse Iniguez-Stralla	100	200	4x100 relay	
Annie Klopstock	4x400 relay			
Windy Margerum	100	100 hurdles	Long jump	Triple jump
Emily Sverak	4x400 relay			
Ethan Westmeier	110 hurdles	300 hurdles	High jump	Triple jump

##### Second team

Ryan Nall	Discus	Shot put
Anna Weier	Discus	Shot put

##### Honorable mention

Carson Etnyre	4x400 relay
Christian Lyons	4x400 relay
Owen McNamara	Pole vault
Vance Parry	4x400 relay

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 3.14.  
   Girls varsity team with an overall GPA of 3.58.  
   Boys junior varsity team with an overall GPA of 3.21.  
   Girls junior varsity team with an overall GPA of 3.68.

#### NCS Scholar Athletes

##### Boys Varsity Track & Field

Jonathan Burns  
Ethan Frigon  
Kooshan Ghaziani  
Christian Lyons  
Ryan Nall  
Ross Ney  
Riley Noon  
Callan O'Brien  
Vance Parry  
Ryan Siu  
Sam Stack  
Josh Starr  
Zach Tom

##### Boys Frosh-Soph Track&Field

Jonathan Choi  
Chris Dao  
David Eng  
Nicholas Flint  
Lucas Julian  
Austin Poole  
Harrison Seymour  
Rayce Walton

##### Girls Varsity Track & Field

Lauren Bishopp  
Anna Dissman  
Muppy Gragg  
Devin Grobeck  
Madeline Kalil  
Windy Margerum  
Roni Marrone  
Mila Mathias  
Scarlette McCullough  
Eliza Parry  
Elina Rasmussen  
Morgan Rogers  
Karen Rosenberg  
Meagan Snyder  
Anna Mary Starr  
Emily Sverak  
Christy Xie

##### Girls Frosh-Soph Track&Field

Cali Boustani  
Ryann Drue  
Aimee Gee  
Claire Jenkins  
Charlotte Keohane  
Maren Quintella  
Kate Schirmer  
Samantha Swan  
Nicole Wan  
Beatrice Weier  
Sydney Zimmerman

The Boys Volleyball team was the DFAL Champion with a 10-0 record and 28-7 overall record. In the NCS playoffs they defeated Sir Francis Drake HS 3-0 in the quarterfinals and was defeated by Redwood HS in five very close games in the semifinals.

All DFAL

Connor McCarthy, senior, was named Foothill Division Most Valuable Player of the DAL.

First team

Bijan Shahabi, senior  
Carter Smith, senior  
Nick Smyrnios, senior

Second team

Brad Altbaum, senior  
Colin Kirbach, sophomore

Honorable mention

Alex Franke, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.08.  
Junior Varsity team with an overall GPA of 3.07.

NCS Scholar Athletes

Varsity

Brad Altbaum  
Lane Altbaum  
Alex Franke  
Colin Kirbach

Junior Varsity

Anubhav Dawadi  
Raymond Ko  
Bryan Lam  
Trevor Stripling

## Senior Awards

Julian O'Donnell won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department.

Drew Wondolowski and Parker Jones won the Most Outstanding Athlete Award for excellence in a single sport.

Casey Conrad, Callie Ericksen and Brooke Panfili won the Most Valuable Athlete Award for excellence in several sports.

Brad Robison and Devin Grobeck won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

### Overall Update.

172/365 Scholar athletes in the Fall.

19/19 Scholar teams in the Fall.

120/262 Scholar athletes in the Winter.

15/15 Scholar teams in the Winter.

188/479 Scholar athletes in the Spring.

21/23 Scholar teams in the Spring.

480/1106 Scholar athletes in the year.

55/57 Scholar teams in the year.

96% of our teams received scholar team honors.

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

807 students participate in at least one sport, which is 60% of our student body.

217 students are two-sport athletes, 36 students are three-sport athletes.

1106 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.