

Acalanes High School

Athletic Department

2017-2018 Summary

Fall sports athletic update.

The Boys Cross Country team finished 8th at the NCS Meet of Champions in division III led by Riley Noon finishing 22nd, Josh Starr 26th and Ethan Frigon 41st. The girls finished 14th in division III led by Nicole Frigon finishing 33rd.

All DAL Foothill Division

First team

Second Team

Honorable Mention

Ethan Frigon, senior

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

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.05.

Varsity girl's team with an overall GPA of 3.85.

Junior varsity boy's team with an overall GPA of 3.30.

Junior varsity girl's team with an overall GPA of 3.57.

Frosh-soph boy's team with an overall GPA of 3.40.

Frosh-soph girl's team with an overall GPA of 3.49.

NCS Scholar Athletes

Varsity

Nicole Frigon
Elizabeth Hamalian
Taylor Hill
Caroline Kelly
Annie Klopstock
Riley Noon
Binti Sohn
Anna Mary Starr
Josh Starr
Sidney Zimmerman

Junior varsity

Julia Helvey
Thomas Hunt
Emma Kacharmina
Brian Ohleyer
Hannah Snyder
Meagan Snyder
Emersyn White

Frosh-Soph

Katie Bettencourt
Jonas Buchel
Georgia Carpenter
Irvin Chao
Nick Emtage
Josh Evans
Isabella Gonzalez
Summer Helvey
Ian Ho
Lena Johnson
Thomas Judson
Derek Kotarba
Ben Krey
Harrison Mains
Austin Poole
Ethan Sanguinet
Laura Stenger
Tori Wang
Ian White

The Football team finished 9-2 overall, and 2nd in the DAL Foothill division with a 3-1 record. In the NCS playoffs, they defeated Petaluma HS and was defeated by Bishop O'Dowd HS in the quarterfinals.

Robby Rowell, senior, was named All-Bay Area News Group 3rd team selection as a quarterback.
Ryan Nall, senior, was named All-Bay Area News Group 3rd team selection as a defensive lineman.
Brian Merken, senior, was named All-Bay Area News Group honorable mention as a wide receiver.

Robby Rowell, senior, was named Most Outstanding Offensive Player of the NCS by Cal Hi Sports and third team All-State Quarterback by MaxPreps.

All DAL Foothill Division

Robby Rowell, senior, was named Most Valuable Offensive Player of the DAL Foothill division.

First team

Nick Henderson (LB), senior
Brian Merken (WR), senior
Ryan Nall (DL), senior
Max Thrasher (OL), senior
Trenton Tso (DB), senior

Second team

Nick Bettencourt (LB), junior
Cole Brant (OL), senior
Eric Larson (OL), junior
Aidan McNamara (WR), senior
Gabe Middleton (LB), senior

Honorable mention

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 3.09.
Freshman team with an overall GPA of 3.06.

NCS Scholar Athletes

Varsity

Jackson Carter
Nick Henderson
Aidan McNamara
Gabe Middleton
Ryan Nall
Vance Parry
Seth Pezman
Nick Price
Robby Rowell
Sam Saracevic
Grant Smith
Jesse Stewart
Trenton Tso
Ariel Viscarra
Kenny Workman

Junior varsity

Carson Burrill
Will Condy
Lucas Eppinger
John Kalil
Jack Miles
Rayce Walton

Freshman

Jackson Aris-Dumas
Johnny Burns
Joey Carrillo
Niko Cortessis
Andrew Cusumano
Drew Davidson
Joe Evans
Mitchell Franklin
Sam Heyman
Brady Hutchinson
Dane Jenssen
Tyler Karr
Owen Lee
Ely Pancoast
Jeremy Pearson
Walter Workman

The Girls Golf team finished 4th in the DAL Foothill division with a record of 1-6 and 1-8 overall. The team finished in 4th place at the DAL Championships.

All DAL Foothill Division

First team

Avalon Schenone, junior

Second Team

Grace Andronico, junior

Honorable mention

Izzy Campillo, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.42.

Junior varsity team with an overall GPA of 3.38

NCS Scholar Athletes

Varsity

Lauren Kim

Kaitlin Kirby

Nancy Liu

Audrey Lundgren

Natalie Seiler

Junior varsity

Maia Pecher

The Girl's Tennis team was 3rd in the DAL Foothill Division with a record of 6-4 and an overall record of 9-8. In the NCS Team Championships, they defeated Mission San Jose HS 4-3 before being defeated by Dougherty Valley HS 4-3 in the quarterfinals.

All DAL Foothill Division

First team

Eliza Bates (singles), freshman

Megan Cardiff (doubles), senior

Maddie McDonagh (doubles), senior

Second team

Sydney Bell (singles), junior

Sasha Schtein (singles), senior

Honorable mention

Jasmine Toni (singles), freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.62.

Junior varsity team with an overall GPA of 3.58.

NCS Scholar Athletes

Varsity

Sydney Bell

Zoe Cate

Zoe Cate

Jacqui Caulfield

Sophia Cooper

Molly Cronk

Jess Gerson

Cameron Langley

Sophia Lindgren

Milena Lucey

Maddie McDonagh

Rachel Minden

Madi Price

Sasha Schtein

Vivian Toni

Erin Warenski

Junior varsity

Sabrina Alesna

Kylie Alfaro

Lucy Bakar

Naomi Berkowitz

Jamie Bishop

Lindsay Campbell

Lauren Craig

Audrey Glosson

Katie Hale

Siena Marchiano

Chambit Miller

Madison Payne

Maren Quintella

Sofia Swatt

Aly Sweeney

Anya Weinstein

Zoe Weinstein

Lynn Wolfe

The Girls Volleyball team tied for 3rd in the DAL with a record of 5-5 and had an overall record of 13-16. In the NCS playoffs they defeated Petaluma HS before being defeated by Moreau HS in the quarterfinals.

All DAL Foothill Division

First Team

Madi Risch, sophomore

Second Team

Theresa Nevins, senior

Honorable Mention

Lane Webster, sophomore

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 3.60.

Junior varsity team with an overall GPA of 3.45.

Freshman team with an overall GPA of 3.50.

NCS Scholar Athletes

Varsity

Elsa Clever

Roxy Cummings

Samantha Darin

Rachel Go

Grace Higgins

Maddie Kalil

Cailey McVay

Theresa Nevins

Madi Risch

Sarah Westergren

Junior varsity

Parker Jung

Helen Kleinsmith

Erin Meade

Aisha Mohanty

Maja Moran

Annika Olson

Mackenzie Sauer

Freshman

Lyla Cox

Lauren Davis

Megan Go

Sami Hansen

Libby Ross

Sydney Sowarby

Maren Takeuchi

Chloe Wu

The Boys Water Polo team finished with an overall record of 13-10, and 2-2 in the DAL to finish in 3rd place. In the NCS playoffs they defeated Foothill HS before being defeated by Miramonte HS in the quarterfinals.

All DAL Foothill Division

First team

Jake Stone, junior

Second team

Max Stryker, junior

Bennett Winther, senior

Honorable mention

Jacob Parker, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.

Junior varsity team with an overall GPA of 3.39.

NCS Scholar Athletes

Varsity

Henry Hutchinson

Jake Stone

Max Stryker

Junior Varsity

Alex Archer

Charlie Bettencourt

Jon Davis

Ethan Del Rosario

Nikita Malinovsky

Jay Mills

Peter Tompkins

Ethan Walker

Mike Winther

The Girls Water Polo team was 21-5 overall, and 3-1 in the DAL to finish 2nd in the league. They defeated College Park HS 18-1, and Las Lomas HS before being defeated by Monte Vista HS in double overtime in the semifinals.

All DAL Foothill Division

First team

Jewel Roemer, sophomore
Lexi Rowell, junior
Bella Wentzel, senior

Second team

Kylie Walker, junior
Brooke Westphal, sophomore

Honorable Mention

Ava Donleavy, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.42.
Junior varsity team with an overall GPA of 3.41.

NCS Scholar Athletes

Varsity

Nicole Chapman
Lauren Etnyre
Jackie Geannacopoulos
Mary Beth Heffelfinger
Sarah McCandless
Alex Mould
Jewel Roemer
Lexi Rowell
Kylie Walker
Bella Wentzel

Junior Varsity

Kaitlyn Allio
April Dajani
Coco Fellner
Grace Gebhardt
Emma Miller
Claire Mueller
Kaylee Pond
Caroline Schirmer
Laurel White

Winter Sports Update

The Boys Basketball team was 5th in the DAL Foothill Division with a record of 16-13 overall, and 3-7 in the league. In the NCS playoffs, they defeated Washington HS and were defeated by Alameda HS. In the CIF NorCal playoffs, they were defeated by Grant HS.

All DAL Foothill Division

First Team

Second Team

Honorable Mention

Aidan McNamara, senior
Robby Rowell, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.32.
Junior Varsity team with an overall GPA of 3.50.
Freshman team with an overall GPA of 3.57.

NCS Scholar Athletes

Varsity

Ian Archer
Andrew Che
Carson Etnyre
Aidan McNamara
Ryan Nall
Trevor Stripling

Junior Varsity

Baker Murphy
Jack Franz
Matt Hess
John Kalil
Jack Miles
Shreekar Pandey
Scott Ruegg
Ishaan Saha
Evan Wang

Freshman

Joey Carrillo
Kai Feinberg
Derek Kotarba
Peter Kraszulyak
Jeremy Pearson
Graham Smith
William Zhang

The Girls Basketball team was 3rd in the DAL Foothill Division with a record of 16-11 overall, and 5-5 in the DAL. In the NCS playoffs, they were defeated by Ukiah HS.

All DAL Foothill Division

First Team

Second Team

Honorable Mention

Grace Gebhardt, freshman

Lauren Frechman, sophomore

Lauren Kobashigawa, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.

Junior varsity team with an overall GPA of 3.65.

NCS Scholar Athletes

Varsity

Lauren Kobashigawa

Kaylee Pond

Olivia Toth

Junior varsity

Zoe Edelman

Daphne Ganter

Kaylin Hiatt

Mayree Lenz

Isabel Rurka

Morgan Salmon

The Boys Soccer team was 2nd in the DAL Valley Division with an overall record of 17-8-1 record and 8-2 in the DAL. In the NCS playoffs, they defeated Albany HS and San Lorenzo HS before being defeated by Bishop O'Dowd HS in the Semifinals.

All DAL Foothill Division

Alex Topping, senior, was named Most Valuable Offensive Player of the Valley division.

First team

Chris Rogers, junior
Travis Stevenson, junior

Second team

Oliver Feigin, senior
Nick Geannacopoulos, sophomore

Honorable mention

Luke Denham, senior
Reider Martinsen, senior
Dominic Schottland, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.34.
Junior Varsity team with an overall GPA of 3.27.
Frosh-soph team with an overall GPA of 3.41.

NCS Scholar Athletes

Varsity

Josh Galla
Nick Geannacopoulos
Shukoor Haji
Ryan Karow
Reider Martinsen
Matt Raffel
Chris Rogers
Dominic Schottland
Ben Stoddard
Eric Voss

Junior varsity

Charles Baker
Nicholas Flint
Carson Gragg
Thomas Judson
Noah Kline
Ethan Michon
Calvin Van Oss
Yipeng Wan

Freshman

Ryan Bea
Andrew Cusamano
Marco Friio
Kai Hill
Tyler Karr
Alex Thornton
Walter Workman

The Girls Soccer team was 6th in the DAL Foothill Division with a record of 0-8-2 and an overall record of 4-13-2.

All DAL Foothill Division

First team

Emily Smith, senior

Second team

Kierra Krawec, senior

Honorable mention

Sophia Giordano, senior

Malika Haji, junior

Samantha Hansen, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.

Junior varsity team with an overall GPA of 3.46.

NCS Scholar Athletes

Varsity

Jamie Bishop

Beth Daughters

Grace Denham

Sophia Giordano

Dylan Hagglund

Malika Haji

Samantha Hansen

Georgia Karas

Kierra Krawec

Eliza Parry

Maia Pecher

Jordan Pratt

Elle Skvarna

Emily Smith

Gabriella Toma

Junior varsity

Taylor Boren

Lindsey Campbell

Kate Carter

Taylor Hill

Emily Keeler

Jessie Lim

Sloan Nelick

Hallie Orear

Olivia Parnell

Della Pascucci

Charlotte Toney

Lue Van Handel

Frosh-soph

The Wrestling team was the DAL Valley Division Champion with a league record of 5-0. In the NCS Dual Meet Championships, they were defeated by Albany HS and Newark Memorial HS. Isaac Douglas placed 2nd and Addison Early placed 3rd to qualify for the NCS Championships.

All DAL Valley Division

First team

Second team

Honorable mention

Isaac Douglas (160), senior

Addison Early (182), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.15.

Junior varsity team with an overall GPA of 3.17.

NCS Scholar Athletes

Varsity

Ivan Dikov

Isaac Douglas

Jeremy Hathaway

Alex Haase

Ben Krey

Jeremy Ridge

Tyler Sverak

Ezra Zimmer

Junior Varsity

Michael Castelli

Ihlan Evrenosoblu

Reid Fellner

Ryan Lim

Anthony Mirabito

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.32.

Junior varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity

Megan Hood

Eliana Mann

Kayling O'Neill

Aly Sheehan

Phoebe Wandell

Junior Varsity

Emily Ingram

Emmalyn Laurenson

Rachel Morris

Nicole Prozan

Gracie Sterner

Grace Vaughn

Monica Wang

Spring Sports Update

The Baseball team was 3rd in the DAL with a record of 6-4, and overall record of 16-9. They were defeated by San Ramon Valley HS in the NCS playoffs.

All DAL Foothill Division

First team

Nick Berry, senior
Jake Delaney, sophomore
Davis Diaz, freshman
Nick Kresnak, sophomore

Second team

Brian Merken, senior
Simon Oh, senior

Honorable mention

Thatcher Hurd, freshman
Ty Whelehan, senior

Gold glove

Stefan Raeth, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.10.
Junior varsity team with an overall GPA of 3.18.
Freshman team with an overall GPA of 3.22.

NCS Scholar Athletes

Varsity

Nicholas Bamont
Scott Brydon
Michael Castelli
Nick Kresnak
Gareth Kwok
Reed Sabey
Ben Woodworth

Junior Varsity

William Easley
Mitchell Franklin
Ben Fromer
Logan Hurd
Brendan Klim
Luke Miles
Ryan Reilly
David Sniderman

Freshman

Dominic Figone
Jim Harrington
Graham Smith

The Boys Golf team finished 4th in the DAL with a record of 3-5, and finished in 4th place at the DAL Championships. They had an overall record of 7-6. They were NCS Championship qualifiers.

All DAL Foothill Division

First Team

Second Team

Honorable Mention

Tucker Gannon, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.45.

Junior Varsity team with an overall GPA of 3.13.

NCS Scholar Athletes

Varsity

Murphy Baker

Will Condry

Andrew Cusumano

Tucker Gannon

Ross Ney

Ely Pancoast

Tyler Schenone

Alec Simas

Max Thrasher

Junior Varsity

Ryan Bea

Josh Matz

Mike Winther

The Boys Lacrosse team were DAL Champions with a 7-0 record, and finished with a 17-6 overall record. In the NCS playoffs, they defeated Sonoma Academy HS, Livermore HS and Miramonte HS before being defeated by Marin Academy in the Championship game.

All DAL Foothill Division

Joey Gladden, senior, was named Most Valuable Player of the DAL

First Team

Fynn Chorak, senior
Parker Henderson, senior
Jake Landry, senior
Nick Schirmer, senior

Second Team

Gabe Middleton, senior

Honorable Mention

Beniam Huff, senior
Jack Wickline, junior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity

Fynn Chorak
TJ Collins
Tucker Loughran-Smith
Reed Watson

Junior varsity

Noah Elze
Carson Gragg
Matt Hess
Harrison Mains
Anthony Mirabito
Henry Rogers
Calvin Van Oss

The Girls Lacrosse team was 3rd in the DAL with a 6-2 record, and 18-7 overall record. In the NCS playoffs, they defeated Bishop O'Dowd HS, Casa Grande HS and Piedmont HS before being defeated by Miramonte HS in the Championship game.

All DAL Foothill Division

First Team

Claire Gallagher, junior
Jenna Kisner, senior
Jamie Wendt, senior

Second Team

Lauren Westergren, sophomore
Emma Workman, junior

Honorable Mention

Susie Bush, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.38.
Junior varsity team with an overall GPA of 3.42.

NCS Scholar Athletes

Varsity

Jacqui Caulfield
Coco Fellner
Claire Gallagher
Cate Goodman
Julia Helvey
Jenna Kisner
Savannah Mone
Marcy Morse
Molly Mudgett
Emma Reed
Olivia Toth
Jamie Wendt

Junior varsity

Sabrina Alesna
Lindsey Campbell
Kate Carter
Kaylin Hiatt
Jessie Lim
Natasha Malinovsky
Sloane Nelick
Sydney Norstad
Riley Perlman
Jordan Pratt
Marielle Reisner-Hansson
Natalie Seiler
Sydney Sowarby
Kate Stenger
Lauren Stenger
Zoe Weinstein

The Varsity Softball team finished 2nd in the DAL with a record of 7-3, and an overall record of 9-14. They were defeated by Terra Linda HS in the NCS playoffs.

All DAL Valley Division

First team

Ellie Palma, freshman
Amy Schwing, freshman
Bailee Takano, junior

Second team

Riley Nicosia, sophomore

Honorable Mention

Alexis Carlson, senior
Rosie Shackett, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.42.
Junior varsity team with an overall GPA of 3.47.

NCS Scholar Athletes

Varsity

Kylie Berry
Sophia Cooper
Jenna Evaristo
Maddie Fink
Jenna Grant
Alice Ma
Riley Nicosia
Kaylee Pond
Morgan Salmon
Rosie Shackett

Junior Varsity

Zoe Edelman
Allison Fink
Summer Helvey
Emily Keeler
Leah Macarewich
Evan Mirabella
Anastacia Yiannikos

The Boys and Girls Swim teams placed 5th in the DFAL.
 The girls swim team placed 4th at the NCS Championships.
 Emily Lo placed 2nd in the 100 butterfly and 4th in the 100 breaststroke.
 Emily Gebhardt placed 5th in the 100 butterfly and 10th in the 100 freestyle.
 Shelby Suppiger placed 9th in the 100 breaststroke.
 Claire Maxwell placed 14th in the 50 freestyle.
 Jake Stone placed 14th in the 50 freestyle and 100 breaststroke.
 Anna McCarthy, Shelby Suppiger, Emily Lo and Lauren Etnyre placed 3rd in the 200 medley relay.
 Emily Gebhardt, Ryan Hagglund, Claire Maxwell and Emily Lo placed 5th in the 200 freestyle relay.
 Shelby Suppiger, Claire Maxwell, Lauren Etnyre, Emily Gebhardt placed 5th in the 400 freestyle relay.
 Jake Stone, Jacob Parker, Bennett Winther and Will Nagle placed 13th in the 200 freestyle relay.
 Jackie Samaniego placed 3rd in diving.
 Audrey Lundgren placed 14th in diving.
 At the CIF State Championships.
 Emily Lo placed 4th in the 100 breaststroke and 9th in the 100 butterfly.
 Shelby Suppiger placed 8th in the 100 breaststroke.
 Emily Gebhardt, Shelby Suppiger, Lauren Etnyre, Emily Lo placed 5th in the 200 freestyle relay.
 Shelby Suppiger, Lauren Etnyre, Claire Maxwell, Emily Gebhardt placed 9th in the 400 freestyle relay.
 Anna McCarthy, Shelby Suppiger, Emily Lo and Emily Gebhardt placed 9th in the 200 medley relay.

All DAL Foothill Division

First team

Emily Gebhardt, junior
 Emily Lo, senior
 Claire Maxwell, junior
 Jewel Roemer, sophomore

Second team

Lauren Etnyre, senior
 Ryan Hagglund, senior
 Anna McCarthy, sophomore
 Shelby Suppiger, freshman

Honorable mention

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.33.
 Varsity girls team with an overall GPA of 3.47.
 Junior Varsity boys team with an overall GPA of 3.07.
 Junior Varsity girls team with an overall GPA of 3.34.

NCS Scholar Athletes

Boys Swimming

Varsity

Nick Davidson
Zach Kuo
Jack Lattin
Jay Mills
Nelson Rogers
Jake Stone
Max Stryker
Colby Suppiger

Junior Varsity

Peter Archer
Mark Chechenin-Gelfer
Reid Fellner
Thomas Judson
Scott Murphy
Colin Porciuncula
Yicheng Yao

Girls Swimming

Varsity

Taylor Boren
Georgia Carpenter
Nicole Chapman
Beth Daughters
Jackie Geannacopoulos
Dylan Hagglund
Emma Hathaway
Mary Beth Heffelfinger
Claire Maxwell
Anna McCarthy
Emma Miller
Katherine Minden
Alex Mould
Haley Pinnella
Lexi Rowell
Caroline Schirmer
Stella Sowarby
Kylie Walker
Bella Wentzel
Brooke Westphal
Laurel White

Varsity Diving

Audrey Lundgren
Jackie Samaniego

Junior Varsity

Sophia Bicomong
Chloe Goddard
Isabella Gonzalez
Katie Hale
Ruby Koehler
Jamie Lattin
Grace Le
Isabella Liu
Kiara Machado
Claire Mueller
Cora Murray
Elizabeth Paul
Sydney Paulsen
Lola Rao
Allyndreth Smyth
Amanda Todhunter

The Boys Tennis team finished 2nd in the DFAL with a 6-3 record and an overall record of 7-4. In the NCS team championships, they were defeated by San Ramon Valley HS 4-3.

Trenton Tso, senior, was a 1st team All-DAL singles selection.

Ryan Everly, junior, was a 2nd team All-DAL singles selection.

Matt Gay, senior, was an honorable mention All-DAL singles selection.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.31.

Junior Varsity team with an overall GPA of 3.25.

NCS Scholar Athletes

Varsity

Cole Brightbill

Ryan Everly

Cole Goddard

AJ Hesby

Henry Huchingson

Ishaan Saha

Cooper Smith

Andrew Tso

Junior Varsity

Christian Dao

Eitan Feiger

Nico Flint

Aidan Lewis

Thibault Vialle

The Girls Track & Field team was Co-Champions of the DFAL and the Boys Team finished 3rd.
The Girls Track & Field team finished 4th and the boys team 9th at the NCS Tri-Valley Championships and the following placed in the meet.

The Girls Track & Field team finished 6th and the boys team 16th at the NCS Meet of Champions.
Individual results at the NCS Tri-Valley Championships qualifying for the NCS Meet of Champions.

Muppy Gragg won the 400 and long jump and placed 2nd in the 300 hurdles.

Ryan Nall won the shotput and was 3rd in the discus.

Johnny Choi placed 2nd in the high jump.

Amy Gee and Lena Johnson were 3rd in the unified 100 and unified long jump.

Alex Christensen and Taylor Hill were 4th in the unified long jump.

Keaziah Smith placed 5th in the long jump.

Anna Weier placed 5th in discus.

Nicole Frigon placed 6th in the 800.

Emily Sverak placed 7th in the 300 hurdles.

Isabel Rasmussen placed 7th in the high jump.

Scarlette McCullough placed 7th in the pole vault.

Shou Roth and Tucker Starbuck placed 7th in the unified long jump.

Mila Mathias placed 8th in the 100 hurdles.

Emily Sverak, Mikaela Truong, Muppy Gragg and Mari Florine placed 4th in the 4X400.

The following placed at the NCS Meet of Champions.

Muppy Gragg placed 2nd in the 300 hurdles and long jump and 6th in the 400.

Ryan Nall placed 2nd in the shotput and 6th in the discus.

Keaziah Smith placed 3rd in the long jump

Nicole Frigon placed 8th in the 800.

Johnny Choi placed 10th in the high jump.

Scarlette McCullough placed 12th in the pole vault.

Amy Gee and Lena Johnson placed 4th in the long jump and 5th in the unified 100.

The following qualified for the CIF Championships.

Muppy Gragg placed 10th in the 300 hurdles and 15th in the long jump.

Ryan Nall placed 16th in the shotput.

Keaziah Smith placed 25th in the long jump.

All DAL Foothill Division

First team

| | | |
|-------------|---------|-----------|
| Muppy Gragg | 400 | Long jump |
| Ryan Nall | Shotput | |

Second team

| | | |
|---------------|-------------|----------|
| Johnny Choi | High Jump | |
| Muppy Gragg | 300 hurdles | |
| Mila Mathias | 110 hurdles | |
| Keaziah Smith | Long Jump | |
| Anna Weier | Discus | Shot put |

Honorable mention

| | |
|----------------|-------------|
| Chris Armanino | 4x100 relay |
| Mari Florine | 4x400 relay |
| Nicole Frigon | 800 |
| Muppy Gragg | High jump |

Jesse Iniguez-Stralla 4x100 relay
 Charlie Keohane 4x400 relay
 Ryan Nall Discus
 Anand Patel 4x100 relay
 Keaziah Smith 4x100 relay
 Emily Sverak 4x400 relay
 Mikaela Truong 4x400 relay
 Scarlett McCullough Pole vault

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 3.34.
 Girls varsity team with an overall GPA of 3.27.
 Boys junior varsity team with an overall GPA of 3.16.
 Girls junior varsity team with an overall GPA of 3.55.

NCS Scholar Athletes

Boys

Varsity

Jonathan Choi
 Carson Etnyre
 Ryan Nall
 Callan O'Brien
 Austin Poole
 Max Thrasher
 Nathan Yeager

Frosh-Soph

Joel Braunstein
 Billy Brown
 Robert Cain
 Irvin Chao
 Josh Evans
 Dominic Figone
 Ian Ho
 Aidan Mosley

Girls

Varsity

Muppy Gragg
 Beatrice Hahn
 Madeline Kalil
 Annie Klopstock
 Mila Mathias
 Scarlett McCullough
 Meagan Snyder
 Anna Mary Starr
 Emily Sverak
 Mikaela Truong
 Anna Weier
 Beatrice Weier

Frosh-Soph

Beth Hamalian
 Taylor Hill
 Lena Johnson
 Charlotte Keohane
 Emma Phillips
 Maren Quintella
 Binti Sohn
 Rebecca Starr
 Anne Thiselton-Dyer
 Lue Van Handel
 Nicole Wan
 Tori Wang
 Sydney Zimmerman

The Boys Volleyball team was the DAL Champion with a 10-0 record and 27-9 overall record. In the NCS playoffs they defeated Tennyson HS 3-0, Washington HS 3-2, Campolindo HS 3-2 and Northgate HS 3-1 to win the NCS Championship. They were defeated by Aptos HS in the CIF NorCal playoffs.

All DAL Valley Division

Colin Kirbach, senior, was named Valley Division Most Valuable Player of the DAL.

First team

Ethan Browne, senior
Alex Franke, junior
Austin Kinnear, freshman

Second team

Lane Altbaum, junior
Nikolai Heffernan, junior

Honorable mention

Jackson Kirke, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.

NCS Scholar Athletes

Varsity

Brad Altbaum
Ethan Browne
Alex Franke
Griffin Johnson
Raymond Ko
Cole Macarewich

Junior Varsity

Anubhav Dawadi

The Competitive Sport Cheer team finished 3rd in the DAL with a 4-2 record.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

NCS Scholar Athletes

Varsity

Emily Ingram
Rachel Morris
Nicole Prozan
Aly Sheehan
Gracie Sterner
Anika Thompson
Grace Vaughn
Phoebe Wandell
Monica Wang

Senior Awards

Gareth Kwok won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department. Jeremy Ridge, Robby Rowell and Emily Lo won the Most Outstanding Athlete Award for excellence in a single sport.

Ryan Nall and Muppy Gragg won the Most Valuable Athlete Award for excellence in several sports. Ryan Nall and Muppy Gragg won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

168/363 Scholar athletes in the Fall.

18/19 Scholar teams in the Fall.

108/229 Scholar athletes in the Winter.

14/14 Scholar teams in the Winter.

208/501 Scholar athletes in the Spring.

22/24 Scholar teams in the Spring.

484/1093 Scholar athletes in the year.

54/57 Scholar teams in the year.

95% of our teams received scholar team honors.

44% of our student-athletes received scholar-athlete honors.

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

235 students are two-sport athletes, 22 students are three-sport athletes.

1070 total student participants.

All DAL 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.