

Acalanes High School

Athletic Department

2018-2019 Summary

Fall sports athletic update.

The Boys Cross Country team finished 5th at the NCS Meet of Champions in division III led by Riley Noon finishing 8th, Nick Hutson 24th Josh Starr 27th, Dominic Basaldua 40th, Loic Windfuhr-Durand 42nd and Andrew Owens 47th.

All DAL Foothill Division

First team

Nicole Frigon, sophomore

Second Team

Riley Noon, senior
Sam Roth, sophomore
Josh Starr, senior
Lauren Yee, freshman

Honorable Mention

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 3.08.
Varsity girl's team with an overall GPA of 3.40.
Junior varsity boy's team with an overall GPA of 3.25.
Junior varsity girl's team with an overall GPA of 3.50.
Frosh-soph boy's team with an overall GPA of 3.25.
Frosh-soph girl's team with an overall GPA of 3.57.

NCS Presidents List

Varsity

Riley Noon
Manon Roelandts
Lauren Yee

Junior varsity

Georgia Carpenter
Julia Helvey
Grace Higgins
Austin Poole
Emersyn White

Frosh-Soph

Megan Baginski
Thomas Bequette
Sofia Gonzalez
Summer Helvey
Sophia Krayna
Harrison Mains
Katrina Ortman
Gabrielle Sandberg

NCS Scholar Athletes

Varsity

Elle Casselman
Caroline Crossland
Elizabeth Hamalian
Taylor Hill
Lena Johnson
Harrison Seymour

Junior varsity

Isabella Gonzalez
Sophia Lindgren
Marcy Morse
Callan O'Brien
Lauren Westergren
Ian White

Frosh-Soph

Anthony Bettencourt
Josh Evans
Alan Liu

The Football team finished 4-6 overall, and 4th in the DAL Foothill division with a 2-3 record.

Scott Brydon, senior, was named All-Bay Area News Group honorable mention as a defensive back.
Alex Cortessis, senior, was named All-Bay Area News Group honorable mention as a linebacker.
Chris Rogers, senior, was named All-Bay Area News Group honorable mention as a wide receiver.

All DAL Foothill Division

First team

Scott Brydon (DB), senior
Alex Cortessis (LB), senior
Chris Rogers (WR), senior

Second team

Lucas Eppinger (WR), junior
Nick Kresnak (QB), junior
Tommy Thrasher (LB), junior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.11.
Junior varsity team with an overall GPA of 3.12.
Freshman team with an overall GPA of 3.17.

NCS Presidents List

Varsity

Scott Brydon
Chris Rogers
Tommy Thrasher

Junior varsity

Joey Carrillo
Sam Heyman

Freshman

Sean Harrington
Connor McPhail

NCS Scholar Athletes

Varsity

Carson Burrill
Ben Clark
Will Condy
John Kalil
Cole Murgia
Mikey O'Donnell
Nick Pearson
Yahya Qteishat
Youssef Qteishat
Ryan Reilly
Michael Roux

Junior varsity

Graham Oh
Ryan Tresser

Freshman

Eli Berkowitz
Will Berrien
James Gunn
Evan Malmquist
Robert Means
Ibis Pond
Zach Silverberg
Tyler Singh
Truman Smith
Noah Yeager

The Girls Golf team finished 6th in the DAL Foothill division with a record of 0-5 and 0-6 overall. The team finished in 6th place at the DAL Championships.

All DAL Foothill Division

First team

Avalon Schenone, senior

Second Team

Honorable mention

Grace Andronico, senior
Caitlin McDonagh, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.47.
Junior varsity team with an overall GPA of 3.38

NCS Presidents List

Varsity

Kaitlyn Kirby
Helen Kleinsmith
Caitlin McDonagh
Avalon Schenone

Junior varsity

Carly Arends
Emily Arends
Lauren Miller

NCS Scholar Athletes

Varsity

Lauren Kim

Junior varsity

Grace Hagel
Rebecca Starr
Brady Sugrue

The Girl's Tennis team was 2nd in the DAL Foothill Division with a record of 8-2 and an overall record of 16-5. In the NCS Team Championships, they defeated San Ramon Valley HS 4-3 before being defeated by Amador Valley HS 4-3 in the quarterfinals.

All DAL Foothill Division

First team

Eliza Bates (singles), sophomore

Second team

Sydney Bell (singles), senior
Zoe Cate (singles), junior
Jasmine Toni (singles), sophomore

Honorable mention

Vivian Toni (singles), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.69.
Junior varsity team with an overall GPA of 3.59.

NCS Presidents List

Varsity

Naomi Berkowitz
Lauren Craig
Cameron Langley
Shannon McVay
Rachel Minden
Alyson Warenski

Junior varsity

Ella Alpert
Avery Bahl
Frances Daughters
Michelle Goll
Kayli Harley
Sydney Lauer
Catherine Lomond
Alma Marcu
Chambit Miller
Ella Morris
Madison Payne
Lynn Wolfe

NCS Scholar Athletes

Varsity

Sydney Bell
Kristin Campbell
Zoe Cate
Jacqui Caulfield
Madi Price
Aly Sweeney
Jasmine Toni
Vivian Toni
Erin Warenski

Junior varsity

Kylie Alfaro
Jamie Bishop
Lindsay Campbell
Katie Hale
Shrida Pandey
Lauren Williams

The Girls Volleyball team finished 4th in the DAL with a record of 4-6 and had an overall record of 17-14. In the NCS playoffs they defeated Eureka HS and San Marin HS before being defeated by Miramonte HS in the semifinals. In the CIF NorCal playoffs they were defeated by Christian Brothers HS.

All DAL Foothill Division

First Team

Elsa Clever, senior
Madi Risch, junior

Second Team

Rachel Go, senior

Honorable Mention

Roxy Cummings, 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 3.32.

Junior varsity team with an overall GPA of 3.24.

Freshman team with an overall GPA of 3.35.

NCS Presidents List

Varsity

Elsa Clever
Roxy Cummings
Cailey McVay
Annika Olson

Junior varsity

Lyla Cox
Makenzie Sauer

Freshman

Aysha Craig
Valeria Hernandez
Samantha Hess
Yuanqi Zhang

NCS Scholar Athletes

Varsity

Rachel Go
Hayes Hollar
Erin Meade
Madi Risch

Junior varsity

Aisha Mohanty
Maren Takeuchi

Freshman

Taja Maycock

The Boys Water Polo team finished with an overall record of 10-13, and 0-6 in the DAL to finish in 4th place.

All DAL Foothill Division

First team

Max Stryker, senior

Second team

Mac Darin, junior

Honorable mention

Robert Bettencourt, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.

Junior varsity team with an overall GPA of 3.23.

NCS Presidents List

Varsity

Alex Archer

Nick Davidson

Henry Hutchinson

Spencer Tompkins

Junior Varsity

Peter Archer

Mitchell Franklin

Kyle Rosenblatt

NCS Scholar Athletes

Varsity

Eli Berkowitz

Scott Murphy

Jake Stone

Max Stryker

William Stryker

Parker Tompkins

Reed Watson

Mike Winther

Junior Varsity

The Girls Water Polo team was 27-0 overall, and 6-0 and are the DAL Champions . They defeated California HS, San Ramon Valley HS and Campolindo HS to claim the NCS Championship.

All DAL Foothill Division

Jewel Roemer, junior was named the Most Outstanding Player.

First team

Alex Fellner, senior
Claire Rowell, sophomore
Lexi Rowell, senior
Kylie Walker, senior

Second team

Zoe Benisek, junior
Ava Donleavy, sophomore
Alex Mould, sophomore

Honorable Mention

Mary Beth Heffelfinger, junior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.

Junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity

Heidi Heffelfinger
Emma Miller
Alex Mould
Mary Beth Heffelfinger
Claire Mueller
Lexi Rowell
Kylie Walker

Junior Varsity

Anna McCarthy
Olivia Mirabito
Laurel White

NCS Scholar Athletes

Varsity

Mary Beth Heffelfinger
Jewel Roemer
Caroline Schirmer
Brooke Westphal

Junior Varsity

Sophia Eubanks
Coco Fellner
Chloe Goddard
Claire Mueller

Winter Sports Update

The Boys Basketball team was 7th in the DAL Foothill Division with a record of 9-17 overall, and 2-10 in the league.

All DAL Foothill Division

First Team

Second Team

Honorable Mention

Ian Archer, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

Junior Varsity team with an overall GPA of 3.40.

Freshman team with an overall GPA of 3.25.

NCS Presidents List

Varsity

Ian Archer

Joey Carrillo

Jack Franz

John Kalil

Ben Lauer

Jack Wickline

Junior Varsity

Baker Murphy

Kai Feinberg

Peter Kraszulyak

Freshman

Liam Bodner

Nate Cheslog

Erik Moen

NCS Scholar Athletes

Varsity

Clark King

Junior Varsity

Matt Hess

Jack Miles

Chase Nelson

Shreekar Pandey

Graham Smith

Freshman

Grant Silveri

The Girls Basketball team was the DAL Foothill Division Champions with a record of 19-8 overall, and 9-1 in the DAL. In the NCS playoffs, they defeated Northgate HS and was defeated by Redwood HS in the quarterfinals.

All DAL Foothill Division

Kaylee Pond, junior was named Most Outstanding Player.

First Team

Grace Gebhardt, sophomore
Lauren Kobashigawa, junior

Second Team

Lauren Frechman, junior

Honorable Mention

Kate Schirmer, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.62.

Junior varsity team with an overall GPA of 3.72.

NCS Presidents List

Varsity

Michelle Goll
Lauren Kobashigawa
Kaylee Pond
Kate Schirmer

Junior varsity

Franny Daughters
Samantha Louie
Shrida Pandey
Scarlett Pappalardo
Julia Poole
Lauren Yee

NCS Scholar Athletes

Varsity

Lauren Frechman
Grace Gebhardt
Mikaela Valerio

Junior varsity

The Boys Soccer team was 4th in the DAL with an overall record of 10-4-6 record and 7-2-3 in the DAL. In the NCS playoffs, they defeated Ygnacio Valley HS.

All DAL Valley Division

First team

Travis Stevenson, senior

Second team

Nick Geannacopoulos, junior

Honorable mention

Bernard Adri, senior

Kyle Parnell, senior

Erik Voss, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.42.

Junior Varsity team with an overall GPA of 3.36.

Frosh-soph team with an overall GPA of 3.30.

NCS Presidents List

Varsity

Nick Geannacopoulos

Owen Hansen

Matt Raffel

Eric Voss

Junior varsity

Charles Baker

Andrew Cusamano

Marco Friio

Kai Hill

Noah Kline

Isaiah Orlando

Calvin Van Oss

Freshman

Cem Adatepe

Mason Archer

Eliav Feiger

Liam McGlynn

NCS Scholar Athletes

Varsity

Will Easley

Carson Gragg

Thomas Judson

Aidan Mosley

Kyle Parnell

Garrett Siegel

Junior varsity

Ryan Bea

Ethan Michon

Michael Roux

Freshman

Marco Carranza

Jack Cusamano

Mason Fish

Jackson Martin

Levi Philips

The Girls Soccer team was 8th in the DAL with a record of 4-4-4 and an overall record of 11-6-5. In the NCS playoffs, they defeated Encinal HS and was defeated by Campolindo HS in the quarterfinals.

All DAL Foothill Division

First team

Sasha Sadoff, senior

Second team

Aliye Wingate, sophomore

Honorable mention

Kate Carter, junior
Sami Hansen, sophomore
Ivy Souza, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.68.
Junior varsity team with an overall GPA of 3.49.
Frosh-soph team with an overall GPA of 3.71.

NCS Presidents List

Varsity

Maile Broad
Beth Daughters
Lara Dissman
Megan Go
Sami Hansen
Samantha Hess
KK McDonagh
Eliza Parry
Jordan Pratt
Sasha Sadoff
Elle Skvarna
Maddie Wilson

Junior varsity

Ellie Ives
Emily Keeler
Hallie Orear
Lue Van Handel

Frosh-soph

Ella Alpert
Lindsey Campbell
Elise Flagg
Annalise Harhay
Sigourney Heaton
Sloan Nelick
Gina Park
Della Pascucci
Maya Stelzer

NCS Scholar Athletes

Varsity

Kate Carter
Dylan Hagglund
Georgia Karas
Natasha Malinovsky
Gabby Ortale
Ivy Souza
Aliye Wingate

Junior varsity

Natalie Cohen
Lyla Cox
Maya Kelly
Olivia Pellegrini
Maggie Saracevic

Frosh-soph

Jessie Lim

The Wrestling team was 6th in the DAL with a league record of 0-5. In the NCS Steven Williams was the DAL Champion, Antonio Correa placed 2nd and Youssef Qteishat and James Trainer placed 5th to qualify for the NCS Championships.

All DAL Foothill Division

First team

Steven Williams (160) junior

Second team

Antonio Correa (220), senior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.11.

Junior varsity team with an overall GPA of 3.09.

NCS Presidents List

Varsity

Junior Varsity

Anson Anonuevo

Dashiell Fabela

Reid Fellner

Peter Husch

NCS Scholar Athletes

Varsity

Ilhan Evrenosoglu

Zack Lara

Matthew Soto

Cooper Womack

Junior Varsity

Alex Haase

Erik Kunju

Akira Nannen

Cole Regan

Lucas Ross

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.28.
 Junior varsity team with an overall GPA of 3.18.

NCS Presidents List

Varsity
Emily Ingram
Nicole Prozan
Aly Sheehan
Patrick Warburton

Junior Varsity
Sydney Lauer
Sumin Lee
Ava Spiegler

NCS Scholar Athletes

Varsity
Megan Hood
Rachel Morris
Phoebe Wandell

Junior Varsity
Kayley Altbaum
Zachary Baisas
Chloe Cervenka
Riley Hawkins
Emmalyn Laurensen
Grace Vaughn

Spring Sports Update

The Baseball team was 1st in the DAL with a record of 12-0, and overall record of 23-3. In the NCS playoffs, they defeated Dublin HS before being defeated by Heritage HS in the quarterfinals.

Nick Kresna, junior, was named All-Bay Area Newsgroup 2nd team selection.

Nick Bamont, sophomore, Davis Diaz, sophomore, and Logan Hurd, junior, were named All-Bay Area Newsgroup honorable mention selection.

Nick Kresnak, junior, was named Most Valuable Player of the DAL Foothill Division.

All DAL Foothill Division

First team

Nick Bamont, sophomore

Davis Diaz, sophomore

Logan Hurd, junior

Nick Kresnak, sophomore

Second team

Brady Huchingson, sophomore

Tommy Thrasher, junior

Honorable mention

Eddie Burns, senior

Gold glove

Thatcher Hurd, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

Junior varsity team with an overall GPA of 3.08.

Freshman team with an overall GPA of 3.18.

NCS Presidents List

Varsity

Nicholas Bamont

Nick Kresnak

David Sniderman

Tommy Thrasher

Junior Varsity

Mitchell Franklin

Freshman

Ben Braunstein

NCS Scholar Athletes

Varsity

Davis Diaz

Ben Woodworth

Junior Varsity

Ben Burleigh

Kade Finegold

Jim Harrington

Graham Smith

Sam Winkles

Freshman

Will Berrien

Jack Cusumano

Connor McPhail

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

All DAL Foothill Division

First Team

Will Condry, junior

Second Team

Tucker Gannon, sophomore

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.

Junior Varsity team with an overall GPA of 3.21.

NCS Presidents List

Varsity

Murphy Baker
Sam Bequette
Tucker Gannon
Mick Jordan
Ely Pancoast

Junior Varsity

NCS Scholar Athletes

Varsity

Ryan Allen
Thomas Bequette
Andrew Cusumano
Massimo Manzone
Michael O'Donnell

Junior Varsity

Kade Finegold

The Boys Lacrosse team finished 3rd in the DAL with a 5-2 record, and finished with a 18-13 overall record. In the DAL playoffs, they were defeated by Campolindo HS in the semifinals. In the NCS playoffs, they defeated Livermore HS before being defeated by Piedmont HS in the quarterfinals.

All DAL Foothill Division

First Team

Carson Burrill, junior
Jack Wickline, senior

Second Team

Avery Howell, junior

Honorable Mention

Charlie Bettencourt, junior
Tucker Loughran-Smith, senior
Wilhelm Schueler, senior
Reed Watson, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.18.

NCS Presidents List

Varsity

Junior varsity

James Gunn
Zachary Silverberg

NCS Scholar Athletes

Varsity

Ben Clark
Noah Elze
Avery Howell
June Jung
Riley Ketcham
Owen Lee
Tucker Loughran-Smith
Henry Rogers
Wilhelm Schueler

Junior varsity

Eli Berkowitz
Harrison Mains

The Girls Lacrosse team was the DAL Champions with a 7-1 record and 16-8 overall record. In the DAL playoffs, they defeated Las Lomas HS 16-1 and Miramonte HS 10-9 in overtime in the DAL Championship game. In the NCS playoffs, they defeated Livermore HS and Tamalpais HS before being defeated by San Marin HS in the semifinals.

All DAL Foothill Division

First Team

Claire Gallagher, senior
Grace Gebhardt, sophomore
Lauren Westergren, junior

Second Team

Coco Fellner, sophomore
Marcy Morse, senior
Jordan Pratt, junior
Emma Workman, senior

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.42.
Junior varsity team with an overall GPA of 3.34.

NCS Presidents List

Varsity

Jacqui Caulfield
Elise Flagg
Julia Helvey
Ellie Ives
Sydney Norstad
Jordan Pratt
Gabrielle Sandberg

Junior varsity

Avery Bahl
Lindsey Campbell
Tessa Chan
Natalie Cohen
Michelle Goll
Samantha Hess
Samantha Louie
Sloane Nelick
Della Pascucci
Ava Spiegler
Maya Stelzer

NCS Scholar Athletes

Varsity

Coco Fellner
Natasha Malinovsky
Keri Wendt

Junior varsity

Kate Carter
Lyla Cox
Kaylin Hiatt
Jessie Lim
Meghan O'Brien
Riley Perlman
Lue Van Handel
Maddie Wilson

The Varsity Softball team was the DAL Champion with a record of 10-0, and an overall record of 18-4. In the NCS playoffs, they were defeated by Analy HS.

Kaylee Pond, junior, and Morgan Salmon, sophomore were named All-Bay Area Newsgroup 2nd team selections.

Amy Schwing, sophomore, was named All-Bay Area Newsgroup honorable mention selection.

Kaylee Pond, junior, was named Most Valuable Player of the DAL Valley Division.

All DAL Valley Division

First team

Riley Nicosia, junior
Morgan Salmon, sophomore

Second team

Jenna Evaristo, junior
Ellie Palma, sophomore
Amy Schwing, sophomore
Alexandra Sofield, sophomore
Bailee Takano, senior

Honorable Mention

Maddie Fink, senior
Evan Mirabella, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.
Junior varsity team with an overall GPA of 3.64.

NCS Presidents List

Varsity

Maddie Fink
Evan Mirabella
Kaylee Pond
Morgan Salmon

Junior Varsity

Jordan Cooney
Kayli Harley
Summer Helvey
Emily Keeler
Julia Pool
Ella Tinianow

NCS Scholar Athletes

Varsity

Sophia Cooper
Jenna Evaristo
Allison Fink

Junior Varsity

Katie Bettencourt
Macie Gardner
Leah Macarewich
Scarlette Pappalardo

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

The girls swim team placed 9th at the NCS Championships.

Shelby Suppiger placed 3rd in the 200 individual medley and 5th in the 100 breaststroke.

Emily Gebhardt placed 4th in the 500 freestyle and 5th in the 200 freestyle.

Vanessa Watts placed 9th in the 100 breaststroke.

Emily Gebhardt, Shelby Suppiger, Claire Rowell, Nicole Edwards placed 5th in the 200 freestyle relay.

Emily Gebhardt, Shelby Suppiger, Claire Rowell, Nicole Edwards placed 8th in the 400 freestyle relay.

Jackie Samaniego placed 2nd in diving.

At the CIF State Championships.

Shelby Suppiger placed 3rd in the 200 individual medley and 7th in the 100 breaststroke.

Emily Gebhardt placed 11th in the 200 freestyle.

Shelby Suppiger, Emily Gebhardt, Nicole Edwards, Jewel Roemer placed 4th in the 200 freestyle relay.

All DAL Foothill Division

First team

Emily Gebhardt, senior

Shelby Suppiger, sophomore

Second team

Alex Fellner, senior

Jewel Roemer, junior

Claire Rowell, sophomore

Honorable mention

Heidi Heffelfinger, freshman

Vanessa Watts, freshman

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.28.

Varsity girls team with an overall GPA of 3.44.

Junior Varsity boys team with an overall GPA of 3.41.

Junior Varsity girls team with an overall GPA of 3.58.

NCS Presidents List

Boys Swimming

Varsity

Peter Archer

Thomas Judson

Zach Kuo

Kyle Rosenblatt

Junior Varsity

Sean Harrington

Kyle Thomason

Yicheng Yao

Girls Swimming

Varsity

Taylor Boren

Beth Daughters

Franny Daughters

Heidi Heffelfinger

Emma Miller

Claire Rowell

Caroline Schirmer

Amanda Todhunter

Kate Walker

Laurel White

Junior Varsity

Carly Arends

Isabelle Draper

Kyra Friedman

Isabella Gonzalez

Emilia Gutman

Grace Le

Isabella Liu

Jane Maiocco

Claire Mueller

Cora Murray

Elizabeth Paul

Sydney Paulsen

Sophia Urick

Lynne Zhao

NCS Scholar Athletes

Boys Swimming

Varsity

Reid Fellner
Beck Melfi
Jay Mills
Colin Porciuncula
Nelson Rogers
Colby Suppiger
Luke Watson

Junior Varsity

Scott Murphy
Andreas Ramirez

Girls Swimming

Varsity

Sophia Eubanks
Daphne Ganter
Dylan Hagglund
Mary Beth Heffelfinger
Anna McCarthy
Lexi Rowell
Shelby Suppiger
Kylie Walker

Varsity Diving

Jackie Samaniego

Junior Varsity

Kaitlyn Allio
Sophia Bicomong
Chloe Goddard
Stella Gregovich
Ruby Koehler
Jamie Lattin
Kiara Machado
Christine Mlynek
Allyndreth Smyth

The Girls Track & Field team was Champions of the DFAL and the Boys Team finished 3rd.
 The Boys Track & Field team finished 10th and the Girls team 12th at the NCS Tri-Valley Championships and the following placed in the meet.
 Chris Rogers placed 2nd in the long jump.
 Emily Sverak placed 3rd in the 300 hurdles.
 Johnny Choi placed 3rd in the high jump.
 Keaziah Smith placed 5th in the 100.
 Nicole Frigon placed 5th in the 800.
 Chris Rogers placed 5th in the high jump.
 Lauren Yee placed 6th in the 800.
 Mila Mathias placed 6th in the 100 hurdles.
 Anna Weier placed 2nd in the discus and 6th in the shotput.
 Jake Delaney, Keaziah Smith, Aidan Mosley and Matt Miles placed 5th in the 4X100 relay.
 Irvin Chao, Aidan Mosley, Rayce Walton and Kevin Mlynek placed 7th in the 4X400 relay.
 The Boys Track & Field team 16th at the NCS Meet of Champions and the following placed in the meet.
 Johnny Choi placed 3rd in the high jump.
 Nicole Frigon placed 4th in the 800.
 Lauren Yee placed 7th in the 800.
 Anna Weier placed 7th in the discus.
 Mila Mathias placed 8th in the 100 hurdles.
 Emily Sverak placed 8th in the 300 hurdles.
 Irvin Chao, Aidan Mosley, Rayce Walton and Kevin Mlynek placed 4th in the 4X400 relay.
 Jake Delaney, Keaziah Smith, Aidan Mosley and Matt Miles placed 5th in the 4X100 relay.
 The following qualified for the CIF Championships.
 Johnny Choi qualified in the high jump.

All DAL Foothill Division

First team

Johnny Choi	High jump	
Keaziah Smith	Long jump	4x100 relay
Anna Weier	Discus	Shotput

Second team

Jake Delaney	4x100 relay
Nicole Frigon	800
Matt Miles	4x100 relay
Aidan Mosley	4x100 relay
Chris Rogers	Long Jump

Honorable mention

Irvin Chao	Triple jump
Scarlette McCullough	Long Jump
Rayce Walton	800
Lauren Yee	800

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.03.
 Girls varsity team with an overall GPA of 3.31.
 Boys junior varsity team with an overall GPA of 3.10.
 Girls junior varsity team with an overall GPA of 3.55.

NCS Presidents List

Boys		Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Varsity</u>	<u>Frosh-Soph</u>
Dominic Figone	Josh Gohres	Aimee Gee	Megan Baginski
Austin Poole	Keith Johnson	Charlotte Glass	Brooke Blacklidge
Chris Rogers	Erik Maland	Mila Mathias	Lena Johnson
	Ben Thiselton-Dyer	Manon Roelandts	Katrina Ortman
	Noah Yeager	Tori Wang	
	Will Zhang	Beatrice Weier	
		Emersyn White	
		Lauren Yee	

NCS Scholar Athletes

Boys		Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Varsity</u>	<u>Frosh-Soph</u>
Lucas Eppinger	Hayden Abolins	Charlotte Keohane	Elle Casselman
John Kalil	Nathan Jennsen	Avalon Schenone	Meghan Foster
Noah Kline	Derek Kotarba	Sophia Scipi	Beth Hamalian
Ben Krey	Oliver Lane	Emily Sverak	Taylor Hill
John Miles	Alexander Malinovsky		Aisha Mohanty
Riley Noon	Ibis Pond		Binti Sohn
Callan O'Brien			
Josh Starr			

The Boys Volleyball team was the DAL Champion with a 7-1 record and 23-5 overall record. In the NCS playoffs, they defeated Washington HS before being defeated by Campolindo HS in the quarterfinals.

All DAL Foothill Division

First team

Alex Franke, senior

Second team

Nikolai Heffernan, junior
Austin Kinnear, sophomore
Colin Kirbach, senior

Honorable mention

Lane Altbaum, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.28.
Junior Varsity team with an overall GPA of 3.11.

NCS Presidents List

Varsity

Alex Franke
Griffin Johnson

Junior Varsity

Liam Bodner

NCS Scholar Athletes

Varsity

Anubhav Dawadi
Nikolai Heffernan

Junior Varsity

Erik Moen

The Competitive Sport Cheer team finished 6th in the DAL with a 1-5 record.

Chloe Parmalee, junior, was a first team All-DAL selection.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.13.

NCS Presidents List

Varsity

Aly Sheehan

NCS Scholar Athletes

Varsity

Zach Baisas
Emily Ingram
Rachel Morris
Cierra Taylor
Grace Vaughn

Senior Awards

Jack Wickline and Kylie Walker won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department.

Colin Kirbach and Emily Gebhardt won the Most Outstanding Athlete Award for excellence in a single sport.

Chris Rogers and Lexi Rowell won the Most Valuable Athlete Award for excellence in several sports.

Chris Rogers and Lexi Rowell won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

75/364 Presidents List in the Fall.

80/364 Scholar Athletes in the Fall.

20/20 Scholar Teams in the Fall.

73/241 Presidents List in the Winter.

55/241 Scholar Athletes in the Winter.

15/15 Scholar Teams in the Winter.

117/523 Presidents List in the Spring.

113/523 Scholar Athletes in the Spring.

23/24 Scholar Teams in the Spring.

265/1128 Presidents List in the year.

248/1128 Scholar Athletes in the year.

58/59 Scholar Teams in the year.

98% of our teams received scholar Team honors.

23% of our student-athletes received Presidents List honors.

22% of our student-athletes received Scholar Athlete honors.

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

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

1106 total student participants.

All DAL selections. These are voted upon by the head coaches in the league.

NCS Presidents List. GPA must be 3.80 to 4.00. Determined by the total non-weighted grade point average for the marking period.

NCS Scholar Athlete. GPA must be 3.50 to 3.79. Determined by the total non-weighted grade point average for the marking period.

NCS Scholar Team honors. Average GPA must be 3.00 or higher. Determined by the teams average total non-weighted grade point average for the marking period.