

Acalanes High School

Athletic Department

2019-2020 Summary

Fall sports athletic update.

The Boys Cross Country team finished 2nd at the NCS Meet of Champions in division IV led by Sam Roth finishing 5th, Andrew Owens 13th Tyler Hunt 15th, Loic Windfuhr-Durand 16th, Dominic Basaldua 18th and Nick Hutson 20th. The Girls finished 6th led by Nicole Frigon finishing 11th, Lauren Yee 12th, Caroline Crossland 31st, Elle Casselman 39th and Katrina Ortman 46th. The Boys team finished 13th at the CIF Championships in division IV led by Sam Roth finishing 37th. Nicole Frigon also qualified for the CIF Championships.

All DAL Foothill Division

First team

Second Team

Honorable Mention

Nicole Frigon, junior
Andrew Owens, senior
Sam Roth, junior
Lauren Yee, sophomore

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.26.
Varsity girl's team with an overall GPA of 3.55.
Junior varsity boy's team with an overall GPA of 3.27.
Junior varsity girl's team with an overall GPA of 3.57.
Frosh-soph boy's team with an overall GPA of 3.42.
Frosh-soph girl's team with an overall GPA of 3.36.

NCS Presidents List

Varsity

Tyler Hunt
Lena Johnson
Katrina Ortman

Junior varsity

Megan Baginski
Jonas Buchel
Summer Helvey
Emily Keeler
Sophia Krayna
Austin Poole
Ian White

Frosh-Soph

Hayden Abolins
Peter Buchel
Miles Garcia
Sofia Gonzalez
Nathan Krishnan
Jackson Martin

Alexie Silverberg
Zachary Snyder
Marcus Vasankari
James Wang
Jonathan Xiang

NCS Scholar Athletes

Varsity

Elle Casselman
Taylor Hill
Andrew Owens
Harrison Seymour

Junior varsity

Audrey Burns
Kai Hill
Corina McTigue
Anh Luu Nguyen
Hallie Orear
Isaiah Orlando
Gabriel Slavitt
Rayce Walton
Weilian Zhang
Sidney Zimmerman

Frosh-Soph

Thomas Bequette
Luke Brightbill
Aysha Craig
Bennett Dodge
Jack Dunne
Ted Helvey
Andreas Ramirez
Cole Regan
Ben Yadegar

The Football team finished 9-3 overall, and tied for the DAL Foothill division championship with a 3-1 record. They defeated Newark Memorial HS 42-0 and was defeated by Marin Catholic HS 7-0 in the NCS semifinals.

All DAL Foothill Division

First team

Joey Carrillo (DL), junior
 Lucas Eppinger (WR), senior
 John Kalil (OL), senior
 Jack Muren (WR), senior
 Michael O'Donnell (LB), senior
 Hunter Ridley (K), junior
 Tommy Thrasher (LB), senior

Second team

Niko Cortessis (DL), junior
 Carson Gragg (LB), senior
 Brady Huchingson (QB), junior
 Luke Miles (DB), senior
 Graham Oh (LB), junior
 Nick Pearson (DB), senior

Honorable mention

Carson Burrill (OL), senior
 Jake Delaney (RB), senior

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 4.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.
 Junior varsity team with an overall GPA of 3.26.
 Freshman team with an overall GPA of 3.18.

NCS Presidents List

Varsity

Taylor Clark
 Niko Cortessis
 Lucas Eppinger
 John Kalil
 Jeremy Pearson

Junior varsity

Jacob Benken
 Eli Berkowitz
 Will Berrien
 Luke Combi
 Jack Cusumano
 Sean Harrington

Freshman

Nathan Bennett
 Luke Dulik
 Grant Eubanks
 Kaleo Feinberg
 Marcos Julian
 Lex Jung
 Mason Michlitsch
 Victor Nicolacakis
 Miller Smith
 Theo Stoll

NCS Scholar Athletes

Varsity

Carson Burrill
 Will Condy
 Joe Evans
 Nick Giorgianni
 Carson Gragg
 Matt Hess
 Dane Jenson
 Jack Miles
 Rob Montoya

Michael O'Donnell
 Graham Oh
 Nick Pearson
 Ryan Reilly
 Hunter Ridley
 Michael Roux
 Thomas Schrader
 Tommy Thrasher

Junior varsity

Nicholas Eppinger
 James Gunn
 Flynn Kuiken
 Connor McPhail
 Chandler Peatross
 Ibis Pond
 Rhett Skvarna
 Noah Yeager

Freshman

Kyle Bielawski
 Nathan Kim
 Tyler Murphy
 Zach Robb

The Girls Golf team finished 7th in the DAL Foothill division with a record of 0-6. The team finished in 7th place at the DAL Championships.

All DAL Foothill Division

First team

Second Team

Honorable mention

Kendal Geddes, freshman

Makena Chelemedos, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.49.

Junior varsity team with an overall GPA of 3.57.

NCS Presidents List

Varsity

Carly Arends

Emerson Cronin

Kendal Geddes

Helen Kleinsmith

Rachel Pan

Junior varsity

Emerson Brown

NCS Scholar Athletes

Varsity

Makena Chelemedos

Kaitlyn Keely

Junior varsity

Elena Brown

Kelly Dissman

Sydney Rohrbough

Ava Spiegler

The Girl's Tennis team was DAL Foothill Division Champions with a record of 9-1 and an overall record of 16-5. In the NCS Team Championships, they defeated Mission San Jose HS 4-3 and San Ramon Valley HS 5-2 before being defeated by Miramonte HS 5-2 in the semifinals.

All DAL Foothill Division

First team

Eliza Bates (singles), junior
Jasmine Toni (singles), junior

Second team

Analese Ruczynski (singles), frosh
Zoe Cate (singles), senior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.61.

Junior varsity team with an overall GPA of 3.62.

NCS Presidents List

Varsity

Alyssa Armanino
Lindsey Campbell
Kayli Harley
Analese Ruczynski
Jasmine Toni
Lauren Williams

Junior varsity

Ella Alpert
Avery Bahl
Emily Berkowitz
Ashley Donner
Maristella Heo
Natalie Hiatt
Sydney Lauer
Madison Payne
Juliana Upp
Marcela Wisniewska

NCS Scholar Athletes

Varsity

Katie Bishopp
Martha Burns
Zoe Cate
Chambit Miller
Rachel Minden

Junior varsity

Kaylin Broad
Eleni Chatzigeorgiou
Audrey Garces
Catherline Lomond
Shrida Pandey
Gina Park
Savannah Vant
Zoe Weinstein

The Girls Volleyball team finished 2nd in the DAL with a record of 6-4 and had an overall record of 18-8. They were the NCS championship runner-up defeating Hercules HS, Moreau Catholic HS and Tamalpais HS before being defeated by Branson HS in the championship game. In the CIF NorCal playoffs they were defeated by Branson HS.

All DAL Foothill Division

First Team

Madi Risch, senior
Lane Webster, senior

Second Team

Kennedy Cornish, senior

Honorable Mention

Sydney Sowarby, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.

Junior varsity team with an overall GPA of 3.23.

Freshman team with an overall GPA of 3.56.

NCS Presidents List

Varsity

Elena Needs
Madi Risch

Junior varsity

Mara Korzeniowska
Chloe Wu
Rachel Zhang

Freshman

Sofie Foster
Catherine Judson
Jasmine Latimer
Katelyn Olin
Lyanne Wang
Georgia Winkles

NCS Scholar Athletes

Varsity

Kennedy Cornish
Erin Meade
Annika Olson
Makenzie Sauer
Sydney Sowarby

Junior varsity

Autumn Long
Maya Paul

Freshman

Rebecca Johnson
Sierra Lashinsky
Elsa Simas

The Boys Water Polo team finished with an overall record of 16-12, and 0-6 in the DAL to finish in 4th place. They are the NCS Champions defeating Redwood HS 14-11, Tamalpais HS 10-9 and College Park HS 16-10. They were defeated by Clovis West HS 14-13 in the first round of the CIF NorCal playoffs.

All DAL Foothill Division

First team

Mac Darin, senior

Second team

Charlie Bettencourt, senior

Jay Mills, junior

Honorable mention

Mike Winther, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.

Junior varsity team with an overall GPA of 3.19.

NCS Presidents List

Varsity

Peter Archer

Eli Berkowitz

Jay Mills

Junior Varsity

Sasha Malinovsky

NCS Scholar Athletes

Varsity

Jon Davis

Ethan Del Rosario

Mitchell Franklin

Scott Murphy

Kyle Rosenblatt

William Stryker

Parker Tompkins

Ethan Walker

Mike Winther

Junior Varsity

Jack Bayless

Austin Bishop

Matthew Brock-Utne

Tommy Gallagher

Aaron Vaserman

The Girls Water Polo team was 27-0 overall, and 6-0 and are the DAL Champions. They are the NCS Champions as they defeated College Park HS 20-3, San Ramon Valley HS 12-5 and Miramonte HS 8-6 in the championship game. They are the CIF NorCal Champions as they defeated St. Francis HS 14-2, Davis HS 12-3 and Sacred Heart Prep HS 10-2 in the championship game.

All DAL Foothill Division

Jewel Roemer, senior was named the Most Outstanding Player.
Ava Donleavy, junior was named the Most Outstanding Goalkeeper.

First team

Mary Beth Heffelfinger, senior
Alana McCartney, junior
Alex Mould, junior
Claire Rowell, sophomore

Second team

Heidi Heffelfinger, sophomore
Caroline Schirmer, junior
Brooke Westphal, senior

Honorable Mention

Emma Miller, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.38.
Junior varsity team with an overall GPA of 3.49.

NCS Presidents List

Varsity

Emma Miller
Mala Neuman
Jewel Roemer
Claire Rowell

Junior Varsity

Sara Archer
Franny Daughters
Tessa Gundacker
Lauren Kuo
Leah Macarewich
Sarah McCarthy
Cora Murray
Shayna Parker
Sophie Weston

NCS Scholar Athletes

Varsity

Heidi Heffelfinger
Mary Beth Heffelfinger
Caroline Schirmer
Brooke Westphal

Junior Varsity

Kate Carter
Audrey Cox
Elle Forschler
Chloe Goddard
Jordan Hagglund
Maizie O'Hare
Daylor Williams

The Sideline Cheerleading squad dazzled many during the football season.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.40.
 Junior varsity team with an overall GPA of 3.40.

NCS Presidents List

Varsity

Jaedyn Boynton
Rachel Morris
Aly Sheehan
Anika Thompson

Junior Varsity

Sally Sheehan

NCS Scholar Athletes

Varsity

Kayley Altbaum
Zachary Baisas
Ella Hunt
Emily Ingram
Mia Jaenike
Emmalyn Laurenson
Charlie Parker
Phoebe Wandell

Junior Varsity

Drew Ebner
Alyssa Fong
Anie Heffernan
Dalia Morris
Portia Seymour
Skylar Tanaka
Daphne Wandell

Winter Sports Update

The Boys Basketball team was 5th in the DAL Foothill Division with a record of 16-11 overall, and 4-8 in the league. In the NCS playoffs, they were defeated by Tamalpais HS.

All DAL Foothill Division

First Team

Scott Ruegg, junior

Second Team

Honorable Mention

Aidan Bodner, senior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.

Junior Varsity team with an overall GPA of 3.32.

Freshman team with an overall GPA of 3.53.

NCS Presidents List

Varsity

Baker Murphy

Jake Davis

Kai Feinberg

John Kalil

Shreekar Pandey

Scott Ruegg

Theo Stoll

Junior Varsity

Nate Cheslog

Nathan Krishnan

Freshman

Nathan Bennett

Bennett Dodge

Kaleo Feinberg

Colin Norstad

Dominic Sarica

Miller Smith

NCS Scholar Athletes

Varsity

Joey Carrillo

Graham Smith

Junior Varsity

Noah Bloch

Freshman

Zubin Acuna

Jack Bayless

The Girls Basketball team was the DAL Foothill Division Champions with a record of 21-7 overall, and 10-0 in the DAL. In the NCS playoffs, they defeated Tamalpais HS and was defeated by Redwood HS in the quarterfinals.

All DAL Foothill Division

First Team

Grace Gebhardt, junior
Kaylee Pond, senior

Second Team

Lauren Frechman, senior
Lauren Kobashigawa, senior

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.27.

NCS Presidents List

Varsity

Emily Du
Daphne Ganter
Grace Gebhardt
Lauren Kobashigawa

Junior varsity

Samantha Louie

NCS Scholar Athletes

Varsity

Kaylee Pond

Junior varsity

Rebecca Christie
Lucy Gellman

The Boys Soccer team was 2nd in the DAL with an overall record of 14-4-4 record and 8-1-3 in the DAL. In the NCS playoffs, they defeated Sonoma Valley HS and University HS before being defeated by Albany HS in the semifinals.

All DAL Valley Division

First team

Will Easley, senior
Nick Geannacopoulos, senior

Second team

Honorable mention

Owen Hansen, senior
Charlie Peacock, junior
Rhett Skvarna, sophomore

NCS Scholar Team honors

Varsity team with an overall GPA of 3.46.
Junior Varsity team with an overall GPA of 3.39.
Frosh-soph team with an overall GPA of 3.44.

NCS Presidents List

Varsity

Will Easley
Mason Fish
Nick Geannacopoulos
Owen Hansen
Thomas Judson
Calvin Van Oss

Junior varsity

Cem Adatepe
Mason Archer
Eliav Feiger
Tyler Karr
Liam McGlynn
Isaiah Orlando

Freshman

Aaron Alvira
Riley Bonner
Aaron Brown
Saylen Cardoni
Grant Eubanks
Tyler Gough
Marco Green
Jack Hambidge
Tyler Hunt
Ben Reinsberg
William Stancik

NCS Scholar Athletes

Varsity

Wesley Alpert
Carson Gragg
Jacob Hill
Kai Hill
Aidan Keeler
Aidan Mosley
Garrett Siegel
Rhett Skvarna

Junior varsity

Marco Carranza
Orion Moreno
Dylan Olson
Levi Philips

Freshman

Ben Lacayo

The Girls Soccer team was 7th in the DAL with an overall record of 18-6-3 and 6-5-1 in the DAL. They were the NCS Champions defeating Analy HS 1-0, Terra Linda HS 2-0, Petaluma HS 3-1 and Branson HS 10-9 in penalty kicks in the championship game. In the CIF NorCal playoffs, they defeated Manteca HS 2-0 and was defeated by Burlingame HS 1-0 in the semifinals.

All DAL Foothill Division

First team

Tatum Zuber, Freshman

Second team

Honorable mention

Addie Bailey, freshman

Ivy Souza, senior

Aliye Wingate, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.

Junior varsity team with an overall GPA of 3.56.

Frosh-soph team with an overall GPA of 3.55.

NCS Presidents List

Varsity

Addie Bailey

Tyler Boren

Beth Daughters

Emily Keeler

Natasha Malinovsky

Jacque Peacock

Olivia Pellegrini

Jordan Pratt

Chloe Quintella

Junior varsity

Ella Alpert

Lyla Cox

Emmi Cronin

Elise Flagg

Camryn Salazar

Maya Stelzer

Lauren Yee

Frosh-soph

Ashley Donner

Abby Drake

Kendal Geddes

Analese Ruczynski

Gabby Sandberg

Alexia Silverberg

NCS Scholar Athletes

Varsity

Maile Broad

Kate Carter

Natalie Cohen

Dylan Hagglund

Sami Hansen

Ellie Ives

Ella Johnston

Olivia Parnell

Elle Skvarna

Ivy Souza

Junior varsity

Linnae Eaton

Brooke Palma

Della Pascucci

Kylie Quinn

Lue Van Handel

Frosh-soph

Kate Carter

Aysha Craig

Ella Easley

Jordan Hagglund

Kaitlyn Keely

The Wrestling team was 6th in the DAL with a league record of 0-5. In the NCS Championships, Steven Williams placed 4th.

All DAL Foothill Division

First team

Second team

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.
Junior varsity team with an overall GPA of 3.04.

NCS Presidents List

Varsity

Alex Haase
Peter Husch
Lukas Ross
Matthew Soto

Junior Varsity

Orion Elias
Miles Garcia

NCS Scholar Athletes

Varsity

Reid Fellner
Hunter Goyert
Anthony Mirabito
Cooper Womack

Junior Varsity

Jacques Benazra
Ted Helvey
Corina McTigue
Cole Regan

The Song Pom squad dazzled many during the basketball season.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.

NCS Presidents List

Varsity

Ava Freeman
Portia Seymour
Kaitlyn Srinivasan

NCS Scholar Athletes

Varsity

Jaedyn Boynton
Anastacia Heffernan
Skylar Tanaka
Daphne Wandell

Spring Sports Update

Due to the school closure, Spring sports were cancelled mid-season. Only NCS Scholastic information will be presented.

Baseball

NCS Scholar Team honors: Varsity team with an overall GPA of 3.34.
Junior varsity team with an overall GPA of 3.13.
Freshman team with an overall GPA of 3.19.

NCS Presidents List

Varsity

Will Berrien
Davis Diaz
Will Easley

Junior Varsity

Freshman

Tyson Bates
Kyle Bielawski
Ben Braunstein
Andrew Habas
Sammy Lee
Mason Michilitsch

NCS Scholar Athletes

Varsity

Nick Bamont
Michael Castelli
Nick Kresnak
Dante Montgomery
Cole Murgia
Kyle White

Junior Varsity

Ben Braunstein
Ben Burleigh
Jack Cusumano
Connor McPhail

Freshman

Colin Norstad
Miller Smith

Boys Golf

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.67.
Junior Varsity team with an overall GPA of 3.36.

NCS Presidents List

Varsity

Murphy Baker
Will Condy
Tucker Gannon
Ely Pancoast

Junior Varsity

Thomas Bequette

NCS Scholar Athletes

Varsity

Andrew Cusumano
Michael O'Donnell

Junior Varsity

Nate Cheslog
Drew Davidson
Mick Jordan
Ryan Reilly

Boys Lacrosse

NCS Presidents List

Varsity

Junior varsity

Mason Archer
Connor Faust
Mason Fish

NCS Scholar Athletes

Varsity

Carson Burrill
Peter Caprio
George Churchill
Matt Hess
Sam Higgins
Owen Lee
Harrison Mains
Henry Rogers
Brooks Thibault

Junior varsity

Jacques Benazra
Patrick Doll
James Gunn
Flynn Kuiken
Cooper Olson
Dylan Olson

Girls Lacrosse

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.29.
Junior varsity team with an overall GPA of 3.39.

NCS Presidents List

Varsity

Sydney Norstad
Haley Rurka
Gabby Sandberg
Maggie Saracevic
Natalie Seiler

Junior varsity

Avery Bahl
Lucy Gellman
Anastasia Grits
Kaylin Hiatt
Rebecca Johnson
Samantha Louie
Nora Macarewich
Ella Morris
Lue Van Handel
Lyanne Wang
Georgia Winkles

NCS Scholar Athletes

Varsity

Lindsey Campbell
Coco Fellner
Grace Gebhardt
Ellie Ives
Natasha Malinovsky
Olivia Pellegrini
Jordan Pratt
Maddie Wilson

Junior varsity

Elena Browne
Tessa Chan
Ella Easley
Michelle Goll
Samantha Hess
Maya Stelzer

Softball

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.
Junior varsity team with an overall GPA of 3.41.

NCS Presidents List

Varsity

Evan Mirabella
Scarlette Pappalardo
Kaylee Pond
Morgan Salmon
Hailey Stripling

Junior Varsity

Emerson Cronin
Kayli Harley
Summer Helvey
Leah Macarewich
Alexia Silverberg

NCS Scholar Athletes

Varsity

Jenna Evaristo
Allison Fink

Junior Varsity

Katie Bettencourt
Jordan Cooney
Tess Gundacker
Emily McDonald
Julia Poole

Swimming & Diving

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.20.

Varsity girls team with an overall GPA of 3.54.

Junior Varsity boys team with an overall GPA of 3.29.

Junior Varsity girls team with an overall GPA of 3.45.

NCS Presidents List

Boys Swimming

Varsity

Grant Eubanks
Zach Kuo
Jay Mills

Junior Varsity

Peter Husch
Owen Salmon

Girls Swimming

Varsity

Audrey Cox
Heidi Heffelfinger
Lauren Kuo
Sarah McCarthy
Emma Miller
Maizie O'Hare
Jewel Roemer
Claire Rowell
Amanda Todhunter
Daylor Williams

Junior Varsity

Jacque Caulfield
Isabelle Draper
Chloe Goddard
Isabella Gonzalez
Emma Hunt
Catherine Judson
Jamie Lattin
Cora Murray
Elizabeth Paul
Camryn Salazar
Sophie Weston

NCS Scholar Athletes

Boys Swimming

Varsity

Ethan Del Rosario
Patrick Feigin
Sean Harrington
Tom Hillman
Will Nagle
Colin Porciuncula

Junior Varsity

Girls Swimming

Varsity

Frannie Daughters
Mary Beth Heffelfinger
Anna McCarthy
Caroline Schirmer
Shelby Suppiger
Kate Walker
Vanessa Watts
Brooke Westphal

Junior Varsity

Sara Archer
Kate Carter
Stella Gregovich
Jordan Hagglund
Ruby Koehler
Anna Mills
Sydney Paulsen
Makenzie Sauer

Varsity Diving

Parker Delaney

Boys Tennis

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.47.
Junior Varsity team with an overall GPA of 3.27.

NCS Presidents List

Varsity

Riley Bonner
Nico Flint
AJ Hesby
Liam McGlynn
Cooper Smith
Zach Snyder

Junior Varsity

Peter Archer
Riley Koo
Benjamin Reinsberg
James Wang

NCS Scholar Athletes

Varsity

Luke Brightbill
Alex Thornton
Tyler Toni
Andrew Tso

Junior Varsity

Zubin Acuna
James Cortez
Matthew Koo
Alan Liu
Anh Luu Nguyen
Andrew Powell
Gabriel Slavitt
Weilian Zhang

Track & Field

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.13.
Girls varsity team with an overall GPA of 3.43.
Boys junior varsity team with an overall GPA of 3.28.
Girls junior varsity team with an overall GPA of 3.46.

NCS Presidents List

Boys		Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Varsity</u>	<u>Frosh-Soph</u>
Jonas Buchel Nico Figone Nathan Jennsen Ian White	Peter Archer Jack Bayless Thomas Bequette Peter Buchel Bennett Dodge Tyler Hunt Luca Mathias Dominic Sarica	Megan Baginski Lena Johnson Mila Mathias	Ella Alpert Laura Bea Jasmine Latimer Katrina Ortman Marcela Wisniewska

NCS Scholar Athletes

Boys		Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Varsity</u>	<u>Frosh-Soph</u>
Austin Poole Harrison Seymour Carter Thibault Ryan Tresser	Alex Ariker Nicholas Eppinger Beckett Fitzpatrick Miles Garcia Joshua Gohres Nathan Krishnan Samuel Pecci Ben Thiselton-Dyer	Taylor Hill Charlotte Keohane Scarlette McCullough Maren Quintella Sidney Zimmerman	Juliet Becker Taylor Carlin Elle Casselman Osana Deng Amelia Gong Gianna Intagliata Rachel Pan Analese Ruczynski Portia Seymour

Boys Volleyball

NCS Scholar Team honors: Varsity team with an overall GPA of 3.08.
Junior Varsity team with an overall GPA of 3.44.

NCS Presidents List

Varsity

Junior Varsity

Chandler Peatross
Griffin Ruebner
James Gunn
Zach Silverberg

NCS Scholar Athletes

Varsity

Junior Varsity

Liam Bodner
Anubhav Dawadi
Austin Kinnear
Gavin Zylstra

Tyler Gough
Andre Jackson
Jacob Madrigal
Cole Regan

Competitive Sport Cheer

NCS Scholar Team honors: Varsity team with an overall GPA of 3.13.

NCS Presidents List

Varsity

Mia Jaenicke
Emmalyn Laurenson
Dalia Morris

NCS Scholar Athletes

Varsity

Sasha Elle
Alyssa Fong

Senior Awards

Anubhav Dawadi won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department.

Nick Kresnak and Jewel Roemer won the Most Outstanding Athlete Award for excellence in a single sport.

Tommy Thrasher and Kaylee Pond won the Most Valuable Athlete Award for excellence in several sports.

Carson Gragg, Jordan Pratt and Brooke Westphal won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

97/411 Presidents List in the Fall.

119/411 Scholar Athletes in the Fall.

22/22 Scholar Teams in the Fall.

75/288 Presidents List in the Winter.

50/288 Scholar Athletes in the Winter.

14/14 Scholar Teams in the Winter.

106/511 Presidents List in the Spring.

126/511 Scholar Athletes in the Spring.

22/24 Scholar Teams in the Spring.

278/1210 Presidents List in the year.

295/1210 Scholar Athletes in the year.

58/60 Scholar Teams in the year.

97% of our teams received Scholar Team honors.

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

24% of our student-athletes received Scholar Athlete honors.

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

269 students are two-sport athletes, 30 students are three-sport athletes.

1210 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.