

Acalanes High School

Athletic Department

2020-2021 Summary

Please note the following due to the shortened seasons
There is no CIF or NCS post-season.
There is no All-league selections.
All NCS academic recognition is unofficial.

Fall sports athletic update.

The cross country team.

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.12.

Varsity girl's team with an overall GPA of 3.74.

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

Junior varsity girl's team with an overall GPA of 3.56.

Frosh-soph boy's team with an overall GPA of 3.17.

Frosh-soph girl's team with an overall GPA of 3.59.

NCS Presidents List

Varsity

Bennett Dodge

Emma Hunt

Tyler Hunt

Lena Johnson

Katrina Ortman

Lauren Yee

Megan Yee

Junior varsity

Hayden Abolins

Caroline Crossland

Sofia Gonzalez

Corina McTigue

Nick Mitroff

Frosh-Soph

Benjamin Brekke

Ruby Deeming

Olivia Williams

NCS Scholar Athletes

Varsity

Loic Windfuhr-Durand

Junior varsity

Tom Bequette

Jonas Buchel

Abby Drake

Ian Ho

Lawson Hollar

Helen O'Neal

Weilian Zhang

Frosh-Soph

Livia Davis

Adam Emtage

Nina Gehrig

Levi Johnson

Abigail Palmer

Sam Pecci

The Football team finished 5-1 overall, and 2nd in the DAL Foothill division with a 4-1 record.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.28.
 Junior varsity team with an overall GPA of 3.12.
 Freshman team with an overall GPA of 3.39.

NCS Presidents List

Varsity

Eli Berkowitz
Will Berrien
Trygg Boren
Luke Combi
Nick Eppinger
Ryan Giorgianni
James Gunn
Michael Kuhner
Flynn Kuiken
Evan Malmquist
Dante Montgomery
Patrick Nicosia
Graham Oh
Connor O'Toole
Jeremy Pearson
Luke Souza

Junior varsity

Nathan Bennett
Kyle Bielawski
George Churchill
Lex Jung
Nathan Kim
Mason Michlitsch
Victor Nicolacakis
Zach Robb

Freshman

Gavin Bender
Jake Boselli
Ben Brekke
Miles Clark
James Davis
Cooper Edelman
Liam Gallacher
Pierce Gallegos
Henry Hagel
Nate Lyons
Gus McKinney
JD Orear
Ethan Pancoast

NCS Scholar Athletes

Varsity

Jacob Benken
Niko Cortessis
Joe Evans
Ryan Haugner
Dane Jenssen
Hunter Ridley
Zack Silverberg
Ryan Tresser

Junior varsity

Grant Eubanks
Miller Smith
Jake Takeuchi

Freshman

Marshall Anderson
Will Dreyer
Kiran Foster
Ryan Foster
Henry Garbo
Tyler Gerhardt
Calvin Kotarba
Paul Kuhner
Roan Kuiken
Alexander Kurimai
Jack Miller
Ace Reeder
Aidan Yates
Mason Zirkel

The Girls Golf team.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.29.

NCS Presidents List

Varsity
Makena Chelemedos
Kendal Geddes

Junior varsity

NCS Scholar Athletes

Varsity
Libby Ross

Junior varsity

The Girl's Tennis team was undefeated in the DAL Foothill Division with a record of 5-0.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.50.
Junior varsity team with an overall GPA of 3.48.

NCS Presidents List

Varsity
Emily Berkowitz
Martha Burns
Ashley Donner
Kayli Harley
Ella Morris
Jasmine Toni
Lauren Williams
Marcela Wisniewska

Junior varsity
Ella Braunstein
Eleni Chatzigeorgiou
Rachel Gottfried
Natalie Hiatt
Nicole Parlett
Paige Sanders
Juliana Upp

NCS Scholar Athletes

Varsity
Olivia Dawkins
Lilou Picard

Junior varsity
Emily Jones
Charlotte McKenzie
Abigail Palmer

The Girls Volleyball team finished 3rd in the DAL with a record of 6-4.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.57.
Junior varsity team with an overall GPA of 3.47.
Freshman team with an overall GPA of 3.22.

NCS Presidents List

Varsity

Carly Coffee
Tate Huisingh
Emma Johnson
Gianna Manzone
Katelyn Olin
Maya Paul
Sydney Sowarby
Chloe Wu
Rachel Zhang

Junior varsity

Ava Buntin
Kylie Choi
Cameron Drue
Sofie Foster
Hannah Hageboeck
Mara Korzeniowska
Sierra Lashinsky
Lyanne Wang

Freshman

Monica Dikova
Eva McGrath
Tea Smith

NCS Scholar Athletes

Varsity

Aly Kirke
Erin Meade
Aisha Mohanty
Annika Olson
Makenzie Sauer

Junior varsity

Maddie Bacon
Emma Lorge
Elsa Simas

Freshman

Kira Chan
Mia Iams
Paige Passalacqua

The Boys Water Polo team finished with an overall record of 3-7, and 2-4 in the DAL to finish in 3rd place.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.44.
 Junior varsity team with an overall GPA of 3.67.

NCS Presidents List

Varsity

Peter Archer
Eli Berkowitz
Matthew Brock-Utne
Jon Davis
Kyle Rosenblatt

Junior Varsity

Parker Etnyre
Tommy Gallagher
Miguel Strittmatter

NCS Scholar Athletes

Varsity

Christian Gotterup
Harrison Labrosse
Jay Mills
Andrew Sappal
Peter Tompkins
Ethan Walker

Junior Varsity

Austin Bishop
Ryder Bradford-Urban

The Girls Water Polo team was 9-2 overall, and 2nd in the DAL with a record of 4-2.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.64.
Junior varsity team with an overall GPA of 3.47.

NCS Presidents List

Varsity

Sara Archer
Audrey Cox
Elle Forschler
Heidi Heffelfinger
Emma Miller
Maizie O'Hare
Claire Rowell
Caroline Schirmer
Daylor Williams

Junior Varsity

Franny Daughters
Sophia Hendrickson
Catherine Judson
Sarah McCarthy
Melina Nath
Sophie Weston
Olivia Williams

NCS Scholar Athletes

Varsity

Sarah Potter

Junior Varsity

Isabelle Bundy

The Sideline Cheerleading team.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.13.
Junior varsity team with an overall GPA of 3.07.

NCS Presidents List

Varsity

Alyssa Fong
Dalia Morris

Junior Varsity

Drew Ebner

NCS Scholar Athletes

Varsity

Skylar Tanaka

Junior Varsity

Anie Heffernan

Winter Sports Update

The Boys Basketball team was 4th in the DAL Foothill Division with a record of 8-7 overall, and 2-4 in the league.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.54.
 Junior Varsity team with an overall GPA of 3.37.
 Freshman team with an overall GPA of 3.14.

NCS Presidents List

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Jake Davis	Jack Bayless	Reid Aldrich
Tate Nelson	Nathan Bennett	Cooper Edelman
Scott Ruegg	Bennett Dodge	Liam Gallacher
Graham Smith	Taran Krishnan	
Theo Stoll	Dominic Sarica	

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Noah Bloch	Zubin Acuna	Logan Farzan
Marcus Robinson		Calvin Kotarba
		Alexander Kurimai

The Girls Basketball team finished 3rd in the DAL Foothill Division Champions with a record of 7-5 overall, and 3-4 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.64.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>
Sophia Alvarado	
Livia Davis	
Emily Du	
Grace Gebhardt	
Emily Lau	
Addie Martin	
Jenna Steele	
Kelly Todhunter	

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>
Natalie Lyons	

The Boys Soccer team was 4th in the DAL with a league record of 3-6-1.

NCS Scholar Team honors

Varsity team with an overall GPA of 3.34.

Junior Varsity team with an overall GPA of 3.62.

NCS Presidents List

Varsity

Cem Adatepe
Mason Fish
Liam McGlynn
Dylan Olson
Charlie Peacock

Junior varsity

Aaron Alvira
Aaron Brown
Saylen Cardoni
Eliav Feiger
Marco Green
Jack Hambidge
Jackson Martin
Isaiah Orlando
Andrew Ryan

Freshman

NCS Scholar Athletes

Varsity

Jacob Hill
Kai Hill
Tyler Karr
Ben Lacayo
Owen Myall
Garrett Siegel
Rhett Skvarna
Matthew Walner

Junior varsity

Zach Appel
Grant Eubanks
Cory Krey
Levi Phillips

Freshman

The Girls Soccer team was 4th in the DAL with an overall record of 3-5-3 and 3-4-3 in the DAL

NCS Scholar Team honors: Varsity team with an overall GPA of 3.87.
Junior varsity team with an overall GPA of 3.77.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-soph</u>
Ella Alpert	Zaya Acuna	
Addie Bailey	Alana Brinkman	
Taylor Carlin	Sophia Gonzalez	
Natalie Cohen	Grace Imrie	
Sami Hansen	Gianna Intagliata	
Avery Ives	Kaitlyn Keely	
Ellie Ives	Krista Keely	
Catherine Judson	Maggie Palmer	
Emily Keeler	Haadeh Sanchez	
Sophi MacKay	Kailee Van Handel	
Olivia Parnell	Megan Yee	
Chloe Quintella		
Maddie Rogers		
Ella Thomason		
Lauren Yee		

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-soph</u>
Ella Johnston	Mia Dunne	
Mia Sides	Alexa Malinovsky	
Tatum Zuber	Abigail Palmer	
	Sarah Shepherd	

The Wrestling team.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.16.

NCS Presidents List

<u>Varsity</u>	<u>Junior Varsity</u>
Miles Garcia	
Zach Robb	

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior Varsity</u>
Hunter Goyert	
Cooper Womack	

The baseball team finished 5th in the DAL Foothill Division Champions with a record of 10-11 overall, and 4-10 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.11.
Junior varsity team with an overall GPA of 3.41.
Freshman team with an overall GPA of 3.24.

NCS Presidents List

Varsity

Will Berrien
Ben Braunstein
Jack Cusumano
Davis Diaz
Connor McPhail
Dante Montgomery
Luke Souza
Kyle White

Junior Varsity

Tyson Bates
Gavin Bender
Kyle Bielawski
Jake Boselli
Sammy Lee
Mason Michilitsch
Colin Norstad

Freshman

Seth Waxler

NCS Scholar Athletes

Varsity

Ben Burleigh

Junior Varsity

Paul Kuhner
Logan Mikalis
Miller Smith

Freshman

Kiran Foster
Henry Garbo
Aidan Yates
Mason Zirkel

The boys golf team.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.54.
Junior Varsity team with an overall GPA of 3.22.

NCS Presidents List

Varsity

Tucker Gannon
Owen Lee
Massimo Manzone
Ely Pancoast

Junior Varsity

Pierce Gallegos

NCS Scholar Athletes

Varsity

Sam Bequette
Andrew Cusumano
Drew Lashinsky

Junior Varsity

Benjamin Adler
Sam Higgins
Calvin Kotarba

The boys lacrosse team finished 2nd in the DAL Foothill Division Champions with a record of 7-16 overall, and 3-3 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.51.
Junior Varsity team with an overall GPA of 3.48.

NCS Presidents List

Varsity

Arlo Aksu
Connor Faust
Harrison Mains
Dylan Olson
Henry Rogers

Junior varsity

DJ Ahn
Trygg Boren
James Davis
Patrick Doll
Pierce Gallegos
Ethan Pancoast

NCS Scholar Athletes

Varsity

Blake Chehlaoui
David Depaepe
Owen Estee
Owen Lee
Cooper Olson
Mitchell Sweeney

Junior varsity

Jonathan Clark
Nigel Dietsch

The girls lacrosse finished 3rd in the DAL Foothill Division Champions with a record of 7-6 overall, and 2-4 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.79.
Junior varsity team with an overall GPA of 3.61.

NCS Presidents List

Varsity

Avery Bahl
Lindsey Campbell
Grace Gebhardt
Grace Imrie
Avery Ives
Ellie Ives
Della Pascucci
Haley Rurka
Maya Stelzer
Maggie Saracevic
Natalie Seiler

Junior varsity

Elsa Braunstein
McKenzie Campbell
Ella Easley
Anastasia Grits
Grace Hagel
Kaylin Hiatt
Rebecca Johnson
Jackie Kuhner
Nora Macarewich
Lena Machtmes
Addie Martin
Charlotte McKenzie
Ella Morris
Brooke Palma
Margaret Palmer
Tea Smith
Jenna Steele
Josephine Teran
Ella Thompson
Kelly Todhunter
Alexandra VanDePoel
Laila Vivik

NCS Scholar Athletes

Varsity

Lyla Cox
Coco Fellner
Elise Flagg
Michelle Goll
Samantha Louie
Maggie Saracevic

Junior varsity

Lucy Gellman
Maya Wang

The softball team finished undefeated in the DAL Foothill Division Champions with a record of 12-6 overall, and 10-0 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.81.
Junior varsity team with an overall GPA of 3.41.

NCS Presidents List

Varsity

Emerson Cronin
Macie Gardner
Tess Gundacker
Ro McAteer
Evan Mirabella
Ellie Palma
Kaylee Pond
Hailey Stripling

Junior Varsity

Sophia Alvarado
Caitlin Crinnion
Lulu Levy
Nicole Parlett
Alexia Silverberg

NCS Scholar Athletes

Varsity

Allison Fink
Scarlett Pappalardo
Alexandra Sofield

Junior Varsity

Maddie Barth

The swimming & diving team finished undefeated in the DAL Foothill Division Champions with a record of 12-6 overall, and 10-0 in the DAL.

NCS Scholar Team honors: Varsity boys team with an overall GPA of 3.10.
Varsity girls team with an overall GPA of 3.56.

NCS Presidents List

Boys Swimming

Varsity

Peter Archer
Jon Davis
Parker Etnyre
Sean Harrington
Ethan Walker

Girls Swimming

Varsity

Isabella Bundy
Caitlin Crinnion
Franny Daughters
Chloe Goddard
Tess Gundacker
Heidi Heffelfinger
Wendy Heffelfinger
Sophia Hendrickson
Kaitlyn Keely
Lauren Kuo
Sarah McCarthy
Emma Miller
Cora Murray
Melina Nath
Elizabeth Paul
Claire Rowell
Taryn Veranda
Sophie Weston
Daylor Williams

Varsity Diving

Dakota Goyert

NCS Scholar Athletes

Boys Swimming

Varsity

Ethan Del Rosario
William Dreyer
Grant Eubanks
Cole Hanson
Miguel Strittmatter
Kyle Thomason

Girls Swimming

Varsity

Audrey Cox
Kylie Edwards
Elle Forschler
Jordan Hagglund
Olivia Hoppe
Krista Keely
Kiara Machado
Sophi MacKay
Christine Mlynek
Caroline Schirmer
Shelby Suppiger

The boys tennis team finished 3rd in the DAL Foothill Division Champions with a record of 3-4 overall, and 3-2 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.65.
Junior Varsity team with an overall GPA of 3.48.

NCS Presidents List

Varsity

Riley Bonner
Ben Braunstein
Tucker Brewer
Luke Brightbill
Aaron Brown
Saylen Cardoni
James Cortez
Liam McGlynn
Juzar Shipchandler
Zach Snyder
Tyler Toni
Aaron Vaserman

Junior Varsity

Peter Archer
Liam Fitzpatrick
Benji Hird
Riley Koo
Andrew Powell
Sean Shvo
Jonathan Xiang

NCS Scholar Athletes

Varsity

Zubin Acuna
Addison Reeder
Alex Thornton

Junior Varsity

Evan Clark
Clark Laskey
Anh Luu Nguyen
Douglas Roberts
Evan Sverak

The track & field team.

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.42.

Girls varsity team with an overall GPA of 3.68.

NCS Presidents List

Boys

Varsity

Jack Bayless
Peter Buchel
Bennett Dodge
Jack Dunne
Adam Emtage
Beckett Fitzpatrick
Joshua Gohres
Liam Hill
Tyler Hunt
Luca Mathias
Kyle Otsuka
Dominic Sarica
Benjamin Thiselton-Dyer

Girls

Varsity

Elle Casselman
Caroline Crossland
Livia Davis
Ruby Deeming
Abby Drake
Lara Fitzpatrick
Nina Gehrig
Eden Hall
Lena Johnson
Mary Laska
Jasmine Latimer
Helen O'Neal
Katrina Ortman
Rachel Pan
Portia Seymour
Natalie Stadt
Gema Villavan-Perez
Olivia Williams
Lauren Yee
Megan Yee

NCS Scholar Athletes

Boys

Varsity

Thomas Bequette
Lucas Chow
Logan Farzan
Ian Ho
Ben Kokel
Timothy Widyono
Loic Windfuhr-Durand

Girls

Varsity

Chloe Boyle
Abigail Palmer
Nicholas Eppinger
Beckett Fitzpatrick
Miles Garcia
Joshua Gohres
Nathan Krishnan
Samuel Pecci
Ben Thiselton-Dyer

The boys volleyball finished 2nd in the DAL Foothill Division Champions with a record of 7-3 overall, and 4-2 in the DAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.66.
 Junior Varsity team with an overall GPA of 3.27.

NCS Presidents List

Varsity
Austin Kinnear
Justin Law
Eric Moen
Cole Regan
Griffin Ruebner
Tyler Singh
William Stancik

Junior Varsity
Kabir Batra
Alexander Malinovsky
Chandler Peatross

NCS Scholar Athletes

Varsity
Tommy Bieker
Liam Bodner
Grant Silveri
Misha Stewart

Junior Varsity

The competitive sport cheer team.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.24.

NCS Presidents List

Varsity
Drew Ebner
Alyssa Fong
Dalia Morris

NCS Scholar Athletes

Varsity
Anie Heffernan
Mia Jaenicke

Senior Awards

Nicole Frigon won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department. Davis Diaz, Tucker Gannon, Eliza Bates and Shelby Suppiger won the Most Outstanding Athlete Award for excellence in a single sport.

Joey Carrillo and Grace Gebhardt won the Most Valuable Athlete Award for excellence in several sports.

Jay Mills and Claire Rowell won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

117/327 Presidents List in the Fall.

68/327 Scholar Athletes in the Fall.

21/21 Scholar Teams in the Fall.

63/140 Presidents List in the Winter.

28/140 Scholar Athletes in the Winter.

9/9 Scholar Teams in the Winter.

165/374 Presidents List in the Spring.

74/374 Scholar Athletes in the Spring.

20/20 Scholar Teams in the Spring.

345/841 Presidents List in the year.

170/841 Scholar Athletes in the year.

50/50 Scholar Teams in the year.

100% of our teams received Scholar Team honors.

41% of our student-athletes received Presidents List honors.

20% of our student-athletes received Scholar Athlete honors.

663 students participate in at least one sport, which is 54% of our student body.

152 students are two-sport athletes, 13 students are three-sport athletes.

841 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.