

Acalanes High School

Athletic Department

2021-2022 Summary

Fall sports athletic update.

The Girls Cross Country team finished 3rd at the NCS Meet of Champions in division IV to qualify for the CIF State Championships. They were led by the overall champion Olivia Williams, Lauren Yee finishing 11th, Megan Yee 14th, Elle Casselman 16th and Cameron Powell 26th. The Boys Cross Country team finished 4th at the NCS Meet of Champions in division IV led by Tyler Hunt 5th, Loic Windfuhr-Durand 12th, Logan Farzan 26th, Bennett Dodge 35th and Zach Snyder 47th. The Girls team finished 5th at the CIF State Championships in division IV. They were led by Olivia Williams placing 2nd, Lauren Yee 35th, Megan Yee 41st and Elle Casselman 57th. Tyler Hunt placed 26th in boys division IV.

All DAL Foothill Division

First team

Tyler Hunt, junior
Olivia Williams, sophomore

Second Team

Lauren Yee, senior
Megan Yee, sophomore

Honorable Mention

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.69.
Varsity girl's team with an overall GPA of 3.74.
Junior varsity boy's team with an overall GPA of 3.70.
Junior varsity girl's team with an overall GPA of 3.43.
Frosh-soph boy's team with an overall GPA of 3.57.
Frosh-soph girl's team with an overall GPA of 3.51.

NCS Presidents List

Varsity

Bennett Dodge
Emma Hunt
Tyler Hunt
Cameron Powell
Zach Snyder
Olivia Williams
Megan Yee

Junior varsity

Sam Bequette
Tom Bequette
Abby Drake
Sam Pecci
Andreas Ramirez
Nathan Rurka

Frosh-Soph

Lauren Blosser
Sam Dempsey-Fehling
Liam Gallacher
Zach Garcia
Anya Haas Hollenbeck
Benjamin Jo
Nathan Joseph
Sadie Poole
Muna El-Shaam Saifeddin-Alsafi

NCS Scholar Athletes

Varsity

Elle Casselman
Thomas Cronin
Caroline Crossland
Logan Farzan
Lauren Yee

Junior varsity

Isabella Starbuck
Emma Uffelman

Frosh-Soph

Leela Anzenberger
Chloe Boyle
Lucas Chow
Livia Davis
Ruby Deeming
Adam Emtage
Nina Gehrig
Collin Glick
Isaac Hutton
Levi Johnson
Ben Kokel
Daichi Nannen
Andrew Wartenberg

The Football team finished 6-5 overall, and 4th in the DAL Foothill division with a 2-3 record. In the NCS playoffs, they were defeated by El Cerrito HS in the quarterfinals.

Luke Souza, senior, is named honorable mention All-Bay Area Newsgroup quarterback.
Luke Souza, senior, is the Most Valuable Offensive Player of the DAL.

All DAL Foothill Division

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Logan Ketcham (LB), senior	Will Berrien (WR), senior	
Dante Montgomery (WR), senior	Sam Hafner (DL), senior	
	Evan Malmquist (RB), senior	

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.28.
Junior varsity team with an overall GPA of 3.37.
Freshman team with an overall GPA of 3.15.

NCS Presidents List

<u>Varsity</u>		<u>Junior varsity</u>	<u>Freshman</u>
Jacob Benken	Patrick Nicosia	Gavin Bender	Griffin Ames
Nathan Bennett	Jake Takeuchi	Ben Brekke	Miles Blackhart
Will Berrien	Graham Oh	Miles Clark	Jake Colaco
George Churchill	Noah Yeager	Roan Kuiken	Brody Darin
Luke Combi		Alexander Kurimai	Zac Herrerias
Jack Cusumano			Jeremy Lara
Nick Eppinger			Brendan Miles
James Gunn			Faisal Nabulsi
Flynn Kuiken			Eitan Romick
Connor McPhail			James Stadt
Mason Michlitsch			Andrew Tresser
Dante Montgomery			Jake Yoshinaka

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>
Eli Berkowitz	Jake Boselli	Sammy Foster
Andrew Habas	Christian Cervenka	JB Frolich
Nathan Kim	Joe Colachico	Danny Goldwyn
Paul Kuhner	James Davis	Eli Laird
Evan Malmquist	Will Dreyer	Drew McKenzie
Victor Nicolacakis	Ryan Foster	Jake Megibow
Connor O'Toole	Henry Hagel	Jonah Orlando
Ibis Pond	Jackson Jones	Will Roberts
Zach Robb	Calvin Kotarba	
Miller Smith	Nate Lyons	
Luke Souza	Gus McKinney	
	Ethan Pancoast	
	Walker Smith	
	Henry Souza	
	Aidan Yates	

The Girls Golf team finished 3rd in the DAL Foothill division with a record of 4-4 and 6-4 overall. The team finished in 3rd place at the DAL Championships and 9th place at the NCS Championships.

All DAL Foothill Division

First team

Second Team

Honorable mention

Haley Chelemedos, freshman
Makena Chelemedos, junior

Kendal Geddes, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.76.
Junior varsity team with an overall GPA of 3.64.

NCS Presidents List

Varsity

Juliet Becker
Haley Chelemedos
Hana Chelemedos

Junior varsity

Sophie Bride
Hayley Takeshima

NCS Scholar Athletes

Varsity

Emme Cronin
Kendal Geddes

Junior varsity

Rachel Pan

The Girl's Tennis team was 3rd in the DAL Foothill Division with a record of 6-4 and an overall record of 12-11. In the NCS Team Championships, they defeated Lick Wilmerding HS, Bishop O'Dowd HS and College Prep HS before being defeated by Branson HS in the championship to be the NCS Championship Runner-up.

All DAL Foothill Division

First team

Analese Ruczynski (singles), junior
Emily Berkowitz (doubles), junior
Kayli Harley (doubles), senior

Second team

Martha Burns (singles), junior
Avery Bahl (doubles), senior
Marcela Wisniewska (doubles), junior

Honorable mention

Ella Morris (singles), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.
Junior varsity team with an overall GPA of 3.64.

NCS Presidents List

Varsity

Avery Bahl
Emily Berkowitz
Kaylin Broad
Martha Burns
Ashley Donner
Parker Grenby
Kayli Harley
Lindsay Kim
Ella Morris
Analese Ruczynski

Junior varsity

Lauren Blosser
Elsa Braunstein
Piper Duff
Rachel Feldman
Natalie Hiatt
Emily Jones
Sabrina Koo
Jacqueline Kuhner
Judith LaBonge
Charlotte McKenzie
Juliana Upp
Hanna Wisniewska
Kea Yoshinaka

NCS Scholar Athletes

Varsity

Catherine Condy
Lucinda O'Brien
Nicole Parlett

Junior varsity

Jace Bowler
Eleni Chatzigeorgiou
Rachel Gottfried
Addie Martin
Paige Sanders
Abigail Wiehn

The Girls Volleyball team finished 3rd in the DAL with a record of 5-5 and had an overall record of 8-11. In the NCS playoffs they were defeated by Rancho Cotate HS in the first round.

All DAL Foothill Division

First Team

Emma Johnson, senior

Second Team

Katelyn Olin, junior

Honorable Mention

Jade Profilio, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.50.

Junior varsity team with an overall GPA of 3.29.

Freshman team with an overall GPA of 3.51.

NCS Presidents List

Varsity

Hanna Hageboeck

Katelyn Olin

Lyanne Wang

Bela Yanakieva

Rachel Zhang

Junior varsity

Annie Baker

Kira Chan

Dulci Vail

Freshman

Megan Churchill

Grace Gallacher

Lily McKinney

Addison McShane

NCS Scholar Athletes

Varsity

Monica Dikova

Emma Johnson

Mara Korzeniowska

Gianna Manzone

Maelin Mason

Maya Paul

Junior varsity

Ava Bunten

Mia Iams

Eva McGrath

Tea Smith

Sammy Thompson

Freshman

Addison Ames

Emma Cain

Campbell Evans

Milan Maycock

Skylar Platto

Fiona Roux

The Boys Water Polo team finished 3rd in the DAL with a 2-4 record and an overall record of 12-10. In the NCS division 1 playoffs, they defeated Amador Valley HS and Tamalpais HS before being defeated by Redwood HS in the championship to be NCS Championship Division 1 Runner-up.

All DAL Foothill Division

First team

Christian Gotterup, junior
Harrison Labrosse, junior

Second team

Eli Berkowitz, senior
Kyle Rosenblatt, senior
Andrew Sappal, junior

Honorable mention

Austin Bishop, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.
Junior varsity team with an overall GPA of 3.36.

NCS Presidents List

Varsity

Kyle Rosenblatt
Aaron Vaserman

Junior Varsity

Rocco Fraioli
Justin Rosenblatt

NCS Scholar Athletes

Varsity

Eli Berkowitz
Austin Bishop
Matthew Brock-Utne
Tommy Gallagher
Harrison Labrosse

Junior Varsity

Sam Whipple

The Girls Water Polo team was 2nd in the DAL with a 3-3 record and 17-12 overall. In the NCS playoffs, they defeated Tamalpais HS before being defeated by Miramonte HS in the semifinals. In the CIF NorCal playoffs, they defeated San Ramon Valley HS and Amador Valley HS before being defeated by Arroyo Grande HS in the championship game to be the CIF NorCal Division 2 Runner-Up.

All DAL Foothill Division

First team

Audrey Cox, junior
Heidi Heffelfinger, senior

Second team

Sara Archer, junior
Olivia Williams, sophomore

Honorable Mention

Wendy Heffelfinger, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.
Junior varsity team with an overall GPA of 3.42.

NCS Presidents List

Varsity

Audrey Cox
Franny Daughters
Heidi Heffelfinger
Wendy Heffelfinger
Sarah McCarthy
Daylor Williams
Olivia Williams

Junior Varsity

Olivia Feldman
Tess Gundacker
Sophia Hendrickson
Catherine Judson
Melina Nath
Kate Roberts
Sophie Westen

NCS Scholar Athletes

Varsity

Levand Koopah

Junior Varsity

Adrianna Berloui
Kate Carter
Lauren Kuo

The Sideline Cheerleading team was instrumental in delivering spirit and entertainment to the football games and rallies.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.48.
 Junior varsity team with an overall GPA of 3.49.

NCS Presidents List

Varsity

Grace Chehlaoui
Anie Heffernan
Mia Jaenicke
Dalia Morris

Junior Varsity

NCS Scholar Athletes

Varsity

Drew Ebner
Ava Freeman
Lily Hanzel
Skylar Tanaka
Daphne Wandell

Junior Varsity

Leela Anzenberger
Julianna May
Caroline Urick

Winter Sports Update

The Boys Basketball team was 5th in the DAL Foothill Division with a record of 8-15 overall, and 3-9 in the league. They were defeated by Alameda HS in the NCS playoffs.

All DAL Foothill Division

First Team

Second Team

Honorable Mention

Jake Davis, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.39.

Junior Varsity team with an overall GPA of 3.41.

Freshman team with an overall GPA of 3.36.

NCS Presidents List

Varsity

Jack Bayless

Nathan Bennett

Jake Davis

Colin Norstad

Brady Quinn

Theo Stoll

Junior Varsity

Liam Gallacher

Freshman

Miles Blackhart

Braeden Christie

Dylan Rocca

Justin Tan

NCS Scholar Athletes

Varsity

Zubin Acuna

Taran Krishnan

Tate Nelson

Junior Varsity

Matthew Bacon

Cooper Edelman

Jake Elerts

JB Frolich

Liam Krackeler

Joe Reidenbach

Dominic Sarica

Freshman

The Girls Basketball team was the DAL Foothill Division Champions with a record of 25-4 overall, and 11-1 in the DAL. They were the NCS champions defeating Washington HS, Alameda HS and Northgate HS in the championship game. They were defeated by Salesian HS in the CIF NorCal playoffs.

All DAL Foothill Division

Sophie Chinn & Karyss Lacanlale, freshmen, were named honorable mention All-Bay Area Newsgroup. Karyss Lacanlale, freshman was named Most Outstanding Player of the DAL.

First Team

Sophie Chinn, freshman

Second Team

Emily Du, junior

Honorable Mention

Dulci Vail, Freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.65.

Junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity

Sophia Alvarado

Sophie Chinn

Jenna Steele

Kelly Todhunter

Dulci Vail

Junior varsity

Livia Davis

Addie Martin

Erica McBroom

Robin Parmelee

NCS Scholar Athletes

Varsity

Emily Du

Natalie Frechman

Karyss Lacanlale

Natalie Lyons

Junior varsity

Heloisa Mateus

Elena Russo

Claire Zimmerman

The Boys Soccer team was 4th in the DAL with an overall record of 10-6-8 record and 3-3-4 in the DAL. In the NCS playoffs, they defeated West County HS 5-2 and Terra Linda HS 2-0 and were defeated by Marin Academy HS 1-0 in the semifinals.

Daniel Adri, senior was named Most Outstanding Defensive Player of the DAL.

All DAL Valley Division

First team

Mason Fish, senior
Eli Roth, junior

Second team

Jacob Hill, senior
Rhett Skvarna, senior

Honorable mention

Bernard Adri, senior

Erik Voss, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.47.
Junior Varsity team with an overall GPA of 3.59.
Frosh-soph team with an overall GPA of 3.40.

NCS Presidents List

Varsity

Cem Adatepe
Daniel Adri
Riley Bonner
Saylen Cardoni
Mason Fish
Liam McGlynn
Eitan Romick
Eli Roth
Colin Sohn

Junior varsity

Simon Appel
Aaron Brown
Drake DeBiasse
Marco Green
Lucien Krage Zillas
Ben Reinsberg
Douglas Roberts

Freshman

Faisal Nabulsi
Rohan Nath
Benjamin Pecci
Ryan Rho Baity

NCS Scholar Athletes

Varsity

Mason Archer
Jacob Hill
Orion Moreno
Dylan Olson

Junior varsity

Clement Chow
Lucas Dissman
Grant Eubanks
Ben Kokel
Cooper Olson

Freshman

Shane Freeman
Jeremy Lara
Jake Rennie
Naoto Watanabe

The Girls Soccer team was the DAL co-champions with a record of 10-1 and an overall record of 19-3. They were NCS championship runner-up defeating Pinole Valley HS 7-0, Terra Linda HS 3-0 and Archie Williams HS 3-0 and was defeated by Branson HS 1-0 in the championship game. They were defeated by University HS in the CIF NorCal quarterfinals in penalty kicks.

Natalie Means, senior was named Most Outstanding Offensive Player of the DAL.

All DAL Foothill Division

First team

Chloe Quintella, junior
Camryn Salazar, junior
Tatum Zuber, junior

Second team

Addie Bailey, junior
Jacque Peacock, junior
Lauren Yee, senior

Honorable mention

Taylor Carlin, junior
Sammy Hess, senior
Nicole Nguyen, freshman

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 3.79.

Junior varsity team with an overall GPA of 3.73.

Frosh-soph team with an overall GPA of 3.51.

NCS Presidents List

Varsity

Melissa Adetape
Addie Bailey
Natalie Cohen
Emmi Cronin
Avery Ives
Catherine Judson
Sophie MacKay
Taylor Mikalis
Jacque Peacock
Chloe Quintella
Alex Salazar
Camryn Salazar
Ella Thomason
Demi Woods
Tatum Zuber

Junior varsity

Alana Brinkman
Gracie Carberry
Livi Foster
Kendal Geddes
Leila Hamidi
Sienna Houston
Grace Imrie
Kaitlyn Keely
Megan Yee

Frosh-soph

Sofia Cerruti
Sophie Gold
Karina Harhay
Addison McShane
Kailee Van Handel

NCS Scholar Athletes

Varsity

Elise Flagg
Sammy Hess
Natalie Means
Katherine Montoya
Nicole Nguyen
Lauren Yee

Junior varsity

Zoya Acuna
Makena Chelemedos
Shannon Crane
Lucca DeBiasse
Reiney Fish
Gianna Intagliata
Krista Keely
Alexa Malinovsky

Frosh-soph

Maddie Bacon
Emma Gerlings
Olivia Hoppe
Abigail Palmer
Maggie Palmer
McKenzie Teirney

The Wrestling team was 2nd in the DAL with a league record of 5-1. In the NCS team championships, they defeated Mt. Diablo HS and were defeated by Las Lomas HS and Livermore HS. Sam Whipple was the DAL Champion, Lucas Haase placed 3rd, Lukas Ross and Cooper Womack placed 4th and Hunter Goyert, Matt Soto and Zach Robb placed 5th to qualify for the NCS Championships. Olivia Banks placed 8th in the NCS girls championships.

All DAL Foothill Division

First team

Sam Whipple (220) freshman

Second team

Honorable mention

Lucas Haase (145), senior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.39.

Junior varsity team with an overall GPA of 3.63.

NCS Presidents List

Varsity

Anya HaasHollenbeck

Matthew Soto

Junior Varsity

Joy Baker

Zach Garcia

NCS Scholar Athletes

Varsity

Miles Garcia

Dakota Goyert

Lucas Haase

Will Innenberg

Elijah Laird

Akira Nannen

Zach Robb

Lukas Ross

Sam Whipple

Junior Varsity

Spring Sports Update

The Baseball team was 3rd in the DAL with a record of 8-4, and overall record of 15-11. In the NCS playoffs, they were defeated Liberty HS 3-2.

All DAL Foothill Division

First team

Benjy Braunstein, senior
Kyle White, senior

Second team

Henry Souza, sophomore

Honorable mention

Miles Bergman, senior
Will Berrien, senior
Jack Cusumano, senior
Connor McPhail, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.
Junior varsity team with an overall GPA of 3.13.
Freshman team with an overall GPA of 3.34.

NCS Presidents List

Varsity

Tyson Bates
Ben Braunstein
Sammy Lee
Mason Michilitsch
Benji O'Rourke

Junior Varsity

Brady Quinn

Freshman

Jake Colaco
Cole Gwaltney
Jake Megibow
Brendan Miles
Dom Patitucci
Ben Pecci
Brady Wall

NCS Scholar Athletes

Varsity

Gavin Bender
Jack Cusumano
Andrew Habas
Connor McPhail
Tobias Schwing
Miller Smith
Henry Souza
Kyle White

Junior Varsity

Jake Boselli
Wyatt Cooper
Keegan Goddard
James Stadt
Aidan Yates

Freshman

Hank Bauer
David Roux

The Boys Golf team finished 3rd in the DAL with a record of 4-4, and finished in 3rd place at the DAL Championships. They had an overall record of 9-6. They were NCS Championship qualifiers.

All DAL Foothill Division

First Team

Nate Cheslog, senior

Second Team

Spencer Voogt, junior

Honorable Mention

Gus McKinney, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.67.

NCS Presidents List

Varsity

Jake Benken
James Davis
Mick Jordan
Massimo Manzone
Gus McKinney
Jackson Voogt
Spencer Voogt

Junior Varsity

NCS Scholar Athletes

Varsity

Luke Dulik
Cory Krey
Nate Lyons
Patrick Nicosia
Simon Werner

Junior Varsity

The Boys Lacrosse team finished 3rd in the DAL with a 5-2 record, and finished with a 14-10 overall record. In the DAL playoffs, they defeated Campolindo HS before being defeated by Miramonte HS in the championship game. In the NCS playoffs, they defeated University HS before being defeated by Tamalpais HS in the quarterfinals.

All DAL Foothill Division

First Team

Zach Appel, junior
Dylan Olson, junior

Second Team

Owen Estee, junior
Cooper Olson, junior

Honorable Mention

George Churchill, junior
Evan Daly, senior
Ben Foux, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.
Junior varsity team with an overall GPA of 3.30.

NCS Presidents List

Varsity

Simon Appel
John Cain
James Davis

Junior varsity

Brady Darin
Henry Finegold
Nate Murphy
Luca Premo
Ian Sanftner

NCS Scholar Athletes

Varsity

Marshall Anderson
George Churchill
Patrick Doll
Connor Faust
Jake Henderson
Aidan O'Brien
Dylan Olson
Eitan Romick

Junior varsity

Elijah Laird
Ethan Pancoast

The Girls Lacrosse team was 2nd in the DAL with a 6-2 record and 8-10 overall. In the DAL playoffs, they were defeated by Northgate HS. In the NCS playoffs, they were defeated by Marin Academy HS.

All DAL Foothill Division

First Team

Ellie Ives, senior

Second Team

Elise Flagg, senior
Grace Imrie, sophomore
Addie Martin, sophomore
Haley Rurka, junior
Maya Wang, junior

Honorable Mention

Natalie Hiatt, junior
Avery Ives, sophomore
Maya Stelzer, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.37.
Junior varsity team with an overall GPA of 3.36.

NCS Presidents List

Varsity

Avery Bahl
Megan Churchill
Ella Easley
Samantha Louie
Ella Morris
Haley Rurka

Junior varsity

Anne Baker
Gianna Bordi
Elsa Braunstein
Sophie Chinn
Lucca DeBiasse
Kendal Geddes
Rebecca Johnston
Jackie Kuhner

Nora Macarewich
Lena Machtmes
Charlotte McKenzie
Jenna Steele
Ella Thompson
Kelly Todhunter
Nina vonVacano-Shafer

NCS Scholar Athletes

Varsity

Cate Condy
Lucy Gellman
Hanna Hageboeck
Grace Hagel
Grace Imrie
Avery Ives
Ellie Ives
Addison Martin
Brooke Palma
Maya Stelzer

Junior varsity

Emme Cain
McKenzie Campbell
Georgia Howell
Liv Rao
Emma Seelenbacher
Laila Vivik

The Varsity Softball team was 2nd in the DAL with a record of 8-2, and an overall record of 11-11. In the NCS playoffs, they were defeated by Encinal HS.

All DAL Valley Division

First team

Tess Gundacker, junior
Scarlette Pappalardo, senior
Hailey Stripling, junior
Emme Young, freshman

Second team

Lana Cerejo, sophomore
Emme Cronin, junior
Elsa Orman, freshman

Honorable Mention

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

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

Emmi Cronin
Clara Dunderdale
Sierra Orman
Avery Robb
Hailey Stripling
Emme Young

Junior Varsity

Zoe Braunstein
Alexia Silverberg

NCS Scholar Athletes

Varsity

Sophia Alvarado
Tess Gundacker
Scarlette Pappalardo

Junior Varsity

Caitlin Crinnion

The Boys and Girls Swim teams placed 5th in the DAL. The Girls placed 4th and the boys placed 5th. The girls diving team placed 1st and the girls swim team placed 10th at the NCS Championships. Sadie Suppiger placed 8th in the 100 backstroke and 14th in the 100 freestyle.

Lila Waechter, Sophie Hendrickson, Sophi MacKay, Sadie Suppiger placed 4th in the 400 freestyle relay.

Lila Waechter, Sophi MacKay, Sara Archer, Sadie Suppiger placed 6th in the 200 freestyle relay.

Grace Chehlaoui placed 5th, Alexia Dunlavey 10th and Dakota Goyert 16th in diving.

The following qualified for the CIF Championships.

Lila Waechter, Sophi MacKay, Sara Archer, Sadie Suppiger in the 200 freestyle relay.

Lila Waechter, Sophie Hendrickson, Sophi MacKay, Sadie Suppiger in the 400 freestyle relay.

All DAL Foothill Division

First team

Second team

Honorable mention

Heidi Heffelfinger, senior
Kaitlyn Keely, junior
Sophi MacKay, junior
Sadie Suppiger, freshman
Lila Waechter, junior

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.18.

Varsity girls team with an overall GPA of 3.50.

Junior Varsity girls team with an overall GPA of 3.24.

NCS Presidents List

Boys Swimming

Girls Swimming

Varsity

Junior Varsity

Varsity

Junior Varsity

William Dreyer
Parker Etnyre

Nathan Feng
Owen Thomas

Madison Bauer
Alexa Carter
Audrey Cox
Wendy Heffelfinger
Sophia Hendrickson
Emily Jones
Catherine Judson
Melina Nath
Taryn Veronda
Kyra Weiss
Daylor Williams

Piper Duff
Hannah Geraghty
Hayley Takeshima
Caroline Urick
Hanna Wisniewska

NCS Scholar Athletes

Boys Swimming

Varsity

Christian Gotterup
Sean Harrington
Andreas Ramirez
Andrew Sappal
Drake Sikora

Junior Varsity

Tyler Gerhardt

Girls Swimming

Varsity

Erin Alfaro
Sara Archer
Franny Daughters
Elle Forschler
Jennifer Haugner
Heidi Heffelfinger
Olivia Hoppe
Kaitlyn Keely
Sophi MacKay
Sarah McCarthy
Juliet McIlwain
Katelyn Meyers
Sadie Suppiger
Emma Uffelman
Lila Waechter

Junior Varsity

Kiana Aryana
Adrianna Berloui
Arianna Berloui
Kate Roberts
McKenzie Tierney
Cameron Zener

Varsity Diving

Grace Chehlaoui

The Boys Tennis team finished 3rd in the DFAL with a 6-4 record and an overall record of 9-4. In the NCS team championships, they defeated College Prep HS before being defeated by Branson HS in the quarterfinals.

Tyler Toni, junior, was a 1st team All-DAL singles selection.

Tyler Holder, senior, and Liam McGlynn, senior, was a 1st team All-DAL doubles selection.

Aaron Brown, junior, and Matt Muren, senior, was a 1st team All-DAL doubles selection.

Nick Owens, freshman, was a 2nd team All-DAL singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.62.
 Junior Varsity team with an overall GPA of 3.61.

NCS Presidents List

Varsity

Riley Bonner
Tucker Brewer
Aaron Brown
Saylen Cardoni
Kaya Hoeberechts
Liam McGlynn
Nicholas Owens
Zach Snyder

Junior Varsity

Miles Blackhart
Brendan Connolly
Benji Hird
Riley Koo
Clark Laskey
Andrew Powell
Dylan Rocca
Sean Shvo
Christopher Truta
Andrew Zhang

NCS Scholar Athletes

Varsity

Luke Brightbill
Ben Reinsberg
Spencer Tantameng

Junior Varsity

William Ellerbrock
Liam Fitzpatrick
Jared Merrill
Jake Rennie
Carsten Ristow
Cole Trimble

The Boys Track & Field team was Champions of the DAL and the Girls Team finished 2nd.
The Girls Track & Field team finished 3rd and the Boys team 7th at the NCS Tri-Valley Championships and the following placed in the meet.

Paul Kuhner placed 1st in the 100.

Trevor Rogers placed 2nd in the long jump and 5th in the high jump.

Carly Harriman placed 2nd in the high jump.

Dulci Vail placed 3rd in the high jump.

Haley Chelemedos placed 4th in the high jump.

Portia Seymour placed 5th in the high jump.

Lauren Yee placed 4th in the 800.

Kyle Bielawski placed 6th in the 100.

Megan Yee placed 6th in the 800.

Natalie Lyons placed 6th in the long jump.

Evan Malmquist placed 6th in the long jump and 8th in the 110 hurdles.

Gema Villafan-Perez placed 8th in the pole vault.

Michael Kuhner, Logan Farzan, Tyler Hunt and Paul Kuhner placed 6th in the 4X400 relay.

Chloe Boyle & Ainsley Dodge placed 3rd in the unified 100.

Charlotte Sutherland & Alyvia DeCredico placed 4th in the unified 100.

Victor Nicolacakis & Agozium Mbeledogu placed 7th in the unified 100.

Michael Balmat & Drew Krantzman placed 8th in the unified 100.

Apple Walton & Alyvia DeCredico placed 2nd in the unified long jump.

Elena Russo & Ainsley Dodge placed 3rd in the unified long jump.

Marshall Lockwood & Kenny Tinley placed 7th in the unified long jump.

Victor Nicolacakis & Agozium Mbelodogu placed 8th in the unified long jump.

The Girls Track & Field team placed 3rd and the boys 13th at the NCS Meet of Champions and the following placed in the meet.

Carly Harriman placed 2nd in the high jump.

Haley Chelemedos placed 3rd in the high jump.

Paul Kuhner placed 3rd in the 100

Trevor Rogers placed 3rd in the long jump.

Lauren Yee placed 5th in the 800.

Megan Yee placed 8th in the 800.

Natalie Lyons placed 13th in the long jump.

Apple Walton & Alyvia DeCredico placed 2nd in the unified long jump.

Elena Russo & Ainsley Dodge placed 3rd in the unified long jump.

Chloe Boyle & Ainsley Dodge placed 3rd in the unified 100.

Charlotte Sutherland & Alyvia DeCredico placed 4th in the unified 100.

Michael Balmat & Drew Krantzman placed 7th in the unified 100 and 8th in the unified long jump.

Miles Clark & Marcus McGadney placed 8th in the unified 100.

The following qualified for the CIF Championships.

Carly Harriman and Haley Chelemedos qualified in the high jump.

Trevor Rogers qualified in the long jump.

Paul Kuhner qualified in the 100.

All DAL Foothill Division

First team

Kyle Bielawski, junior
 Haley Chelemedos, freshman
 Paul Kuhner, sophomore
 Evan Malmquist, senior
 Trevor Rogers, sophomore
 Ethan Torres, junior
 Olivia Williams, sophomore

Second team

Michael Kuhner, senior
 Natalie Lyons, sophomore
 Dulci Vail, freshman
 Lauren Yee, senior

Honorable mention

Elle Casselman, senior
 Carly Harriman, junior
 Portia Seymour, junior

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.08.
 Girls varsity team with an overall GPA of 3.31.
 Boys junior varsity team with an overall GPA of 3.57.
 Girls junior varsity team with an overall GPA of 3.73.

NCS Presidents List

Boys

Varsity

Jack Bayless
 Thomas Bequette
 Jack Dunne
 Liam Gallacher
 Jackson Martin
 Kyle Otsuka
 Ibis Pond
 Theo Stoll
 Benjamin Thiselton-Dyer

Frosh-Soph

Reid Aldrich
 Ben Brekke
 Miles Clark
 Lucas Hom
 Nathan Joseph
 Edwin Karlsson
 Andrew Tresser

Girls

Varsity

Laura Bea
 Haley Chelemedos
 Sophie Chinn
 Caroline Crossland
 Leila Hamidi
 Emma Hunt
 Mary Laska
 Jasmine Latimer
 Rachel Pan
 Cameron Powell
 Dulci Vail
 Olivia Williams
 Lauren Yee

Frosh-Soph

Alana Brinkman
 Ruby Deeming
 Olivia Foster
 Grace Gallacher
 Sienna Houston
 Sabrina Koo
 Jacqueline Kuhner
 Zoe Latimer

NCS Scholar Athletes

Boys

Varsity

Sam Bequette
 Kyle Bielawski
 Samuel Dempsey-Fehling
 Adam Emtage
 Tyler Hunt
 Levi Johnson
 Lex Jung
 Nathan Krishnan
 Dominic Sarica
 Justin Zegarowski

Frosh-Soph

Lucas Chow
 Jayden Ding
 Kai Echeverria
 Collin Glick
 Chase Napple
 Victor Nicolacakis
 Cole Ruebner

Girls

Varsity

Eleni Chtzigeorgiou
 Kylie Choi
 Mya Dunne
 Nina Gehrig
 Sarah Gohres
 Samya Johnson
 Portia Seymour
 Josephine Teran
 Gema Villafan-Perez
 Megan Yee

Frosh-Soph

Kira Chan
 Abigail Palmer
 Kailee Van Handel

The Boys Volleyball team placed 5th in the DAL with a 1-7 record and a 7-13 overall record. In the NCS playoffs, they defeated Kennedy, Richmond HS and DeAnza HS before being defeated by Bishop O'Dowd HS in the semifinals.

All DAL Foothill Division

First team

Tommy Bieker, senior

Second team

Liam Bodner, senior
Eric Moen, senior

Honorable mention

Aaron Alvira, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.
Junior Varsity team with an overall GPA of 3.15.
Frosh-Soph team with an overall GPA of 3.44.

NCS Presidents List

Varsity

Justin Law

Junior Varsity

Braeden Christie
Griffin Ruebner

Frosh-Soph

Solomon Bobrowsky
Zachary Garcia
Li-Xiang Lin
Rohan Nath
Sean Shvo
Jack Warden

NCS Scholar Athletes

Varsity

Aaron Alvira
Tommy Bieker
Alexander Malinovsky
Eric Moen
William Stancik

Junior Varsity

Kabir Batra

Frosh-Soph

Benjamin Jo
Carsten Ristow
Naoto Watanabe

The Competitive Sport Cheer team finished 8th in the DAL with a 2-14 record.

First team

Second team

Honorable mention

Trinity Conway, senior
Samantha Shiraze, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity

Grace Chehlaoui
Drew Ebner
Alyssa Fong
Samantha Shiraze
Kristina Thompson

Senior Awards

Daniel Adri and Heidi Heffelfinger won the Most Outstanding Athlete Award for excellence in a single sport.

Luke Souza and Lauren Yee won the Most Valuable Athlete Award for excellence in several sports.

Liam McGlynn and Franny Daughters 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.

73/205 Presidents List in the Winter.

59/205 Scholar Athletes in the Winter.

13/13 Scholar Teams in the Winter.

143/552 Presidents List in the Spring.

131/552 Scholar Athletes in the Spring.

23/25 Scholar Teams in the Spring.

291/1121 Presidents List in the year.

270/1121 Scholar Athletes in the year.

56/58 Scholar Teams in the year.

97% of our teams received scholar Team honors.

26% of our student-athletes received Presidents List honors.

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

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

261 students are two-sport athletes, 33 students are three-sport athletes.

1121 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.