

# *Acalanes High School*

*Athletic Department*

*2022-2023 Summary*

Fall sports athletic update.

The Girls Cross Country team finished 3<sup>rd</sup> at the NCS Meet of Champions in division IV to qualify for the CIF State Championships. They were led by Nev Murphy finishing 4<sup>th</sup>, Megan Yee 17<sup>th</sup>, Catherine McCormick 24<sup>th</sup>, Nina Gehrig 36<sup>th</sup> and Cameron Powell 39<sup>th</sup>. The Boys Cross Country team finished 4<sup>th</sup> at the NCS Meet of Champions in division IV led by CIF State Championship Qualifiers Logan Farzan 4<sup>th</sup> Tyler Hunt 7<sup>th</sup>. At the CIF State Championships in division IV Logan Farzan placed 15<sup>th</sup> and Tyler Hunt 26<sup>th</sup>.

#### All DAL Foothill Division

<u>First team</u>	<u>Second Team</u>	<u>Honorable Mention</u>
	Logan Farzan, junior Tyler Hunt, senior Nev Murphy, freshman	Megan Yee, junior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.56.  
Varsity girl's team with an overall GPA of 3.27.  
Junior varsity boy's team with an overall GPA of 3.45.  
Junior varsity girl's team with an overall GPA of 3.63.  
Frosh-soph boy's team with an overall GPA of 3.49.  
Frosh-soph girl's team with an overall GPA of 3.66.

#### NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Ben Brekke Liam Gallacher Nathan Joseph Catherine McCormick Nevis Murphy Cameron Powell Zach Snyder	Kai Echeverria	Madison Bernstein Mile Blackhart Grace Gallacher Cedric He Shiraz Kamran Kendrick Le Dashiell Tinainow Andrew Zhang

#### NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Logan Farzan Nina Gehrig Tyler Hunt Charlotte Sutherland Lauren Yee	DJ Ahn Evan Banwart Chloe Boyle Lucas Chow Ruby Deeming Adam Emtage Levi Johnson	Romi Avrahami Finlay Fisher Vedant Todi

The Football team finished 10-2 overall, and 2<sup>nd</sup> in the DAL Foothill division with a 4-1 record. In the NCS playoffs, they defeated Concord HS 42-0 and were defeated by Cardinal Newman HS 17-14 in the semifinals.

Ethan Torres, senior, is named first team All-Bay Area Newsgroup defensive back.  
 Marcus Julian, senior, is named honorable mention All-Bay Area Newsgroup offensive lineman.  
 Trevor Rogers, junior, is named honorable mention All-Bay Area Newsgroup wide receiver.  
 Justin Zegarowski, senior, is named honorable mention All-Bay Area Newsgroup defensive lineman.  
 Ethan Torres, senior, is named DAL Defensive Most Valuable Player defensive back.

#### All DAL Foothill Division

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Jack Giorgianni (LB), junior	Nate Bennett (DE), senior	Gavin Bender (DB), junior
Marcus Julian (OL), senior	Kyle Bielawski (DB), senior	Ellis Burger (RB), senior
Trevor Rogers (WR), junior	George Churchill (LB), senior	Chase Caicedo (DL), junior
Justin Zegarowski (DE), senior	Coco Gannon (DB), senior	Brady Morrow (DL), junior
	Tyler Murphy (OL), senior	Victor Nicolacakis (OL), 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 3.28.  
 Junior varsity team with an overall GPA of 3.26.  
 Freshman team with an overall GPA of 3.25.

#### NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>
Nathan Bennett	Jake Colaco	Bryce Birdsong
Kyle Bielawski	Brody Darin	Christopher Copeland
Lex Jung	Lucca DeBiasse	Jackson Crinnion
Mason Michlitsch	Faisal Nabulsi	Liam Crinnion
Ethan Pancoast	Brady Wall	Gavin Dodge
Miller Smith	Jake Yoshinaka	Joshua Elerts
		Nery Lopez-Mora
		Cody Michlitsch
		Harrison Mrachek

#### NCS Scholar Athletes

<u>Varsity</u>		<u>Junior varsity</u>	<u>Freshman</u>
Gavin Bender	Andrew Habas	Griffin Ames	
Jake Boselli	Nathan Kim	Colby Ebner	
Geroge Churchill	Ace Reeder	David Gonzalez	Leo Deignan
Miles Clark	Zach Robb	Tyler Kim	Corbin Gallegos
James Davis	Lucas Rocha	Eli Laird	Finlay Geddes
Cooper Edelman	Trevor Rogers	Brendan Miles	Donovan McGrath
Kiran Foster	Walker Smith	Jonah Orlando	Andrew Upp
Ryan Foster	Jake Takeuchi	Lucas Premo	
Everett Glass		Will Roberts	
		Eitan Romick	
		Andrew Tresser	

The Girls Golf team finished 2<sup>nd</sup> in the DAL Foothill division with a record of 8-1 and 9-1 overall. The team finished in 2<sup>nd</sup> place at the DAL Championships and 9<sup>th</sup> place at the NCS Championships.

#### All DAL Foothill Division

##### First team

Haley Chelemedos, sophomore  
Makena Chelemedos, senior

##### Second Team

Kendal Geddes, senior

##### Honorable mention

Hana Chelemedos, sophomore

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 3.85.

Junior varsity team with an overall GPA of 3.63.

#### NCS Presidents List

##### Varsity

Juliet Becker  
Haley Chelemedos  
Makena Chelemedos  
Emmi Cronin  
Kendal Geddes

##### Junior varsity

Taylor Baker  
Jordan Huskins  
Hayley Takeshima  
Grace Wolpert

#### NCS Scholar Athletes

##### Varsity

Hana Chelemedos

##### Junior varsity

Sophie Bride  
Kira Chan  
Samya Johnson  
Everest Tomasello

The Girl's Tennis team was 3<sup>rd</sup> in the DAL Foothill Division with a record of 5-5 and an overall record of 6-6.

#### All DAL Foothill Division

##### First team

Ari Ruczynski (singles), senior  
Emily Berkowitz (doubles), senior  
Kailyn Broad (doubles), senior

##### Second team

##### Honorable mention

Aamena Shipchandler (singles), fr

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.63.

Junior varsity team with an overall GPA of 3.68.

#### NCS Presidents List

##### Varsity

Emily Berkowitz  
Kaylin Broad  
Martha Burns  
Ashley Donner  
Rachel Gottfried  
Analese Ruczynski  
Aamena Shipchandler  
Marcela Wisniewska

##### Junior varsity

Lauren Anderson  
Jace Bowler  
Rachel Feldman  
Sabrina Koo  
Jacqueline Kuhner  
Jadith LaBonge  
Tatum McElhattan  
Ashley Metzger  
Emily Roberts  
Paige Sanders  
Abigail Wiehn  
Sara Williams  
Hanna Wisniewska

#### NCS Scholar Athletes

##### Varsity

Catherine Condy  
Piper Duff  
Shipley Duff  
Parker Grenby  
Siena Moise  
Lucinda O'Brien  
Kit Scheirer

##### Junior varsity

Grace Britto  
Ash Dawkins  
Kathryn Grice  
Emily Jones  
Anna MacLeod  
Tea Smith  
Zoe Stafford  
Yasmin Ward

The Girls Volleyball team finished 3<sup>rd</sup> in the DAL with a record of 6-4 and had an overall record of 21-13. In the NCS playoffs they defeated Moreau Catholic HS and were defeated by University HS in the quarterfinals.

#### All DAL Foothill Division

##### First Team

Hanna Hageboeck, senior  
Katelyn Olin, senior

##### Second Team

Mara Korseniowska, senior

##### Honorable Mention

Jade Profilio, junior  
Apple Walton, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.45.  
Junior varsity team with an overall GPA of 3.55.  
Freshman team with an overall GPA of 3.61.

#### NCS Presidents List

##### Varsity

Ava Buntten  
Sofie Foster  
Hanna Hageboeck  
Maelin Mason  
Katelyn Olin  
Lyanne Wang  
Georgia Winkles

##### Junior varsity

Piper Coy  
Christina Hageboeck  
Rena Liu  
Sophia Terry  
Addy Treter

##### Freshman

Ellie Blanchard  
Emma Brewer  
Phoebe Gerlings  
Sydney Graves  
Juliana Harhay  
Audrey Martin  
Brooke Rardin  
Sela Sarbiewski

#### NCS Scholar Athletes

##### Varsity

Ryann Jones  
Maya Paul

##### Junior varsity

Addi Ames  
Annie Baker  
Nisa Khoury  
Milan Maycock  
Lila McKinney  
Addison McShane  
Fiona Roux

##### Freshman

Grace Hayes  
Maya Stafford

The Boys Water Polo team finished 4<sup>th</sup> in the DAL with a 0-6 record and an overall record of 4-20.

Harrison Labrosse was named Outstanding Goalkeeper of the DAL Foothill division.

All DAL Foothill Division

First team

Christian Gotterup, senior

Second team

Austin Bishop, senior

Honorable mention

Andrew Sappal, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.

NCS Presidents List

Varsity

Justin Rosenblatt  
Andrew Sappal  
Miguel Strittmatter

Junior Varsity

Owen Hulst

NCS Scholar Athletes

Varsity

Austin Bishop  
Matthew Brock-Utne  
Christian Gotterup  
Alexander Kurimai  
Harrison Labrosse  
Thomas Parrott

Junior Varsity

Ryder Bradford-Urban

The Girls Water Polo team was 2<sup>nd</sup> in the DAL with a 3-3 record and 21-8 overall. In the NCS playoffs, they defeated Monte Vista HS and Campolindo HS before being defeated by Miramonte HS in the championship game. In the CIF NorCal playoffs, they defeated Davis HS before being defeated by Soquel HS in the semifinals.

Audrey Cox was named Outstanding Goalkeeper of the DAL Foothill division.

#### All DAL Foothill Division

##### First team

Ella Del Rosario, freshman  
Brooklyn Plomp, junior

##### Second team

Sara Archer, senior  
Wendy Heffelfinger, junior

##### Honorable Mention

Sarah Potter, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.63.  
Junior varsity team with an overall GPA of 3.57.

#### NCS Presidents List

##### Varsity

Addison Dankworth  
Ella Del Rosario  
Sophia Hendrickson  
Levand Koopah  
Kathryn Lawrence  
Melina Nath  
Daylor Williams

##### Junior Varsity

Adrianna Berloui  
Estelle Block  
Lauren Foster  
Amayel Guiro  
Sadie Hendrickson  
Siena La Rotunda  
Emmeline Martin  
Kate Roberts  
Olivia Whipple

#### NCS Scholar Athletes

##### Varsity

Sara Archer  
Alexa Carter  
Audrey Cox  
Wendy Heffelfinger  
Sarah McCarthy  
Hannah Mirzai  
Maizie O'Hare

##### Junior Varsity

Arianna Berloui  
Riley Peterson  
Lexa Sappal

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 3.09.  
Junior varsity team with an overall GPA of 3.58.

NCS Presidents List

Varsity

Skylar Tanaka

Junior Varsity

Maya Agarwal  
Audrey Leung  
Clara McDonald

NCS Scholar Athletes

Varsity

Anie Heffernan  
Isabelle Quinn

Junior Varsity

Cassidy Hartnett  
Heloisa Mateus  
Julia Munter  
Ayanne O'Neal

## Winter Sports Update

The Boys Basketball team was 3<sup>rd</sup> in the DAL Foothill Division with a record of 13-13 overall, and 5-7 in the league. They were defeated by Benicia HS in the NCS playoffs.

### All DAL Foothill Division

#### First Team

Jake Davis, senior

#### Second Team

#### Honorable Mention

Theo Stoll, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.50.

Junior Varsity team with an overall GPA of 3.45.

Freshman team with an overall GPA of 3.22.

### NCS Presidents List

#### Varsity

Jack Bayless  
Nathan Bennett  
Cooper Edelman  
Colin Norstad  
Brady Quinn  
Theo Stoll

#### Junior Varsity

Gavin Dodge  
Josh Elerts  
Preston Hilsabeck

#### Freshman

Lorenzo Cangini  
Sameed Marco  
Luca Oatham  
Everett Shore  
Ryan Yun

### NCS Scholar Athletes

#### Varsity

Zubin Acuna  
Trevor Carrillo  
Jake Davis  
Liam Krackeler  
Joe Reidenbach  
Landon Santos

#### Junior Varsity

Jake Elerts  
JB Frolich  
Cole Gwaltney  
Drew McKenzie  
Nico Ortman

#### Freshman

Arman Craig

The Girls Basketball team was the DAL Foothill Division Champions with a record of 21-8 overall, and 12-0 in the DAL. They were defeated by Carondelet HS and defeated Heritage HS to finish 5<sup>th</sup> in the NCS open division. They were defeated by Pinewood HS in the CIF NorCal playoffs.

#### All DAL Foothill Division

Karyss Lacanlale, sophomore was named Co-Most Outstanding Player of the DAL.

#### First Team

Sophie Chinn, sophomore  
Dulci Vail, sophomore

#### Second Team

Emily Du, senior

#### Honorable Mention

Ariana Hallstrom, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.63.

Junior varsity team with an overall GPA of 3.24.

#### NCS Presidents List

#### Varsity

Sophie Chinn  
Jenna Steele  
Cameron Thornton  
Dulci Vail

#### Junior varsity

Addie Martin

#### NCS Scholar Athletes

#### Varsity

Sophia Alvarado  
Emily Du  
Natalie Frechman  
Alexis Le

#### Junior varsity

Audrey Leung  
Heloisa Mateus  
Sadie Poole

The Boys Soccer team was 3<sup>rd</sup> in the DAL with an overall record of 13-9-2 record and 5-6-1 in the DAL. They defeated Rancho Cotate HS and were defeated by Tamalpais HS in the NCS playoffs.

Eli Roth, senior was named Co-Most Outstanding Offensive Player of the DAL.

#### All DAL Valley Division

##### First team

Zach Appel, senior  
Jonny Roth, sophomore

##### Second team

Ben Pecci, sophomore

##### Honorable mention

Dylan Olson, senior  
Eitan Romick, sophomore  
Niko White, sophomore

NCS Scholar Team honors

Varsity team with an overall GPA of 3.56.  
Junior Varsity team with an overall GPA of 3.43.  
Frosh-soph team with an overall GPA of 3.57.

#### NCS Presidents List

##### Varsity

Riley Bonner  
Tyler Hunt  
Lucien Krage Zillas  
Cooper Olson  
Dylan Olson  
Benjamin Pecci  
Ben Reinsberg  
Eitan Romick

##### Junior varsity

Nicholas Mitroff  
Faisal Nabulsi  
Rohan Nath  
Ethan Wilberts

##### Freshman

Shiraz Kamran  
Makoto Kuniyoshi  
Harrison Mrachek  
Aidan Parnell  
Luke Wilson  
William Zimmerman  
Moor Ziskind

#### NCS Scholar Athletes

##### Varsity

Simon Appel  
Jake Boselli  
Drake DeBiase  
Andres Evrenosoglu  
Liam Murdin  
Jonathan Roth  
Nico White

##### Junior varsity

Brendan Bogan  
Jeremy Lara  
Ryan Rho Baity  
Jack Sutherland

##### Freshman

Santiago Vignoles

The Girls Soccer team was the DAL co-champions with a record of 6-1-5 and an overall record of 12-2-6. They defeated Washington HS and were defeated by Las Lomas HS in the NCS playoffs.

Chloe Quintella, senior was named Most Outstanding Defensive Player of the DAL.

#### All DAL Foothill Division

##### First team

Addie Bailey, senior  
Jacque Peacock, senior  
Camryn Salazar, senior

##### Second team

Victoria Hiatt, freshman  
Alex Salazar, sophomore  
Demi Woods, sophomore

##### Honorable mention

Taylor Carlin, senior  
Catherine Judson, senior  
Tatum Zuber, senior

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 3.82.  
Junior varsity team with an overall GPA of 3.67.  
Frosh-soph team with an overall GPA of 3.69.

#### NCS Presidents List

##### Varsity

Melissa Adetape  
Addie Bailey  
Emmi Cronin  
Kendal Geddes  
Leila Hamidi  
Victoria Hiatt  
Avery Ives  
Catherine Judson  
Taylor Mikalis  
Stella Pacheco  
Jacque Peacock  
Chloe Quintella  
Alex Salazar  
Camryn Salazar  
Ella Thomason  
Demi Woods  
Megan Yee

##### Junior varsity

Eden Berzansky  
Alana Brinkman  
Sofia Cerruti  
Livi Foster  
Sophie Gold  
Danica Green  
Sienna Houston  
Elodie Jensen  
Addison McShane  
Lilian Polkinhorn  
Haadeh Sanchez  
Maya Shinaman  
Sara Tarnai

##### Frosh-soph

Molly Aldrich  
Lauren Anderson  
Madison Bernstein  
Charlotte Gellman  
Sadie Hendrickson  
Helena McGinley  
Julia Munter  
Brooke Rardin  
Maya Shoenhair  
Cassidy Smith

#### NCS Scholar Athletes

##### Varsity

Lucca DeBiase  
Gianna Intagliata  
Tatum Keely  
Alexa Malinovsky  
Tatum Zuber

##### Junior varsity

Reiney Fish  
Emma Gerlings  
Kailee Van Handel

##### Frosh-soph

Karina Bundy  
Natalie Hamill

The Wrestling team was 4<sup>th</sup> in the DAL with a league record of 3-3. Sam Whipple was the DAL Champion, Lucas Haase placed 3<sup>rd</sup>, Lukas Ross and Cooper Womack placed 4<sup>th</sup> and Hunter Goyert, Matt Soto and Zach Robb placed 5<sup>th</sup> to qualify for the NCS Championships.

#### All DAL Foothill Division

##### First team

Hunter Goyert (140), senior  
Olivia Banks (162), senior

##### Second team

Dakota Goyert (103), junior

##### Honorable mention

Sam Whipple (220) sophomore

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 3.07.

Junior varsity team with an overall GPA of 3.19.

#### NCS Presidents List

##### Varsity

Matthew Soto

##### Junior Varsity

Joy Baker  
Zach Garcia

#### NCS Scholar Athletes

##### Varsity

Dakota Goyert  
Anya Haas Hollenbeck  
Dylan Potter  
Zach Robb

##### Junior Varsity

The Song Pom squad supported the basketball teams.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.13.

Junior varsity team with an overall GPA of 3.55.

#### NCS Presidents List

##### Varsity

Anastacia Heffernan  
Skylar Tanaka

##### Junior Varsity

Clara McDonald

#### NCS Scholar Athletes

##### Junior Varsity

Cassidy Hartnett

## Spring Sports Update

The Baseball team was 4<sup>th</sup> in the DAL with a record of 3-7, and overall record of 11-13.

### All DAL Foothill Division

#### First team

Sammy Lee, senior

#### Second team

Mason Michlitsch, senior

Henry Souza, junior

James Stadt, sophomore

#### Honorable mention

Keegan Goddard, sophomore

Andrew Habas, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

Junior varsity team with an overall GPA of 3.42.

Freshman team with an overall GPA of 3.28.

### NCS Presidents List

#### Varsity

Tyson Bates

Gavin Bender

Sammy Lee

Mason Michilitsch

Benji O'Rourke

Nicolas O'Rourke

#### Junior Varsity

David Gonzalez

Cole Gwaltney

Augie Martinez

Brady Quinn

Brady Wall

#### Freshman

Cody Michilitsch

Nico Roig

Branson Smith

Andrew Upp

Kyle Woodson

### NCS Scholar Athletes

#### Varsity

Jack Giorgianni

Miller Smith

James Stadt

Peter Thorn

Mason Zirkel

#### Junior Varsity

Jake Colaco

Michael Hamilton

Brendan Miles

Ben Pecci

#### Freshman

The Boys Golf team finished 2<sup>nd</sup> in the DAL with a record of 5-3, and finished in 2<sup>nd</sup> place at the DAL Championships. They had an overall record of 5-4. They were NCS Championship qualifiers.

All DAL Foothill Division

First Team

Chase Regan, junior

Second Team

Nate Lyons, junior

Honorable Mention

Gus McKinney, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

NCS Presidents List

Varsity

Jake Megibow

Junior Varsity

NCS Scholar Athletes

Varsity

Brady Greenfield  
James Hanzel  
Chase Regan  
Jackson Voogt  
Guo An Wang  
Simon Werner

Junior Varsity

The Boys Lacrosse team is the DAL Champion with a 7-0 record, and finished with a 16-3 overall record. In the DAL playoffs, they defeated Miramonte HS and Campolindo HS in the championship game. In the NCS playoffs, they defeated Terra Linda HS and Northgate HS and was defeated by Piedmont HS in the semifinals.

Owen Estee, senior was named Most Outstanding Player of the DAL.

#### All DAL Foothill Division

##### First Team

Ben Foox, senior  
Cooper Olson, senior  
Dylan Olson, senior

##### Second Team

John Cain, senior

##### Honorable Mention

Zach Appel, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.01.  
Junior varsity team with an overall GPA of 3.19.

#### NCS Presidents List

##### Varsity

Simon Appel  
Evan Banwart  
Brady Darin  
Connor Faust  
Ethan Pancoast  
Eitan Romick

##### Junior varsity

Owen Hulst  
Harrison Mrachek  
Luca Premo

#### NCS Scholar Athletes

##### Varsity

Marshall Anderson  
Riley Baker  
John Cain  
James Davis  
Nate Murphy  
Cooper Olson  
Dylan Olson

##### Junior varsity

Emerson Boudreau  
Leo Deignan  
Finlay Geddes  
Jan Korzeniowski  
Jack Miller

The Girls Lacrosse team was 2<sup>nd</sup> in the DAL with a 6-2 record and 13-6 overall. In the DAL playoffs, they defeated Miramonte HS before being defeated by Campolindo HS in the championship game. In the NCS playoffs, they defeated Head Royce HS before being defeated by Marin Academy HS.

#### All DAL Foothill Division

##### First Team

Grace Imrie, junior  
Haley Rurka, senior

##### Second Team

Avery Ives, junior  
Addie Martin, junior  
Maya Wang, senior

##### Honorable Mention

Megan Churchill, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.52.  
Junior varsity team with an overall GPA of 3.52.

#### NCS Presidents List

##### Varsity

Elsa Braunstein  
Grace Imrie  
Avery Ives  
Jackie Kuhner  
Haley Rurka  
Jenna Steele  
Ella Thomason  
Kelly Todhunter

##### Junior varsity

Eden Berzansky  
Gianna Bordi  
Hannah Burks  
Lucca DeBiasse  
Katelyn Forschler  
Charlotte Gellman  
Gemma Greenaway  
Christina Hageboeck  
Reese Imrie

Emmeline Martin  
Lily McKinney  
Addison McShane  
Riley Peterson  
Emily Roberts  
Maya Stafford  
Samantha Swift  
Cameron Thornton  
Nina vonVacano-Shafer

#### NCS Scholar Athletes

##### Varsity

Megan Churchill  
Hanna Hageboeck  
Tea Smith  
Maia Upp

##### Junior varsity

Emme Cain  
Reiney Fish  
Jessica Gerhardt  
Natalie Hamill  
Kade McAlister  
Eva McGrath

Taylor Mikalis  
Madison Rumberg  
Molly Schofield  
Laila Vivik  
Kate Widmann

The Varsity Softball team was 2<sup>nd</sup> in the DAL with a record of 5-3, and an overall record of 13-9. In the NCS playoffs, they defeated Encinal HS before being defeated by Maria Carrillo HS in the quarterfinals.

Hailey Stripling, senior, was named Honorable Mention All-Bay Area Newsgroup selection.

Hailey Stripling, senior, was named Most Valuable Player of the league.

#### All DAL Valley Division

##### First team

Esa Orman, sophomore

Emme Young, sophomore

##### Second team

Tess Gundacker, senior

Maya Shoenhair, 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 3.53.

#### NCS Presidents List

##### Varsity

Lauren Foster

Sierra Orman

Maya Shoenhair

Sophie Sinha

Hailey Stripling

Emme Young

##### Junior Varsity

#### NCS Scholar Athletes

##### Varsity

##### Junior Varsity

The Boys and Girls Swim teams placed 5<sup>th</sup> in the DAL. The Girls placed 4<sup>th</sup> and the boys placed 5<sup>th</sup>. The girls diving team placed 1<sup>st</sup> and the girls swim team placed 10<sup>th</sup> at the NCS Championships. Sadie Suppiger placed 6<sup>th</sup> in the 200 freestyle and 10<sup>th</sup> in the 100 backstroke. Sophi MacKay placed 8<sup>th</sup> in the 100 freestyle and 9<sup>th</sup> in the 50 freestyle. Parker Etnyre placed 8<sup>th</sup> in the 200 freestyle and 13<sup>th</sup> in the 500 freestyle. Audrey Cox placed 13<sup>th</sup> in the 500 freestyle. Sara Archer, Sophi MacKay, Ella Del Rosario, Sadie Suppiger placed 4<sup>th</sup> in the 400 freestyle relay. Sophi MacKay, Sarah Potter, Sophie Hendrickson, Sadie Suppiger placed 5<sup>th</sup> in the 200 freestyle relay. Grant Eubanks, Christian Gotterup, Parker Etnyre, Will Dreyer placed 10<sup>th</sup> in the 200 freestyle relay. Dakota Goyert 14<sup>th</sup> in diving. The following qualified for the CIF Championships. Sophi MacKay, Sarah Potter, Sophie Hendrickson, Sadie Suppiger in the 200 freestyle relay. Sara Archer, Sophi MacKay, Ella Del Rosario, Sadie Suppiger in the 400 freestyle relay.

#### All DAL Foothill Division

##### First team

Parker Etnyre, junior  
Sophi MacKay, senior

##### Second team

Sara Archer, senior  
Sophie Hendrickson, junior  
Brooklyn Plomp, junior  
Sarah Potter, senior  
Sadie Suppiger, sophomore

##### Honorable mention

Audrey Cox, senior  
Liv Hoppe, junior  
Taryn Veronda, junior  
Daylor Williams, senior

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.16.  
Varsity girls team with an overall GPA of 3.50.  
Junior Varsity boys team with an overall GPA of 3.19.  
Junior Varsity girls team with an overall GPA of 3.62.

#### NCS Presidents List

##### Boys Swimming

##### Varsity

Parker Etnyre

##### Junior Varsity

Ryder Bradford-Urban

##### Girls Swimming

##### Varsity

Sara Archer  
Audrey Cox  
Addison Dankworth  
Ella Del Rosario  
Sophia Hendrickson  
Megan Hill  
Catherine Judson  
Kaitlyn Keely  
Kate Roberts  
Sadie Suppiger  
Taryn Veronda  
Olivia Whipple

##### Junior Varsity

Adrianna Berloui  
Eleanor Blanchard  
Maya Bleich  
Estelle Block  
Karina Bundy  
Gemma Greenaway  
Sadie Hendrickson  
Molly Jones  
Audrey Martin  
Brooke Rardin  
Sara Williams  
Hanna Wisniewska

##### Varsity Diving

Dakota Goyert

##### Junior Varsity Diving

Teagan Frase  
Addy Stevens

NCS Scholar Athletes

Boys Swimming

Varsity

Tobias Brock-Utne  
Andreas Ramirez  
Drake Sikora

Junior Varsity

Jay Shoenhair  
Cameron Zener

Girls Swimming

Varsity

Isabella Bundy  
Alexa Carter  
Emily Jones  
Levand Koopah  
Sarah McCarthy  
Juliet McIlwain  
Maizie O'Hare  
Kyra Weiss  
Daylor Williams

Junior Varsity

Arianna Berloui  
Elisavet Chatzigeorgiou  
Jessica Gerhardt  
Amayal Guiro  
Zinnia Khan  
Siena LaRotunda  
Alexandra Martinez  
Heloisa Mateus  
Hayley Takeshima

The Boys Tennis team is the DAL Champion with a 9-1 record and an overall record of 14-5. In the NCS team championships, they defeated Vintage HS before being defeated by Washington HS in the quarterfinals.

Tyler Toni, senior, and Nick Owens, sophomore, were a 1<sup>st</sup> team All-DAL singles selection.  
Aaron Brown, senior, and Kaya Hoeberechts, sophomore, was a 1<sup>st</sup> team All-DAL doubles selection.  
Aaron Brown, senior, and Tucker Brewer junior, were a 2<sup>nd</sup> team All-DAL singles selection.  
Riley Bonner, senior, and James Cortez, senior, was a 2<sup>nd</sup> team All-DAL doubles selection.  
Will Lofting, junior, and Sammy Foster, sophomore, was a 2<sup>nd</sup> team All-DAL doubles selection.  
Diego Ledezma, junior, was an honorable mention All-DAL singles selection.

NCS Scholar Team honors:                   Varsity team with an overall GPA of 3.41.  
  Junior Varsity team with an overall GPA of 3.60.

#### NCS Presidents List

##### Varsity

Riley Bonner  
Tucker Brewer  
Aaron Brown  
Saylen Cardoni  
Nicholas Owens  
Kit Scheirer  
Saaj Shah  
Zach Snyder

##### Junior Varsity

Bryce Belhumeur  
Soloman Bobrowsky  
Blake Marshall  
Vedant Todi  
Christopher Truta

#### NCS Scholar Athletes

##### Varsity

James Cortez  
Diego Ledezma

##### Junior Varsity

Miles Blackhart  
William Ellerbrock  
Nathan Feng  
Tate Frase  
Danny Goldwyn  
Kyler Hedrick-Choi  
Evan Mah  
William O'Brien  
Jake Rennie  
Carsten Ristow

The Boys Track & Field team was Champions of the DAL and the Girls Team finished 2<sup>nd</sup>.  
The Girls Track & Field team finished 8<sup>th</sup>, the Boys team 8<sup>th</sup>, the girls unified team 2<sup>nd</sup> and the boys unified team 6<sup>th</sup> at the NCS Tri-Valley Championships and the following placed in the meet.  
Paul Kuhner placed 1<sup>st</sup> in the 200.  
Dulci Vail placed 1<sup>st</sup> in the high jump.  
Trevor Rogers placed 2<sup>nd</sup> in the long jump.  
Sophie Chinn placed 2<sup>nd</sup> in the 100 hurdles.  
Natalie Lyons placed 3<sup>rd</sup> in the long jump.  
Haley Chelemedos placed 4<sup>th</sup> in the high jump.  
Carly Harriman placed 5<sup>th</sup> in the triple jump.  
Tyler Hunt place 7<sup>th</sup> in the 800.  
Olivia Williams placed 8<sup>th</sup> in the 3200.  
Ethan Torres, Kyle Bielawski, Trevor Rogers and Paul Kuhner place 1<sup>st</sup> in the 4X100.  
Jake Boselli, Trevor Rogers, Tyler Hunt and Paul Kuhner placed 7<sup>th</sup> in the 4X400 relay.  
Natalie Lyons, Victoria Hiatt, Portia Seymour and Sophie Chinn placed 8<sup>th</sup> in the 4X100.  
Alyvia DeCredico & Apple Walton placed 2<sup>nd</sup> in the unified long jump.  
Ainsley Dodge & Charlotte Sutherland placed 3<sup>rd</sup> in the unified 100.  
Alyvia DeCredico & Elena Russo placed 4<sup>th</sup> in the unified 100.  
Sammy Hamalian & Brody Lim placed 4<sup>th</sup> in the unified 100.  
Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Apple Walton placed 2<sup>nd</sup> in the unified 4X100  
The Boys Track & Field team placed 6<sup>th</sup>, the Unified Girls team placed 2<sup>nd</sup> and the Unified Boys team placed 6<sup>th</sup> at the NCS Meet of Champions and the following placed in the meet.  
Ethan Torres, Kyle Bielawski, Trevor Rogers and Paul Kuhner placed 1<sup>st</sup> in the 4X100.  
Dulci Vail placed 2<sup>nd</sup> in the high jump.  
Trevor Rogers placed 2<sup>nd</sup> in the long jump.  
Paul Kuhner placed 3<sup>rd</sup> in the 200.  
Tyler Hunt placed 6<sup>th</sup> in the 800.  
Natalie Lyons placed 7<sup>th</sup> in the long jump.  
Megan Yee placed 9<sup>th</sup> in the 1600.  
Alyvia DeCredico & Apple Walton placed 3<sup>rd</sup> in the unified long jump.  
Alyvia DeCredico & Elena Russo placed 3<sup>rd</sup> in the unified 100.  
Sammy Hamalian & Brody Lim placed 4<sup>th</sup> in the unified 100.  
Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Apple Walton placed 2<sup>nd</sup> in the unified 4X100  
The results at the CIF Championships.  
Ethan Torres, Kyle Bielawski, Trevor Rogers and Paul Kuhner placed 2<sup>nd</sup> in the 4X100.  
Trevor Rogers placed 4<sup>th</sup> in the long jump.

## All DAL Foothill Division

### First team

Kyle Bielawski, senior  
 Sophie Chinn, sophomore  
 Victoria Hiatt, freshman  
 Paul Kuhner, junior  
 Natalie Lyons, junior  
 Trevor Rogers, junior  
 Portia Seymour, senior  
 Ethan Torres, senior  
 Dulci Vail, sophomore

### Second team

Jack Bayless, senior  
 Carly Harriman, senior  
 River Lockwood, freshman

### Honorable mention

Haley Chelemedos, sophomore  
 Tyler Hunt, senior  
 Andrew McKenzie, sophomore

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.23.  
 Girls varsity team with an overall GPA of 3.45.  
 Boys junior varsity team with an overall GPA of 3.40.  
 Girls junior varsity team with an overall GPA of 3.71.

## NCS Presidents List

Boys

### Varsity

Reid Aldrich  
 Ben Brekke  
 Gavin Dodge  
 Adam Dolberg  
 Josh Elerts  
 Chase Hemenway  
 Levi Johnson  
 Nathan Joseph  
 Daichi Nannen  
 Dominic Sarica  
 Andrew Tresser

### Frosh-Soph

JB Frolich  
 Shiraz Kamran  
 Wilhelm Karlsson  
 Kendrick Le  
 Casey Lopez  
 Faisal Nabulsi  
 Luca Premo  
 Dashiell Tinianow  
 Evan Tsang  
 Leonardo Wang  
 Ryan Yun

Girls

### Varsity

Karina Harhay  
 Victoria Hiatt  
 Zoe Latimer  
 Samantha Murdin  
 Nevis Murphy  
 Charlotte Sutherland  
 Genvieve Tarsa  
 Dulci Vail  
 Olivia Williams  
 Megan Yee

### Frosh-Soph

Molly Aldrich  
 Maddie Bernstein  
 Meila Hsu  
 Sabrina Koo  
 Tatum McElhattan  
 Sara Tarnai  
 Rowyn Zupo

## NCS Scholar Athletes

Boys

### Varsity

Kyle Bielawski  
 Jake Boselli  
 Miles Clark  
 James Davis  
 Kiran Foster  
 Collin Glick  
 Lucas Hom  
 Tyler Hunt  
 Andrew McKenzie  
 Jonah Orlando  
 Theo Stoll

### Frosh-Soph

Bryce Birdsong  
 Tyler Kim  
 Elijah Laird  
 Casey Metzger  
 Luca Oatham  
 Ryder Reinhart  
 Edreece Warres  
 Elijah Williams  
 William Zimmerman

Girls

### Varsity

Romi Avrahami  
 Haley Chelemedos  
 Sophie Chinn  
 Grace Gallacher  
 Nina Gehrig  
 Cameron Powell  
 Portia Seymour  
 Kailee Van Handel

### Frosh-Soph

Veronica Flint  
 Natalie Frechman  
 Danica Green  
 Julia Munter

The Boys Volleyball team placed 3<sup>rd</sup> in the DAL with a 5-5 record and a 17-9 overall record. In the NCS playoffs, they defeated Marin Catholic HS and Piedmont HS before being defeated by Moreau Catholic HS in the semifinals.

#### All DAL Foothill Division

##### First team

Joe Castelli, senior

##### Second team

Liam Hill, senior  
Evan Sverak, junior

##### Honorable mention

Miles Thomas, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.11.  
Junior Varsity team with an overall GPA of 3.18.  
Frosh-Soph team with an overall GPA of 3.35.

#### NCS Presidents List

##### Varsity

Justin Law  
Griffin Ruebner

##### Junior Varsity

Zach Garcia  
Preston Hilsabeck  
Sean Lin  
Rohan Nath

##### Frosh-Soph

Donovan McGrath  
James Sanguinet  
  
Sean Shvo  
Jack Warden

#### NCS Scholar Athletes

##### Varsity

Aaron Alvira  
Joe Colachico  
Liam Hill  
William Stancik

##### Junior Varsity

Braeden Christie  
Isaac Paul  
Arthur Tam  
Cameron Zener

##### Frosh-Soph

Jaap Bajwa  
Eli Foster  
Makoto Kuniyoshi  
Charlie Peatross

The Competitive Sport Cheer team finished 5<sup>th</sup> in the DAL with a 2-10 record.

##### First team

##### Second team

Anie Heffernan, senior

##### Honorable mention

Izzy Quinn, junior

NCS Scholar Team honors:

#### NCS Scholar Athletes

##### Varsity

Lane Bunker  
Samantha Shiraze  
Kristina Thompson

The Beach Volleyball team competed in the exhibition season in preparation for the official season in 2024.

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

#### NCS Presidents List

##### Varsity

Ellie Blanchard  
Piper Coy  
Christina Hageboeck  
Rena Liu  
Katelyn Olin  
Sela Sarbiewski  
Sophia Terry

#### NCS Scholar Athletes

##### Varsity

Phoebe Gerlings  
Hanna Hageboeck  
Grace Hayes  
Nisa Khoury  
Maelin Mason  
Valeria Toledo

## Senior Awards

Tyler Hunt, Analese Ruczynski and Hailey Stripling won the Most Outstanding Athlete Award for excellence in a single sport.

Christian Gotterup and Audrey Cox won the Most Valuable Athlete Award for excellence in several sports.

Riley Bonner and Emmi Cronin 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.

82/205 Presidents List in the Winter.

48/205 Scholar Athletes in the Winter.

13/13 Scholar Teams in the Winter.

146/542 Presidents List in the Spring.

127/542 Scholar Athletes in the Spring.

24/25 Scholar Teams in the Spring.

310/1132 Presidents List in the year.

261/1132 Scholar Athletes in the year.

57/58 Scholar Teams in the year.

98% of our teams received scholar Team honors.

27% of our student-athletes received Presidents List honors.

23% of our student-athletes received Scholar Athlete honors.

807 students participate in at least one sport, which is 65% of our student body.

270 students are two-sport athletes, 37 students are three-sport athletes.

1132 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.