

# *Acalanes High School*

*Athletic Department*

*2023-2024 Summary*

## Fall sports athletic update.

The girls cross country team placed 2<sup>nd</sup> at the DAL Meet of Champions. Olivia Williams placed 2<sup>nd</sup>, Neve Murphy 6<sup>th</sup>, Megan Yee 14<sup>th</sup>, Cameron Powell 19<sup>th</sup> and Cate McCormick 20<sup>th</sup>. The Girls Cross Country team is the NCS Champion in division IV to qualify for the CIF State Championships. They were led by Olivia Williams, finishing 1<sup>st</sup>, Nev Murphy finishing 8<sup>th</sup>, Megan Yee 15<sup>th</sup>, Anju Sekhon 18<sup>th</sup>, Catherine McCormick 23<sup>th</sup>, Cameron Powell 26<sup>th</sup> and Nina Gehrig 38<sup>th</sup>. The Boys Cross Country team finished 7<sup>th</sup> at the NCS Meet of Champions in division IV. They were led by Logan Farzan finishing 17<sup>th</sup>, Harry Zimmerman 30<sup>th</sup>, Liam Gallacher 41<sup>st</sup> and Thomas Cronin 45<sup>th</sup>. The Girls Cross Country team placed 7<sup>th</sup> at the CIF State Championships in division IV. Olivia Williams placed 5<sup>th</sup> and Nev Murphy 44<sup>th</sup>.

### All DAL Foothill Division

#### First team

Olivia Williams, senior  
Nev Murphy, sophomore

#### Second Team

Megan Yee, senior

#### Honorable Mention

Cameron Powell, junior  
Cate McCormick, sophomore

#### NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.65.

Varsity girl's team with an overall GPA of 3.72.

Junior varsity boy's team with an overall GPA of 3.64.

Junior varsity girl's team with an overall GPA of 3.54.

Frosh-soph boy's team with an overall GPA of 3.55.

Frosh-soph girl's team with an overall GPA of 3.64.

### NCS Presidents List

#### Varsity

Ben Brekke  
Liam Gallacher  
Nina Gehrig  
Nathan Joseph  
Shiraz Kamran  
Nevis Murphy  
Sadie Poole  
Olivia Williams  
Megan Yee  
William Zimmerman

#### Junior varsity

DJ Ahn  
Evan Banwart  
Ruby Deeming  
William Ellerbrock  
Grace Gallacher  
Cedric He  
Daichi Nannen  
Quincy Patterson  
Dylan Potter  
Juzer Shipchandler

#### Frosh-Soph

Cooper Banwart  
Elizabeth Culbertson  
Jonathan Ding  
Luca Fazio  
Noah Frankel  
David Gallacher  
Samantha Griscavage  
Edward Leung  
Bryan Lurie  
Connor McAndrew  
Edik Molina-Mejia  
Natalie Pecci  
Saaj Shah  
Reese Tierney  
Shanice Williams  
Andrew Zheng

### NCS Scholar Athletes

#### Varsity

Cate McCormick  
Cameron Powell  
Anju Sekhon  
Dashiell Tinianow

#### Junior varsity

Chloe Boyle  
Kai Echeverria  
Ben Kokel  
Lucian Krage-Zillas  
Yue Zhang

#### Frosh-Soph

Stella Hamilton  
Alexandra Martinez  
Noah Moseley  
Oliver Penn  
Addyson Stevens

The Football team finished 11-4 overall, and in a three-way tie for 1<sup>st</sup> in the DAL Foothill division with a 5-1 record. They are the NCS Champions as they defeated Mt. Diablo HS 56-14, Vallejo HS 56-20 and San Marin HS 24-7. They are the CIF division 3AA Bowl Champion as they defeated Escalon HS 49-14 and Birmingham Charter HS 35-23.

Floyd Burnsed, is named All-Bay Area News Group Head Coach of the year.  
 Trevor Rogers, senior, is named first team All-Bay Area News Group athlete.  
 Paul Kuhner, senior, is named first team All-Bay Area News Group utility.  
 Sully Bailey, senior, is named second team All-Bay Area News Group quarterback.  
 Jack Giorgianni, senior, is named honorable mention All-Bay Area News Group linebacker.  
 Drew McKenzie, junior, is named honorable mention All-Bay Area News Group offensive lineman.  
 Nico White, junior, is named honorable mention All Bay-Area News Group wide receiver.

Trevor Rogers, senior, is named DAL Offensive Most Valuable Player wide receiver.

#### All DAL Foothill Division

##### First team

Sully Bailey (QB), senior  
 Jack Giorgianni (LB), senior  
 Paul Kuhner (WR), senior  
 Drew McKenzie (OL,DL), junior  
 Nico White (WR), junior

##### Second team

Gavin Bender (DB), senior  
 Jake Boselli (SS), senior  
 Everett Glass (DB), senior  
 Henry Hagel (OL), senior  
 Paul Kuhner (DB), senior  
 Brady Morrow (DL), senior  
 Andrew Tresser (OL), junior

##### Honorable mention

Henry Souza, (WR), senior  
 Collin Malmquist (LB), 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 3.23.  
 Junior varsity team with an overall GPA of 3.23.  
 Freshman team with an overall GPA of 3.38.

#### NCS Presidents List

##### Varsity

Gavin Bender  
 Brody Darin  
 Cooper Edelman  
 JB Frolich  
 Danny Goldwyn  
 Jack Miller  
 Luca Premo  
 Will Roberts  
 Walker Smith  
 Mason Zirkel

##### Junior varsity

Bryce Birdsong  
 Liam Crinnion  
 Cody Michlitsch  
 Andrew Upp

##### Freshman

Zach Birrell  
 Weston Caligari  
 Luke Dafferner  
 Will Forschler  
 Sean Geraghty  
 Karsten Harmeyer  
 Justice Hembrador  
 Jayden Hwang  
 Bryce Mansour  
 Caleb Mason  
 Matthew McCallister  
 Ben Mickelson  
 Evan Palmer  
 Curtis Sanders  
 Henry Werner

## NCS Scholar Athletes

### Varsity

Marshall Anderson  
Jake Boselli  
Wyatt Cooper  
Drew Hansen  
Paul Kuhner  
Collin Malmquist  
Danny Martin  
Jonah Orlando  
Ethan Pancoast  
Henry Souza  
Austin Wampler  
Nico White

### Junior varsity

Jackson Crinnion  
Joshua Elerts  
Branson Smith  
Oliver Stoneman

### Freshman

Naveen Ahuja  
Andrew Asadorian  
Brady Beeman  
James Cusumano  
Daniel Dunne  
Grant Gebhardt  
Andrew Iams  
Duncan Kinsey  
Matthew Lee  
William Miller  
Hugo Perez-Villafan  
Nolan Roberts  
Durham Vail

The Girls Golf team finished 2<sup>nd</sup> in the DAL Foothill division with a record of 5-3. The team finished in 2<sup>nd</sup> place at the DAL Championships. Haley Chelemedos finished in 4<sup>th</sup> place, Campbell Evans in 5<sup>th</sup> place and Hana Chelemedos in 10<sup>th</sup> place. They finished in 12<sup>th</sup> place at the NCS Championships. Haley Chelemedos finished in 12 place and Evan Campbell in 22<sup>nd</sup> place.

### All DAL Foothill Division

#### First team

Haley Chelemedos, junior  
Campbell Evans, junior

#### Second Team

Hana Chelemedos, junior

#### Honorable mention

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 3.62.  
Junior varsity team with an overall GPA of 3.56.

### NCS Presidents List

#### Varsity

Haley Chelemedos  
Grace Wolpert

#### Junior varsity

Samya Johnson

## NCS Scholar Athletes

### Varsity

Taylor Baker  
Hana Chelemedos  
Jordan Huskins  
Hayley Takeshima

### Junior varsity

Grace Gallagher  
Claire Morgan

The Girl's Tennis team was 5<sup>th</sup> in the DAL Foothill Division with a record of 2-8 and an overall record of 2-10.

#### All DAL Foothill Division

##### First team

##### Second team

##### Honorable mention

Aamena Shipchandler (singles),so Grace Colaco (singles), freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.60.

Junior varsity team with an overall GPA of 3.56.

#### NCS Presidents List

##### Varsity

Olivia Dawkins  
Lauren Foster  
Parker Grenby  
Jacqueline Kuhner  
Jadith LaBonge  
Ridhi Patel  
Emily Roberts  
Aamena Shipchandler  
Hanna Wisniewska

##### Junior varsity

Lauren Anderson  
Henrietta Lofting  
Madelena Obertello  
Audrey Parkin  
Kate Widmann

#### NCS Scholar Athletes

##### Varsity

Grace Colaco  
Olivia Heglie  
Emily Jones

##### Junior varsity

Elisavet Chatzigeorgiou  
Rachel Feldman  
Lotta Griemens  
Molly Jones  
Sabrina Koo  
Phoebe LaBonge  
Evelyn Lee  
Tatum McElhattan  
Zoe Stafford

The Girls Volleyball team finished 3<sup>rd</sup> in the DAL with a record of 7-5 and had an overall record of 18-13. In the NCS playoffs they defeated Rancho Cotate HS and Petaluma HS before being defeated by Tamalpais HS in the semifinals. In the CIF NorCal playoffs, they were defeated by Harbor HS.

#### All DAL Foothill Division

##### First Team

##### Second Team

Jade Profilio, senior

##### Honorable Mention

Addi Ames, junior  
Annie Baker, junior  
Emme Seelenbacher, junior  
Sophia Terry, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.49.  
Junior varsity team with an overall GPA of 3.77.  
Freshman team with an overall GPA of 3.57.

#### NCS Presidents List

##### Varsity

Piper Coy  
Rena Liu  
Maelin Mason  
Sophia Terry

##### Junior varsity

Ella Chang  
Amelia Easley  
Sydney Graves  
Juliana Harhay  
Meher Jeyakrishna  
Maggie Krackeler  
Lourdes Smith  
Valeria Toledo

##### Freshman

Stella DeGroot  
Eloise Greeson  
Catalina Liu  
Maggie Marusich  
Anna Mates  
Sahar Noroozi

#### NCS Scholar Athletes

##### Varsity

Addi Ames  
Annie Baker  
Mika Bocobo  
Christina Hageboeck  
Milan Maycock  
Addy Treter

##### Junior varsity

Brooke Rardin  
Sela Sarbiewski  
Sydney Scovic  
Lesley Trowbridge

##### Freshman

Mira Clark  
Reina Dekel  
Caitlyn McAuliffe  
Tselmeg Orgilmunkh  
Kayla Schaffer

The Boys Water Polo team finished 4<sup>th</sup> in the DAL with a 0-6 record and an overall record of 3-20.

All DAL Foothill Division

First team

Second team

Honorable mention

Justin Rosenblatt, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.35.

Junior varsity team with an overall GPA of 3.04.

NCS Presidents List

Varsity

Junior Varsity

Fisher Bradford-Urban

Owen Hulst

Jayden Hwang

NCS Scholar Athletes

Varsity

Junior Varsity

Tyler Gerhardt

Alexander Kurimai

Dylan Machado

Justin Rosenblatt

Tsimur Havarko

Matthew Lee

William Miller

The Girls Water Polo team was 2<sup>nd</sup> in the DAL with a 3-3 record and 20-8 overall. In the NCS playoffs, they were defeated by Campolindo HS in the semifinal game. In the CIF NorCal playoffs, they defeated Soquel HS before being defeated by Miramonte HS in the semifinals.

#### All DAL Foothill Division

##### First team

Ella Del Rosario, sophomore  
Brooklyn Plomp, senior

##### Second team

Wendy Heffelfinger, senior  
Sophie Hendrickson, senior  
Liv Hoppe, senior

##### Honorable Mention

Finley Graff, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.60.  
Junior varsity team with an overall GPA of 3.57.

#### NCS Presidents List

##### Varsity

Addison Dankworth  
Ella Del Rosario  
Sophia Hendrickson  
Melina Nath

##### Junior Varsity

Estelle Block  
Sadie Hendrickson  
Siena La Rotunda  
Amelia Riley  
Kate Roberts  
Santana Tamayo  
Olivia Whipple  
Sara Williams

#### NCS Scholar Athletes

##### Varsity

Wendy Heffelfinger  
Olivia Hoppe  
Adelyn Horciza  
Levand Koopah  
Kyra Weiss

##### Junior Varsity

Adrianna Berloui  
Erin Lerch  
Audrey Martin  
Cade McAllister

The Flag Football team was 2<sup>nd</sup> in the DAL with a 6-3 record and 11-5 overall. They are the DAL playoffs champion as they defeated Northgate HS and College Park HS. In the Tournament of champions, they defeated Alameda HS before being defeated by Clayton Valley Charter HS in the championship game.

Kelly Todhunter, senior, was named Most Valuable Player of the DAL.

#### All DAL Foothill Division

##### First team

Ella Thomason, senior

##### Second team

Monica Dikova, senior

##### Honorable Mention

Addie Martin, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.

#### NCS Presidents List

##### Varsity

Romi Avrahami  
Alana Brinkman  
Dakota Goyert  
Jenna Steele  
Ella Thomason  
Kelly Todhunter

##### Junior Varsity

#### NCS Scholar Athletes

##### Varsity

Zoya Acuna  
Maya Bleich  
Anya Haas-Hollenbeck  
Addie Martin  
Addie McShane

##### Junior Varsity

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

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.09.

#### NCS Presidents List

##### Varsity

Maddie Barth  
Elyssa Gutman

##### Junior Varsity

Audrey Tugade

#### NCS Scholar Athletes

##### Varsity

Caroline Urick

##### Junior Varsity

Layla Epperson  
Angela Lin

## Winter Sports Update

The Boys Basketball team was 10<sup>th</sup> in the DAL with a record of 9-19 overall, and 3-9 in the league.

### All DAL

#### First Team

#### Second Team

#### Third Team

#### Honorable Mention

Gavin Dodge, sophomore Maddox Malm, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.27.

Junior Varsity team with an overall GPA of 3.36.

Freshman team with an overall GPA of 3.25.

### NCS Presidents List

#### Varsity

Gavin Dodge  
Cooper Edelman  
JB Frolich  
Liam Krackeler

#### Junior Varsity

Josh Elerts  
Zachary Herrerias  
Sean Khouw  
Nico Ortman

#### Freshman

Justice Hembrador  
Dhruv Mahadevan  
Bryce Mansour  
Benjamin Mickelson

### NCS Scholar Athletes

#### Varsity

Jake Elerts  
Preston Hilsabeck  
Joe Reidenbach

#### Junior Varsity

Lorenzo Cangini  
Arman Craig  
Andrew Hastings  
Donovan McGrath

#### Freshman

Samuel Phillips

The Girls Basketball team was the DAL Champions with a record of 26-6 overall, and 12-0 in the DAL. They were defeated by Bishop O'Dowd HS and defeated Piedmont HS to finish 5<sup>th</sup> in the NCS open division. They were defeated by Riordan HS in the CIF NorCal playoffs.

Karyss Lacanlale, junior, is named first team All-Bay Area News Group.  
Ariana Hallstrom, junior, is named honorable mention All-Bay Area News Group.  
Dulci Vail, junior, is named honorable mention All-Bay Area News Group.

#### All DAL

<u>First Team</u>	<u>Second Team</u>	<u>Third Team</u>	<u>Honorable Mention</u>
Karyss Lacanlale, junior Dulci Vail, junior	Ariana Hallstrom, junior	Cameron Thornton, soph	Natalie Frechman, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.63.  
Junior varsity team with an overall GPA of 3.35.

#### NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>
Sophie Chinn Natalie Frechman Karyss Lacanlale Cameron Thornton Dulci Vail	Ruby Bogan Anju Sekhon Asha Sekhon Mackenzie Siewart

#### NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>
Ariana Hallstrom Alexis Le	Aria Falahati Kinneri Vivik

The Boys Soccer team was 4<sup>th</sup> in the DAL with an overall record of 10-5-5 record and 8-2-2 in the DAL. They defeated Piner HS and were defeated by Ukiah HS in the NCS playoffs.

#### All DAL

##### First team

Jonny Roth, junior  
Niko White, junior

##### Second team

##### Third Team

Jake Boselli, senior  
Colby Ebner, junior  
Ben Pecci, junior

##### Honorable mention

Colin Sohn, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.55.  
Junior Varsity team with an overall GPA of 3.39.  
Frosh-soph team with an overall GPA of 3.53.

#### NCS Presidents List

##### Varsity

Simon Appel  
Jake Boselli  
Omri Noiman  
William Parks  
Benjamin Pecci  
Eitan Romick  
Colin Sohn  
Evan Sverak  
Moor Ziskind

##### Junior varsity

Shiraz Kamran  
Daniel Kim  
Jeremy Lara  
Bryan Lurie  
Grigory Statnikov  
Elliott Van Ornum  
Santiago Vignoles  
Luke Wilson  
William Zimmerman

##### Freshman

Zachary Birrell  
Luca Fazio  
Noah Frankel  
Alexander Hagen  
Karsten Harmeyer  
Trevor Krick  
Edward Leung  
Connor McAndrew  
Matthew McCallister  
Adam Nolan

#### NCS Scholar Athletes

##### Varsity

Lucas Dissman  
Griffin DuBois  
Lucien Krage-Zillas  
Zach Roder  
Nico White  
Ethan Wilberts

##### Junior varsity

Theodore Horwath  
Aidan Parnell  
Kyler Roberts

##### Freshman

Connor Harley

The Girls Soccer team was the DAL co-champions with a record of 7-3-2 and an overall record of 11-6-4. They defeated Benicia HS and were defeated by Casa Grande HS in the NCS playoffs.

#### All DAL

<u>First team</u>	<u>Second team</u>	<u>Third Team</u>	<u>Honorable mention</u>
Tori Hiatt, sophomore Nicole Nguyen, junior	Lucca DeBiase, junior	Tatum Keely, sophomore	Ella Thomason, 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 3.80.  
  Junior varsity team with an overall GPA of 3.77.  
  Frosh-soph team with an overall GPA of 3.55.

#### NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-soph</u>
Zoya Acuna Melissa Adetape Edie Berzansky Sofia Cerruti Avery Dement Reiney Fish Livi Foster Leila Hamidi Victoria Hiatt Taylor Mikalis Alex Salazar Sara Tarnai Ella Thomason Reese Tierney Kailee Van Handel Demi Woods Megan Yee	Michela Barbano Grace Colaco Ella Culbertson Grace Eppinger Sophie Gold Evelyn Lee Helena McGinley Catherine Mercier Maya Shinaman	Madison Bernstein Mila Ellis Eloise Greeson Lexy Platto Brooke Rardin Cassidy Smith Caroline Tumilty

#### NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-soph</u>
Lucca DeBiase Stella Hamilton Sienna Houston Avery Ives Tatum Keely Nicole Nguyen	Danica Green Elodie Jensen Julia Munter Mollie Schofield Katelyn Weiss	Molly Aldrich Kate Beaver Hannah Hoover Ella Meewes Rory O'Farrell Amelia Riley Svea Staino

The Wrestling team was 4<sup>th</sup> in the DAL with a league record of 2-3. Dakota Goyert placed 2<sup>nd</sup>, Ian Sanftner 3<sup>rd</sup>, Dylan Potter 4<sup>th</sup> and Adam Caicedo 4<sup>th</sup> at the DAL Championships to qualify for the NCS Championships. Dakota Goyert placed 7<sup>th</sup> at the NCS Championships.

#### All DAL Foothill Division

##### First team

##### Second team

##### Honorable mention

Dakota Goyert (108), senior

Ian Sanftner (184) junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.22.

Junior varsity team with an overall GPA of 3.12.

#### NCS Presidents List

##### Varsity

##### Junior Varsity

Sean Geraghty  
Dakota Goyert  
Anya Haas Hollenbeck  
Gwyneth Lee  
Marley Oh  
Dylan Potter  
Evan Travis  
Edreece Warres

#### NCS Scholar Athletes

##### Varsity

##### Junior Varsity

Lilou Picard  
Ethan Zolboo

## Spring Sports Update

The Baseball team was 2<sup>nd</sup> in the DAL with a record of 7-3, and overall record of 23-4. In the NCS playoffs, they defeated Freedom HS and Casa Grande HS before being defeated by Granada HS in the semifinals.

David Gonzales, junior, is named second team All-Bay Area News Group.

### All DAL Foothill Division

#### First team

Gavin Bender, senior  
David Gonzales, junior

#### Second team

Peter Thorn, senior  
Mason Zirkel, senior

#### Honorable mention

Keegan Goddard, junior  
Branson Smith, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.18.  
Junior varsity team with an overall GPA of 3.28.  
Freshman team with an overall GPA of 3.33.

### NCS Presidents List

#### Varsity

Jake Colaco  
Dom Patitucci  
Mason Zirkel

#### Junior Varsity

Jimmy Cusumano  
Josh Lee  
Cody Michitsch  
Brendan Miles

#### Freshman

Will Forschler  
Karsten Harmeyer

### NCS Scholar Athletes

#### Varsity

Drew Asadorian  
Sully Bailey  
Gavin Bender  
Isaac Copen  
Brady Quinn  
James Stadt

#### Junior Varsity

Zachary Birrell  
AJ Hastings  
Nico Roig  
Kyle Woodson

#### Freshman

Brady Beeman  
Theo Horwath

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

All DAL Foothill Division

First Team

Jackson Jones, senior

Second Team

Nate Lyons, senior  
Gus McKinney, junior

Honorable Mention

NCS Presidents List

Varsity

Junior Varsity

James Hanzel

NCS Scholar Athletes

Varsity

Jake Elerts  
Guo An Wang

Junior Varsity

Grant Gebhardt  
Isaac Topp

The Boys Lacrosse team is 6<sup>th</sup> in the DAL with a 2-5 record, and finished with a 3-12 overall record.

All DAL Foothill Division

First Team

Collin Malmquist, senior

Second Team

Simon Appel, junior

Honorable Mention

Marshall Anderson, senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.23.

NCS Presidents List

Varsity

Evan Banwart  
Caleb Mason  
Theo Milnes

Junior varsity

Luke Dafferner  
Owen Hulst  
Andrew Iams  
Curtis Sanders  
Jackson Tseng

NCS Scholar Athletes

Varsity

Simon Appel  
Brody Darin

Junior varsity

Logan Houston  
Harrison Mrachek

The Girls Lacrosse team was 3<sup>rd</sup> in the DAL with a 2-4 record and 13-8 overall. In the NCS playoffs, they defeated Petaluma HS and Piedmont HS before being defeated by San Marin HS in the semifinals.

#### All DAL Foothill Division

##### First Team

Grace Imrie, senior  
Addie Martin, senior  
Ella Thomason, senior  
Kelly Todhunter, senior

##### Second Team

Grace Colaco, freshman  
Lucca DeBiasse, junior  
Avery Ives, senior  
Reese Tierney, freshman

##### Honorable Mention

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

Elsa Braunstein  
Grace Imrie  
Reese Imrie  
Jackie Kuhner  
Catalina Liu  
Emily Roberts  
Tea Smith  
Ella Thomason  
Kelly Todhunter  
Claire Zimmerman

##### Junior varsity

Eden Berzansky  
Ruby Bogan  
Zoe Braunstein  
Elizabeth Culbertson  
Stella DeGroot  
Milana Ellis  
Grace Eppinger  
Eloise Greeson  
Christina Hageboeck  
Molly Jones  
Catherine Mercier  
Taylor Mikalis  
Maddie Obertello  
Svea Staino

#### NCS Scholar Athletes

##### Varsity

Lucca DeBiasse  
Campbell Evans  
Charlotte Gellman  
Avery Ives  
Jenna Steele  
Reese Tierney

##### Junior varsity

Reiney Fish  
Sadie Logan  
Stella Pacheco  
Lillian Quine  
Maya Stafford  
Samantha Swift  
Kinneri Vivek

The Varsity Softball team was 1<sup>st</sup> in the DAL with a record of 7-1, and an overall record of 17-6. In the NCS playoffs, they were defeated by Kennedy, Fremont HS.

Emme Young, junior, is named honorable mention All-Bay Area News Group.

Emme Young, junior, was named Most Valuable Player of the league.

#### All DAL Valley Division

##### First team

Esa Orman, junior  
Maya Shoenhair, sophomore

##### Second team

Lana Cerejo, senior  
Riley Zirkel, freshman

##### Honorable Mention

Avery Robb, junior  
Santana Tamayo, freshman

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 3.12.

#### NCS Presidents List

##### Varsity

Vanessa Choi  
Ella Greenfield  
Sierra Orman  
Avery Robb  
Santana Tamayo  
Emme Young

##### Junior Varsity

Reina Dekel  
Leia Pham  
Sara Tarnai

#### NCS Scholar Athletes

##### Varsity

Lauren Foster  
Nicole Parlett

##### Junior Varsity

Amaya Hall  
Jill Pierce  
Amelia Riley  
Margaux Stone

The girls placed 4<sup>th</sup> and the boys placed 5<sup>th</sup> at the DAL Championships.

The following qualified for the NCS Championships.

Alex Butler 200 freestyle relay, 400 freestyle relay

Anna Del Rosario 100 freestyle, 200 freestyle, 200 freestyle relay, 400 freestyle relay

Parker Etnyre 100 freestyle, 200 freestyle, 200 freestyle relay, 400 freestyle relay

Cale Hanson 200 freestyle relay, 400 freestyle relay

Sophie Hendrickson 200 freestyle relay

Liv Hoppe 200 freestyle relay, 200 medley relay

Kendall Lee 100 fly, 200 medley relay

Audrey Martin 100 breaststroke

Anna Motes 100 breaststroke, 200 intermediate medley, 200 medley relay

Brooklyn Plomp 100 freestyle 100 backstroke, 400 freestyle relay

Hans Ramirez 200 freestyle relay, 400 freestyle relay

Addie Stevens diving

Sadie Suppiger 100 freestyle, 100 backstroke, 100 breaststroke, 200 freestyle relay, 400 freestyle relay

Taryn Veronda 100 backstroke, 200 intermediate medley, 200 medley relay, 400 freestyle relay

The following placed at the NCS Diving Championships.

Dakota Goyert placed 13<sup>th</sup>

Teagan Frase placed 16<sup>th</sup>

#### All DAL Foothill Division

##### First team

##### Second team

##### Honorable mention

Dakota Goyert, senior

Sadie Suppiger, junior

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.31.

Varsity girls team with an overall GPA of 3.50.

Junior Varsity boys team with an overall GPA of 3.42.

Junior Varsity girls team with an overall GPA of 3.67.

#### NCS Presidents List

##### Boys Swimming

###### Varsity

Braden Dunton  
Rocco Fraioli  
Jayden Hwang  
Noah Moseley  
Andreas Ramirez

###### Junior Varsity

Sean Geraghty  
Daniel Kim  
Matthew Lee  
William Parks  
Jay Shoenhair

##### Girls Swimming

###### Varsity

Estelle Block  
Ella Del Rosario  
Milana Ellis  
Sadie Hendrickson  
Sophia Hendrickson  
Siena La Rotunda  
Audrey Martin  
Anna Motes  
Brooklyn Plomp  
Brooke Rardin  
Kate Roberts  
Sophia Schwartz  
Evyva Smyth  
Tess Veronda  
Sara Williams

###### Junior Varsity

Ava Bell  
Hannah Geraghty  
Sierra Goyert  
Ella Hom  
Sophia Hwang  
Zoe Stafford  
Audrey Tugade  
Caroline Tumilty

###### Varsity Diving

Teagan Frase  
Dakota Goyert  
Anya Haas Hollenbeck

#### NCS Scholar Athletes

##### Boys Swimming

###### Varsity

Jack Carter  
Parker Etnyre

###### Junior Varsity

Sebastian Strittmatter

##### Girls Swimming

###### Varsity

Jessica Gerhardt  
Adelyn Horciza  
Caroline Urick  
Taryn Veronda  
Olivia Whipple

###### Junior Varsity

Phoebe Gerlings  
Fiona Greenaway  
Hanna Wisniewska

###### Varsity Diving

Addy Stevens

The Boys Tennis team is 2<sup>nd</sup> in the DAL with a 7-3 record and an overall record of 12-4. In the NCS team championships, they defeated Sonoma Academy and Lick-Wilmerding HS before being defeated by University HS in the semifinals.

Nick Owens, junior, was a 1<sup>st</sup> team All-DAL singles selection.

Kaya Hoeberechts, junior, and Ace Reeder, senior, was a 1<sup>st</sup> team All-DAL doubles selection.

Tucker Brewer, senior, and Peyton Eagans freshman, were a 2<sup>nd</sup> team All-DAL singles selection.

Finlay Fisher, sophomore, and Quincy Patterson, senior, was a 2<sup>nd</sup> team All-DAL doubles selection.

Sammy Foster, junior, was an honorable mention All-DAL singles selection.

NCS Scholar Team honors:                    Varsity team with an overall GPA of 3.43.  
   Junior Varsity team with an overall GPA of 3.56.

#### NCS Presidents List

##### Varsity

Tucker Brewer  
Danny Goldwyn  
Kaya Hoeberechts  
Dylan Rocca  
Saaj Shah

Zach Snyder

##### Junior Varsity

Miles Blackhart  
Noah Frankel  
Edward Leung  
Evan Mah  
Dhruv Mahadevan  
Connor McAndrew  
Jared Merrill  
Christopher Truta  
Matthew Wiehn

#### NCS Scholar Athletes

##### Varsity

Finlay Fisher  
Diego Ledezma  
Blake Marshall  
Nicholas Owens  
Spencer Tantameng

##### Junior Varsity

Christian Ensign  
Tate Frase  
Darren Ho  
William O'Brien  
Stewart Roberts

The Boys Track & Field team was Champions of the DAL and the Girls Team finished 2<sup>nd</sup>.  
The Boys Track & Field team finished 2<sup>nd</sup> Girls team 6<sup>th</sup>, the, the girls unified team 2<sup>nd</sup> and the boys unified team 4<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 100, 1<sup>st</sup> in the 200 and 2<sup>nd</sup> in the long jump.  
Trevor Rogers placed 1<sup>st</sup> in the long jump and 3<sup>rd</sup> in the 200.  
Natalie Lyons placed 1<sup>st</sup> in the long jump.  
Dulci Vail placed 1<sup>st</sup> in the high jump.  
Deonte Littlejohn placed 1<sup>st</sup> in the discus.  
Ace Reeder placed 2<sup>nd</sup> in the triple jump and 7<sup>th</sup> in the long jump  
Olivia Williams placed 3<sup>rd</sup> in the 3200 and 4<sup>th</sup> in the 1600.  
Illias Kaplanes-Jones placed 3<sup>rd</sup> in the long jump.  
Haley Chelemedos placed 4<sup>th</sup> in the high jump.  
Nevis Murphy placed 8<sup>th</sup> in the 1600.  
Matthew Schwarz, Trevor Rogers, Collin Glick and Paul Kuhner place 3<sup>rd</sup> in the 4X100.  
Marcus McGadney & Bethel Imasuen placed 1<sup>st</sup> in the unified shotput.  
Fauna Miles & Addie Martin placed 3<sup>rd</sup> in the unified shotput.  
Alyvia DeCredico & Emma Cain placed 5<sup>th</sup> in the unified 100 and 5<sup>th</sup> in the unified long jump.  
Ainsley Dodge & Annie Baker placed 6<sup>th</sup> in the unified 100 and 6<sup>th</sup> in the unified long jump.  
Fauna Miles & Leila Hamidi placed 7<sup>th</sup> in the unified 100.  
Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Emma Cain placed 2<sup>nd</sup> in the unified 4X100  
The Boys Track & Field team placed 3<sup>rd</sup>, the Unified Girls team placed 2<sup>nd</sup> and the Unified Boys team placed 5<sup>th</sup> at the NCS Meet of Champions and the following placed in the meet.  
Natalie Lyons placed 1st in the long jump.  
Trevor Rogers placed 1st in the long jump and 2nd in the 200.  
Paul Kuhner placed 2nd in the 100.  
Deonte Littlejohn placed 3rd in the discus.  
Haley Chelemedos placed 5th in the high jump.  
Olivia Williams placed 5th in the 3200 and 6th in the 1600.  
Logan Farzan placed 6th in the 1600.  
Collin Glick, Paul Kuhner, Matthew Schwartz, Trevor Rogers placed 1st in the 4x100.  
Marcus McGadney & Bethel Imasuen placed 2nd in the unified shot put.  
Alyvia DeCredico & Emma Cain placed 3rd in the unified long jump.  
Alyvia DeCredico & Emma Cain placed 4th in the unified 100.  
Lulu Jensen & Leila Hamidi placed 5th in the unified 100.  
Marcus McGadney & River Lockwood placed 8th in the unified 100.  
Alyvia DeCredico, Ainsley Dodge, Charlotte Sutherland, Chloe Boyle placed 2nd in the unified 4x100.  
The results at the CIF Championships.  
Trevor Rogers placed 1<sup>st</sup> in the long jump.  
Natalie Lyons placed 9<sup>th</sup> in the long jump.  
Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Charlotte Sutherland placed 5<sup>th</sup> in unified 4X100.

## All DAL Foothill Division

### First team

Collin Glick, senior  
 Paul Kuhner, senior  
 Deonte Littlejohn, sophomore  
 Natalie Lyons, senior  
 River Lockwood, sophomore  
 Trevor Rogers, senior  
 Dulci Vail, junior

### Second team

Haley Chelemedos, junior  
 Illias Kaplanes-Jones, sophomore  
 Genevieve Tarsa, sophomore  
 Cameron Thornton, sophomore

### Honorable mention

Olivia Williams, senior

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.16.  
 Girls varsity team with an overall GPA of 3.58.  
 Boys junior varsity team with an overall GPA of 3.36.  
 Girls junior varsity team with an overall GPA of 3.57.

## NCS Presidents List

Boys

Girls

### Varsity

Reid Aldrich  
 Ben Brekke  
 Adam Dolberg  
 William Ellerbrock  
 Luca Fazio  
 Liam Gallacher  
 Nathan Joseph  
 Trevor Krick  
 Casey Lopez  
 Liam Murdin  
 Faisal Nabulsi  
 Daichi Nannen

### Frosh-Soph

Johnathan Ding  
 David Gallacher  
 Alexander Hagen  
 Justice Hembrador  
 Nikhil Hunn  
 Matthew Lee  
 Bryce Mansour  
 Evan Palmer  
 Oliver Penn  
 Samuel Phillips  
 Cypress Reid  
 Evan Tsang  
 Edreece Warres  
 William Zimmerman

### Varsity

Madison Bernstein  
 Haley Chelemedos  
 Veronica Flint  
 Grace Gallacher  
 Samantha Griscavage  
 Victoria Hiatt  
 Anju Sekhon  
 Mackenzie Siewart  
 Lesley Trowbridge  
 Dulci Vail  
 Olivia Williams  
 Megan Yee

### Frosh-Soph

Molly Aldrich  
 Lauren Anderson  
 Yanina Galavach  
 Eloise Greeson  
 Alexis Kolovyansky  
 Natalie Pecci

## NCS Scholar Athletes

Boys

Girls

### Varsity

Christopher Copeland  
 Josh Elerts  
 JB Frolich  
 Collin Glick  
 Chase Hememway  
 Tyler Kim  
 Lucas Massa

### Frosh-Soph

Andres Duke  
 Sergio Fon  
 Cedric He  
 Wilhelm Karlsson  
 Benjamin Mickelson

### Varsity

Xyziel Guillard  
 Lexi Le  
 Samantha Murdin  
 Cameron Powell  
 Cameron Thornton  
 Shanice Williams

### Frosh-Soph

Grace Britto  
 Aria Falahati  
 Leila Freeman  
 Audrey Leung  
 Sahar Noroozi  
 Asha Sekhon

The Boys Volleyball team placed 3<sup>rd</sup> in the DAL with a 5-5 record and a 11-13 overall record. In the NCS playoffs, they defeated Terra Linda HS and Hercules HS before being defeated by Bishop O'Dowd HS in the semifinals.

#### All DAL Foothill Division

##### First team

Evan Sverak, senior

##### Second team

Miles Thomas, senior

##### Honorable mention

Matthew Law, junior

Douglas Roberts, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.18.

Junior Varsity team with an overall GPA of 3.25.

#### NCS Presidents List

##### Varsity

Brendan Bogan  
Braeden Christie  
Justin Law  
Rohan Nath  
Isaac Paul

##### Junior Varsity

Zach Garcia  
Nery Lopez  
James Sanguinet

#### NCS Scholar Athletes

##### Varsity

Arthur Tam

##### Junior Varsity

Noah Blackhart  
Duncan Kinsey  
Makoto Kuniyoshi  
Zane Long  
Donovan McGrath  
Charlie Peatross

The Competitive Sport Cheer team finished 5<sup>th</sup> in the DAL with a 3-9 record.

First team

Second team

Honorable mention

Ruby Robinson, junior

Grace Chehlaoui, senior

Heloisa Mateus, junior

Lexi Platto, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.13.

NCS Presidents List

NCS Scholar Athletes

Varsity

Varsity

Lane Bunker

Sienna Houston

Grace Chehlaoui

Alexa Platto

Gwyneth Lee

Skye Platto

Samantha Shiraze

Audrey Tugade

The Beach Volleyball team competed in the first official NCS season.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.

NCS Presidents List

NCS Scholar Athletes

Varsity

Varsity

Piper Coy

Alexis Chaput

Catalina Liu

Amelia Easley

Maelin Mason

Harper Fox

Lourdes Smith

Juliana Harhay

Sophia Terry

Sahar Noroozi

Addy Treter

Sydney Scovic

Valeria Toledo

## Senior Awards

Paul Kuhner and Olivia Williams won the Most Outstanding Athlete Award for excellence in a single sport.

Trevor Rogers and Dakota Goyert won the Most Valuable Athlete Award for excellence in several sports.

Ace Reeder and Megan Yee won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

### Overall Update.

124/421 Presidents List in the Fall.

100/421 Scholar Athletes in the Fall.

22/23 Scholar Teams in the Fall.

90/219 Presidents List in the Winter.

42/219 Scholar Athletes in the Winter.

13/13 Scholar Teams in the Winter.

138/552 Presidents List in the Spring.

102/552 Scholar Athletes in the Spring.

22/25 Scholar Teams in the Spring.

352/1192 Presidents List in the year.

244/1192 Scholar Athletes in the year.

57/61 Scholar Teams in the year.

93% of our teams received scholar Team honors.

30% of our student-athletes received Presidents List honors.

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

840 students participate in at least one sport, which is 67% of our student body.

236 students are two-sport athletes, 46 students are three-sport athletes.

1192 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.