

Acalanes High School

Athletic Department

2023-2024 Summary

Fall sports athletic update.

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

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 1st 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 2nd in the DAL Foothill division with a record of 5-3. The team finished in 2nd place at the DAL Championships. Haley Chelemedos finished in 4th place, Campbell Evans in 5th place and Hana Chelemedos in 10th place. They finished in 12th place at the NCS Championships. Haley Chelemedos finished in 12 place and Evan Campbell in 22nd 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 5th 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 3rd 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 4th 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 2nd 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 2nd 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
Anyia 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 10th 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 5th 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 4th 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 4th in the DAL with a league record of 2-3. Dakota Goyert placed 2nd, Ian Sanftner 3rd, Dylan Potter 4th and Adam Caicedo 4th at the DAL Championships to qualify for the NCS Championships. Dakota Goyert placed 7th 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 2nd 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

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 2nd in the DAL with a record of 5-3, and finished in 3rd 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 6th 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 3rd 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 1st 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 4th and the boys placed 5th 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 13th

Teagan Frase placed 16th

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
Evya 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 2nd 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 1st team All-DAL singles selection.

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

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

Finlay Fisher, sophomore, and Quincy Patterson, senior, was a 2nd 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 2nd.

The Boys Track & Field team finished 2nd Girls team 6th, the, the girls unified team 2nd and the boys unified team 4th at the NCS Tri-Valley Championships and the following placed in the meet.

Paul Kuhner placed 1st in the 100, 1st in the 200 and 2nd in the long jump.

Trevor Rogers placed 1st in the long jump and 3rd in the 200.

Natalie Lyons placed 1st in the long jump.

Dulci Vail placed 1st in the high jump.

Deonte Littlejohn placed 1st in the discus.

Ace Reeder placed 2nd in the triple jump and 7th in the long jump

Olivia Williams placed 3rd in the 3200 and 4th in the 1600.

Illias Kaplanes-Jones placed 3rd in the long jump.

Haley Chelemedos placed 4th in the high jump.

Nevis Murphy placed 8th in the 1600.

Matthew Schwarz, Trevor Rogers, Collin Glick and Paul Kuhner place 3rd in the 4X100.

Marcus McGadney & Bethel Imasuen placed 1st in the unified shotput.

Fauna Miles & Addie Martin placed 3rd in the unified shotput.

Alyvia DeCredico & Emma Cain placed 5th in the unified 100 and 5th in the unified long jump.

Ainsley Dodge & Annie Baker placed 6th in the unified 100 and 6th in the unified long jump.

Fauna Miles & Leila Hamidi placed 7th in the unified 100.

Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Emma Cain placed 2nd in the unified 4X100

The Boys Track & Field team placed 3rd, the Unified Girls team placed 2nd and the Unified Boys team placed 5th 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 1st in the long jump.

Natalie Lyons placed 9th in the long jump.

Alyvia DeCredico, Ainsley Dodge, Chloe Boyle and Charlotte Sutherland placed 5th 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

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
 Edreعه Warres
 William Zimmerman

Girls

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

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

Girls

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 3rd 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 5th 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.