

Acalanes High School

Athletic Department

2024-2025 Summary

Fall sports athletic update.

The Boys Cross Country team finished 7th at the DAL Championships led by Harry Zimmerman finishing 15th. The Girls Cross Country team finished 2nd at the NCS Meet of Champion in division IV to qualify for the CIF State Championships. They were led by Nev Murphy finishing 3rd, Anju Sekhon 7th, Cameron Powell 11th Charlotte Sutherland 24th, and Olivia Kemp 30th. The Boys Cross Country team finished 7th at the NCS Meet of Champions in division IV. They were led by Harry Zimmerman finishing 6th. The Girls Cross Country team placed 14th at the CIF State Championships in division IV. Nev Murphy placed 38th. Harry Zimmerman placed 45th.

All DAL Foothill Division

<u>First team</u>	<u>Second Team</u>	<u>Honorable Mention</u>
		Harry Zimmerman, junior
NCS Scholar Team honors:	Varsity boy's team with an overall GPA of 3.47. Varsity girl's team with an overall GPA of 3.69. Junior varsity boy's team with an overall GPA of 3.14. Junior varsity girl's team with an overall GPA of 3.21. Frosh-soph boy's team with an overall GPA of 3.46. Frosh-soph girl's team with an overall GPA of 3.40.	

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
David Ellerbrock Emmett Fretwell Samantha Griscavage Stella Hamilton Olivia Kemp Sadie Poole Harry Zimmerman	Cedric He Addyson Stevens	Milo Anderson Leo Chen Noah Frankel David Gallacher Alexander Hagen Cade Korpita Edik Molina-Mejia Swift Peatross Rohan Winig Jiajin You

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Emme Cain Cate McCormick Nev Murphy Cameron Powell Anju Sekhon Dashiell Tinianow	Makoto Kuniyoshi Alexandra Martinez Harrison Mrachek	Dylan Adams Nael Benmeziane Dario Hamidi Chloe Harvey Julia Kunz Faye Pang Natalie Pecci Arielle Sears

The Football team is the DAL Foothill division champion with a 3-1 record and an overall record of 10-4. They are the NCS Division 3 Champions as they defeated Dublin HS 42-13, Heritage HS 34-14 and Campolindo HS 20-17. They were defeated by Carmel HS 42-41 in the CIF division 5AA regional game.

Drew McKenzie, senior, was named second team All Bay Area Newsgroup utility.
 Andrew Tresser, senior, was named second team All Bay Area Newsgroup offensive lineman.
 Bethel Imasuen, senior, was named honorable mention All Bay Area Newsgroup defensive lineman.
 Deonte Littlejohn, junior, was named honorable mention All Bay Area Newsgroup linebacker.
 Nico White, senior, was named honorable mention All Bay Area Newsgroup wide receiver.

All DAL Foothill Division

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Bethel Imasuen (def), senior	Santiago Chanelo (off), junior	Adam Caicedo (def), junior
Deonte Littlejohn (def), junior	River Lockwood (def), junior	Jack Cooney (def), junior
Drew McKenzie (off,def), senior	David Roux (def), senior	Josh Elerts (off), junior
Finn Rivera (def), sophomore	Brady Wall (def), senior	JB Frolich (off), senior
Andrew Tresser (off), senior	Tyler Winkles (off), sophomore	Illias Kaplanes-Jones(def), junior
Nico White (off), senior		

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 5.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.13.
 Junior varsity team with an overall GPA of 3.28.
 Freshman team with an overall GPA of 3.38.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>	
Liam Crinnion	Luke Dafferner	Finneus Aiken	Miles Moore
Cody Michlitsch	Will Forschler	Isaiah Castillo	Treyson Roberts
	Karsten Harmeyer	Gianluca Ginocchio	Alec Schwarz
	Andrew Iams	Cade Korpita	Robert Visnick
	Matthew Lee	Nathan Lederman	Graham Welton
	Bryce Mansour	Grant Matter	Cash Woehrle

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>
Brody Darin	William Roberts	Mason Anderson
Joshua Elerts	Matthew Schwarz	Grant Cortez
JB Frolich	Tommy Terhar	Christopher Gorham
Brody Greenfield	Andrew Tresser	Reed Kelly
Matthew Hoffman	Andrew Upp	William Mrachek
River Lockwood	Santi Vignoles	Jack Patel
Amin Noroozi		Grant Placzek
Luca Oatham		Chase Rowland
Luca Premo		Daxon Vail
Grant Ricker		Marcus Yakaitis

The Flag Football team finished 4th in the DAL Foothill division with a 3-7 record and an overall record of 8-11. They defeated Northgate HS before being defeated by Clayton Valley Charter HS in the DAL Championship game.

All DAL Foothill Division

First team

Ines Coyne, sophomore
Avery Dement, sophomore
Maya Shoenhair, junior

Second team

Hana Chelemedos, senior
Leila Hamidi, senior

Honorable mention

Isabelle Agnost, freshman
Malory DeCredico, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.47.

NCS Presidents List

Varsity

Haley Chelemedos
Hana Chelemedos
Ruby Coy
Ines Coyne
Eloise Greeson
Leila Hamidi
Amelia Riley
Sara Tarnai
Lesley Trowbridge

NCS Scholar Athletes

Varsity

Yali Avrahami
Noelle Dobies
June Natel
Maia Shoenhair

The Girls Golf team finished 3rd in the DAL Foothill division with a record of 4-4 and an overall record of 5-4. The team qualified for the NCS Championships.

All DAL Foothill Division

First team

Haley Chelemedos, senior
Hana Chelemedos, senior

Second Team

Honorable mention

Miracle Gu, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.
Junior varsity team with an overall GPA of 3.40.

NCS Presidents List

Varsity

Haley Chelemedos
Hana Chelemedos
Grace Wolpert

Junior varsity

Maya Clarke
Grace Gallagher
Clare Wolpert

NCS Scholar Athletes

Varsity

Taylor Baker
Jordan Huskins

Junior varsity

QianLin Dong
CiCi Ning
Kareena Puri

The Girl's Tennis team was 4th in the DAL Foothill Division with a record of 4-6 and an overall record of 6-8.

All DAL Foothill Division

First team

Second team

Honorable mention

Grace Britto (doubles), junior

Emily Roberts (singles), junior

Aamena Shipchandler (singles), junior

Riley Zirkel (doubles), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.73.

Junior varsity team with an overall GPA of 3.75.

NCS Presidents List

Varsity

Lauren Foster

Molly Jones

Jadith LaBonge

Henrietta Lofting

Sadie Moise

Audrey Parkin

Ridhi Patel

Emily Roberts

Aamena Shipchandler

Junior varsity

Lauren Anderson

Olivia Bernier

Beatrice Deignan

Nina Fairman

Delphine Fisher

Tigerlily Foster

Lotta Griemens

Parker Ivory

Madelena Obertello

Gemma Satterfield

Jasminder Taylor

Audrey Tseng

NCS Scholar Athletes

Varsity

Grace Britto

Grace Colaco

Piper Duff

Sienna Moise

Hanna Wisniewska

Riley Zirkel

Junior varsity

Ava Bell

Ash Dawkins

Ruby Peters

Alesandra Smith

The Girls Volleyball team finished 2nd in the DAL with a record of 4-2 and had an overall record of 16-14. In the DAL playoffs they were defeated by Northgate HS. In the NCS division 1 playoffs they were defeated by Windsor HS.

All DAL Foothill Division

First Team

Emme Seelenbacher, senior

Second Team

Annie Baker, senior

Addy Treter, senior

Honorable Mention

Addi Ames, senior

Piper Coy, junior

Maelin Mason, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.41.

Junior varsity team with an overall GPA of 3.68.

Freshman team with an overall GPA of 3.35.

NCS Presidents List

Varsity

Annie Baker

Ella Chong

Piper Coy

Rena Liu

Sophia Terry

Junior varsity

Camille Chang

Harper Fox

Quinn Frontiera

Abby Haimovici

Meher Jeyakrishna

Siyao She

Lourdes Smith

Freshman

Shaelyn McCall

Catalina Liu

Maggie Marusich

Anna Mates

Sahar Noroozi

NCS Scholar Athletes

Varsity

Sela Sarbiewski

Sydney Scovic

Junior varsity

Francesca Barbano

Amelia Easley

Maggie Marusich

Cameron Tabak

Freshman

Stella Champion

Valentina Fantin

Claire Leanos

Brynah McCall

Ashlyn McCoin

The Boys Water Polo team finished 6th in the DAL with a 0-5 record and an overall record of 10-15. They were defeated by Marin Catholic HS 15-13 in overtime in the NCS division 2 playoffs.

All DAL Foothill Division

First team

Second team

Honorable mention

Alex Lavoie, freshman
Thomas Parrott, junior
Justin Rosenblatt, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.12.

NCS Presidents List

Varsity

Andre Owen
Charles Holmes
Nico Roig

Junior Varsity

Max Musch
Owen Hulst
Jayden Hwang

NCS Scholar Athletes

Varsity

Rocco Fraioli
Justin Rosenblatt
Sam Whipple

Junior Varsity

Gavin Barclay
Henry Dreyer
Owen Hulst
Noah Moseley

The Girls Water Polo team was 3rd in the DAL with a 2-2 record and 18-8 overall. In the NCS open division playoffs, they were defeated by Campolindo HS in the semifinal game. In the CIF NorCal division 1 playoffs, they defeated Carondelet HS in the quarterfinals.

All DAL Foothill Division

First team

Ella Del Rosario, junior
Adelyn Horciza, sophomore

Second team

Finley Graff, sophomore
Olivia Whipple, junior

Honorable Mention

Levand Koopah, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.
Junior varsity team with an overall GPA of 3.57.

NCS Presidents List

Varsity

Ella Del Rosario
Finley Graff
Lucy McShane
Sara Williams
Amelia Riley

Junior Varsity

Kelsey Gunderson
Sadie Hendrickson
Kylie Kaplan
Leah Kring
Mave McAllister
Santana Tamayo

Addison Dankworth

NCS Scholar Athletes

Varsity

Estelle Block
Adelyn Horciza
Siena La Rotunda
Malin Stone
Olivia Whipple

Junior Varsity

Lily Briones
QianLin Dong
Jessica Gerhardt
Emi Kuniyoshi
Erin Lerch
Audrey Martin

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 3.11.

Junior varsity team with an overall GPA of 3.55.

NCS Presidents List

Varsity

Kalia Johnson
Audrey Tugade

Junior Varsity

Xylia Zhu

NCS Scholar Athletes

Varsity

Ruby Byrne
Sienna Houston
Ayame O'Neal
Belle Robinson

Junior Varsity

Layla Epperson
Olivia Jensen
Grace Wheeler
Thea Wilberts
Willa Wolcott

Winter Sports Update

The Boys Basketball team was the DAL Champions with a record of 22-7 overall, and 11-1 in the league. They defeated Archie Williams HS and was defeated by Redwood HS NCS division 1 playoffs.

Maddox Malm, senior, was named 2nd team All-Bay Area Newsgroup.

Gavin Dodge, junior, was named honorable mention All-Bay Area Newsgroup.

All DAL

<u>First Team</u>	<u>Second Team</u>	<u>Third Team</u>	<u>Honorable Mention</u>
Gavin Dodge, junior Maddox Malm, senior	Ryder Malm, junior	Ian Salmon, senior	Cameron Hood, junior Brady Quinn, 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 3.48.
Junior Varsity team with an overall GPA of 3.29.
Freshman team with an overall GPA of 3.53.

NCS Presidents List

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Lorenzo Cangini Arman Craig Gavin Dodge Josh Elerts Preston Hilsabeck Brady Quinn	Justice Hembrador Dhruv Mahadevan Bryce Mansour	Pengyu Chen Ary Deepak Cade Korpita Kiran Ouk Frankie Rocca

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Landon Deily AJ Hastings Cameron Hood Joe Reidenbach	AJ Del Santo Sean Khouw Evan Palmer Samuel Phillips Nolan Potts	Brandon Blatteis Grady Branagh Braydon Sarbiewski Cash Woehrle

The Girls Basketball team was the DAL Champions with a record of 28-3 overall, and 10-0 in the DAL. They defeated Cardinal Newman HS and was defeated San Ramon Valley HS to finish 2nd in the NCS open division. They were defeated by McClatchy HS in the CIF NorCal open division playoffs.

Karyss Lacanlale, senior, was named Most Valuable Player All Bay Area Newsgroup.

Karyss Lacanlale, senior, was named Most Valuable Player of the DAL.

Dulci Vail, senior, was named 2nd team All-Bay Area Newsgroup.

Sophie Chinn, senior, was named honorable mention All-Bay Area Newsgroup.

Ari Hallstrom, senior, was named honorable mention All-Bay Area Newsgroup.

All DAL

First Team

Ariana Hallstrom, senior

Dulci Vail, senior

Second Team

Sophie Chinn, senior

Third Team

Lexi Le, junior

Honorable Mention

Cameron Thornton,junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.

Junior varsity team with an overall GPA of 3.51.

NCS Presidents List

Varsity

Sophie Chinn

Aria Falahati

Cameron Thornton

Dulci Vail

Junior varsity

Anabella Hoang

Emi Kuniyoshi

Anju Sekhon

Asha Sekhon

NCS Scholar Athletes

Varsity

Sienna Fernandez

Natalie Frechman

Ariana Hallstrom

Alexis Le

Junior varsity

Ashley Gombodorj

Ridhi Patel

Willa Wolcott

The Boys Soccer team was 2nd in the DAL with an overall record of 14-5-3 record and 5-4-1 in the DAL. They defeated Redwood HS and were defeated by Dougherty Valley HS in the NCS division 1 playoffs.

All DAL

First team

Colby Ebner, senior
Ben Pecci, senior
Eitan Romick, senior
Jonny Roth, senior

Second team

Simon Appel, senior
Omri Noiman, junior
Ryan Rho-Baty, senior

Honorable mention

Zach Roder, senior
Santi Vignoles, junior

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 3.

NCS Scholar Team honors

Varsity team with an overall GPA of 3.52.
Junior Varsity team with an overall GPA of 3.38.
Frosh-soph team with an overall GPA of 3.53.

NCS Presidents List

Varsity

Zachary Birrell
Grey Helfrich
Bryan Lurie
Omri Noiman
Aidan Parnell
Benjamin Pecci
Ryan Rho-Baity
Eitan Romick
Eli Romick
Harrison Sheffler
Luke Wilson

Junior varsity

Luca Fazio
Noah Frankel
Karsten Harmeyer
Trevor Krick
Connor McAndrew
Adam Nolan
Grigory Statnikov
William Zimmerman

Freshman

Isaiah Castillo
Grant Cortez
Mason Hennessy
Jonathan Judson
Grant Matter
Owen Weston
Marcus Yakaitis

NCS Scholar Athletes

Varsity

Simon Appel
Jeremy Lara
Liam Parks
Zach Roder
Elliott Van Ornum
Santi Vignoles
Nico White
Ethan Wilberts
Moor Ziskind

Junior varsity

Andres Duke
Shiraz Kamran
Daniel Kim
Harrison Mrachek

Freshman

Coen Gilson
Luca Ginocchio
Teddy Mrachek
Alex Schwarz

The Girls Soccer team was the DAL co-champions with an overall record of 10-4-6 and 5-1-2 in the DAL. They defeated Las Lomas HS and Carondelet HS and was defeated by Amador Valley HS in the NCS division 1 playoffs.

All DAL

First team

Tori Hiatt, junior
Alex Salazar, senior

Second team

Lucca DeBiasse, senior
Nicole Nguyen, senior

Honorable mention

Melisa Adetape, senior
Edie Berzansky, junior
Tatum Keely, junior
Reese Tierney, sophomore

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.74.
Junior varsity team with an overall GPA of 3.61.
Frosh-soph team with an overall GPA of 3.71.

NCS Presidents List

Varsity

Edie Berzansky
Sofia Cerruti
Lucca DeBiasse
Avery Dement
Reiney Fish
Livi Foster
Danica Green
Leila Hamidi
Stella Hamilton
Victoria Hiatt

Sienna Houston
Tatum Keely
Taylor Mikalis
Nicole Nguyen
Cassidy Smith
Alex Salazar
Sara Tarnai
Reese Tierney
Demi Woods

Junior varsity

Michela Barbano
Olivia Bernier
Madison Bernstein
Ella Culbertson
Mila Ellis
Grace Eppinger
Olivia Kemp
Evelyn Lee
Helena McGinley

Frosh-soph

Ruby Coy
Eloise Greeson
Courtney Hamill
Hannah Hoover
Avila Payne
Allie Schofield
Talia Tichenor
Audrey Tseng
Alexa Wall

NCS Scholar Athletes

Varsity

Melissa Adetape
Kate Uffelman

Junior varsity

Molly Aldrich
Grace Colaco
Sierra Goyert
Cate Mercier
Caroline Tumilty
Tatum Walsh

Frosh-soph

Delphine Fisher
Penny Haslam
Sofie Kemper
June Natal
Ashby Raher
Maria Statnikova
Avery Titus

The Wrestling team was 5th in the DAL with a league record of 2-4. Adam Caicedo, Ryan Crane, Lilah Kring, Gwyneth Lee, Amin Noroozi and Ian Sanftner qualified for the NCS Championships.

All DAL Foothill Division

First team

Second team

Honorable mention

The Girls team was an NCS Scholastic Championship team with the third highest overall GPA.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.33.

Girls team with an overall GPA of 3.68.

Junior varsity team with an overall GPA of 3.12.

NCS Presidents List

Varsity

Hugo DeTorres
Jake Hammons
Marley Oh

Girls

Kaiya Busfield
Lilah Kring
Gwyneth Lee

Junior Varsity

Leo Chen

NCS Scholar Athletes

Varsity

Ryan Crane
Kirian Gracie
Edreece Warres

Girls

Junior Varsity

Spring Sports Update

The Baseball team was 5th in the DAL with a record of 4-6, and overall record of 18-11-1. They are the NCS Division 2 Champions by defeating Ukiah HS 3-0, Campolindo HS 10-0, Cardinal Newman HS 4-2 and Rancho Cotate HS 7-1. They defeated Chico HS 9-2 and was defeated by St. Francis HS 2-0 in the CIF NorCal Semifinal.

All DAL Foothill Division

First team

David Gonzales, senior

Second team

Keegan Goddard, senior
Branson Smith, junior

Honorable mention

Jimmy Cusumano, sophomore
Austin McManamon, sophomore

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 3.20.
Junior varsity team with an overall GPA of 3.40.
Freshman team with an overall GPA of 3.52.

NCS Presidents List

Varsity

Jimmy Cusumano
Josh Lee
Cody Michitsch
Ben Pecci
Brady Quinn

Junior Varsity

AJ Del Santo
John Nicolini
Luca Starczewski

Freshman

Isaiah Castillo
David Ellerbrock
Luca Ginocchio
Bryce Long
Grant Matter
Jake O'Brien
Jack Roberts
Marcus Yakaitis

NCS Scholar Athletes

Varsity

Hank Bauer
Jake Colaco
Dom Patitucci
Branson Smith
Tyler Winkles

Junior Varsity

Zachary Birrell
Will Forschler
Jackson Garbo
Karsten Harmeyer

Freshman

Reed Kelly
Nate Lederman
Teddy Mrachek
Landon Page
Jack Patel

The Boys Golf team finished 2nd in the DAL with a record of 7-1 and 8-2 overall, and finished in 2nd place at the DAL Championships. They placed 10th at the NCS Championship.

All DAL Foothill Division

First Team

Naveen Ahuja, sophomore

Second Team

Rocco Stassi, sophomore

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.

NCS Presidents List

Varsity

Ryan Weilbach

Junior Varsity

NCS Scholar Athletes

Varsity

Junior Varsity

The Boys Lacrosse team is 2nd in the DAL with a 6-1 record, and finished with a 14-4 overall record. In the NCS playoffs, they were defeated by De La Salle HS.

All DAL Foothill Division

First Team

Henry Finegold, senior
Ian Sanftner, senior

Second Team

Luke Daffner, sophomore
Jan Korzeniowski, junior
Griffin Rotundo, senior
Kyle Sanftner, freshman

Honorable Mention

Brody Darin, senior
Corben Gallegos, junior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.41.

NCS Presidents List

Varsity

Junior varsity

Cooper Banwart
Joaquin Bordi
Emerson Boudreau
Luke Dafferner
Logan Houston
Andrew Iams
Cade Korpita
Curtis Sanders
Jackson Tseng
Ryan Yun

NCS Scholar Athletes

Varsity

Henry Finegold
Luca Premo
Eitan Romick

Junior varsity

William Siamas

The Girls Lacrosse team was 2nd in the DAL with a 3-3 record and 8-10 overall. In the NCS playoffs, they were defeated by San Ramon Valley HS.

All DAL Foothill Division

First Team

Megan Churchill, senior
Grace Colaco, senior
Reese Tierney, sophomore
Claire Zimmerman, senior

Second Team

Reese Imrie, sophomore
Catalina Liu, sophomore
Emily Roberts, junior

Honorable Mention

Campbell Evans, senior
Stella Hamilton, sophomore
Addie McShane, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.45.
Junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity

Edie Berzansky
Grace Eppinger
Charlotte Gellman
Catalina Liu
Emily Roberts
Maya Stafford
Reese Tierney

Junior varsity

Stella DeGroot
Beatrice Deignan
Eloise Greeson
Penelope Haslam
Molly Jones
Claire Leanos
Olivia Lewis
Savannah Martinez
Maddie Obertello
Avila Payne
Allie Schofield
Arielle Sears
Talia Tichenor
Chloe Vignoles
Alexa Wall
Tatum Walsh

NCS Scholar Athletes

Varsity

Kate Beaver
Lucca DeBiasse
Christina Hageboeck
Taylor Mikalis

Junior varsity

Olivia Bernier
Ruby Bogan
Natalie Burciaga
Elizabeth Culbertson
Nina Fairman
Delphine Fisher
Catherine Mercier
Lillian Quine
Svea Staino
Samantha Swift
Genevieve Tenorio
Willia Wolcott

The Varsity Softball team was 6th in the DAL with a record of 1-9, and an overall record of 10-12. In the NCS playoffs, they defeated St. Joseph's HS 18-0 and was defeated by Northgate HS 5-2 in the NCS Quarterfinal.

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

All DAL Valley Division

First team

Emme Young, senior

Second team

Esa Orman, senior

Honorable Mention

Santana Tamayo, sophomore

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 3.58.

Junior varsity team with an overall GPA of 3.51.

NCS Presidents List

Varsity

Amelia Riley
Maya Shoenhair
Santana Tamayo
Emme Young

Junior Varsity

Camille Chang
Michelle Khan
Emi Kuniyoshi
Leia Pham
Audrey Tseng

NCS Scholar Athletes

Varsity

Vanessa Choi
Lauren Foster
Ella Greenfield
June Natal
Sierra Orman
Avery Robb
Riley Zirkel

Junior Varsity

Reina Dekel
Ashlyn Fogarty
Akellah Lilly
Morgan Lynch
Hazel Raaum
Nella Rawski
Leah Roth

The girls placed 4th and the boys placed 5th at the DAL Championships.

The following placed at the NCS Swim Championships.

Sadie Suppiger 7th 100 backstroke, 12th 100 freestyle

Anna Motes 16th 100 breaststroke

Sara Williams, Jessica Gerhardt, Lucy McShane, Elyse Budke 11th 400 freestyle relay

Malin Stone, Anna Motes, Tess Veronda, Sadie Suppiger 13th 200 medley relay

The following placed at the CIF Swim Championships.

Sadie Suppiger placed 11th 100 backstroke

All DAL Foothill Division

First team

Second team

Honorable mention

Sadie Suppiger, senior

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.30.

Varsity girls team with an overall GPA of 3.52.

Junior Varsity boys team with an overall GPA of 3.26.

Junior Varsity girls team with an overall GPA of 3.72.

NCS Presidents List

Boys Swimming

Girls Swimming

Varsity

Junior Varsity

Varsity

Junior Varsity

Owen Andre
Gavin Barclay
Braden Dunton
Sean Geraghty
Jay Shoenhair

Charles Holmes
Jonathan Judson
Ian Lin
Dillon Nagar
Lachlan Tidd

Estelle Block
Lily Briones
Ella Del Rosario
Milana Ellis
Hannah Geraghty
Sadie Hendrickson
Lucy McShane

Sophia Schwartz
Malin Stone
Audrey Tseng
Tess Veronda
Sara Williams
Hanna Wisniewska

Maya Clarke
Kelsey Gunderson
Anabella Hoang
Kylie Kaplan
Emi Kuniyoshi
Mave McAlister
Audrey Tugade

Varsity Diving

NCS Scholar Athletes

Boys Swimming

Girls Swimming

Varsity

Junior Varsity

Varsity

Junior Varsity

Jayden Hwang
Will Miller
Max Musch
Jason Schlehr
Andrew Tanimura
Ethan Zolboo

Henry Dreyer
Ryan Gerhardt
Daniel Kim

Madison Bauer
Karina Bundy
Addison Dankworth
Adelyn Horciza
Sophia Hwang
Siena La Rotunda
Audrey Martin

MaeLin Mason
Anna Motes
Kate Roberts
Kayla Schaffer
Evy Smyth
Sadie Suppiger
Olivia Whipple

Sierra Goyert
Erin Lerch
Amina Martinez
Indiana Perry
Ella Schlehr
Lilia Teicher

The Boys Tennis team is 3rd in the DAL with a 2-4 record and an overall record of 11-8. In the NCS team championships, they defeated Albany HS before being defeated by Branson HS in the quarterfinals.

Sze Ting Chen, junior, was a 1st team All-DAL singles selection.

Nick Owens, senior, was a 1st team All-DAL singles selection.

Blake Marshall, junior, and Dylan Rocca, senior, was a 1st team All-DAL doubles selection.

Peyton Eagans sophomore, were a 2nd team All-DAL singles selection.

Saaj Shah, junior, was an honorable mention All-DAL singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.31.
Junior Varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity

Sze Ting Chen
William O'Brien
Nick Owens
Saaj Shah

Junior Varsity

Hugo DeTorres
Ilai Elbaz
Noah Frankel
Edward Leung
Connor McAndrew
Stewart Roberts
Matthew Wiehn

NCS Scholar Athletes

Varsity

Christopher Gorham
Kaya Hoeberechts
Dylan Rocca
Andrew Zheng

Junior Varsity

Grant Cortez
Dhruv Mahadevan
Teddy Mrachek
Hirsch Peters

The Boys Track & Field team was 3rd and the Girls Team finished 4th. in the DAL
The Boys Track & Field team finished 5th Girls team 11th, the, the girls unified team 3rd and the boys unified team 7th at the NCS Tri-Valley Championships and the following placed in the meet.

Deonte Littlejohn 1st discus, 2nd shotput

Haley Chelemedos 2nd long jump, 5th high jump

Dulci Vail 2nd high jump

Bethel Imasuen 3rd shotput

River Lockwood 4th 330 hurdles

Illias Kaplanes-Jones 6th long jump

Ben Mickelson 7th 400

Nevis Murphy 8th 1600, 9th 800

Grant Ricker 8th triple jump

Julian Hood, Ben Mickelson, Harry Zimmerman 6th 4X400

Leah Quintella & Malory DeCredico 5th in unified 100

Isaac Lee & Grant Ricker 5th in unified long jump

Alyvia DeCredico, Sylvie Merrill, Malory DeCredico, Asha Sekhon 2nd unified 4X100

The Boys Track & Field team placed 7th, the Unified Girls team placed 3rd and the Unified Boys team placed 8th at the NCS Meet of Champions and the following placed in the meet.

Dulci Vail 3rd high jump

River Lockwood 4th 300 hurdles

Haley Chelemedos 4th long jump, 5th high jump

Deonte Littlejohn 2nd discus, 6th shotput

Bethel Imasuen 4th shotput

Illias Kaplanes-Jones 8th long jump

Julian Hood, Ben Mickelson, Matthew Schwarz, River Lockwood 3rd 3X400

Sophie Chinn, Haley Chelemedos, Cameron Thornton, Isabelle Agnost 8th in the 4x100.

Leah Quintella & Malory DeCredico 4th in unified 100

Isaac Lee & Grant Ricker 6th in unified long jump

Alyvia DeCredico, Sylvie Merrill, Malory DeCredico, Asha Sekhon 2nd unified 4X100

The results at the CIF Championships.

Deonte Littlejohn 11th discus.

All DAL Foothill Division

First team

Isabelle Agnost, freshman

Haley Chelemedos, senior

Sophia Chinn, senior

Julian Hood, junior

Olivia Kemp, freshman

Deonte Littlejohn, junior

River Lockwood, junior

Ben Mickelson, sophomore

Harry Zimmerman, junior

Second team

Illias Kaplanes-Jones, junior

Dulci Vail, senior

Honorable mention

Bethel Imasuen, senior

Grant Ricker, junior

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

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.34.
 Girls varsity team with an overall GPA of 3.68.
 Boys junior varsity team with an overall GPA of 3.38.
 Girls junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Boys		Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>	<u>Varsity</u>	<u>Frosh-Soph</u>
Bryce Birdsong	Finneus Aiken	Lauren Anderson	Ella Garofolo
Adam Dolberg	Milo Anderson	Grace Britto	Eloise Greeson
Josh Elerts	Joaquin Bordi	Haley Chelemedos	Olivia Kemp
Luca Fazio	David Ellerbrock	Hana Chelemedos	Eliza Khan
Sergio Fon	David Gallacher	Sophie Chinn	Isabelle Oh
Nathan Joseph	August Greeson	Veronica Flint	Faye Pang
Trevor Krick	Justice Hembrador	Grace Gallacher	Lilian Renbarger
Casey Lopez	Mason Hennessy	Samantha Griscavage	Robyn Sherman
Donovan McGrath	Nikhil Hunn	Victoria Hiatt	
Christian Smario	Maximilian Kaufman	Nevis Murphy	
Evan Tsang	Matthew Lee	Anju Sekhon	
William Zimmerman	Bryan Lurie	Addison Stevens	
	Bryce Mansour	Genevieve Tarsa	
	Edik Molina-Mejia	Cameron Thornton	
	Rohan Winig	Lesley Trowbridge	
	Jiajin You	Dulci Vail	

NCS Scholar Athletes

Boys			Girls	
<u>Varsity</u>	<u>Frosh-Soph</u>		<u>Varsity</u>	<u>Frosh-Soph</u>
Landon Deily	Theo Benmeziane	Miles Moore	Molly Aldrich	Charley Clark
Jack Manful	Jackson Boselli	Liam Parks	Arianna Berloui	Sienna Fernandez
Sameed Marco	Pengyu Chen	Oliver Penn	Madison Bernstein	Leila Freeman
Lucas Massa	Ajax Choudhury	Alex Schwarz	Yanina Galavach	Chloe Harvey
Casey Metzger	Jonathan Fairhurst	Arti Shaterian	Danica Green	Sofie Kemper
Luca Oatham	Brock Garland	Harrison Sheffler	Lexi Le	Ruby Peters
Luca Potts	Alexander Hagen	Will Siamas	Cameron Powell	Asha Sekhon
Luca Premo	Dario Hamidi	Brennan Visnick	Mackenzie Siewart	Anneliese Tarsa
Grant Ricker	Jasper Handlers		Shanice Williams	Maria Tislenko
Everett Shore	Will Meehan			Avery Titus

The Boys Volleyball team placed 5th in the DAL with a 2-8 record and a 6-14 overall record.

All DAL Foothill Division

First team

Matthew Law, senior

Second team

Avyn Morales, senior

Honorable mention

Mason Briones, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.31.

Junior Varsity team with an overall GPA of 3.08.

NCS Presidents List

Varsity

Charlie Peatross

Junior Varsity

Noah Blackhart

Miles DeBoy

Everett Hughes

NCS Scholar Athletes

Varsity

Brendan Bogan

Zach Garcia

Preston Hilsabeck

Nery Lopez

James Sanguinet

Junior Varsity

Christian Dunphy

Elias Ristow

Owen Weston

The Competitive Sport Cheer team finished 8th in the DAL with a 0-7 record.

First team

Lexi Platto, sophomore

Second team

Fabia Korhummel, senior

Honorable mention

Ruby Byrne, sophomore

Krystina Merkelo, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.31.

NCS Presidents List

NCS Scholar Athletes

Varsity

Layla Epperson

Alexa Platto

Audrey Tugade

Grace Wheeler

Xiuyi Zhu

Varsity

Ruby Byrne

Fabia Korhummel

Krystina Merkelo

Belle Robinson

Thea Wilberts

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

NCS Scholar Team honors: Varsity team with an overall GPA of 3.23.

NCS Presidents List NCS Scholar Athletes

Varsity

Varsity

Shaelyn McCall
Ella Meewes

Lily Cervenka
Grace Hayes
Sydney Scovic

Senior Awards

Jonny Roth and KK Lacanlale won the Most Outstanding Athlete Award for excellence in a single sport. Simon Appel, Drew McKenzie, Sophie Chinn and Dulci Vail won the Most Valuable Athlete Award for excellence in several sports.

JB Frolich and Haley Chelemedos 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.

141/572 Presidents List in the Spring.

149/572 Scholar Athletes in the Spring.

23/24 Scholar Teams in the Spring.

356/1212 Presidents List in the year.

291/1212 Scholar Athletes in the year.

58/60 Scholar Teams in the year.

97% of our teams received scholar Team honors.

29% of our student-athletes received Presidents List honors.

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

933 students participate in at least one sport, which is 75% of our student body.

237 students are two-sport athletes, 38 students are three-sport athletes, 4 students are four-sport athletes.

1212 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.