

Fall sports athletic update.

The Cross Country team had a good season with the girls sending two members to the CIF state championships. Drusia Dickson and Maureen Huber qualified for the state championships with Maureen Huber placing 14th in the state in the division three classification.

Varsity Cross Country

Drusia Dickson
Aaron Senter
Michael Sutyak

JV Cross Country

Riad Alameddine
Tarek Alameddine
Melanie Deichler
Todd Ebe
Jon Evans
Peter Flier
Pascale Goertler
Jessica Karadi
Lauren Kostka
Gloria Lai
Erika Leighton
Spencer Lindsay
Noah Lorenzana
Kristi Ray
Andrew Reiter
Kevin Wong
Matthew Wolff
Matthew Yarrington

Frosh-soph Cross Country

Sara Caldwell
Alissa Chastain
Chris Chung
Sarah Ebe
Andrew Elefant
Derek Emmons
Kip Forrest
Ashley Frey
Claire Geisse
Andy Gianakos
Scott Ho
Bill Neill
Talia Shea
Jonathan Sheu

The Football team qualified for the NCS playoffs for the second year in a row. They defeated Miramonte in the semi-finals to end the Matadors 35 game winning streak, and advance to the NCS championship game. The Dons were defeated by Las Lomas to place second in the section in the division 2 classification.

Zach Clark was named to the first team All Contra Costa Times team.

The varsity team received scholar team honors and had the 3rd highest overall GPA in the section at 3.10

Varsity Football

Dan Dickson
JP Diemer
Phil Gyulai
Andrew Scroggy

JV Varsity

Greg Corbett
Inder Dhillon
Brian Diemer
Dan Lorenzana
Rory Mouat
Jordan Rudman
Monti Sharma

Freshman Football

Gordon Forrest
Jason Gee
David Granlund
Fraser Grove
Patrick Maher
Matt Wigylus
Mike Yarrington

The Girls Golf team won the DFAL championship, and the NCS championship. They also placed 5th in the NorCal championships.

Girls Golf

Lara Alexander
Carie Brueckner
Emily Brush
Minji Cho
Annie Daher
Youngmee Kim

SoEun Lee
Taylor Lee
Lauren Olson
Megan Padua
Morgan Perales
Kelsey Raaen

Suzetty Shen
Katie Stark
Meghan Stephens
Shannon Wiehelm
Jessica Zestar-Postrik

The Girls Volleyball team qualified for the NCS playoffs, and were defeated in the first round.

Varsity Girls Volleyball

Lexi Hill
Jane Jun
Elizabeth Long
Amy McCowan
Caitlin Murphy
Sarah Ting

JV Girls Volleyball

Melanie Anderson
Katie Mara
Lauren Mutch
Amanda Sorensen

Freshman Girls Volleyball

Marie Dieden
Allison Frazier
Alley Mitchell
Molly Peterson
Elizabeth Stark
Stephanie Welty

The Boys Water Polo team was DFAL champions, and qualified for the NCS playoffs. After winning their first round game, they lost 8-7 to Las Lomas in the semi-finals.

The Girls Water Polo team was young and inexperienced, yet they qualified for the NCS playoffs. They were defeated in the first round.

Winter Sports Update

The Boys Basketball team won the DFAL title, and lost in the first round of the NCS Championships to Las Lomas.

The Boys JV Basketball team received scholar team honors with an overall GPA of 3.10, and the Boys Freshman Basketball team received scholar team honors with an overall GPA of 3.07.

Varsity Boys Basketball

Andy McNeil
Brett Wallace

JV Boys Basketball

Chad Hirsch
Stephen Nigro
Kevin Phillips

Freshman Boys Basketball

Gavin Beeman
Terrence Chen
Gordon Forrest
Kip Forrest
Fraser Grove

The Girls Basketball team won the NCS Division 3 Championship, and made it to the NorCal State Championship Semi-finals behind first year coach, Glen Magpiong.

Katie Curtis was named to the first team All Contra Costa Times team, and Erin Barclay was named to the third team.

The Varsity Girls Basketball team received scholar team honors with an overall GPA of 3.20. The JV Girls Basketball team received scholar team honors with an overall GPA of 3.46. The Freshman Girls Basketball team received scholar team honors with an overall GPA of 3.29.

Varsity Girls Basketball

Kelsey Barclay
Pierce Curtis
Taylor Lee
Kriste Marciulionis
Kirsten Sorensen
Meghan Stevens

JV Girls Basketball

Melanie Anderson
Sara Clancy
Claire Geisse
Annie McKinley
Kelly Muscolo
Rose Palley
Molly Peterson
Leigha Winters

Freshman Girls Basketball

Minji Cho
Annie Lee
Kirsten Marchus
Stephanie Morlock
Molly O'Neill

The Boys Soccer team won the DFAL championship. They lost in the first round of the NCS Championships to Miramonte.

The Varsity Boys Soccer team received scholar team honors with an overall GPA of 3.40. The JV Boys Soccer team received scholar team honors with an overall GPA of 3.10. The Frosh-Soph Boys Soccer team received scholar team honors with an overall GPA of 3.31.

Varsity Boys Soccer

Riad Alameddine
Tarek Alameddine
David Allen
Scott Arnold
Ryan Callahan
Dan Dickson
Greg Mathy
Dan Philpot
Brian Schwertscharf
Michael Sutyak
Bobby Weiller

JV Boys Soccer

Scott Fowler
David Heckle
Kyle La Honta
Nate Thayer
Matt Yarrington

Frosh-Soph Boys Soccer

Chris Chung
Seyoon Kim
Dan Lorenzana
Alex Love
Luke Musser
Andy Shumaker
Drew St. Pierre
Eric Thomas

The Girls Soccer team qualified for the NCS Championships, and lost in the first round to Bishop O'Dowd 2-1.

The Varsity Girls Soccer team received scholar team honors with an overall GPA of 3.66. The JVGirls Soccer team received scholar team honors with an overall GPA of 3.26.

Varsity Girls Soccer

Christine Brast
Katie Condon
Roxy Croze
Mirelle Fishel
Lizzie Masland
Cassie Mullendore
Erin Nelson
Ali Ousley
Heather Pemberton
Rachel Resneck
Jessica Zestar-Postrk
Lauren Zuckerman

JV Girls Soccer

Sarah DeCrescenzo
Drusia Dickson
Marie Dieden
Sarah Ebe
Atoosa Firouzian
Katherine Hayes
Jessica Joffschneider
Nicole Hoffschneider
Krissy Hopper
Katie Keegan
Naomi Kieser
Madeline Nicholson
Eli Sanderson-Cimino

The Wrestling team was young this year and had their struggles, but their new coach, Bob Chance, is excited about the young wrestlers that will return next year.

Nick Carrel
Valerie Love
Jordan Rudman

The Varsity Cheerleading team received scholar team honors with an overall GPA of 3.18.

Varsity Cheerleading

Amanda Howard

Lauren Mullen

Patty Renno

Tania Wong

JV Cheerleading

Dana Sherne

Spring Sports Update

The Varsity Baseball team received scholar team honors with an overall GPA of 3.13, and the JV team received scholar team honors with an overall GPA of 3.11.

Varsity Baseball

Brian Diemer
Matt Garrett
Dan Masi
Devin Paltenghi
Mike Tucci
Bret Wallace

JV Baseball

Chris Chung
Jake Geier
Ryan Griffiths
Jim Kopas
Kyle LaHonta
Kevin Phillips

Freshman Baseball

Erik Alman
Jason Gee
Andy Hatfield
Patrick Maher

The Boys Golf team qualified for the NCS South qualifier, where they placed 6th overall, and qualified for the NCS Tournament of Champions.

Dan Elbert
Chris Lau
Kirk Sato
Joey Shurtleff

The Varsity Boys Lacrosse team received scholar team honors with an overall GPA of 3.00.

Varsity Boys Lacrosse

Craig Beveridge
Eddie Birnbaum
Todd Ebe
Mark Govan
Andy Rich
Matt Wulf

JV Boys Lacrosse

Christian Biehl
Kevin Davis
Chad Hirsch

The Girls Lacrosse team finished 2nd in the DFAL with a 15-3 record.

The Varsity Girls Lacrosse team received scholar team honors with an overall GPA of 3.58, and the JV Girls Lacrosse team received scholar team honors with an overall GPA of 3.39.

Varsity Girls Lacrosse

Emily Brush
Sarah DeCrescenzo
Pascale Goertler
Katie Harkins
Jessica Hoffschneider
Jane Jun
Lauren Kostka
Annie McKinley
Lauren Mutch
Ali Ousley
Samantha Robinson
Amanda Saribalis
Lindsay Talbot
Jessica Zestar-Postrk
Rachel Zestar-Postrk
Lauren Zuckerman

JV Girls Lacrosse

Amanda Bergman
Marie Dieden
Emily Grant
Lesley Ho
Katherine Horuk
Katie Keegan
Naomi Kieser
Morgan Perales
Molly Peterson
Allison Shiozaki
Maddie Weiss

The Varsity Softball team won the DFAL Championship with an overall record of 22-2, and a DFAL record of 16-2. They were defeated in the NCS Championship semi-finals by Campolindo 4-3 in 13 innings.

The Varsity Softball team received scholar team honors with an overall GPA of 3.35, and the JV Softball team received scholar team honors with an overall GPA of 3.07.

Varsity Softball

Ashley Adams
Carie Brueckner
Blair Cuny
Shauna Kennedy
Elizabeth Long
Amy McCowan
Courtney Ward

JV Softball

Allison Chew
Megan Grove
Rowan Hahn
Jenny Linchey
Rachel Shiozaki

The Boys Swim team placed 8th in the NCS Championships.
 200 medley relay team placed 5th with Derek Connolly, Mike Ferrif, Danny Pozzan, and Sam Schrager.
 400 freestyle relay team placed 5th with Jay Warner, John Siegfried, John Sloat, and Mike Palley.
 The Girls Swim team placed 6th at the NCS Championships.
 Gina Sulprizio placed 6th in the 100 and 200 freestyle.
 Kelly Mooney placed 8th in the 200 freestyle.
 200 freestyle relay team placed 7th with Gina Sulprizio, Kelly Mooney, Kara Muraki, and Kelly Rich.
 The 400 freestyle relay team placed 6th with Gina Sulprizio, Kelly Mooney, Kara Muraki, and Lily Mahl.
 The Diving team had NCS Championship placers Lila Korpell, 3rd place; Katlynn Guglielmo, 6th place; and Kendall Crakow, 16th place.

The Boys Swimming & Diving team received scholar team honors with an overall GPA of 3.13, and the Girls Swimming & Diving team received scholar team honors with an overall GPA of 3.24.

Boys Swimming & Diving

Stephen Andron
 Paul Burgin
 Wesley Chen
 Patton Christofides
 Jon Evans
 Tren Kauzer
 Spencer Lindsay
 Jake Norton
 Miles Palley
 Danny Pozzan
 Matt Pozzan
 Steffen Ryge
 Sam Schrager
 John Sloat

Girls Swimming & Diving

Keely Andrews
 Sara Caldwell
 Kelsey Catlin
 Lisa Cotter
 Mariya Deryugina
 Jessica Evans
 Nicole Hughes
 Joyce Luke
 Kelly Mooney
 Sarah Ory
 Rose Palley
 Tamara Presser
 Kristi Ray
 Kelly Rich
 Michelle Roses
 Lindsay Sheehan
 Anna Straus
 Kristin Studeman
 Kaitlin Tiernan
 Leigha Winters

The Varsity Boys Tennis team won scholar team honors, with an overall GPA of 3.19, and the JV Boys Tennis team won scholar team honors, with an overall GPA of 3.31.

Varsity Boys Tennis

Greg Corbett

JV Boys Tennis

Colby Corbett

Andrew Elefant
Kevin Fickle
Ryan Fowler
Chris Jagger
Alexx Perloff
Kevin Wang

John Doughty
Eric Edelson
Derek Emmons
Gordon Forrest
Eric Fresquez
Omaid Raissi
Brian Schwertscharff
Jonathan Sheu
Drew St. Pierre
Spencer Streib

The Girls Track & Field team received scholar team honors with an overall GPA of 3.53.

Boys Track & Field

Jun Fu
Andy Gianakos
Brian Lee
Noah Lorenzana
Alex Love
Andrew Scroggy
Alex Shogan
Nate Thayer

Girls Track & Field

Holly Barbera
Amanda Bergman
Alissa Chastain
Sarah Clancy
Drusia Dickson
Atoosa Firouzian
Lexi Hill
Nicole Hoffschneider
Amanda Howard
Dana Jones
Samantha Luke
Kristen Marchus
Kristie McGoldrick
Kelly Muscolo
Alex Rooney
Elizabeth Sanderson-Cimino
Suzetty Shen
Nitasha Singh
Leslie Su
Ann Thomas
Valerie Vradenburg
Rachel Wynn

The Boys Volleyball team finished 2nd in the DFAL, and qualified for the NCS playoffs.

The Varsity Boys Volleyball team received scholar team honors with an overall GPA of 3.46, and the JV Boys Volleyball team received scholar team honors with an overall GPA of 3.13

Varsity Boys Volleyball

Michael Downing

Jacob Farris

Russ Hampton

Nick Lamel

Jeff Martin

Andy McNeil

Evan Pardo

Theo Saribay

Jonathan Wong

JV Boys Volleyball

Johnny Capelli

Theo Constantouros

Mark Martin

Bill Neill

Ed Pang

Sahba Shayani

Overall Update.

80% of our teams received scholar team honors.

40% of our student-athletes received scholar-athlete honors.

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

205 students are two-sport athletes, and 21 students are three-sport athletes.