

Acalanes High School

Athletic Department

2005-2006 Summary

Fall sports athletic update.

The Cross Country team had an outstanding season with the boys placing 2nd and the girls placing 4th at the NCS Championships. The boys were led by Nate Beach finishing in 3rd place, Connor Mooney in 4th place, and Ethan Mark in 19th place. The girls were led by Mo Huber finishing in 2nd place, and Grace Appert in 15th place. Both teams qualified for the CIF state championships. The boy's team was 8th in division III at the state meet led by Joey Thomas (28th) and Connor Mooney (32nd). Mo Huber finished in 2nd place to lead the 11th place girls team.

Mo Huber was named All-Times Cross Country Athlete of the year and is the only four time All-Times selection for Cross Country.

All DFAL

First team

Mo Huber, senior

Connor Mooney, junior

Joey Thomas, junior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.29.

Varsity girl's team with an overall GPA of 3.62.

Non-varsity boy's team with an overall GPA of 3.07.

Non-varsity girl's team with an overall GPA of 3.37.

NCS Scholar Athletes

Varsity

Grace Appert

Michelle Caine

Alissa Chastain

Anirban Chowdhury

Sara Clancy

Dara Dickson

Derek Emmons

Rebecca Lorenzana

Kristen Marchus

Ethan Mark

Kristie McGoldrick

Connor Mooney

Whitney Sherman

Maxime Stinnett

Joey Thomas

Ryan Troxel

Non-varsity

Ali Benn

Spencer Davis

Gurbir Dhillon

Jusvinder Dhillon

Sean Freeberg

David Horn

Chris Horuk

Ian Johnson

Allan Kapoor

David McDiarmid

Chris Newcomb

Hannah O'Brien

Bronwen O'Herin

Conor O'Herin

Cordelia Palitz

Nick Pegan

Emily Simons

Kirk Steuber

Whitney Sherman

Rebecca Uhlman

Melissa Wilcox

Alicia Yee

Josh Zorn

Anthony Sheu

The Football team finished 8-4 overall, and 3rd in the DFAL with a 6-3 league record qualifying for the NCS playoffs. They defeated Bishop O'Dowd HS 28-27 in the first round of the NCS playoffs before succumbing to Ygnacio Valley HS 21-7 in the semifinals.

Gavin Beeman was named first team All-Times defensive back and Dan Masi was named third team All-Times wide receiver.

All DFAL

First team

Cole Adcock (TE), senior
Gavin Beeman (S), senior
Gavin Beeman (Util), senior
Nick Bruzzone (OG), senior
Don Kephart (K), junior
Dan Lopez (DT), senior

Second team

Mike Balestrieri (OT), senior
Mike Balestrieri (DE), senior
Gavin Beeman (QB), senior
Chris Bohannan (RB), senior
Chris Bohannan (LB), senior
Jason Gee (C), senior
Dan Masi (WR), senior
Dan Masi (S), senior
Charles Updegraff (LB), senior

Honorable mention

Sam Briggs (RB), senior
Nick Bruzzone (LB), senior
Don Kephart (P), junior
Mat Wood (CB), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.03.
Junior varsity team with an overall GPA of 3.13

NCS Scholar Athletes

Varsity

Brooks Baker
Mike Balestrieri
Scott Emery
Jason Gee
Fraser Grove
Don Kephart
Robbie Pestal

Junior varsity

Joey Anderson
Cody Blocker
Brian Garthwaite
Will Grove
Taylor Miller
Ben Poth

Freshman

Scott Davenport
Evan Kaufman
Miles Manter
Brad Mitchell
Harry Rindler

The Girls Golf are the DFAL Champions with a 13-1 record. They were led by Taylor Lee, who finished first at the DFAL Championships, fourth at the NCS Championships, and 12th at the CIF Northern California Championships.

All DFAL

Taylor Lee was named the Most Valuable Golfer of the DFAL.

First Team

Morgan Perales, senior

Second Team

Jessica Bruns, sophomore

NCS Scholar Team honors: Varsity team with an overall GPA of 3.46.

NCS Scholar Athletes

Jane Appert
Katherine Lau
Taylor Lee
Morgan Perales
Katherine Vannelli

The Girl's Tennis team finished 8-10. Stephanie Davenport and Mary-Alice Paulsen won their first two matches at the DFAL Championships before falling in the quarterfinals.

All-DFAL

Second Team

Alex Iova, junior

Honorable Mention

Stephanie Davenport, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.39.
Junior varsity team with an overall GPA of 3.35.

NCS Scholar Athletes

Varsity

Jessica Chen
Anna Eames
Katherine Friedman
Megan Grove
Laura Harper
Sarah Lindsay
Katie Mitchell

Junior varsity

Sara Garewal
Gabriella Huddart
Jane Loria
Ariel Neidermeier
Libby Ogro
Megan Rogers
Jessie Yarrow

Mary-Alice Paulsen
Amanda Roberts

The Girls Volleyball team had an overall record of 20-9, and a DFAL record of 14-4 to finish 3rd in the league. They qualified for the NCS playoffs suffering a first round loss to Analy HS.

All DFAL

First Team

Carly Bouza, senior
Alley Mitchell, senior

Second Team

Alex Bouza, senior

Honorable Mention

Amelia Shugrue, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.

Junior varsity team with an overall GPA of 3.14.

Freshman team with an overall GPA of 3.04.

NCS Scholar Athletes

Varsity

Kaitlyn Bowles
Michelle Swift
Pooja Yabannaver

Junior varsity

Brooke Roberts
Kelsey Wyatt-Mair
Mari Zelin

Freshman

Courtney Shea
Linda Swift

The Boys Water Polo team finished with an 19-10 overall record, and 6-1 DFAL record to place second. They had a great NCS playoff run, They defeated California HS 16-7 before knocking off NCS powers Monte Vista HS 10-8, and De La Salle HS 11-9. They fell short in the championship game to Miramonte HS 10-7 finishing as the NCS Championship Runner-up.

Steve Andron was named a first team All-Times boys water polo selection.

Brian Monty was named the Times boys water polo Coach of the Year.

All DFAL

First team

Steve Andron, senior
Nick Ferrif, junior
Dino Sulprizio, senior

Second team

Paul Burgin, senior
Robert Graves, junior
Jake Norton, senior
Bryan Schnugg, junior

Honorable Mention

NCS Scholar Athletes

Varsity

Steve Andron

Frosh-soph

Greg Cameron

Jimmy Cochran
Greg Walker

The Girls Water Polo team finished with a 6-17 overall record, and 1-6 DFAL. They had a young squad led by first year coach, Misha Buchel, and show promise of being strong for the next two years.

All DFAL

First team

Second team

Honorable Mention

Taylor Stern, sophomore

Erin Connolly, sophomore
Valerie Lew, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.12.

Frosh-soph team with an overall GPA of 3.25.

Novice team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Sara Caldwell
Erin Connolly
Molly Quinn

Frosh-Soph

Tessa Arsenault
Anne Everett
Marisa Huff
Jenny Reich

Winter Sports Update

The Boys Basketball team finished the season 14-14 overall, and 7-7 in the DFAL. They went on to defeat Alhambra HS in the NCS playoffs before losing to Campolindo HS in the quarterfinals.

Jordan Fillmore, junior, was a second team All Times selection

All DFAL

First Team

Jordan Fillmore (F), junior

Honorable Mention

Gavin Beeman (G), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

Junior Varsity team with an overall GPA of 3.22.

Freshman team with an overall GPA of 3.17.

NCS Scholar Athletes

Varsity

Brooks Baker
Mike Hammonds
Scott Hampton
Steve Nigro
Umber Singh

Junior Varsity

Scott Abbott
Joe Anderson
Hunter Hewitt
Max Weintraub

Freshman

Steve Maze
Travis McGee
Sam Orlik

The Girls Basketball team finished 13-13 overall, and 7-7 in the DFAL.

All DFAL

First Team

Second Team

Honorable Mention

Molly Peterson (G), senior

Lindsay MacFee (F), senior

Rose Palley (F), senior

The Varsity team had the third highest overall GPA in the North Coast Section for all division 3 girls basketball programs.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

Junior varsity team with an overall GPA of 3.23.

Freshman team with an overall GPA of 3.23.

NCS Scholar Athletes

Varsity

Grace Appert

Katie Bruzzone

Sara Clancy

KJ Kroetch

Rose Palley

Molly Peterson

Junior varsity

Megan Currie

Claire McConnell

Meg Mulvaney

Ashlie Neff

Hannah O'Brien

Freshman

Tessa Arsenault

Megan Roth

Courtney Shea

The Boys Soccer team finished with a 16-3-7 overall record and was the DFAL Champions with an 10-2-6 record. They qualified for the NCS playoffs and were defeated by De Anza HS 2-1 in the quarterfinals before being defeated by Miramonte HS 3-2 in penalty kicks.

Kyle Hertel, senior, was an All Times selection.

All DFAL

Kyle Hertel was named the DFAL Co-Most Valuable Player.

Ryan McCowan was named the DFAL Most Valuable Defensive Player.

First team

Vincente Andrade, junior

Ben Geier, senior

Jake Geier, senior

Second team

Nick Cherne, sophomore

Jon Klueger, junior

Andy Shumaker, senior

Honorable mention

Tom Glascock, sophomore

Nate Lapating, senior

Alex McArthur, junior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.20.

Junior Varsity team with an overall GPA of 3.25.

Frosh-soph team with an overall GPA of 3.14.

NCS Scholar Athletes

Varsity

Robert Biestman

Jake Geier

Alex McArthur

Adam Seperak

Andy Shumaker

Joey Thomas

Michael Warren

Junior varsity

Max Cazanov

Don Kephart

Mark Sanderson-Cimino

Frosh-Soph

Peter Espey

Philip Linfoot

Nick Manning

The Girls Soccer team had an overall record of 8-11-2 and placed fourth in the DFAL with a 7-9-2 record. They qualified for the NCS playoffs. They were defeated by St. Mary's HS in the first round of the playoffs.

All DFAL

First team

Cassie Mullendore, senior

Second team

Kristy Adcock, freshman

Honorable mention

Ariel Beard, junior
Ashley Borrelli, freshman
Nikki Boudreaux, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.
Junior varsity team with an overall GPA of 3.31.
Frosh-soph team with an overall GPA of 3.11.

NCS Scholar Athletes

Varsity

Ashley Borrelli
Carolina Eva
Kate Holding
Cassie Mullendore

Junior varsity

Michelle Caine
Amanda Conrad
Torrie Hayes
Danielle Lee
Sarah Lindsay
Kellina Lohman
Katie Mitchell
Melissa Wilcox
Kelsey Wyatt-Mair

Frosh-soph

Danielle Burnstein
Michelle Fearon
Katie Hargreaves
Nina Lagpacan
Jennifer Lande
Carmen Montagnon
Alex Ross
Caitlin Wineman

The Wrestling team continues to improve as they recorded big victories over Campolindo HS and Las Lomas HS to record four DFAL dual meet victories. Jordan Rudman qualified for the NCS Championships for the second consecutive year, with a third place finish in the DFAL Championships. Nick Carrel finished fourth in the DFAL Championships; Hunter Francis, Greg Weitzman, and Alex Richmond placed fifth; and Andrew Chritton placed sixth.

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.29.

NCS Scholar Athletes

Varsity

Nick Carrel
Greg Weitzman

Junior Varsity

Parker Grant
Evan Kaufman
Conor O'Herin
Brendan Quinn
Ian Rudin
Denis Shakhnovich
Stephanie Williams

Spring Sports Update

The Baseball team won the DFAL with a record of 14-4. They finished with an overall record of 19-6. Despite being the first seed, they were defeated by Northgate HS 9-7 in the first round of the NCS playoffs.

Chris Bohannon was named as an All-CC Times 2nd team selection in baseball as an outfielder. Derek Poppert was named as an All-CC Times 3rd team selection in baseball as an infielder.

All DFAL

First team

Travis Beecroft (pitcher), senior
Chris Bohannon (outfielder), senior
Brian Diemer (utility), senior
Dan Masi (infield), senior
Derek Poppert (infield), senior

Second team

Joey Wallace (infielder), junior

Honorable mention

Mike Guglielmo (utility), junior

NCS Scholar Athletes

Varsity

Scott Emery

Junior Varsity

Aaron Kwan
Robert O'Keefe
Robbie Pestal
Ben Poth

Freshman

Jake Carson
Steve Maze
Travis McGee
Michael Rule
Nathan Sonenthal
Max Weintraub

The Boys Golf team finished with an overall record of 11-7, and placed 3rd in the DFAL with a record of 10-6. They placed 4th at the NCS Southern Qualifier. Ryan Collins qualified for the Nor-Cal Championships.

All-DFAL

First Team

Ryan Collins, senior

Second Team

Spencer Blodgett, freshman
Michael Fajardo, senior
Jack Sullivan, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.04.

NCS Scholar Athletes

Varsity

Spencer Blodgett
Ryan Heptig

Junior Varsity

Scott Abbott
Russell LaBrie
Brad Mitchell

The Boys Lacrosse team was the DFAL runner-up with a 5-1 record, and finished with a 10-8 overall record.

All-DFAL

Luke Musser, senior, was named the Co-Most Valuable Player.

First Team

Sam Briggs (attack), senior
Greg Mehm (defense), senior
Luke Musser (midfield), senior
Sam Nep (midfield), sophomore

Second Team

Cole Adcock (defense), senior Forrest Cheney(goalie),junior
Alex Richmond(specialist),senior
Brett Winters (attack), junior

NCS Scholar Team honors: Junior varsity team with an overall GPA of 3.11.

NCS Scholar Athletes

Varsity

Forrest Cheney
Nick Gaubert
Mike Yarrington

Junior varsity

Scott Davenport
Sean Freeberg
Steve Harris
Matthew Johnson
Zach Levine
Jeff Totten
Paul Wells

The Girls Lacrosse team was the DFAL runner up with a 3-1 record, and 11-9 overall record. They were defeated by California HS 10-6 in the first round of the NCS playoffs.

All-DFAL

Lindsay MacFee, senior, was named Co-Most Valuable Player.

First Team

Lindsay MacFee(midfield),senior
Maria Pestana(attack),sophomore
Molly Peterson(midfield),senior
Lauren Tyburski(defense),junior

Second Team

Sarah Ebe (goalie), senior
Rachel Ousley(attack),sophomore
Stephanie Welty (defense),senior

Nicole Thal (defense), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.33.

Junior varsity team with an overall GPA of 3.20.

NCS Scholar Athletes

Varsity

Kaitlyn Bowles
Amanda Conrad
Danielle Lee
Morgan Perales
Maria Pestana
Molly Peterson
Krissy Rich

Junior varsity

Caroline Devany
Katherine Lau
Katherine Mitchell
Carmen Montagnon
Emily Simons
Samantha Wall

The Varsity Softball team finished 12-12 overall record. They were defeated by Bishop O'Dowd HS 7-4 in the first round of the NCS.

Sara Stenson was named an All-CC Times 3rd team selection in softball as a catcher.

All DFAL

First team

Sara Stenson (C), junior

Second team

Fraschieri Hannah(1B),sophomore

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.15.

NCS Scholar Athletes

Varsity

Ashley Borrelli
Erica Mittelman
Kelsi Schoenrock

Junior varsity

Amanda Catanesi
Nina Lagpacan
Kristen Phillips

The Boys Swim team placed 2nd in the DFAL, and the Girls team placed 5th.

The Boys Swim team placed 3rd in the NCS Championships.

Shane Tusup placed 2nd in the 100 backstroke, and 3rd in the 200 freestyle.

Nick Ferrif placed 2nd in the 100 breaststroke.

Matt Boone placed 3rd in the 100 backstroke.

The 200 freestyle relay team of Steve Andron, Matt Boone, Robert Graves, and Sam Stromberg placed 4th.

The 400 freestyle relay team of Steve Andron, Nick Ferrif, Joe Seroy, and Shane Tusup placed 6th.

The 200 medley relay team of Joe Curley, Nick Ferrif, Sam Stromberg, and Shane Tusup placed 2nd.

The Girls Swim team placed 12th in the NCS Championships.

In the diving competition, Laura Winn placed 5th, and Katie Copenhagen placed 6th.

NCS Scholar Team honors: Varsity boys team with an overall GPA of 3.06.
 Junior Varsity boys team with an overall GPA of 3.10.
 Varsity girls team with an overall GPA of 3.14.
 Junior Varsity girls team with an overall GPA of 3.31.
 Diving team with an overall GPA of 3.30.

NCS Scholar Athletes

Boys Swimming

Varsity

Stephen Andron
Matt Boone
Greg Cameron
Blair Ridings
Greg Walker

Junior Varsity

James Cochran
Kalvin Deng

Girls Swimming

Varsity

Sarah Caldwell
Erin Connolly
Lizzy Flower
Shanna Hoversten
KJ Kroetch
Valerie Lew
Shannon Pegnim
Taylor Stern

Junior Varsity

Tessa Arsenault
Danielle Burnstein
Natalie Croak
Anna Eames
McKenzie Gerring
Lindsay Grove
Sarah Lindsay
Mary-Alice Paulson
Brooke Roberts
Megan Roeth
Mandy Sheehan

Diving

Laura Winn

The Boys Tennis team finished tied for 3rd in the DFAL with a 13-5 record. Andy Durgin and John Karsant made it to the DFAL doubles semifinals before being eliminated.

All-DFAL Singles

First Team

Gordon Forrest, senior

Second Team

Spencer Perloff, senior

Honorable Mention

Andrew Elefant, senior

All-DFAL Doubles

Andy Durgin, senior and John Karsant, senior were first team selections.

Scott Ho, senior and Rory Hartong-Redden, senior were second team selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.37.

Junior Varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Sam Behbehani

Wesley Chen

Andrew Elefant

Gordon Forrest

Mike Haidar

Alexx Perloff

Spencer Perloff

Jon Sheu

Junior Varsity

Jason Cheung

Jason Constantouros

William Lee

Alex McArthur

Austin Moehle

Jason Quinn

Anthony Sheu

Sen-Yeung Shu

Drew St. Pierre

Brett Stephens

Christian Talavera

Jason Tong

The Boys Track & Field team won the DFAL title, and placed 11th at the NCS Tri-Valley Championships.

The Girls Track & Field team placed 6th in the DFAL, and placed 10th at the NCS Tri-Valley Championships.

Mo Huber placed 2nd in the 1600 at the NCS Meet of Champions to qualify for the CIF State Championships, and won the 3200 and placed 2nd in the 1600 at the NCS Tri-Valley Championships.

Joey Thomas placed 4th in the 800 at the NCS Meet of Champions to qualify for the CIF State Championships, and placed 3rd in the 800 at the NCS Tri-Valley Championships.

Ian Walters placed 4th in the pole vault at the NCS Meet of Champions to qualify for the CIF State Championships, and placed 6th at the NCS Tri-Valley Championships.

Joey Anderson placed 7th in the 110 hurdles, and 300 hurdles at the NCS Tri-Valley Championships.

Don Kephart placed 2nd in the shotput and 4th in the discus at the NCS Tri-Valley Championships.

Cole Adcock placed 7th in the discus at the NCS Tri-Valley Championships.

Ryon Lawson placed 6th in the 1600 at the NCS Tri-Valley Championships.

Nate Beach placed 7th in the 3200 at the NCS Tri-Valley Championships.

Sara Clancy placed 5th in the 1600 at the NCS Tri-Valley Championships.

Kate Lennon placed 3rd in the high jump at the NCS Tri-Valley Championships.

Mo Huber was named an All-CC Times selection in track & field.

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.14.
 Girls varsity team with an overall GPA of 3.49.
 Boys junior varsity team with an overall GPA of 3.30.
 Girls junior varsity team with an overall GPA of 3.40.

NCS Scholar Athletes

Boys Varsity Track & Field

Joey Anderson
Stephen Chan
Anirban Chowdhury
Michael Dai
Jason Gee
Don Kephart
Ryon Lawson
Connor Mooney
Joey Thomas

Boys Junior Varsity Track & Field

Max Cazanov
Jason Cheung
Michael Danese
Andrew Kephart
Carson Ley
Justin Mancherje
Ethan Mark
Kyle Matthews
Bryan Perkins
Aditha Rajapuram
Mark Sanderson-Cimino
Yael Sherne
Gordon Spahr
Kirk Steuber
Jesse Weiner

Girls Varsity Track & Field

Kristy Adcock
Katie Bruzzone
Sara Clancy
Dara Dickson
Ellie Fox
Andrea Guyette
Kristen Marchus
Grace Ragsdale
Melissa Wilcox
Kelsey Wyatt-Mair

Girls Junior Varsity Track & Field

Grace Appert
Helen Banach
Leanne Brady
Amy Clancy
Sophia Dandeleit
Victoria Hayes
Alexa Johnson
Sara Lapicola
Kellina Lohman
Rebecca Lorenzana
Jordan Murphy
Bronwen O'Herin
Cordelia Palitz
Jenny Reich
Hayley Scott
Courtney Shea
Rebecca Uhlman

The Boys Volleyball team finished with a 12-11 overall record and 8-6 DFAL record.

All DFAL

First team

Eric Thomas (opposite), junior

Second team

Terrence Chen (libero), senior
Charley Henrikson(middle),junior

Honorable mention

Theo Constantouros(mid),sr.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.28.
Junior varsity team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity

Chris Chang
Terrence Chen
Scott Hampton
Dexter Masland

Junior varsity

David Horn
Nolan Krueger
Se-Yeung Shu

Times Top 100 Athletes

Mo Huber, senior. Cross country, and track.

Stephen Andron, senior. Water polo and swimming.

Senior Awards

Sara Clancy won the Harry Radcliffe Award for the unsung hero of the athletic department. Gavin Beeman, Kyle Hertel, and Mo Huber won the Most Outstanding Athlete Award for excellence in a single sport.

Stephen Andron and Molly Peterson won the Most Valuable Athlete Award for excellence in several sports.

Stephen Andron and Mo Huber won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

91/337 Scholar athletes in the Fall.

15/18 Scholar teams in the Fall.

66/198 Scholar athletes in the Winter.

8/12 Scholar teams in the Winter.

150/523 Scholar athletes in the Spring.

18/24 Scholar teams in the Spring.

307/1058 Scholar athletes in the year.

41/54 Scholar teams in the year.

75% of our teams received scholar team honors.

30% of our student-athletes received scholar-athlete honors.

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

222 students are two-sport athletes, 29 students are three-sport athletes, and 1 student is a four-sport athlete.

All DFAL selections. These are voted upon by the head coaches in the league.

NCS Scholar Athlete. GPA must be 3.5 or higher. Determined by the non-weighted grade point average for the marking period.

NCS Scholar Team honors. Average GPA must be 3.0 or higher. Determined by the teams average non-weighted grade point average for the marking period.