Acalanes High School

Athletic Department

2006-2007

Summary

Fall sports athletic update.

The Cross Country team had an outstanding season. The boys posted a 9-0 DFAL record to win the league championship. The girls finished 5-4 to place 5th. Their continued success found the boys placing 2nd at the NCS Championships. The boys were led by Nate Beach finishing in 3rd place, Joey Thomas in 8th, Maxime Stinnett in 13th place, Connor Mooney in 19th, and Josh Johnson in 22nd place. The boys team qualified for the CIF state championships where they finished 7th in division III led by Nate Beach (42nd), Joey Thomas (46th) and Maxime Stinnett (49th).

All DFAL

First team	Second Team
Nate Beach, junior	Connor Mooney, senior
Joey Thomas, senior	Maxime Stinnett, senior
Ryan Troxel, senior	

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.48.
Varsity girl's team with an overall GPA of 3.52.
Junior varsity boy's team with an overall GPA of 3.25.
Non-varsity girl's team with an overall GPA of 3.32.
Frosh-soph boy's team with an overall GPA of 3.36.
Frosh-soph girl's team with an overall GPA of 3.43.

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-Soph	
Emily Baker	Leanne Brady	Alejandro Ayala-Hurtado	Chloe Ridings
Michelle Chew	Emma Chastain	Brett Cantrell	Kelly Ross
Josh Johnson	Jusvin Dhillon	Amy Clancy	Emily Shearer
Rebecca Lorenzana	Bryan Dinerman	Abhishek Chowdhury	Emily Simons
Ethan Mark	Sam Dreyer	Gurbir Dhillon	Dallas Smith
Connor Mooney	Anne Fraysse	Nathan Falk	Michaela Tarpey
Bronwen O'Herin	Allan Kapoor	Parker Grant	John Treat
	Kyle Matthews	Laura Harris	Samantha Wall
	Chris Newcomb	Ryan Heptig	Stephen Weston
	Hannah O'Brien	Jamie Horn	John Wilcox
	Brendan Reese	Damian Kellogg	Michael Zayac
	Rebecca Uhlman	Andrew Kephart	
	Melissa Wilcox	Tyson Moore	
		Conor O'Herin	
		Chris Purkis	
		Logan Quinn	

The Football team finished 4-7 overall, and 6th in the DFAL with a 3-6 league record qualifying for the NCS playoffs. They were defeated by Campolindo HS 42-21 in the first round of the NCS playoffs.

Brooks Baker was named third team All Contra Costa Times wide receiver.

All DFAL

First team	Honorable mention
Brooks Baker (WR), junior	Brian Garthwaite (OT), junior
Don Kephart (P), senior	Brett Kelly (LB), senior
Connor Ring (RB), senior	Don Kephart (K), senior
	Mike McGlynn (C), senior

NCS Scholar Team honors: Junior varsity team with an overall GPA of 3.01.
Freshman team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Ben Englehart	Cody Blocker	Nate Boone
Don Kephart	Spencer Blodgett	Ryan Bullen
Robbie Pestal	Evan Kaufman	Jay Fowler
Ben Poth	Brad Mitchell	Jack Gaylord
	Ian Rudin	Matt Lewis
		Eric Lyman
		Kevin Mutch
		Matt Olivero
		Ross Pappas

The Girls Golf are the DFAL Co-Champions with a 13-1 record. They finished third at the DFAL Championships, and 16th at the NCS Championships.

All DFAL

First Team	Second Team
Julianna DelBeccaro, freshman	
Christina DeTomasi, junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.26.
Junior varsity team with an overall GPA of 3.52.

NCS Scholar Athletes

Varsity	Junior varsity
Jane Appert	Nicole Song
Juliana DelBeccaro	Keely Tietjen
Katherine Lau	
Katie Mitchell	
Lisa Okamoto	
Katherine Vannelli	

The Girl's Tennis team finished tied for fourth in the DFAL with a record of 11-7. Alex Iova won their first three matches at the DFAL Championships to qualify for the semifinals.

Alex Iova, senior, was a first team All-DFAL selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.44.
Junior varsity team with an overall GPA of 3.59.

NCS Scholar Athletes

Varsity	Junior varsity	
Jessica Chen	Lauren Aragon	Jane Loria
Anna Eames	Julia Brady	Zoe Porter
Lindsay Grove	Diana Brownstein	Megan Rogers
Ellie Howard	Caroline Devaney	Kelly Tong
Alex Iova	Sara Garewal	Hayley Winther
Sarah Lindsay	Eleanor Huddart	Iris Wong
Ariel Neidermeier	Gabrielle Huddart	Jessie Yarrow
Mary-Alice Paulsen	Mahya Jaberiansari	
Jenny Reich	Julia Jarrett	
	Eun Jae Lee	
	Sun Jae Lee	

The Girls Volleyball team had an overall record of 13-12, and a DFAL record of 12-6 to finish 4th in the league. They qualified for the NCS playoffs suffering a first round loss to Del Norte HS in five games.

All DFAL

First Team	Second Team	Honorable Mention
Kate Lennon, senior	Ellie Cohen, sophomore	Brooke Roberts, sophomore
	Amelia Shugrue, senior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.30.
Junior varsity team with an overall GPA of 3.28.
Freshman team with an overall GPA of 3.46.

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Alex Blits	Nina Lagpacan	Caroline Appert
Becky Edwards	Hillary Smith	Marika Carrel
Kate Lennon	Linda Swift	Kelli Chew
Brooke Roberts	Mari Zelin	Robyn Corcoran
Courtney Shea		Tina Pinedo
Amelia Shugrue		Emily Robertson
Pooja Yavannaver		Maya Scheckter
		Wendy Wyatt-Mair

The Boys Water Polo team finished with an 14-9 overall record, and 5-2 DFAL record to place third. In the NCS playoffs, they defeated Novato HS 14-10 before falling to defeat to De La Salle HS 9-7 in the quarterfinals.

Nick Ferrif was an All Times selection.
Nick Ferrif was an All NCS selection.

All DFAL

First team	Second team	Honorable mention
Nick Ferrif, senior	Robert Graves, senior	Nick Hoversten, freshman
Bryan Schnugg, senior	Joey, Seroy, senior	Blair Ridings, junior
	Brendan Whitmore, junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.04.
Junior varsity team with an overall GPA of 3.07.

NCS Scholar Athletes

Varsity	Junior Varsity
Sam Stromberg	Will Breashears
Greg Walker	Jimmy Cochran
	Tyler Hill
	Andrew Linfoot
	Cy Whitten

The Girls Water Polo team finished with an improved 10-15 overall record, and 2-5 DFAL record. They defeated Deer Valley HS 8-6 in the first round of the NCS playoffs before they were defeated by Campolindo HS 6-0.

All DFAL

First team	Second team	Honorable Mention
Taylor Stern, junior	Erin Connolly, junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.06.
Frosh-soph team with an overall GPA of 3.17.

NCS Scholar Athletes

Varsity	Junior Varsity	
Valerie Lew	Tessa Arsenault	Brianna Tarpey
Shannon Pegnim	Karli Blocker	Jessie Welcomer
Taylor Stern	Amelia Gurley	Stephanie Wu
	Marisa Huff	
	Megan Roeth	
	Emily Stanford	

Winter Sports Update

The Boys Basketball team was the DFAL Champions with a record of 27-4 overall, and 13-1 in the league. As the number one seed in the NCS playoffs they went on to defeat Elsie Allen HS, and Bishop O'Dowd HS. As the number two seed in the Nor Cal playoffs they defeated Weston Ranch HS of Stockton, and Sacramento HS.

Jordan Fillmore, senior, was a first team All Times selection.
Russ Scheibley was named Boys Basketball Coach of the Year by the Contra Costa Times.

All DFAL

Jordan Fillmore, senior, was the DFAL Most Valuable Player.

First Team	Second Team	Honorable Mention
Joe McGlynn, senior		Joey Anderson, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.22.
Freshman team with an overall GPA of 3.41.

The Varsity team had the third highest team GPA in division 3 in the North Coast Section.

NCS Scholar Athletes

Varsity	Junior Varsity	Freshman
Brooks Baker	Steve Maze	Jay Fowler
Scott Hampton		Ethan Grossman
Robert O'Keefe		Adam Hoffman
		Michael Lue
		Matthew McGoldrick
		Trevor Mooney

The Girls Basketball team finished 16-12 overall, and 8-6 in the DFAL. In the NCS playoffs, they defeated El Cerrito HS before being defeated by Hercules HS.

All DFAL

First Team	Second Team	Honorable Mention
	Katie Bruzzone, sophomore	Abby Cohen, 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 3.29.
Junior varsity team with an overall GPA of 3.46.
Freshman team with an overall GPA of 3.49.

The Varsity team had the second highest team GPA in division 3 in the North Coast Section.

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Katie Bruzzone	Sydney Cox	Allison Blumenfeld
Abby Cohen	Krista Evans	Amelia Gurley
KJ Kroetch	Jamie Horn	Erin Kline
Laura Lazzarini	Courtney Shea	Kate Parkinson-Morgan
Ashlie Neff	Laura Wagstaff	Danae Sugaoka

The Boys Soccer team finished with a 16-4-3 overall record and finished in second place in the DFAL with an 12-3-3 record. In the NCS playoffs, they were defeated by St. Mary's HS.

All DFAL

Franco Cruz, senior, was the DFAL Most Valuable Offensive Player.
Vincente Andrade, senior, was the DFAL Most Valuable Defensive Player.

First team	Second team	Honorable mention
Nick Cherne, junior	Dan Caven, senior	Nic Carrillo, freshman
Alex McArthur, senior	Jon Klueger, senior	Ryan McCowan, senior
		Brett Webber, junior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.13.
Junior Varsity team with an overall GPA of 3.10.
Frosh-soph team with an overall GPA of 3.37.

The Varsity team had the third highest team GPA in division 2 in the North Coast Section.

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-Soph
Franco Cruz	Brett Cantrell	Brendan Buller
Alex McArthur	Ben Ewing	Michael Danese
Sean Nixon	Coleman Ruffin	Joe Escobar
Mark Sanderson-Cimino	Jack Sullivan	Peter Espe
Adam Seperak		Travis McGee
		Brett Olson
		Dallas Smith
		Brendan Stuart
		Sean Woo

The Girls Soccer team had an overall record of 10-12-2 and a DFAL record of 5-12-1.

All DFAL

Jane Rhodes, junior, was the DFAL Co-Most Valuable Player.

First team	Second team	Honorable mention
	Ariel Beard, senior	Ashly Borrelli, sophomore
		Kelly Farrell, senior
		Kate Holding, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.49.
Junior varsity team with an overall GPA of 3.24.
Frosh-soph team with an overall GPA of 3.19.

The Varsity team had the second highest team GPA in division 2 in the North Coast Section.

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-soph
Ashly Borrelli	Michelle Fearon	Lindsay Cope
Michelle Caine	Jennifer Lande	Kathleen Emerson
Sabrina Caires	Sarah Lindsay	Marin Hubert
Melissa Collins	Katie Mitchell	Carmen Montagnon
Amanda Conrad	Katie Richards	Maddie Peare
Carolina Eva	Hayley Winther	Alex Ross
Kelly Farrell	Mariah Wilson	Shannon Schumacher
Kate Holding	Wendy Wyatt-Mair	Kat Torre
Angela LaScala-Gruenwald		
Libby Lowell		
Jane Rhodes		
Rachel Whittom		

The Wrestling team had a DFAL record of 1-8. Greg Weitzman qualified for the NCS Championships for the second consecutive year, with a second place finish in the DFAL Championships. Zach McDiarmid finished fourth in the DFAL Championships and competed in the NCS Championships.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.31.
Junior Varsity team with an overall GPA of 3.09.

The Varsity team had the third highest team GPA in the North Coast Section.

NCS Scholar Athletes

Varsity	Junior Varsity
Parker Grant	Nathan Falk
Ian Rudin	Evan Kaufman
Greg Weitzman	Conor O'Herin
Stephanie Williams	Michael Zayac

The Cheerleading squad was bigger and better under the direction of new coach Alyson Thomas.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.10.

NCS Scholar Athletes

Varsity	Junior Varsity
Jordan Murphy	Hina Ahmed
	Kathleen Emerson
	Chelsea Lonergan
	Kara Puett

Spring Sports Update

The Baseball team won the DFAL with a record of 17-1. They finished with an overall record of 25-1. As the first seed in the NCS Playoffs, they defeated by Encinal HS 7-0 in the quarterfinal round, and Campolindo HS 7-5 in the semifinal round before defeating Albany HS 16-3 to win the NCS Championship.

All CC Times

First team	Second team	Third team
Ben Englehart (shortstop), senior	Jake Floethe (third base), senior	Scott Emery (utility), senior
Mike Stone (catcher),senior	Joey Wallace (second base), senior	

All DFAL

Scott Emery, senior, was selected as the Most Valuable Player in the DFAL.

First team	Second team	Honorable mention
Jake Floethe (infielder), senior	Ben Englehart (infielder), senior	Donny Miller (pitcher), senior
Mike Guglielmo (pitcher), senior		
TC Lee (outfielder), senior		
Mike Stone (catcher),senior		
Joey Wallace (infielder), senior		

NCS Scholar Team honors: Junior Varsity team with an overall GPA of 3.08.

NCS Scholar Athletes

Varsity	Junior Varsity	Freshman
Ben Englehart	Evan Kaufman	Brendan Buller
	Aaron Kwan	Brett Cantrell
	Steve Maze	Charles Cao
	Travis McGee	Adam Hoffman
		John Treat
		John Welland

The Boys Golf team finished with an overall record of 10-6, and placed 3rd in the DFAL with a record of 10-6.

All-DFAL

First Team	Second Team
Ian Fisher, freshman	Brandon Caldwell, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.21.
Junior Varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity	Junior Varsity
Ian Fisher	Tim Durgin
Ryan Heptig	Russell LaBrie
Brad Mitchell	
Jack Sullivan	

The Boys Lacrosse team was the DFAL runner-up with a 10-2 record, and finished with a 13-7 overall record.

All-DFAL

First Team	Second Team	Honorable Mention
Nick Gaubert (attack), senior	Forrest Cheney (goalie), senior	Andrew Chritton (special), senior
Christian Skuce (midfield), junior	Max Fivey (defense), senior	Will Grove (midfield), junior
Brett Winters (attack), senior	Clark Winslow (midfield), senior	Jimmy Jun (attack), junior

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

NCS Scholar Athletes

Varsity	Junior varsity
Will Grove	Andrew Atkins
Nick Pegan	Cole Cheney
Jeff Totten	Steve Harris
Brett Winters	Matthew Johnson
	Zach Levine
	Andrew Musser
	Logan Quinn
	Paul Wells
	Shane Wright

The Girls Lacrosse team was the DFAL runner up with a 8-2 record, and 12-9 overall record. They were defeated by California HS 16-4 in the first round of the NCS playoffs.

All-DFAL

First Team	Second Team	
Amanda Conrad (midfield), junior	Rachel Bostwick (attack), soph.	Katie Bach (goalie), sophomore
Maria Pestana (attack), junior	Kaitlyn Bowles (defense), junior	
Lauren Tyburski (defense), senior	Laura Harris (attack), sophomore	
	Katie Mitchell (midfield), sophomore	
	Krissy Rich (midfield), junior	
	Emily Walker (attack), junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.22.
Junior Varsity team with an overall GPA of 3.39.

NCS Scholar Athletes

Varsity	Junior varsity
Kaitlyn Bowles	Amy Clancy
Michelle Chew	Caroline Devany
Amanda Conrad	Roxanna Firouzian
Claire deCrescenzo	Katherine Lau
Jill McGlynn	Sarah Lindsay
Katherine Mitchell	Kelly Ross
Krissy Rich	Emily Simons
Lauren Tyburski	Katharine Stark
	Samantha Wall
	Hayley Winther

The Varsity Softball team finished with a 15-10 overall record, and fourth in the DFAL with a record of 12-6. They were defeated by Las Lomas HS 6-1 in the first round of the NCS.

All DFAL

First team	Second team	Honorable Mention
	Yvette Dickson (catcher), junior	
	Katie Gray (pitcher), junior	
	Jennifer Silva (shortstop), junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.16.

NCS Scholar Athletes

Varsity	Junior varsity
Ashly Borrelli	Ariel Fishkin
Katie Gray	Claudia Lovell
Erica Mittelman	Shannon Schumacher
Kristen Phillips	Hannah Strumwasser
Jennifer Silva	

The Boys Swim team placed 3nd in the DFAL, and the Girls team placed 8th.
The Boys Swim team placed 4th in the NCS Championships.
Nick Ferrif won the 100 breaststroke and 100 butterfly.
Matt Boone placed 2nd in the 100 backstroke and 4th in the 100 butterfly.
The 200 medley relay team champions were Matt Boone, Nick Ferrif, Nick Hoversten, and Sam Stromberg.
The 200 freestyle relay team of Nick Ferrif, Robert Graves, Sam Stomberg, and Matt Boone placed 3rd.
In the diving competition, Laura Winn placed 2nd, and Katie Copenhagen placed 9th.

Nick Ferrif was named CC Times Swimmer of the Year.
Matt Boone was named All-CC Times selection for swimming.

NCS Scholar Team honors:
Varsity boys team with an overall GPA of 3.22.
Junior Varsity boys team with an overall GPA of 3.14.
Junior Varsity girls team with an overall GPA of 3.44.

NCS Scholar Athletes

Boys Swimming

Varsity	Junior Varsity
Matt Boone	Will Breashears
Nate Boone	WonWoo Cho
James Cochran	Kalvin Deng
Nick Ferrif	
Tyler Hill	
Blair Ridings	
Greg Walker	
Cy Whitten	

Girls Swimming

Varsity	Junior Varsity
Tessa Arsenault	Julliane Bozzini
Anne Everett	Danielle Burnstein
Shanna Hoversten	Natalie Croak
KJ Kroetch	Anna Eames
Taylor Stern	Marika Gardner
Jessie Welcomer	Marisa Huff
	Alexis James
	Emily Robertson
	Megan Roeth
	Brianna Tarpey

Diving
Laura Winn
Tabitha Tamberlin

The Boys Tennis team finished tied for 4th in the DFAL with an 11-7 record. Evan Kline and Jarrett Nelson made it to the DFAL doubles semifinals before being eliminated.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.12.
Junior Varsity team with an overall GPA of 3.23.

NCS Scholar Athletes

Varsity	Junior Varsity
Jason Cheung	Alejandro Ayala-Hurtado
Ricky Fox	Jason Constantouros
Alex Henze	Austin Moehle
Jason Tong	Ted Netland
Jay Yarlagadda	Sean Paik
	Jason Quinn
	Jordan Yee

TheBoys Track & Field team was second in the DFAL, and placed 4th at the NCS Tri-Valley Championships.
The Girls Track & Field team placed 7th in the DFAL, and placed 16th at the NCS Tri-Valley Championships.
Joey Thomas placed 2nd in the 800 at the NCS Meet of Champions to qualify for the CIF State Championships, and won the 800 at the NCS Tri-Valley Championships.
Nate Beach won the 3200 at the NCS Tri-Valley Championships.
Joey Anderson placed 3rd in the 110 hurdles and 300 hurdles at the NCS Tri-Valley Championships.
Don Kephart placed 4th in the shotput at the NCS Meet of Champions to qualify for the CIF State Championships, and placed 3rd in the shotput and 4th in the discus at the NCS Tri-Valley Championships.

Joey Thomas was named an All-CC Times selection in track & field.

NCS Scholar Team honors:
Boys varsity team with an overall GPA of 3.13.
Girls varsity team with an overall GPA of 3.35.
Boys junior varsity team with an overall GPA of 3.31.
Girls junior varsity team with an overall GPA of 3.31.

The varsity boys track & field team had the 3rd highest GPA in the NCS Tri-Valley.

NCS Scholar Athletes

Boys Varsity Track & Field
Brendan Berry
Diego Briones
Stephen Chan
Jusvin Dhillon
Allan Kapoor
Don Kephart
Taylor Miller
Connor Mooney
Robert O'Keefe
Griffin Taylor
Ryan Troxel
Greg Weitzman
Neil Zhang

Boys Junior Varsity Track & Field
Andrew Aquilina
Abishek Chowdhury
Gurbir Dhillon
Nathan Falk
Toshi Kellogg
Andrew Kephart
Carson Ley
Dylan Loebel-Begelman
David McDiarmid
Trevor Mooney
Conor O'Herin
Adam Sherman
John Wilcox
Matthew Wynn

Girls Varsity Track & Field
Brita Almestad
Michelle Caine
Melissa Collins
Miranda Eustis
Olivia James
Kellina Lohman
Rebecca Lorenzana
Bronwen O'Herin
Hayley Scott
Melissa Wilcox
Mariko Zelin

Girls Junior Varsity Track & Field
Sophia Dandelet
Cordelia Palitz
Liz Platt
Kara Puett
Chloe Ridings
Courtney Shea
Emily Shearer
Margaret Yau

The Boys Volleyball team finished with a 10-12 overall record and 6-8 DFAL record.

All DFAL

First team	Second team	Honorable mention
Charley Henrikson, senior	Ed Kao, sophomore	Cameron Gordon, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.14.
Junior varsity team with an overall GPA of 3.09.

NCS Scholar Athletes

Varsity	Junior varsity
Ed Kao	Miller Bauer
Freddy Wong	David Horn
	Josh Saleh
	Sen-Yeung Shu
	Dallas Smith
	Sean Woo

Times Top 100 Athletes

Ben Englehart, senior. Baseball and football.
Nick Ferrif, senior. Water polo and swimming.
Jordan Fillmore, senior. Basketball.
Joey Wallace, senior. Baseball and basketball.

Senior Awards

Alex Wu and Lauren Tyburski won the Harry Radcliffe Award for the unsung hero of the athletic department.
Jordan Fillmore and Sara Stenson won the Most Outstanding Athlete Award for excellence in a single sport.
Nick Ferrif and Kate Lennon won the Most Valuable Athlete Award for excellence in several sports.
Don Kephart and Kate Lennon won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

138/357 Scholar athletes in the Fall.
19/20 Scholar teams in the Fall.
84/227 Scholar athletes in the Winter.
14/16 Scholar teams in the Winter.
150/523 Scholar athletes in the Spring.
18/24 Scholar teams in the Spring.
372/1107 Scholar athletes in the year.
51/60 Scholar teams in the year.

85% of our teams received scholar team honors.
34% 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.