

*Acalanes High School*

*Athletic Department*

*2007-2008*

*Summary*

Fall sports athletic update,

The Cross Country team had an outstanding season. The boys posted an 8-1 DFAL record as the league co-champions. The girls finished 7-2 to place 3rd. Their continued success found the boys and girls placing 4<sup>th</sup> at the NCS Championships. The boys were led by Nate Beach finishing in 2<sup>nd</sup> place, Maxime Stinnett in 15<sup>th</sup> place, and Toshi Kellogg in 18<sup>th</sup> place. The girls were led by Emily Shearer finishing in 12<sup>th</sup> place, and Katie Berge in 14<sup>th</sup> place. The boys and girls teams qualified for the CIF state championships where the boys finished 9<sup>th</sup> in division III, and the girls finished 16<sup>th</sup>. The boys were led by Nate Beach (4<sup>th</sup>) and Maxime Stinnett (18<sup>th</sup>), and the girls were led by Emily Shearer (45<sup>th</sup>).

Nate Beach, senior, was named as an All-Contra Costa Times selection for cross country.

#### All DFAL

##### First team

Nate Beach, senior  
Katie Berge, freshman  
Maxime Stinnett, senior

##### Second Team

Michelle Caine, junior  
Brett Cantrell, sophomore  
Emily Shearer, sophomore  
Ryan Troxel, senior

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

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.49.  
Varsity girl's team with an overall GPA of 3.69.  
Junior varsity boy's team with an overall GPA of 3.28.  
Non-varsity girl's team with an overall GPA of 3.28.  
Frosh-soph boy's team with an overall GPA of 3.26.  
Frosh-soph girl's team with an overall GPA of 3.37.

#### NCS Scholar Athletes

##### Varsity

Grace Appert  
Michelle Caine  
Brett Cantrell  
Allan Kapoor  
Toshi Kellogg  
Rebecca Lorenzana  
Ethan Mark  
Bronwen O'Herin  
Emily Shearer  
Maxime Stinnett

##### Junior varsity

Miller Bauer  
Amy Clancy  
Gurbir Dhillon  
Jusvin Dhillon  
Parker Grant  
Ryan Heptig  
Ian Johnson  
Josh Johnson  
Kyle Mathews  
David McDiarmid

##### Frosh-Soph

Lucas Bachman  
Corinne Contreras  
Emily Ellsworth  
Joe Escobar  
Nathan Falk  
Kevin Farnan  
Matthew Feddersen  
Rebecca Frank  
Devon Frazer  
Jack Gidre

Chris Purkis  
Jack Roeth  
Jordan Steinberg  
John Treat  
Stephen Weston  
John Wilcox  
Gabrielle Zoger

Dan Naylor	Katie Girdler
Megan Roeth	Amelia Gurley
Dallas Smith	Noelle Lopez
Kirk Steuber	Michael Lue
Nathan Tapia	Gianna Marciarille
Rebecca Uhlman	Yama Nowrouz
Melissa Wilcox	Jenny Padilla
Josh Zorn	Matthieu Pelpel

The Football team finished 6-5 overall, and 3<sup>rd</sup> in the DFAL with a 6-3 league record qualifying for the NCS playoffs. They were defeated by Encinal HS 46-7 in the first round of the NCS playoffs.

Brooks Baker, senior, was named as a first team All Contra Costa Times selection at wide receiver. Robbie Pestal, senior, was named as a second team All Contra Costa Times selection at quarterback.

### All DFAL

#### First team

Brooks Baker (WR), senior  
Robbie Pestal (QB), senior

#### Second team

Dan Camporeale (LB), junior  
Brian Garthwaite (OT), senior  
Brian Garthwaite (DL), senior  
Hunter Hewitt (TE), senior  
Evan Howard (WR), senior  
Tyler Malley (RB), sophomore

#### Honorable mention

Dan Camporeale (C), junior  
Cameron Fillmore (DL), senior  
Evan Howard (DB), senior  
Tyler Malley (P), sophomore

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.14.  
Freshman team with an overall GPA of 3.09.

### NCS Scholar Athletes

#### Varsity

Dan Camporeale  
Will Grove

#### Junior varsity

Nate Boone  
Ken Bruzzone  
Tim Durgin  
Jack Gaylord  
Matt Lewis  
Eric Lyman  
Kevin Mutch  
Logan Quinn

#### Freshman

Trent Baker  
Michael Berg  
Andy Gause  
Dustin Kobs  
Lance Lazzarini  
Lucas Levine  
Lloyd McClendon  
Zac Schoenrock  
Chris Wool

The Girls Golf are the DFAL Champions with a 13-1 record. They won the DFAL Championships, and placed 10<sup>th</sup> at the NCS Championships.

All DFAL

First Team

Jessica Bruns, senior

Julianna DelBeccaro, sophomore

Second Team

Christina DeTomasi, senior

Karly Topkis, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Jane Appert

Katherine Lau

Lauren Longyear

Stephanie Williams

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

Mary-Alice Paulsen, junior, was a first team All-DFAL singles selection.

Sarah Lindsay and Jessica Chen, juniors, were second team All-DFAL doubles selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

Junior varsity team with an overall GPA of 3.51.

NCS Scholar Athletes

Varsity

Jessica Chen

Anna Eames

Elizabeth Landry

Emily Lindsay

Sarah Lindsay

Jane Loria

Ariel Neidermeier

Jenny Reich

Junior varsity

Shelby Bittner

Nicole Boltz

Maddy Cimino

Courtney Crakow

Natalie Croak

Erin Grant

Julia Jarrett

Amy Lee

Emily McCormick

Katie Morris  
Michell Ong  
Melissa Shaffer  
Maddy Sharafian  
Kelly Tong  
Helen Wang  
Hayley Winther  
Bin You

The Girls Volleyball team had an overall record of 21-17, 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 Analy HS.

#### All DFAL

##### First Team

Ellie Cohen, junior

##### Second Team

Brooke Roberts, junior

##### Honorable Mention

Kelsey Wyatt-Mair, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

Junior varsity team with an overall GPA of 3.37.

Freshman team with an overall GPA of 3.55.

#### NCS Scholar Athletes

##### Varsity

Caroline Appert  
Alex Blits  
Kayla Breslin  
Marika Carrel  
Ellie Cohen  
Brooke Roberts  
Linda Swift  
Kacey Woodman

##### Junior varsity

Kelli Chew  
Mackenzie Demos  
Emily Robertson  
Maya Schechter  
Wendy Wyatt-Mair  
Mari Zelin

##### Freshman

Katie Bassak  
Shelby Davis  
Taylor Ewing  
Taylor Gray  
Quinn Maarse  
Emily Marsden  
Megan Riske  
Katie Waal  
Alexa Wash

The Boys Water Polo team finished with an 17-9 overall record, and 5-2 DFAL record to place third. In the NCS playoffs, they defeated Berkeley HS 16-5 before falling to San Ramon Valley HS 8-7 in the quarterfinals.

Nick Hoversten, sophomore, was named as an All Contra Costa Times selection for water polo.

#### All DFAL

##### First team

Nick Hoversten, sophomore  
Brendan Whitmore, senior

##### Second team

Mike Kimble, sophomore  
Blair Ridings, senior

##### Honorable mention

Morgan Kennedy, sophomore  
Brett Lambert, senior  
Jeff Perry, senior

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

NCS Scholar Athletes

Varsity

Nick Hoversten  
Greg Walker

Junior Varsity

Joe Dietrich  
Andrew Linfoot  
Cy Whitten

The Girls Water Polo team finished with an improved 15-9 overall record, and 4-3 DFAL record. They defeated Las Lomas HS 6-5 in the first round of the NCS playoffs before they were defeated by Monte Vista HS.

All DFAL

First team

Taylor Stern, senior

Second team

Erin Connolly, senior

Honorable Mention

Anne Everett, junior  
Ellie Stern (G), sophomore  
Kate Warner, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.40.

NCS Scholar Athletes

Varsity

Tessa Arsenaault  
Adrienne Burgin  
Erin Connolly  
Anne Everett  
Marisa Huff  
Valerie Lew  
Casey Reid  
Emily Stanford  
Ellie Stern  
Taylor Stern  
Brianna Tarpey  
Jessie Welcomer

Junior Varsity

Tara Bani-Hashemi  
Jennifer Seroy

## Winter Sports Update

The Boys Basketball team was the DFAL Champions with a record of 19-9 overall, and 9-5 in the league. In the NCS playoffs they defeated El Cerrito HS before losing to Campolindo HS in the semifinals.

Joe Anderson, senior, was named as a third team All Contra Costa Times selection at forward.

### All DFAL

#### First Team

Joey Anderson, senior

#### Second Team

#### Honorable Mention

Hunter Hewitt, senior  
Bryan Perkins, senior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.25.  
Freshman team with an overall GPA of 3.31.

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

### NCS Scholar Athletes

#### Varsity

Joey Anderson  
Dexter Masland  
Steve Maze

#### Junior Varsity

Trent Baker  
Jay Fowler  
Ethan Grossman  
Adam Hoffman  
Kevin Mutch

#### Freshman

Sam Bucher  
Sohraab Jahromi  
Lucas Levine  
Matt Marion  
Parker Ramsey

The Girls Basketball team finished 16-12 overall, and 9-5 in the DFAL. In the NCS playoffs, they defeated Sir Francis Drake HS before being defeated by Hercules HS.

All DFAL

First Team

Second Team

Honorable Mention

Katie Bruzzone, junior

Shannon German, junior

KJ Kroetch, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.

Junior varsity team with an overall GPA of 3.04.

Freshman team with an overall GPA of 3.54.

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

NCS Scholar Athletes

Varsity

Grace Appert

Katie Bruzzone

Sydney Cox

Krista Evans

KJ Kroetch

Ashlie Neff

Megan Rangel

Laura Wagstaff

Junior varsity

Allison Blumenfeld

Jamie Horn

Kate Parkinson-Morgan

Freshman

Samantha Cheng

Taylor Ewing

Gianna Marciarille

Nicole McCann

Nicole Young



The Boys Soccer team finished with a 10-7-7 overall record and finished in seventh place in the DFAL with an 7-7-4 record.

All DFAL

First team

Nick Cherne, senior

Second team

Sasha Chalak, junior

Honorable mention

Nic Carrillo, sophomore  
Ruben Komisar, junior  
Brett Webber, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.18.  
Junior Varsity team with an overall GPA of 3.06.  
Frosh-soph team with an overall GPA of 3.30.

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

NCS Scholar Athletes

Varsity

Brett Cantrell  
Ben Ewing  
David Kloth  
Nick Manning  
Chris Nielsen  
Nick Pereira  
Mark Sanderson-Cimino  
Adam Seperak

Junior varsity

Brendan Buller  
Kevin Farnan  
Travis McGee  
Coleman Ruffin  
Brendan Stuart  
Sean Woo

Frosh-Soph

Erik Asterlind  
Steven Glascock  
Nick Karp  
Ian Kersten  
Matt Zelin

The Girls Soccer team had an overall record of 11-9-2 and finished in 7<sup>th</sup> place in the DFAL with a record of 8-9-1. They defeated Las Lomas HS in the first round of the NCS playoffs, and Campolindo HS in the quarterfinals, before falling to Piedmont HS in the semifinals.

#### All DFAL

##### First team

Jane Rhodes, senior

##### Second team

Kristy Adcock, senior

##### Honorable mention

Ashly Borrelli, junior  
Amanda Conrad, senior  
Michelle Caine, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.40.  
Junior varsity team with an overall GPA of 3.24.  
Frosh-soph team with an overall GPA of 3.22.

#### NCS Scholar Athletes

##### Varsity

Kristy Adcock  
Emilie Bers  
Nikki Boudreaux  
Michelle Caine  
Amanda Conrad  
Angela LaScala-Gruenwald  
Emily Lindsay  
Jane Rhodes  
Anja Simonsen  
Rachel Whittom

##### Junior varsity

Melissa Cameron  
Corinne Contreras  
Lindsay Cope  
Amber Fearon  
Michelle Fearon  
Kinsey Hartong-Redden  
Siena Haz  
Natalie Schneider  
Hayley Winther

##### Frosh-soph

Katie Barton  
Nicole Boltz  
Hannah Borosky  
Marin Hubert  
Katie Salmon

The Wrestling team had a DFAL record of 1-8. Parker Grant and Ian Rudin qualified for the NCS Championships, with third place finishes in the DFAL Championships. Zach McDiarmid and Michael Rule finished fourth in the DFAL Championships to be alternates to the NCS Championships.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.12.

#### NCS Scholar Athletes

##### Varsity

Nathan Falk

##### Junior Varsity

Nick Atkinson

Parker Grant  
Conor O'Herin  
Stephanie Williams

Blake Mason

The Cheerleading squad continues to grow and improve.

NCS Scholar Athletes

Varsity  
Chelsea Lonergan  
Noelle McNabb  
Cordelia Palitz  
Kara Puett  
Danae Sugaoka  
Katy Walter

## Spring Sports Update

The Baseball team won the DFAL with a record of 3-15. They finished with an overall record of 5-19.

### All DFAL

#### First team

#### Second team

#### Honorable mention

Will Cote  
Spencer Cuiper

NCS Scholar Team honors:

Freshman team with an overall GPA of 3.00.

### NCS Scholar Athletes

#### Varsity

Will Cote  
Adam Hoffman  
Aaron Kwan  
Ben Poth  
John Treat  
Max Weintraub  
John Welland

#### Junior Varsity

Charles Cao  
Zac Schoenrock  
Jake Stromberg

#### Freshman

Nick Karp  
Lloyd McClelland

The Boys Golf team finished with a DFAL record of 9-7, and finished in 2<sup>nd</sup> place at the DFAL Championships. At the NCS Southern Qualifier, they placed 8<sup>th</sup> to qualify for the NCS Championships.

### All-DFAL

#### First Team

Ian Fisher, sophomore

#### Second Team

Brandon Caldwell, senior

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

Spencer Blodgett  
Jack Sullivan

#### Junior Varsity

Erik Alsterlind  
Tim Durgin

Andy Gause  
Steve Glascock  
Harrison Kim  
David Kloth  
Russell LaBrie  
Jack Roeth

The Boys Lacrosse team was the DFAL runner-up with a 10-2 record, and finished with a 14-6 overall record. They were defeated by Amador Valley HS in the first round of the NCS Playoffs.

#### All-DFAL

##### First Team

Jimmy Jun (attack), senior  
Robert Mull, junior  
Sam Nep (midfield), senior  
Christian Skuce (midfield), senior

##### Second Team

Logan Quinn (midfield), sophomore  
Jeff Totten (defense), junior

##### Honorable Mention

Will Long (goalie), senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.05.

#### NCS Scholar Athletes

##### Varsity

Will Grove  
Jimmy Jun  
Logan Quinn  
Derek Sheldon  
Jeff Totten

##### Junior varsity

Michael Berg  
Troy Gibb  
Ryan Mitchell  
Andrew Musser  
Justin Woo

The Girls Lacrosse team was the DFAL runner up with a 8-2 record, and 10-11 overall record. They were defeated by Redwood HS in the first round of the NCS playoffs.

#### All-DFAL

##### First Team

Katie Bach (goalie), junior

Amanda Conrad (midfield), senior

Katie Mitchell (midfield), junior

##### Second Team

Devon Frazer (attack), freshman

Laura Harris (attack), junior

Elizabeth Landry (midfield), freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

Junior Varsity team with an overall GPA of 3.34.

#### NCS Scholar Athletes

##### Varsity

Kaitlyn Bowles

Amanda Conrad

Taylor Ewing

Devon Frazer

Elizabeth Landry

Katie Mitchell

Krissy Rich

Kelly Ross

##### Junior varsity

Tara Bani-Hashemi

Hannah Borosky

Shelby Coletto

Roxanna Firouzian

Rebecca Frank

Julia Kimmel

Kat Lau

Carmen Montagnon

Casey Reid

Emily Simons

Katharine Stark

Sarah Young

The Varsity Softball team finished with a 10-11 overall record, and fourth in the DFAL with a record of 9-7. They were defeated by Las Lomas HS in the first round of the NCS.

All DFAL

First team

Second team

Honorable Mention

Ashly Borrelli, junior

Katie Gray, senior

Jennifer Silva, senior

Taylor Gray, freshman

Hannah Wilbur, sophomore

Tara Wilson, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.09.

Junior Varsity team with an overall GPA of 3.18

NCS Scholar Athletes

Varsity

Courtney Crakow

Katie Gray

Kinsey Hartong-Redden

Hannah Wilbur

Junior varsity

Allison Blumenfeld

Samantha Cheng

The Boys Swim team placed 4<sup>th</sup> in the DFAL, and the Girls team placed 5<sup>th</sup>.  
 The Boys Swim team placed 7<sup>th</sup>, and the girls 16<sup>th</sup> in the NCS Championships.  
 Matt Boone placed 2<sup>nd</sup> in the 100 backstroke.  
 Sam Stromberg placed 8<sup>th</sup> in the 50 freestyle.  
 The 200 medley relay team champions were Matt Boone, Morgan Kennedy, Nate Boone, and Sam Stromberg placed 7<sup>th</sup>.  
 The 200 freestyle relay team of Matt Boone, Sam Stomberg, and Nate Boone, and Nick Vaiana placed 8<sup>th</sup>.

Matt Boone was named All-CC Times selection for swimming.

NCS Scholar Team honors:            Varsity boys team with an overall GPA of 3.14.  
    Varsity girls team with an overall GPA of 3.32  
    Junior Varsity boys team with an overall GPA of 3.20.  
    Junior Varsity girls team with an overall GPA of 3.20.  
    Diving team with an overall GPA of 3.29.

NCS Scholar Athletes

Boys Swimming

<u>Varsity</u>	<u>Junior Varsity</u>
Nate Boone	WonWoo Cho
Nick Hoversten	Harry Lafferty
Morgan Kennedy	Taylor Stern
David Palley	Jonathan Lin
Greg Walker	Dominic Maggio
	Cameron Mes
	Nick Moran

Girls Swimming

<u>Varsity</u>	<u>Junior Varsity</u>
Tessa Arsenault	Danielle Burnstein
Julianne Bozzini	Anna Eames
Adrienne Burgin	Alena Faulkner
Erin Connolly	Emily Marsden
Natalie Croak	Maddie Peare
Anne Everett	Casey Reid
KJ Kroetch	Emily Robertson
Valerie Lew	Jennifer Seroy
Emily Stanford	Ellie Stern



Brianna Tarpey  
Jessie Welcomer

Bryce Tanner  
Katie Waal  
Stephanie Wu

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 3.09.  
   Junior Varsity team with an overall GPA of 3.08.

NCS Scholar Athletes

Varsity  
Jason Constantouros  
Blake Padua

Junior Varsity  
Devin Abbott  
Alejandro Ayala-Hurtado  
James Evangelista  
Austin Moehle  
Alex Schperberg

The Boys Track & Field team was 2<sup>nd</sup> in the DFAL, and placed 8<sup>th</sup> at the NCS Tri-Valley Championships.

The Girls Track & Field team placed 4<sup>th</sup> in the DFAL, and placed 16<sup>th</sup> at the NCS Tri-Valley Championships.

The following won or placed at the NCS Tri-Valley Championships to qualify for the NCS Meet of Champions.

Nate Beach won the 3200.

Joey Anderson placed 4<sup>th</sup> in the 300 hurdles.

Toshi Kellogg placed 4<sup>th</sup> in the 800.

Emily Shearer placed 4<sup>th</sup> in the 1600.

Griffin Taylor placed 5<sup>th</sup> in the 400.

Katie Berge placed 6<sup>th</sup> in the 800.

The Boys Track & Field team placed 8<sup>th</sup> at the NCS Meet of Champions.

Joey Anderson placed 2<sup>nd</sup> in the 300 hurdles, and 4<sup>th</sup> in the 110 hurdles, and Nate Beach placed 3<sup>rd</sup> in the 3200 at the NCS Meet of Champions to qualify for the CIF Championships.

NCS Scholar Team honors:

- Boys varsity team with an overall GPA of 3.32.
- Girls varsity team with an overall GPA of 3.55.
- Boys junior varsity team with an overall GPA of 3.04.
- Girls junior varsity team with an overall GPA of 3.66.

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

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

#### NCS Scholar Athletes

##### Boys Varsity Track & Field

Brett Cantrell  
Gurbir Dhillon  
Jusvin Dhillon  
Joe Escobar  
Nathan Falk  
Kevin Farnan  
Andrew Kephart  
Carson Ley  
Michael Lue

Ethan Mark  
William Mathews  
David McDiarmid  
Mark Sanderson-Cimino  
Maxime Stinnett  
Chris Wichmann  
Matthew Wynn

##### Boys Junior Varsity Track&Field

Sam Chen  
Nathaniel Chung  
Blake Mason  
Conor Naylor  
Yama Nowrouz  
John Wilcox  
Benjamin Zucker

##### Girls Varsity Track & Field

Grace Appert  
Katie Barton  
Katie Bruzzone  
Michelle Caine

Rebecca Lorenzana  
Tiffany Lum  
Bronwen O'Herin  
Emily Shearer

##### Girls Junior Varsity Track&Field

Mehmaz Ahrar  
Emily Ellsworth  
Amlia Gurley  
Noelle Lopez

Angela Kim  
Emily Lindsay

Anja Simonsen  
Melissa Wilcox

Gianna Marciarille  
Gabrielle Zoger

The Boys Volleyball team finished with a 15-12 overall record and 11-5 DFAL record.

All DFAL

First team

Ed Kao (libero), junior

Second team

Bradley DeLaFuente(setter),senior  
Cameron Gordon (outside), senior

Honorable mention

Freddy Wong (middle), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

NCS Scholar Athletes

Varsity

Matt Chernin  
David Horn  
Ed Kao

Junior varsity

Jared O'Rourke

## Times Top 100 Athletes

Brooks Baker, senior. Football and Basketball.

Nate Beach, senior. Cross country and Track & field.

## Senior Awards

Erin Connolly won the Harry Radcliffe Award for the unsung hero of the athletic department.

Brooks Baker, Matt Boone and Jane Rhodes won the Most Outstanding Athlete Award for excellence in a single sport.

Nate Beach and Taylor Stern won the Most Valuable Athlete Award for excellence in several sports.

Joe Anderson and Grace Appert 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.

146/394 Scholar athletes in the Spring.

20/24 Scholar teams in the Spring.

368/978 Scholar athletes in the year.

53/60 Scholar teams in the year.

88% of our teams received scholar team honors.

38% of our student-athletes received scholar-athlete honors.

747 students participate in at least one sport, which is 55% of our student body.

201 students are two-sport athletes, 13 students are three-sport athletes.

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.