

*Acalanes High School*

*Athletic Department*

*2009-2010*

*Summary*

## Fall sports athletic update.

The Cross Country team had an outstanding season. The girls posted a 5-1 DFAL record to finish 2<sup>nd</sup> in the league. The boys finished 4-2 to finish 3<sup>rd</sup>. The girls continued success resulted in a 3<sup>rd</sup> place finish at the NCS Championships led by Kelli Berge finishing 9<sup>th</sup>, Nicolette Sorensen 13<sup>th</sup>, Annie Marggraff 15<sup>th</sup>, Amy Hollshwandner 19<sup>th</sup>, Katie Berge 22<sup>nd</sup>, Kelly Collins 27<sup>th</sup>, and Emily Shearer 32<sup>nd</sup>. The boys placed 7<sup>th</sup> at the NCS Championships led by Toshi Kellogg finishing in 14<sup>th</sup> place, Ethan Mark in 31<sup>st</sup> place. The girls team qualified for the CIF state championships where they finished 10<sup>th</sup> in division III. The girls were led by Annie Marggraff (48<sup>th</sup>) and Amy Hollshwandner (57<sup>th</sup>).

### All DFAL

#### First team

Brett Cantrell, senior  
Annie Marggraff, freshman  
Nicolette Sorensen, freshman

#### Second Team

Adler Faulkner, freshman  
Tyler Sorensen, sophomore  
Kelli Berge, freshman  
Kelly Collins, freshman  
Emily Shearer, senior

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

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.17.  
Varsity girl's team with an overall GPA of 3.71.  
Junior varsity boy's team with an overall GPA of 3.00.  
Junior varsity girl's team with an overall GPA of 3.33.  
Frosh-soph boy's team with an overall GPA of 3.29.  
Frosh-soph girl's team with an overall GPA of 3.33.

### NCS Scholar Athletes

#### Varsity

Kelli Berge  
Brett Cantrell  
Kelly Collins  
Emily Ellsworth  
Adler Faulkner  
Amy Hollshwandner  
Toshi Kellogg  
Annie Marggraff  
Haley McKay  
Emily Shearer  
Nicolette Sorensen  
Tyler Sorensen

#### Junior varsity

Rebecca Frank  
Amelia Gurley  
Colin Leahy  
Gianna Marciarille  
Yama Nowrouz  
Sara Schwartz  
John Treat  
John Wilcox  
Gabrielle Zoger

#### Frosh-Soph

Dylan Autran  
Adena Bauer  
Scott Bertics  
Matthew Brewer  
Rick Brundage  
Keenan Byrne  
Jack Caine  
Garrett Candau  
Daniel Escobar  
Maddie Fraysse  
Katie Girdler  
Elliott Grossman  
Luke Johnston  
Jamaica Larsen  
Scott Lindsay  
Grace Linderholm  
George Liow

Tate Lyverse  
Courtney Neff  
Matthew Quinn  
Alex Taylor  
Jen Vaccaro  
Nick Warren  
Brad Wash  
Caroline Wilcox  
Jeffrey Wilde  
Michael Yang  
Kevin Zhang

The Football team finished 5-6 overall, and 4-2 in the DFAL to finish tied for 2<sup>nd</sup> in the league. They were defeated by Analy HS in the first round of the NCS playoffs.

Bryan Moss, senior, was named as a Bay Area News Group All East Bay third team selection for football.

#### All DFAL

##### First team

Trent Baker (DB), junior  
Nate Boone (LB), senior  
Tyler Malley (P), senior  
Bryan Moss (OT), senior  
Matt Rogstad (C), junior  
Robert Royster (OG), senior

##### Second team

Ryan Bullen (LB), senior  
Michael Joyce (OG), senior  
Mat Lewis (TE), senior  
Tyler Malley (RB), senior  
Bo McSwine (RB), senior

##### Honorable mention

Ken Bruzzone (RB), senior

#### NCS Scholar Athletes

##### Varsity

Trent Baker  
Nate Boone  
Ken Bruzzone  
Ryan Cherezian  
Joe Escobar  
Lucas Levine

##### Junior varsity

Bryan Berlier  
Brian Chan  
Drew Gaylord  
Paul Nork

##### Freshman

Craig Anderson  
Adam Brown  
William Falk  
Erik Kuzmin-Batchelor  
Brendan O'Donnell  
Casey Sclar  
Marc Strohwig  
Tyler Supple

The Girls Golf team finished with a 1-12 overall record and 1-11 in the DFAL. Juliana Del Beccaro qualified for the NCS Southern Qualifier.

Julianna DelBeccaro, senior, was a first team All-DFAL selection.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.61.

Junior varsity team with an overall GPA of 3.00.

#### NCS Scholar Athletes

##### Varsity

Juliana Del Beccaro  
Devon Frazer  
Megan Kaye  
Sarah Pardo

##### Junior varsity

The Girl's Tennis team had an overall record of 6-7, and finished fourth in the DFAL with a record of 6-6.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.51.  
Junior varsity team with an overall GPA of 3.37.

NCS Scholar Athletes

Varsity

Rachel Bauer  
Shelby Bittner  
Nicole Boltz  
Connie Chen  
Olivia Jackson  
Alexis James  
Valery Jorgensen  
Nicole Lee  
Emily Lindsay  
Melissa Shaffer  
Hailey Westphal  
Wendy Yang

Junior varsity

Rachel Bauer  
Alice Bishop  
Kiana Chan  
Danielle Palffy  
Lauren Price  
Ally Rosenberg  
Grace Vannelli

The Girls Volleyball team had an overall record of 12-17, and a DFAL record of 7-5 to finish tied for 3rd in the league. They qualified for the NCS playoffs but fell to Moreau Catholic HS in the first round.

All DFAL

First Team

Caroline Appert, senior  
Akemi Inouye, senior

Second Team

Natalie Chan, junior  
Tyanna Roy, sophomore

Honorable Mention

Marika Carrel, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.27.  
Junior varsity team with an overall GPA of 3.32.  
Freshman team with an overall GPA of 3.52.

NCS Scholar Athletes

Varsity

Caroline Appert  
Kendall Baker  
Marika Carrel  
Kelli Chew  
Jessica Henry  
Meaghin Riske  
Kacey Woodman

Junior varsity

Brooke Aiello  
Ariana Album  
Lisa Carrington  
Megan Dalziel  
Kelsey Figone  
Rawan Masarweh

Freshman

Lauren Andronico  
Ainsley Blandford  
Grace Francis  
Natalie Goepel  
Danielle Grobeck  
Blair Howard  
Sarah Rogers  
Sophia Takashima

The Boys Water Polo team finished with an 19-8 overall record, and 5-0 in the DFAL to finish at the league champion. In the NCS playoffs, they defeated Livermore HS 20-10, Amador Valley HS 18-7 in the quarterfinals, San Ramon Valley HS 18-7 in the semifinals, but fell to Miramonte HS 6-5 in the championship game to finish 2<sup>nd</sup> in the North Coast Section.

Nick Hoversten, senior, was named Bay Area News Group East Bay Boys Water Polo Player of the Year.

Mike Kimble, senior, was named as a Bay Area News Group All East Bay selection for boy's water polo.

#### All DFAL

Nick Hoversten, senior, was named as the DFAL Most Valuable Player.

#### First team

Morgan Kennedy, senior  
Mike Kimble, senior  
Jake Kisner, junior

#### Second team

Joe Dietrich, junior  
Tyler Hill, senior

#### Honorable mention

Tanner Cullen, sophomore  
Andrew Linfoot, senior  
Cy Whitten, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.  
Junior varsity team with an overall GPA of 3.12.

#### NCS Scholar Athletes

#### Varsity

Tyler Hill  
Connor Reid

#### Junior Varsity

Adam Chan  
Wyatt Goertler  
Brendan Quinn

The Girls Water Polo team finished with an improved 14-10 overall record, and 3-2 DFAL record to finish 3<sup>rd</sup> in the league. They were defeated Tamalpais HS 7-6 before being defeated by Las Lomas HS 5-2 in the quarterfinals.

All DFAL

First team

Adrienne Burgin, junior  
Casey Reid, junior  
Ellie Stern (goalie), senior

Second team

Barbara Lanier, sophomore  
Molly Quinn, sophomore

Honorable Mention

Megan Dietrich, freshman  
Lizzie Newman, sophomore

The Varsity team was an NCS Scholastic Championship team as they had the second highest overall GPA.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.42.

Junior varsity team with an overall GPA of 3.25.

NCS Scholar Athletes

Varsity

Megan Dietrich  
Barbara Lanier  
Casey Reid  
Kaitlyn Stewart  
Brianna Tarpey  
Jessie Welcomer

Junior Varsity

Annie Flanagan  
Rachel Frank  
Sarah Gidre  
Kathryn Hill  
Esther Hsu  
Morgan McQuain  
Maddy Myall  
Katie Ramm  
Nora Vance

## Winter Sports Update

The Boys Basketball team was 2<sup>nd</sup> in the DFAL with a record of 15-11 overall, and 9-3 in the league. In the NCS playoffs they defeated Drake HS before losing to El Cerrito HS in the quarterfinals.

### All DFAL

#### First Team

Corey Collins (guard), senior  
Jay Fowler (guard), senior

#### Second Team

Zach Bloom (guard), senior

#### Honorable Mention

Tyler Caldwell (forward), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

Freshman team with an overall GPA of 3.25.

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

### NCS Scholar Athletes

#### Varsity

Trent Baker  
Corey Collins  
Jay Fowler  
Sohraab Jahromi  
Matt McGoldrick  
Trevor Mooney

#### Junior Varsity

Justin Capener  
Luke Inserra  
Trevor Masland  
Ben Weintraub  
Stephen Wemple

#### Freshman

Craig Anderson  
Brendan Kirbach  
Brendan O'Donnell  
Ezra Schroeder  
Casey Sclar  
Tyler Supple

The Girls Basketball team finished 15-12 overall, and 4-8 in the DFAL. In the NCS playoffs, they were defeated by Encinal HS in the first round of the playoffs.

### All DFAL

#### First Team

Emani Harrison (forward), junior

#### Second Team

Kiara Harewood (forward), junior

#### Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.05.

Junior varsity team with an overall GPA of 3.16.

### NCS Scholar Athletes

#### Varsity

Samantha Cheng  
Molly Martin  
Tara Wilson

#### Junior varsity

Kathryn Hill  
Olivia Murphy  
Nicole Shimotake

The Boys Soccer team finished with a 17-3-3 overall record and finished 2<sup>nd</sup> in the DFAL with an 8-3-1 record. They defeated Concord HS in the first round of the NCS playoffs, and Piedmont HS in the quarterfinals before being defeated by Bishop O'Dowd HS in the semifinals.

Logan Spittler, senior, was named as a Bay Area News Group All East Bay selection for boy's soccer.

#### All DFAL

Nic Carrillo, senior, Defensive Most Valuable Player of the DFAL.

#### First team

Nic Carrillo, senior  
David Kloth, senior  
Logan Spittler, senior

#### Second team

Dylan Autran, sophomore  
Ben Ewing, senior

#### Honorable mention

Brett Cantrell, senior  
Jacob Carroll, sophomore  
Austen Grassini, sophomore

NCS Scholar Team honors

Varsity team with an overall GPA of 3.25.  
Junior Varsity team with an overall GPA of 3.25.  
Frosh-soph team with an overall GPA of 3.07.

#### NCS Scholar Athletes

#### Varsity

Dylan Autran  
Bryan Berlier  
Brendan Buller  
Brett Cantrell  
Nic Carrillo  
Ben Ewing  
Austen Grassini  
David Helfrich  
Logan Spittler

#### Junior varsity

Josh Bulos  
Ben Croze  
Scott Ericksen  
Jackson Foote  
Max Omick  
Matt Quinn  
Tristan Tarpey  
Nic Warren

#### Frosh-Soph

Jack Connolly  
Connor Goodheart  
James Lande  
Randy Long  
Talal Nabulsi  
Luc VanOss



The Girls Soccer team had an overall record of 10-8-4 and a DFAL record of 5-4-3. They defeated El Cerrito HS in the first round of the NCS playoffs, and Berean Christian HS in the quarterfinals before being defeated by Alhambra HS in the semifinals.

Anja Simonsen, junior, Offensive Most Valuable Player of the DFAL.

All DFAL

First team

Schuyler Blee, junior

Second team

Callie Goodman, sophomore  
Rachel Whittom, senior

Honorable mention

Annie Beliveau, sophomore  
Angela LaScala-Gruenwald, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.32.  
Junior varsity team with an overall GPA of 3.43.  
Frosh-soph team with an overall GPA of 3.38.

NCS Scholar Athletes

Varsity

Becca Bostwick  
Melissa Cameron  
Lindsay Cope  
Amber Fearon  
Angela LaScala-Gruenwald  
Emily Lindsay  
Kaitlin McGee  
Tia Seltzer  
Anja Simonsen  
Rachel Whittom  
Claire Winter

Junior varsity

Katie Barton  
Kelli Berge  
Kelly Collins  
Morgan Davis  
Samya Faiq  
Siena Haz  
Haley McKay  
Courtney Neff  
Katie Salmon  
Hayley Westphal

Frosh-soph

Genny Copenhagen  
Siena Del Ponte  
Julia Fellows  
Grace Linderholm  
Alex Taylor  
Jen Vaccaro  
Allie Weiner  
Julia Zucker

The Wrestling team had a DFAL record of 0-6. Robert Royster and Gavin Schag were runner-ups in the DFAL to qualify for the NCS Championships.

All DFAL

First team

Second team

Gavin Schag (152), sophomore  
Robert Royster (189), senior

Honorable mention

NCS Scholar Athletes

Varsity

Daniel Escobar  
Blake Mason

Junior Varsity

The Cheerleading squad continues to grow and performed to rave reviews.

NCS Scholar Team honors:           Varsity team with an overall GPA of 3.15.  
  Junior varsity team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Danae Sugaoka  
Eden Sussenguth  
Katie Walter  
Jessica Zischke

Dance

Bridget Butterfield  
Annie Knox

## Spring Sports Update

The Baseball team was fifth in the DFAL with a record of 5-7, an overall record of 15-10. They were defeated by Arcata HS in the first round of the NCS playoffs.

Grant Diede, sophomore, was named as a Bay Area News Group All East Bay second team selection for baseball.

### All DFAL

#### First team

#### Second team

#### Honorable mention

Evan Heptig (shortstop), junior  
John Treat (pitcher), senior

Tommy Beritzhoff (c), senior  
Drew Gaylord (first base), soph  
Spencer Henderson(pitcher),soph

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19  
Freshman team with an overall GPA of 3.35.

### NCS Scholar Athletes

#### Varsity

Drew Gaylord  
Adam Hoffman  
Nick Karp  
Zac Schoenrock  
John Treat  
John Welland

#### Junior Varsity

Kevin Connor  
Julian Cronen  
Scott Ericksen  
Jackson Foote  
Paul Nork

#### Freshman

Keenan Byrne  
Garrett Candau  
Julian Deily  
Austin Franklin  
Brendan Kirbach  
Jake O'Malley  
Tyler Supple

The Boys Golf team was co-champions of the DFAL with a record of 11-1, and finished in 2<sup>nd</sup> place at the DFAL Championships. They had an overall record of 17-1. At the NCS Southern Qualifier, Michael Schweibinz shot a 79 tying for 15<sup>th</sup> place, and Parker Ramsey 80 tying for 17<sup>th</sup> place to qualify for the NCS Championships. Parker Ramsey shot a 72 at the NCS Championships to finish tied for 4<sup>th</sup>, and shot a 75 the CIF NorCal Championships to finish tied for 34<sup>th</sup> place in Northern California.

#### All-DFAL

##### First Team

Ian Fisher, senior

##### Second Team

Parker Ramsey, junior

Ryan West, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.06.

Junior Varsity team with an overall GPA of 3.30.

#### NCS Scholar Athletes

##### Varsity

Chris Childers

John Gonser

Connor Goodheart

Harrison Kim

##### Junior Varsity

Chris Lin

The Boys Lacrosse team was the DFAL Co-Champion with a 10-2 record, and finished with a 15-6 overall record. They defeated Miramonte HS 10-8 in the first round of the NCS playoffs, but were defeated by Foothill HS 10-6 in the quarterfinals.

### All-DFAL

Logan Quinn, senior, was named DFAL Most Valuable Player

#### First Team

Harrison Bagdan (goal), junior  
Andrew Musser (defense), senior  
Logan Quinn (attack), senior

#### Second Team

Andrew Atkins (attack), senior  
Ryan Bullen (defense), senior  
Trevor Felt (midfield), junior

#### Honorable Mention

Cole Cheney (defense), senior  
Roger Fleischmann (mid), soph  
Ryan Mitchell (lsm), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.02.  
Junior varsity team with an overall GPA of 3.03.

### NCS Scholar Athletes

#### Varsity

Ethan Grossman  
Matt Johnson  
Ryan Mitchell  
Wyatt Smyers

#### Junior varsity

Bryan Berlier  
Jake Hirsch  
Cody Kallen  
Adam Lee  
Scott Lindsay  
Chris O'Keefe  
Matt Quinn  
David Reiling  
Nick Warren

The Girls Lacrosse team was the DFAL Champions with a 12-0 record, and 15-7 overall record. They defeated Davis HS 16-11 in the first round of the NCS playoffs, but were defeated by Amador Valley HS 8-7 in the quarterfinals.

Elizabeth Landry, junior, was named as a Bay Area News Group All East Bay selection for girls lacrosse.

#### All-DFAL

Elizabeth Landry, junior, was named DFAL Most Valuable Player.

#### First Team

Taylor Ewing (midfield), junior

Devon Frazer (midfield), junior

Elizabeth Landry (midfield), junior

Casey Reid (defense, midfield), junior

#### Second Team

Emily Ferreira (midfield), junior

Lexi James (defense), senior

Ariana Johnson (goalie), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.05.

#### NCS Scholar Athletes

#### Varsity

Rebecca Frank

Devon Frazer

Ariana Johnson

Elizabeth Landry

Courtney Neff

Casey Reid

#### Junior varsity

Niki Quinn

Alex Taylor

The Varsity Softball team finished with a 14-7-1 overall record, and 2<sup>nd</sup> in the DFAL with a record of 10-2. They defeated Encinal HS 2-1 in 11 innings in the first round of the NCS playoffs, and defeated Albany HS 2-1 in 9 innings in the quarterfinals before falling to Bishop O'Dowd HS in the semifinals.

Hannah Wilbur, senior, was named as a Bay Area News Group All East Bay third team selection for softball.

#### All DFAL

Hannah Wilbur, junior, was named DFAL Most Outstanding Pitcher for the second consecutive year.

<u>First team</u>	<u>Second team</u>	<u>Honorable Mention</u>
Courtney Crakow (outfield), senior	Taylor Gray (catcher), junior	
	Grace Lovell (first base), sophomore	
	Tara Wilson (second base), senior	
	Katie Trent, (shortstop), senior	
	Siena Del Ponte (DP), sophomore	

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

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

#### NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>
Siena Del Ponte	Annalise Baer
Natalie Goepel	Julia Fellows
Taylor Gray	Alina Keomanee
Maile Hoyt	Carol Liu
Grace Lovell	Danielle Palffy
Jackie Welland	

The Boys Swim team placed 3<sup>rd</sup> in the DFAL, and the Girls team placed 4<sup>th</sup>.  
 The Boys Swim team placed 6<sup>th</sup> in the NCS Championships.  
 Piankhi Gibson won the 100 butterfly, and placed 3<sup>rd</sup> in the 50 freestyle.  
 David Palley placed 3<sup>rd</sup> in the 100 backstroke.  
 Morgan Kennedy placed 5<sup>th</sup> in the 100 breaststroke.  
 Brett Usinger placed 5<sup>th</sup> in the 200 intermediate medley relay  
 Nate Boone, Piankhi Gibson, Morgan Kennedy, and David Palley placed 4<sup>th</sup> in the 200 medley relay.  
 Asher Lichtig placed 7<sup>th</sup> in diving.

Piankhi Gibson, junior, was named as a Bay Area News Group All East Bay selection for boys swimming.

### All DFAL

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Piankhi Gibson (100 free), junior	Nate Boone (200 medley), senior	Natalie Chan(200 med rel),junior
Asher Lichtig (diving), sophomore	Morgan Kennedy(200 med), senior	Joe Dietrich (200 free), junior
	David Palley (200 medley), junior	Kathryn Hill (200 mr), freshman
		Jake Kisner (200 free), junior
		Katie Records (200 mr), junior
		Brett Usinger (200 im), freshman
		Nora Vance (200 mr), freshman

NCS Scholar Team honors:

- Varsity boys team with an overall GPA of 3.04.
- Varsity girls team with an overall GPA of 3.26.
- Junior Varsity boys team with an overall GPA of 3.18.
- Junior Varsity girls team with an overall GPA of 3.45.
- Diving team with an overall GPA of 3.14.

### NCS Scholar Athletes

#### Boys Swimming

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Diving</u>
Tyler Hill	Truman Ching	Asher Lichtig
Jake Mefford	Jack Connolly	
Sean Mooney	Logan Da Hora	
David Palley	Matt Doughty	
Brett Usinger	Alex Grover	
	Michael Hori	
	Aaron Miller	
	Nick Moran	
	Brennan Quinn	
	Connor Reid	



## Girls Swimming

### Varsity

Julianne Bozzini  
Emily Giambastini  
Megan Giambastini  
Kathryn Hill  
Barbara Lanier  
Maddie Myall  
Nora Vance

### Junior Varsity

Brooke Aiello  
Sam Anderson  
Kate Avery  
August Boye  
Kelsey Figone  
Alison Flanagan  
Rachel Frank  
Maggie Graves  
Krystal Huey

Mallika Lal  
Grace Linderholm  
Kate McGlothlen  
Delaney McGuire  
Morgan McQuain  
Allyson Rosenberg  
Sami Sciacqua  
Corina Van Hoven  
Sydney Villanueva

The Boys Tennis team finished 4<sup>th</sup> in the DFAL with a 6-6 record, and 6-8 overall record.

Blake Padua, senior, was honorable mention All-DFAL singles selection.

Jack Main, freshman, and Ted Netland, senior, were honorable mention All-DFAL doubles selections.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.07.

Junior Varsity team with an overall GPA of 3.34.

## NCS Scholar Athletes

### Varsity

Asher Lichtig  
Alex Mogensen  
Ted Netland  
Alex Schperberg  
Jordan Yee

### Junior Varsity

Aaron Desin  
Elliot Grossman  
Curtis Haist  
Jake Kallen  
Matt Lim  
Talal Nabulsi  
Chi-Yang Shih

The Girls Track & Field team placed 2<sup>nd</sup> in the DFAL with a 5-1 record, placed 11<sup>th</sup> at the NCS Tri-Valley Championships, and placed 4<sup>th</sup> at the NCS Meet of Champions. The boys placed 4<sup>th</sup> in the DFAL with a record of 3-3.

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

Katie Barton placed 2<sup>nd</sup> in the 300 hurdles, and 3<sup>rd</sup> in the 100 hurdles.

Emily Shearer placed 2<sup>nd</sup> in the 1600, and 3<sup>rd</sup> in the 800.

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

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

Katie Barton, Lisa Carrington, Amy Hollshwandner, and Katie Salmon placed 7<sup>th</sup> in the 4x100 relay.

Katie Barton, Katie Berge, Amy Hollshwandner, and Emily Shearer placed 3<sup>rd</sup> in the 4x400 relay.

The following won or placed at the NCS Meet of Champions to qualify for the CIF State Championships.

Katie Berge won the 800

Emily Shearer won the 1600.

Katie Barton, Katie Berge, Amy Hollshwandner, and Emily Shearer placed 3<sup>rd</sup> in the 4x400

Emily Shearer, senior, and Katie Berge, junior were named as a Bay Area News Group All East Bay selections for girls track & field.

#### All DFAL

##### First team

Katie Barton (hurdles), junior

Katie Berge (800), junior

Becca Bostwick (4x400), freshman

Lisa Carrington (4x100), freshman

Amy Hollshwandner (4x400), freshman

Katie Salmon (4x100), junior

Alia Shafi (4x100), freshman

Emily Shearer (1600), senior

##### Second team

Nathan Falk (pole vault), senior

Toshi Kellogg (800), senior

Tyler Malley (long jump), senior

##### Honorable mention

Adler Faulkner (1600), freshman

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.17.

Girls varsity team with an overall GPA of 3.54.

Boys junior varsity team with an overall GPA of 3.29.

Girls junior varsity team with an overall GPA of 3.32.

The Varsity team had the highest team GPA in division 3 in the North Coast Section Tri-Valley.

NCS Scholar Athletes

Boys Varsity Track & Field

Brett Cantrell  
Nathaniel Chung  
Joe Escobar  
Nathan Falk  
Adler Faulkner  
George Liow  
Blake Mason  
Yama Nowrouz  
Tyler Sorensen  
John Wilcox  
Michael Yang

Boys Junior Varsity Track&Field

Scott Bertics  
Aaron Bertucio  
Jared Brinton  
Jack Caine  
Matthew Chung  
Jake Dawson  
Noah Elder  
Dan Escobar  
Ziheng Fang  
Samuel Griebstein  
Luke Johnston  
Aidan King  
Brendan Lewis  
Scott McCormick  
Kyle Trujillo  
Brad Wash

Girls Varsity Track & Field

Katie Barton  
Adrienne Burgin  
Lisa Carrington  
Angela Falk  
Amber Fearon  
Danielle Grobeck  
Amlia Gurley  
Amy Hollshwandner  
Noelle Lopez  
Annie Marggraff  
Emily Shearer  
Sierra Shimo'oka  
Anja Simonsen  
Nicolette Sorensen  
Caroline Wilcox  
Brianna Wilkinson

Girls Junior Varsity Track&Field

Adena Bauer  
Zoe Bauer  
Bridget Butterfield  
Connie Chen  
Kelly Collins  
Samya Faiq  
Payton Palacio  
Elise Peterson-Trujillo  
Thea Thompson

The Boys Volleyball team finished with a 6-14 overall record and finished 4<sup>th</sup> in the DFAL with a 2-6 record.

All DFAL

First team

Jeff Armstrong (middle), senior  
Cole Markley (outside), junior

Second team

Evantre Amos (opposite), junior  
Daniel Inouye (libero), freshman  
Dan Kennedy (setter), sophomore

Honorable mention

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

Varsity

Josh Bulos  
Evan Groover  
William Henrikson  
Daniel Inouye  
Ben Weintraub

Nick Hoversten was selected to the Bay Area News Group Top 115 Athletes of the East Bay.

### Senior Awards

Mike Kimble and Rachel Whittom won the Harry Radcliffe Award for the unsung hero of the athletic department.

Nick Hoversten, and Juliana Del Beccaro won the Most Outstanding Athlete Award for excellence in a single sport.

Nick Hoversten and Emily Shearer won the Most Valuable Athlete Award for excellence in several sports.

Brett Cantrell and Emily Shearer won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

### Overall Update.

132/371 Scholar athletes in the Fall.

17/20 Scholar teams in the Fall.

83/221 Scholar athletes in the Winter.

12/15 Scholar teams in the Winter.

168/411 Scholar athletes in the Spring.

20/23 Scholar teams in the Spring.

383/1003 Scholar athletes in the year.

49/58 Scholar teams in the year.

84% of our teams received scholar team honors.

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

767 students participate in at least one sport, which is 57% of our student body.

208 students are two-sport athletes, 28 students are three-sport athletes.

1003 total student participants.

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.