

*Acalanes High  
School*

*Athletic Department*

*2012-2013 Summary*

Fall sports athletic update.

The Cross Country team had an outstanding season. The girls finished 2<sup>nd</sup> in league, and the boys finished 5<sup>th</sup>. The NCS Meet of Champions was a different story as the girls were division 3 champions led by section champion Annie Marggraff, Kelly Collins finishing 3<sup>rd</sup>, Caith Wright 7<sup>th</sup>, Amy Hollshwandner 12<sup>th</sup>, May Lewerenz 35<sup>th</sup> and Sammy Taketa 49<sup>th</sup>. The boys were the runner-up at the NCS Meet of Champions led by Scott Lindsay finishing 7<sup>th</sup>, Michael Wang in 12<sup>th</sup> place, Keenan Byrne 13<sup>th</sup>, Cameron Gaskell 22<sup>nd</sup> and Alec Weber 28<sup>th</sup>. At the CIF State Championships, the girls finished 8<sup>th</sup> in division III led by Annie Marggraff finishing 8<sup>th</sup>, Amy Hollshwandner 33<sup>rd</sup>, and Caith Wright 53<sup>rd</sup>. The boys team also qualified and were led by Keenan Byrne finishing 30<sup>th</sup>.

Annie Marggraff, senior, was named as a Bay Area News Group All East Bay first team selection for cross country.

All DFAL

First team

Keenan Byrne, senior  
Kelly Collins, senior  
Annie Marggraff, senior  
Michael Wang, junior

Second Team

Cameron Gaskell, freshman  
Amy Hollshwandner, senior  
Scott Lindsay, senior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.35.  
Varsity girl's team with an overall GPA of 3.46.  
Junior varsity boy's team with an overall GPA of 3.10.  
Junior varsity girl's team with an overall GPA of 3.52.  
Frosh-soph boy's team with an overall GPA of 3.37.  
Frosh-soph girl's team with an overall GPA of 3.51.

NCS Scholar Athletes

Varsity

Ali Bergmann  
Keenan Byrne  
Kelly Collins  
Adler Faulkner  
Raea Gragg  
Amy Hollshwandner  
Mary Lewerenz  
Annie Marggraff  
Sammy Taketa  
Tristan Tarpey  
Michael Wang  
Caroline Wilcox

Junior varsity

Jack Connolly  
Briana Grether  
Elliott Grossman  
Edward Huddart  
Yoceline Martinez  
Alyssa Milward  
Michael Moorehead  
Juan Pestana  
Katelyn Rader  
Daylon Srinivasan  
Larry Wang  
Nick Warren  
Brad Wash

Frosh-Soph

Kate Anderson  
Elise Berg  
Angelo Calitis  
Sage Catton  
Jen Chan  
Ryan Cheng  
Andrew Chow  
Kendall Comins  
Megan Connor  
Aleah Dajani  
Sophie Dunne  
Jared Ericksen  
Joe Fonstein  
Sophia Frument  
Diane Halm  
Aaron Harman  
Grant Jackson  
AnaLisse Johansson  
Alexander Kelly  
Mariam Khan  
Janina Larsen  
Julia Machol  
Olivia Marrone  
Sian Marshall  
Nicholai Martinsen  
Regan McQuain  
Ryn McWhirter  
Kristian Mills  
Nikki Roos  
Amy Strobelt  
Genevieve Tambornino  
Preston Tso  
Guyar Vial  
Patrick Walker  
Rachel Wan  
Zachary Wiesenthal  
Samantha Woehrle  
David Yegiazaryan

The Football team finished 7-4 overall, and 4<sup>th</sup> in the DFAL with 3-3 record. In the NCS playoffs, they were defeated by Bishop O'Dowd HS.

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

#### All DFAL

##### First team

Gabe Newman (DL), senior  
Tyler Supple (DB), senior

##### Second team

DeShawn Johnson (RB), senior  
Jon Lauth (DB), junior  
Steve Main (WR), senior  
Peter Mitchell (LB), junior  
Buster Souza (DL), junior

##### Honorable mention

Aaron Edwards (LB), senior

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 3.05.

#### NCS Scholar Athletes

##### Varsity

Andrew Bosshart  
Tommy Kresnak  
Brian Lilienstein  
Brendan O'Donnell  
Drew Rule  
Casey Sclar  
Buster Souza  
Tyler Supple  
Colin Watson

##### Junior varsity

Christo Collett  
Michael Fink  
Casey Harrington  
Joey Hewitt  
Jack Hood  
Grant Pedder  
Everett Roeth  
Tom Yates

##### Freshman

Joey Christensen  
Josh Douglas  
Nathan Edwards  
Zev Fellenbaum  
Griffin Holt  
Glenn Johnston  
Ryan Leamy  
TJ Low  
Brian Maiken  
Michael Ney  
Matthew Self  
Jack Stanton  
Jack Thoren  
Chris Vaisnor  
Grant Young

The Girls Golf team finished with an overall and DFAL record of 9-3. The team finished in 3<sup>rd</sup> place at the DFAL Championships to qualify for the NCS Southern Qualifier, as Elizabeth Schultz shot the best round of 69. At the NCS Southern Qualifier, the team finished 8<sup>th</sup> to qualify for the NCS Championships, as Adrienne Lee shot a 78 to tie for 11<sup>th</sup> place, and Elizabeth Schultz shot an 81 and Lauren Kim an 88. At the NCS Championships, the team finished 11<sup>th</sup> and Elizabeth Schultz shot a 73 to finish 6<sup>th</sup> to qualify for the CIF NorCal Championships. Adrienne Lee shot an 80 to tie for 25<sup>th</sup> place. At the CIF NorCal Championships, Elizabeth Schultz shot a 75 to finish tied for 15<sup>th</sup>.

Elizabeth Schultz, junior, was named as a Bay Area News Group All East Bay first team selection for girls golf.

#### All DFAL

Elizabeth Schultz, junior, was named Most Valuable Player of the DFAL for the second consecutive year.

#### First team

Lauren Kim, sophomore

#### Second Team

Adrienne Lee, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.44.

#### NCS Scholar Athletes

#### Varsity

Megan Kaye

Lauren Kim

Adrienne Lee

Camila Mendez

Tess Olsson

Sarah Pardo

The Girl's Tennis team finished 4<sup>th</sup> in the DFAL with a record of 6-6. Isabella vonEbbe placed 2<sup>nd</sup> at the DFAL Championships and qualified for the NCS Championships. Tessa Karagocev placed 3<sup>rd</sup> at the DFAL Championships.

Tessa Karagocev (junior) and Isabella vonEbbe (sophomore) were All-DFAL first team singles selections.

Ida Barabi (senior) was an All-DFAL honorable mention singles selection.

NCS Scholar Team honors:            Varsity team with an overall GPA of 3.48.  
   Junior varsity team with an overall GPA of 3.44.

NCS Scholar Athletes

Varsity

Alice Bishop  
Kaitlyn Johnson  
Shelley Kwok  
Tessa Lo  
Bridget Parry  
Claire Pockell-Wilson  
Melissa Van Pell  
Isabella vonEbbe  
Arielle Wenokur  
Megan Yee  
Julia Zucker

Junior varsity

Olivia Daniels  
Maddie Grassini  
Lan-Anh Ho  
Julia Lauer  
Juliana Matz

The Girls Volleyball team had an overall record of 12-11, and a DFAL record of 6-6 to finish 4<sup>th</sup> in the league. In the NCS playoffs they were defeated by Sir Francis Drake HS.

#### All DFAL

##### First Team

Brooke Aiello, senior  
Amanda Jarquin, senior

##### Second Team

Lisa Carrington, senior  
Rachel Cox, junior

##### Honorable Mention

Joanna Harnish, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.51.  
Junior varsity team with an overall GPA of 3.42.  
Freshman team with an overall GPA of 3.33.

#### NCS Scholar Athletes

##### Varsity

Brooke Aiello  
Ainsley Blandford  
Grace Bolen  
Lisa Carrington  
Molly Dalziel  
Jen Lincoln  
Emily Mesetz  
Reilly Webster

##### Junior varsity

Claire Amaral  
Holly Fleischmann  
Melia Green  
Dory Grobeck  
Katie McCarty  
Mimi White

##### Freshman

Asha Alagappan  
Rachel Lom  
Carly Porep  
Hannah Roberts  
Morgan Shepherd  
Caroline Wash  
Lia White

The Boys Water Polo team finished with an 14-13 overall record, and 3-2 in the DFAL to finish in 3<sup>rd</sup> place. In the NCS playoffs, they defeated California HS 18-6, and Campolindo HS 13-12 in the quarterfinals, before falling to Miramonte HS in the semifinals.

Connor Reid, senior, was named as a Bay Area News Group All East Bay first team selection for boys water polo.

#### All DFAL

##### First team

Tommy Bush, junior  
Connor Reid, senior

##### Second team

Jacob Welcomer, senior

##### Honorable mention

Wyatt Goertler, senior

NCS Scholar Team honors:

Junior varsity team with an overall GPA of 3.30.

#### NCS Scholar Athletes

##### Varsity

Tommy Bush  
Connor Reid  
Adrian Shestakov  
Brendan Supple

##### Junior Varsity

Nathan Brickman  
Marc Davis  
Daniel Erenstein  
Tommy Fellner  
Nico Hillman  
Melvin Lai  
Jack Winther  
Nathaniel Whitmore



The Girls Water Polo team finished with a 17-10 overall record, and 4-1 DFAL record to finish 2<sup>nd</sup> in the league. They defeated Ukiah HS 17-3 in the quarterfinals, and Sir Francis Drake HS 8-4 in the semifinals before falling to Campolindo HS 8-7 in the NCS Championship game.

Katie Ramm, senior, was named as a Bay Area News Group All East Bay first team selection for girls water polo.

Megan Dietrich, senior, was named as a Bay Area News Group All East Bay second team selection for girls water polo.

Katie Ramm, senior, was named DFAL Outstanding Goalie for girls water polo.

#### All DFAL

##### First team

Megan Dietrich, senior  
Ellyn Stewart, junior

##### Second team

Chase Lanier, junior  
Nora Vance, senior

##### Honorable Mention

Maggie Chan, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.54.

Junior varsity team with an overall GPA of 3.36.

#### NCS Scholar Athletes

##### Varsity

Megan Dietrich  
Reilly Fellner  
Hannah Kresnak  
Chase Lanier  
Alyssa Mueller  
Caroline Newman  
Sasha Newton  
Ellyn Stewart  
Nora Vance

##### Junior Varsity

Brooke Alsterlind  
Sabrina Elliott  
Lucy Fellner  
Paige Haywood  
Nicole Jackson  
Lydia Lapporte  
Katie Nagle  
Hannah Raslan  
Marie Whitmore

## Winter Sports Update

The Boys Basketball team was 6th in the DFAL with a record of 8-18 overall, and 3-9 in the league.

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 3.

### All DFAL

#### First Team

#### Second Team

#### Honorable Mention

Buster Souza, junior

Matt Thomas, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.23.

Junior Varsity team with an overall GPA of 3.16.

Freshman team with an overall GPA of 3.43.

### NCS Scholar Athletes

#### Varsity

Craig Anderson

Nick Inserra

Zack Kisner

Buster Souza

Ross Teichman

#### Junior Varsity

Ryan Cheng

Sam deRoque

Casey Harrington

Joey Hewitt

Calvin Saribay

#### Freshman

Jake Basilico

Nico Brightbill

Joey Christensen

Nathan Edwards

Alex Kinnear

Dylan Siv

The Girls Basketball team was 5<sup>th</sup> in the DFAL with a record of 12-14 overall, and 5-7 in the DFAL.

All DFAL

First Team

Second Team

Honorable Mention

Jamie Jacobs, senior  
Marie Paladino, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.12.  
Junior varsity team with an overall GPA of 3.55.  
Freshman team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Taylor Jones  
Julia Lyons

Junior varsity

Sierra Galanza  
Morgan Groover  
Alex Grant-Hudd  
Alison Smith  
Carrie Trent

Freshman

Katie Nagle  
Sophie Ross  
Kenny Souza  
Kelly Yokoi

The Boys Soccer team finished with a 20-1-3 overall record and was the DFAL Champions with a 10-0-2 record. They defeated Piedmont HS 5-1 in the first round of the NCS playoffs before being defeated by St. Mary's HS 1-0 in the quarterfinals.

#### All Bay Area Newsgroup

Graham Lindgren, senior, was named as a first team selection as a defender.  
Dan Glascock, senior, was named as a second team selection as a midfielder.  
Eric Rogstad, senior, was named as a third team selection as a goalkeeper.

#### All DFAL

Dan Glascock, senior, was named Most Valuable Player of the DFAL.  
Eric Rogstad, senior, was named Defensive Most Valuable Player of the DFAL.

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Ben Croze, senior	Mark Helfrich, junior	Lenny Adkerson, senior
Graham Lindgren, senior	Luc VanOss, senior	Malaak Hamzeh, senior
Max Mirner, junior	Nick Warren, senior	Nick Lee, senior

NCS Scholar Team honors	Varsity team with an overall GPA of 3.24. Junior Varsity team with an overall GPA of 3.37. Frosh-soph team with an overall GPA of 3.23.
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#### NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Ben Croze	Kian Bagheri	Charlie Bush
Malaak Hamzeh	Henry Baglietto	Zev Fellenbaum
Mark Helfrich	Jared Gragg	Adrian Guzman
Zach Kramer	Adrian Jeffries	Colin Halverson
Graham Lindgren	Aidan Langtry	Nicolai Martinsen
Eric Sirott	Christian Linfoot	Joe Moran
Tristan Tarpey	Conor McGlynn	Max Motley
Luc VanOss	Juan Pestana	Nic VanOss
Nick Warren	Sid Vitale	Nic Warren

The Girls Soccer team had an overall record of 9-9-4 and a DFAL record of 1-8-3. They defeated Ygnacio Valley HS 2-1 in the first round of the NCS playoffs before being defeated by Campolindo HS in the quarterfinals.

#### All DFAL

##### First team

Kaitlin McGee, senior

##### Second team

Erin Bishop, senior  
Becca Bostwick, senior

##### Honorable mention

Lexi Silva, freshman  
Katharine Torchio, sophomore  
Maddie Wheeler, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.  
Junior varsity team with an overall GPA of 3.30.  
Frosh-soph team with an overall GPA of 3.28.

#### NCS Scholar Athletes

##### Varsity

Blake Balfrey  
Brooke Balfrey  
Hannah Barnes  
Becca Bostwick  
Carrie Goodman  
Sabrina Kenney  
Kaitlyn McGee  
Bailey McQuain  
Regan McQuain  
Gabby Paolini  
Katelyn Rader  
Katherine Tottle  
Maddie Wheeler

##### Junior varsity

Kate Anderson  
Isabella Baglietto  
Sophie Bishopp  
Mariam Faiq  
Kate Hansen  
Anna Jernigan  
Kyle McQuain  
Camila Mendez  
Emma Welsh  
Marie Whitmore

##### Frosh-soph

Emma Champion  
Jessica Evaristo  
Julia Goddard  
Hope Noonan-Stoner  
Tess Olsson  
Melanie Toth  
Katie Welch

The Wrestling team had a DFAL record of 0-6. Andrew Nakahara was a DFAL Champion and Brian Lilienstein placed 2<sup>nd</sup> in the DFAL Championships to qualify for the NCS Championships.

All DFAL

First team

Andrew Nakahara(138), junior

Second team

Brian Lilienstein (132), junior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.

Junior varsity team with an overall GPA of 3.18.

NCS Scholar Athletes

Varsity

Jack Connolly

Brian Lilienstein

Andrew Nakahara

Sam Ridge

Vincente Rodriguez

Junior Varsity

Jack Hood

Peyton Li

Kevin Mone

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.29.

NCS Scholar Athletes

Varsity

Olivia Blodgett

Allison Candell

Natalie Clendening

Rachel Kastigar

Mila Rotershteyn

India Williams

Emma Whitmore

Junior Varsity

Dominique Gillis

Freshman

## Spring Sports Update

The Baseball team was 2<sup>nd</sup> in the DFAL with a record of 7-5, and overall record of 20-7. In the NCS playoffs, they defeated San Marin HS in the quarterfinals, and Sonoma Valley HS in the semifinals, and finished the season defeating Analy HS 4-3 to be NCS Champions.

Jack Veasey, senior catcher, and John York, senior pitcher, were named as a Bay Area News Group All East Bay third team selections for baseball.

John York, senior, was named Most Valuable Pitcher of the DFAL.

### All DFAL

#### First team

Andrew Merken (pitcher), senior  
Jack Veasey (catcher), senior

#### Second team

Jake Berry (infield), freshman  
Grant Henderson (utility), junior  
Tyler Supple (outfield), senior  
AJ Welsh (infield), senior

#### Honorable mention

Neil Lang (pitcher), senior

#### Gold glove

Austin Fisher, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.00.  
Junior varsity team with an overall GPA of 3.44.  
Freshman team with an overall GPA of 3.31.

### NCS Scholar Athletes

#### Varsity

Austin Fisher  
AJ Franklin  
Casey Harrington  
Drew Rule  
Zach Stromberg  
Tyler Supple  
Jack Veasey

#### Junior Varsity

Will Fallat  
Michael Fink  
Zach Kramer  
Chris Mickas

#### Freshman

Brian Dyer  
Michael Ney  
Matt Self

The Boys Golf team finished 4<sup>th</sup> in the DFAL with a record of 6-6, and finished in 3<sup>rd</sup> place at the DFAL Championships. They had an overall record of 12-6. They placed 4<sup>th</sup> at the NCS Southern Qualifier as Will Brueckner was tied for lowest score, Ryan West and Kennedy Kim tied for 19<sup>th</sup>, Spencer Morgan tied for 31<sup>st</sup> and Peter Tripp tied for 47<sup>th</sup>. The team qualified for the NCS Championships.

#### All-DFAL

##### First Team

Will Brueckner, junior  
Ryan West, senior

##### Second Team

Peter Tripp, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.36.  
Junior Varsity team with an overall GPA of 3.21.

#### NCS Scholar Athletes

##### Varsity

Jake Basilico  
Will Brueckner  
Grant Gerber  
Kennedy Kim  
Peter Tripp

##### Junior Varsity

Will Audley  
Adam Blake  
Joey Christensen  
Alex Lee  
Matt Lee  
Andrew McKendall  
Sam Rodriguez  
Ben Stanford  
Ross Teichman  
Connor Virostek



The Boys Lacrosse was the DFAL Champion, with a 12-0 record, and finished with a 19-4 overall record. They were also the NCS Champions defeating Cardinal Newman HS 18-7 in the NCS quarterfinals, Piedmont HS 12-9 in the semifinals and Marin Catholic HS 9-8 in the championship game.

Brent Ringwood was named as a Bay Area News Group East Bay Coach of the year for boys lacrosse.

Wes Greason, senior, and Jack Mariani, junior, were named as a Bay Area News Group All East Bay first team selection for boys lacrosse.

Vinny Gladden, sophomore, was named as a Bay Area News Group All East Bay second team selection for boys lacrosse.

#### All-DFAL

Wes Greason, senior attack, was named Most Valuable Player of the DFAL.

##### First Team

Vinny Gladden (lsm), sophomore  
Nick Mani (defense), sophomore  
Jack Mariani (midfield), junior  
Robbie Stern (attack), junior

##### Second Team

Cameron Bosshart (goalie), junior  
Scott Lindsay (fogo), senior  
Marshall Morse (defense), junior

##### Honorable Mention

Sam deRoque (midfield), soph.  
Peter Mitchell (midfield), junior

NCS Scholar Team honors:

Junior Varsity team with an overall GPA of 3.03.  
Frosh-Soph team with an overall GPA of 3.03.

#### NCS Scholar Athletes

##### Varsity

Nathan Brickman  
Sam deRoque  
John Fraser  
Jake Hirsch

##### Junior varsity

Glen Johnston  
Brian Maiken  
Everett Roeth  
Austin Scipi  
Jack Thoren  
Ryan Turano

##### Frosh-soph

Nathan Lee  
Kristian Mills

The Girls Lacrosse team was the DFAL Champion with a 12-0 record, and 17-5 overall record. They were also the NCS Champions defeatint Miramonte HS 19-10 in the semifinals and University HS of San Francisco 18-9 in the championship game.

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

Kate Fellner, junior, was named as a Bay Area News Group All East Bay second team selection for girls lacrosse.

#### All-DFAL

Chloe Landry, junior midfield, was named Most Valuable Player of the DFAL.

#### First Team

Kate Fellner (midfield), junior  
Katie O'Keefe (attack), senior  
Gabby Palffy (defense), senior  
Niki Quinn (midfield), senior

#### Second Team

Sabba Jweainat (goalie), freshman  
Caroline Newman (attack), soph.

#### Honorable Mention

Caith Wright (defense), soph.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.30.  
Junior varsity team with an overall GPA of 3.42.

#### NCS Scholar Athletes

#### Varsity

Maddy Cooper  
Bella Gotts  
Ellie Higgins  
Chloe Landry  
Alyssa Mueller  
Caroline Newman  
Gabi Palffy  
Niki Quinn  
Ruth Shaffer

#### Junior varsity

Brooke Alsterlind  
Kate Anderson  
Jenn Chan  
Lauren Chase  
Jacque Diede  
Sabrina Elliott  
Jessica Evaristo  
Jess Hennies  
Eden Justi  
Lauren Kim  
Mckenna Koepke  
Camila Mendez  
Cameron Morton  
Mackenna Mullins  
Sophie Ross  
Melanie Toth  
Katie Welch

The Varsity Softball team finished tied for 2<sup>nd</sup> in the DFAL with a record of 9-3, and an overall record of 18-6. They defeated by Sonoma Valley HS in the NCS quarterfinals and was defeated by Terra Linda HS in the semifinals.

Mia Monopoli, senior, was named as a Bay Area News Group All East Bay third team selection as a catcher for softball.

#### All DFAL

##### First team

Natalie Goepel (pitcher), senior  
Mia Monopoli (catcher), senior

##### Second team

Jamie Jacobs (outfield), senior  
Kaitlyn Johnson(1<sup>st</sup> base),freshman

##### Honorable Mention

Maddy Maderious(infield),junior  
Katie Palma (infield), junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.45.  
Junior varsity team with an overall GPA of 3.30.

#### NCS Scholar Athletes

##### Varsity

Bella Baglietto  
Alex Grant-Hudd  
Kaitlyn Johnson  
Maddy Maderious  
Terri Taylor

##### Junior varsity

Kendall Comins  
Sophie McGlothlen  
Katrine Padilla  
Alyssa Wixsom  
Bailey Ziegmann

The Boys and Girls Swim teams placed 3<sup>rd</sup> in the DFAL.

The Girls Swim team placed 8<sup>th</sup> in the NCS Championships, and the boys placed 11<sup>th</sup>.

Brett Usinger placed 3<sup>rd</sup> in the 200 individual medley and 4<sup>th</sup> in the 100 breaststroke.

Brittany Usinger placed 6<sup>th</sup> in the 200 individual medley.

Miranda Gold placed 7<sup>th</sup> in diving.

Reilly Fellner, Emily Giambastini, Meghan Hill, Brittany Usinger placed 3<sup>rd</sup> in the 200 freestyle relay.

Henry Baer, Nick Inserra, Zech Newman and Brett Usinger placed 4<sup>th</sup> in the 200 medley relay.

#### All DFAL

##### First team

Reilly Fellner, junior

Emily Giambastini, senior

Meghan Hill, senior

Brittany Usinger, sophomore

##### Second team

Brett Usinger, senior

Austin Wentzel, junior

##### Honorable mention

Henry Baer, junior

Miranda Gold (dive), sophomore

Nick Inserra, junior

Anthony Woodard, senior

Zech Newman, junior

Weston Carpenter, sophomore

NCS Scholar Team honors:

Varsity boys team with an overall GPA of 3.19.

Varsity girls team with an overall GPA of 3.56.

Junior Varsity boys team with an overall GPA of 3.06.

Junior Varsity girls team with an overall GPA of 3.43.

#### NCS Scholar Athletes

##### Boys Swimming

##### Varsity

Henry Baer

Truman Ching

Tommy Fellner

Melvin Lai

Jack Peterson

Sam Ridge

Brendan Supple

Brett Usinger

##### Junior Varsity

Owen Chan

Ryan Hennessy

Jordan Hodder

Corey Plotkin

Evan Wentzel

Jack Wertanen

Jack Winther

##### Girls Swimming

##### Varsity

Juliana Biro

Sophie Catalanello

Megan Dietrich

Lucy Fellner

Reilly Fellner

Emily Giambastini

Megan Giambastini

Maggie Graves

Kathryn Hill

Meghan Hill

Hannah Kresnak

Chase Lanier

Julia Mes

Natalie Morlock

Alyssa Mueller

Maddie Myall

Sasha Newton

Dana Piercy

Simone Raeth

Ellyn Stewart

Marisa Takashima

Brittany Usinger

Kylie VanDeWyngaerde

Nora Vance

Clare Varellas

Allyson Villanueva

##### Junior Varsity

Grace Francis

Julia Goddard

Nicole Jackson

Cassidy Limtiaco

Emma Maiden

Olivia Marrone

Juliana Matz

Aislinn McNiece

Kamila Sarsam

Madison Sereno

Hope Noonan-Stoner

Kenny Souza

Iris Wang

Caroline Wash

Katrina Woodard



The Boys & Girls Track & Field teams were co-champions of the DFAL with a 5-1 records. The Boys Track & Field team finished 6th at the NCS Tri-Valley Championships and the following won or placed in the meet.

Adler Faulkner placed 1<sup>st</sup> in the 800.

Matt Thomas placed 2<sup>nd</sup> in the discus and 3<sup>rd</sup> in the shotput.

Michael Wang placed 3<sup>rd</sup> in the 1600.

Stephen Main placed 4<sup>th</sup> in the triple jump.

Kelly Collins placed 5<sup>th</sup> in the 3200.

Jordan Hinds placed 6<sup>th</sup> in the 100.

Alex Hennies placed 7<sup>th</sup> in the 400.

Lisa Carrington, Jordan and Julian Hinds and Casey Lee placed 7<sup>th</sup> in the 4x100.

The following won or placed at the NCS Meet of Champions.

Adler Faulkner won the 800 to advance to the CIF State Championships.

Matt Thomas placed 4<sup>th</sup> in the discus and 5<sup>th</sup> in the shotput.

Kelly Collins placed 5<sup>th</sup> in the 3200.

Michael Wang placed 6<sup>th</sup> in the 1600.

Lisa Carrington, Jordan and Julian Hinds, and Casey Lee placed 7<sup>th</sup> in the 4x100.

Adler Faulkner, senior, was named as a Bay Area News Group All East Bay first team selection for track & field.

#### All DFAL

##### First team

Lisa Carrington (4x100), senior

Lisa Carrington (long jump), senior

Adler Faulkner (800), senior

Jordan Hinds (4x100), junior

Julian Hinds (4x100), freshman

Casey Lee (4x100), junior

Steve Main (long jump), senior

Matt Thomas (discus, shot), junior

Brianna Wilkinson (discus, shot), sr.

##### Second team

Sage Catton (4x400), sophomore

Kelly Collins (3200), senior

Cameron Gaskell (3200), freshman

Jordan Hinds (100), junior

Amy Hollshwandner (4x400), senior

Calvin Saribay (long jump), soph.

Julie Vaccaro (4x400), senior

Caroline Wilcox (4x400), senior

##### Honorable mention

Andrew Bertics (pole vault), jr.

Lisa Carrington (200), senior

Taiki Chiba (4x400), junior

Nick Comly (4x400), sophomore

Adler Faulkner (4x400), senior

Alex Hennies (4x400), junior

Amy Hollshwandner (300 hurd), sr

Eric Thomas (shotput), senior

Caroline Wilcox (100 hurdles), sr

NCS Scholar Team honors:

Boys varsity team with an overall GPA of 3.10.

Girls varsity team with an overall GPA of 3.44.

Boys junior varsity team with an overall GPA of 3.16.

Girls junior varsity team with an overall GPA of 3.28.

NCS Scholar Athletes

Boys Varsity Track & Field

Andrew Bertics  
Matt Chung  
Erich Ellsworth  
Adler Faulkner  
Tristan Tarpey  
Josh Vanskike  
Michael Wang  
Brad Wash

Boys Frosh-Soph Track&Field

Christian Burns  
Ryan Cheng  
Nick Comly  
Jared Ericksen  
Greg Fellows  
Aaron Harman  
Alex Kelly  
Peyton Li  
Calvin Saribay  
Alex Shimotake

Girls Varsity Track & Field

Stephanie Brannon  
Lisa Carrington  
Kelly Collins  
Monica Dwight  
Florence Ericson  
Amy Hollshwandner  
Shelby Johnston  
Casey Lee  
Annie Marggraff  
Sam Martin  
Yosi Martinez  
Brenda Mittelbuscher  
Elise Peterson-Trujillo  
Nicole Shimotake  
Julie Vaccaro  
Caroline Wilcox  
Brianna Wilkinson

Girls Frosh-Soph Track&Field

Elise Berg  
Megan Connor  
Anna Davis  
Maddie Grassini  
Dory Grobeck  
Mariam Khan  
Siena Kuan  
Janina Larsen  
Julia Machol  
Maya Michon  
Mary Nelson  
Kamila Sarsam  
Yasmin Sarsam  
Rachel Wan

The Boys Volleyball team finished and finished 3<sup>rd</sup> in the DFAL with a 5-5 record and 11-14 overall record.

All DFAL

First team

Daniel Inouye, senior  
Ben Savage, senior

Second team

Honorable mention

Craig Anderson, senior

The Varsity team was an NCS Scholastic Championship team with the third highest overall GPA in division 2.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.24.

NCS Scholar Athletes

Varsity

Craig Anderson  
Tommy Graham  
Daniel Inouye  
Joey Moran  
Brendan O'Donnell  
Ben Savage  
Seth Strumwasser



## Senior Awards

Frank Tinley won the Harry Radcliffe Award for the unsung hero of the athletic department.

Dan Glascock, and Megan Dietrich won the Most Outstanding Athlete Award for excellence in a single sport.

Adler Faulkner and Annie Marggraff won the Most Valuable Athlete Award for excellence in several sports.

Adler Faulkner, Annie Marggraff and Caroline Wilcox won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

### Overall Update.

170/376 Scholar athletes in the Fall.

17/18 Scholar teams in the Fall.

102/231 Scholar athletes in the Winter.

15/16 Scholar teams in the Winter.

210/506 Scholar athletes in the Spring.

22/23 Scholar teams in the Spring.

482/1113 Scholar athletes in the year.

54/57 Scholar teams in the year.

95% of our teams received scholar team honors.

43% of our student-athletes received scholar-athlete honors.

846 students participate in at least one sport, which is 62% of our student body.

219 students are two-sport athletes, 26 students are three-sport athletes.

1117 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.