

*Acalanes High
School*

Athletic Department

2016-2017 Summary

Fall sports athletic update.

The Boys and Girls Cross Country teams finished 6th in the DAL. Zach Woodworth finished 21st. At the NCS Meet of Champions, the boys finished 9th in division III led by Zach Woodworth finishing 34th.

All DFAL

First team

Second Team

Honorable Mention

Zach Woodworth, senior

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.36.

Varsity girl's team with an overall GPA of 3.59.

Junior varsity boy's team with an overall GPA of 3.15.

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 3.67.

NCS Scholar Athletes

Varsity

Muppy Gragg
Caroline Kelly
Annie Klopstock
Christian Lyons
Seth McWhirter
Riley Noon
Anna Mary Starr
Josh Starr
Samantha Swan
Zach Tom

Junior varsity

Adam Coate
Erin Dao
Beatrice Hahn
Daniel Harris
Raymond Ko
Sean Ko
Olivia Lindgren
Justin Otterson
Elizabeth Shehter
Meagan Snyder

Frosh-Soph

Aidan Bodner
Irvin Chao
Isabella Gonzalez
Nikolai Heffernan
Julia Helvey
Nathan Kessenich
Noah Kline
Ben Krey
Sophia Larsen
Natasha Malinovsky
Marcy Morse
Callan O'Brien
Sheckar Pandey
Austin Poole
Harrison Seymour
Tristen Tso
Julia Walner
Nicole Wan
Sidney Zimmerman
Anica Zulch

The Football team finished 4-7 overall, and 5th in the DAL Foothill division with 1-4 record. In the NCS playoffs, they were defeated by El Cerrito HS in the first round.

All DAL Foothill Division

First team

Sterling Butler (LB), senior
Ryan Nall (DL), junior

Second team

Brian Merken (WR), junior
Robbie Rowell (QB), junior

Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.17.
Junior varsity team with an overall GPA of 3.01.
Freshman team with an overall GPA of 3.29.

NCS Scholar Athletes

Varsity

Michael Bone
Sterling Butler
Jason Cornell
Troy Ganter
Jake Landry
Chase Maderious
Kevin McConnell
Harley McKee
Gabe Middleton
Joey Miller
Ryan Nall
Will Rembac
Robby Rowell
Enzo Sereno
Ryan Summerlin
Max Thrasher

Junior varsity

Nick Bettencourt
John Kalil
Vance Parry
Chris Rogers
Ezra Zimmer

Freshman

Murphy Baker
Nikolas Bamont
Will Condy
Jake Delaney
Will Easley
Lucas Eppinger
Gibson Fraser
Owen Hansen
Matt Hess
Thomas Judson
Nick Kresnak
Jack Miles
Matt Montaquila
Krishna Prabakaran
Ryan Reilly
Rayce Walton

The Girls Golf team finished 3th in the DAL Foothill division with a record of 4-4 and 5-5 overall. The team finished in 3rd place at the DAL Championships as Emily Attiyeh shot a 72 for the lowest round. At the NCS Southern Qualifier, Emily Attiyeh shot a 73 to finish in 3rd place. At the NCS Championships, Emily Attiyeh shot a 74 to finish one shot away from qualifying for the CIF NorCal Championships.

All DAL Foothill Division

Emily Attiyeh, senior, was named Most Valuable Player of the DAL Foothill division.

First team

Avalon Schenone, sophomore

Second Team

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.48.

NCS Scholar Athletes

Varsity

Emily Attiyeh

Mary Heffelfinger

Elle Hoarau

Nancy Liu

Caitlin McDonagh

Allison Merrill

Avalon Schenone

Natalie Seiler

The Girl's Tennis team was the DAL Foothill Division Champions with a record of 9-1 and an overall record of 19-5. In the NCS Team Championships, they defeated American HS before being defeated by Foothill HS in the quarterfinals.

First team

Sasha Schtein (singles), junior

Second team

Sydney Bell (singles), sophomore

Honorable mention

Skylar Jeveli (singles), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.

Junior varsity team with an overall GPA of 3.53.

NCS Scholar Athletes

Varsity

Maddie Bakar

Sydney Bell

Zoe Cate

Quinn Harrington

Fernanda Heredia

Skylar Jeveli

Cameron Langley

Maddie McDonagh

Rachel Minden

Olivia Reinecke

Sasha Schtein

Hannah Snyder

Doe Steinbrecher

Kelianne Witt

Junior varsity

Naomi Berkowitz

Lauren Craig

Molly Cronk

Skyler DeMartini

Leah Douglas

Jess Gerson

Audrey Glosson

Emily Klein

Eunkyu Lee

Milena Lucey

Shannon McVay

Anika Mohanty

Niki Palamountain

Maren Quintella

Scarlett Reichter

Sofia Swatt

Anya Weinstein

Lynn Wolfe

The Girls Volleyball team tied for 2nd in the DAL with a record of 7-3 and had an overall record of 31-9. In the NCS playoffs they defeated Tennyson HS and St. Patrick's HS before being defeated by Miramonte HS in the semifinals. In the CIF NorCal playoffs, they defeated Aptos HS 3-1 and Buhach Colony HS 3-0 before pulling out an incredible come from behind 3-2 victory over Sonora HS with a 5th game 16-14 thriller. They faced Crossroads HS in Santa Monica for the state title and won the first two games only to drop the next two. In the 5th and deciding game, the Dons rallied to edge out Crossroads 15-13 in the 5th game to become the CIF Division 3 State Champions. This is only the 2nd state title for any Acalanes team in the schools long history.

Parker Jones, senior, was named MaxPreps California Division 3 Girls Volleyball Player of the Year.

Parker Jones, senior, was named as a Bay Area News Group All East Bay first team selection for girls volleyball.

All DFAL

First Team

Parker Jones, senior

Second Team

Alex Matson, senior

Honorable Mention

Devin Grobeck, senior

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

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.69.

Junior varsity team with an overall GPA of 3.58.

Freshman team with an overall GPA of 3.51.

NCS Scholar Athletes

Varsity

Elsa Clever

Roxy Cummings

Rachel Go

Devin Grobeck

Parker Jones

Maddie Kalil

Alex Matson

Sarah Nelson

Theresa Nevins

Madi Risch

Lane Webster

Junior varsity

Kaylin Hiatt

Grace Higgins

Paige Holder

Claire McNally

Cailey McVay

Maja Moran

Laurel Park

Sarah Westergren

Freshman

Cat Acuff

Charlotte Glass

Parker Jung

Helen Kleinsmith

Jessica Larrick

Isabella Macayan

The Boys Water Polo team finished with an overall record of 16-10, and 2-2 in the DAL to finish in 3^{dr} place. In the NCS playoffs they defeated College Park HS before being defeated by San Ramon Valley HS in the quarterfinals.

All DFAL

First team

Brad Robison, senior
Jake Stone, sophomore

Second team

Casey Conrad, senior
Bennett Winther, junior

Honorable mention

Nate Welcomer, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.25.
Junior varsity team with an overall GPA of 3.28.

NCS Scholar Athletes

Varsity

Casey Conrad
Brad Robison

Junior Varsity

Alex Archer
Nick Davidson
Anubhav Dawadi
Henry Huchinson
Scott Murphy

The Girls Water Polo team was the NCS Champions in division 2 with a 17-10 overall record, and 1-3 DAL record to finish 4th in the league. They defeated Piedmont HS 18-1, Justin Siena HS 17-9 and Livermore HS 14-3 before defeating Sir Francis Drake HS 7-5 in the championship game.

All DFAL

First team

Lexi Rowell, sophomore

Second team

Ella Maisano, junior

Bella Wentzel, junior

Brooke Westphal, freshman

Honorable Mention

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 3.58.

Junior varsity team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Alex Calender

Nicole Chapman

Ryan Hagglund

Mary Heffelfinger

Ella Maisano

Lexi Rowell

Maddy Stewart

Adrielle Thorenfeldt

Annika Walker

Kylie Walker

Bella Wentzel

Brooke Westphal

Junior Varsity

Kyra Friedman

Laura Garfein

Jackie Geannacopoulos

Emily Gebhardt

Lily O'Toole

Valeria Reggi

Isabel Toldi

Emma Workman

Winter Sports Update

The Boys Basketball team was 2nd in the DAL Foothill Division with a record of 18-10 overall, and 7-3 in the league. In the NCS playoffs, they defeated Santa Rosa HS and were defeated by Moreau HS.

All DFAL

First Team

Jesse Marlow, senior

Second Team

Mitchell Smith, junior

Honorable Mention

Ryan Nall, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.35.

Junior Varsity team with an overall GPA of 3.30.

Freshman team with an overall GPA of 3.64.

NCS Scholar Athletes

Varsity

Ian Archer

Carson Etnyre

Will Grace

Ryan Nall

Robby Rowell

Ryan Summerlin

Junior Varsity

Andrew Che

Ben Lauer

Will Schueler

Josh Starr

Trevor Stripling

Freshman

Ismael Ali

Baker Murphy

Matt Hess

Lucas Julian

John Kalil

Jack Miles

Ryan Owens

Shreekar Pandey

Ishaan Saha

The Girls Basketball team was 3rd in the DAL Foothill Division with a record of 19-11 overall, and 6-4 in the DAL. In the NCS playoffs, they defeated Rancho Cotate HS and Redwood HS before being defeated by Montgomery HS in the semifinals. They were defeated by Modesto Christian HS in the CIF NorCal Playoffs.

All DFAL

First Team

Emma Godfrey, senior
Brooke Panfili, senior

Second Team

Roni Marrone, senior

Honorable Mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.70.

NCS Scholar Athletes

Varsity

Emma Godfrey
Lauren Kobashigawa
Roni Marrone
Olivia Sabbadini
Kate Schirmer
Olivia Toth

Junior varsity

Lauren Craig
Molly Cronk
Maddie Fink
Daphne Ganter
Elena Mountin
Aimee Ruane
Natalie Seiler
Anna Sominsky
Anna Weier

The Boys Soccer team was the NCS Champions and the DAL Valley Division Champions with a record of 20-2-4 record and 9-1 in the league. In the NCS playoffs, they defeated Casa Grande HS 4-1, Campolindo HS 1-0, Richmond HS 2-1 in 2OT and Montgomery HS 1-0 in 2OT in the Championship game.

All DFAL

Drew Wondolowski, senior, was named Most Outstanding Offensive Player of the Valley division.

First team

Bryan Bamford, senior
Chris Rogers, sophomore
Gabe Singer, senior

Second team

Payson Newman, senior
Alex Topping, junior
Mark VonHacht, senior

Honorable mention

Luke Denham, junior
Oliver Feigin, junior
Brody Quinn, senior

NCS Scholar Team honors

Varsity team with an overall GPA of 3.28.
Junior Varsity team with an overall GPA of 3.29.
Frosh-soph team with an overall GPA of 3.45.

NCS Scholar Athletes

Varsity

Reider Martinsen
Nixson Murgia
Payson Newman
Chris Rogers
Dominic Schottland
Gabe Singer
Alex Topping
Mark VonHacht
Eric Voss
Drew Wondolowski

Junior varsity

Parker Bahl
Josh Galla
David Lacayo
Leo Morris
Riley Noon
Matthew Raffel
Max Stryker

Freshman

Charles Baker
Nicholas Flint
Nick Geannacopoulos
Marcelo Guerra
Owen Hansen
Thomas Judson
Aidan Keeler
Ethan Michon
Liam Varela

The Girls Soccer team was 4th in the DAL Foothill Division with a record of 2-4-2 and an overall record of 5-9-2.

All DFAL

First team

Emily Smith, junior

Second team

Callie Ericksen, senior

Honorable mention

Caroline Clark, senior
Kierra Krawec, junior
Allison Merrill, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.

Junior varsity team with an overall GPA of 3.64.

Frosh-soph team with an overall GPA of 3.47.

NCS Scholar Athletes

Varsity

Sam Bell
Jessica Carlin
Kate Carter
Caroline Clark
Molly Davis
Callie Ericksen
Sophia Giordano
Georgia Karas
Greta Kohls
Hannah Kramer
Allison Merrill
Jackie Nichols
Jordan Pratt
Jade Sadoff
Elle Skvarna
Emily Smith
Ivy Souza
Madison Toma

Junior varsity

Taylor Boren
Maile Broad
Beth Daughters
Grace Denham
Lara Dissman
Claire Gallagher
Jackie Geannacopoulos
Cate Goodman
Dylan Hagglund
Katrina Lee
Ellie Meyer
Kaitlyn Parodi
Eliza Parry
Julia Walner
Madeline Wilson
Gogo Zoger

Frosh-soph

Juliette Benazra
Kenzie Carlin
Nicole Edwards
Alexandra Gold
Anna Green
Julia Helvey
Carla Kraszulyak
Marcy Morse
Sydney Norstad
Maia Pecher
Emily Sverak
Sophia Urick
Beatrice Weier

The Wrestling team was the DAL Valley Division Champion with a league record of 5-0 and an overall record of 6-2. In the NCS Dual Meet Championships, they defeated Albany HS and were defeated by Washington HS and Newark Memorial HS. Axel Jurgens, Jeremy Ridge and Tai White were DAL champions and Ben Ross placed 3rd to qualify for the NCS Championships. Jeremy Ridge placed 3rd, Tai White 5th and Axel Jurgens 7th at the NCS Championships. Jeremy Ridge qualified for the CIF State Championships and won 4 of his 6 matches and missed placing by one round. He was awarded the CIF Sportsmanship "Pursuing Victory With Honor" award.

All DFAL

First team

Axel Jurgens (160), senior
Jeremy Ridge (145), junior
Tai White (132), senior

Second team

Honorable mention

Ben Ross (138), junior

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 3.20.
Junior varsity team with an overall GPA of 3.08.

NCS Scholar Athletes

Varsity

Isaac Douglas
Axel Jurgens
Jeremy Ridge
Tai White

Junior Varsity

Bayne Albin
Reid Fellner
Alex Haase
Ben Krey
Colby Suppiger

The Cheerleading squad dazzled many during the football and basketball seasons and qualified for Nationals.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.20.
Junior varsity team with an overall GPA of 3.03.

NCS Scholar Athletes

Varsity

Alyssa Burtis
Alexis Caviness
Sophie Fischman
Rebecah Kaufman
Gigi Keppel
Sarah Manning
Kayling O'Neill
Cierra Taylor

Junior Varsity

Nicole Prozan
Alexandra Sheehan
Phoebe Wandell
Monica Wang

Spring Sports Update

The Baseball team was 2nd in the DAL with a record of 6-4, and overall record of 12-13. They were defeated by Berkeley HS 2-1 in the NCS playoffs.

Josh Candau and Daniel Kim, seniors, and Nick Berry, junior, were named All-Bay Area Newsgroup honorable mention selections in baseball.

All DFAL

Josh Candau, senior, was named Most Valuable Pitcher of the DAL in baseball.

First team

Nick Berry, junior
Tyler Ewing, senior
Daniel Kim, senior

Second team

Kevin McConnell, senior

Honorable mention

Nick Kresnak, freshman
Will Rembac, senior
Matty Vicencio, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.14.
Junior varsity team with an overall GPA of 3.13.
Freshman team with an overall GPA of 3.30.

NCS Scholar Athletes

Varsity

Paul Griessel
Nick Henderson
Daniel Kim
Nick Kresnak
Kevin McConnell
Harley McKee
Matthew Moorehead
Stefan Raeth
Will Rembac
Grant Smith
Matty Vicencio

Junior Varsity

Nicholas Bamont
Scott Brydon
Colby Burns
Eddie Burns
Miles Profilio
Reed Sabey

Freshman

William Easley
Eitan Feiger
Ethan Frigon
Ben Fromer
Owen Hansen
Thomas Judson
John Kalil
Brendan Klim
Ethan Michon
Luke Miles
David Sniderman

The Boys Golf team finished 4th in the DAL with a record of 2-6, and finished in 4th place at the DAL Championships. They had an overall record of 6-6. They were NCS Championship qualifiers.

All-DFAL

First Team

Second Team

Honorable Mention

Julian O'Donnell, senior

Jake Rosenberg, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.

Junior Varsity team with an overall GPA of 3.13.

NCS Scholar Athletes

Varsity

Murphy Baker

Will Condy

Michael O'Donnell

Junior Varsity

Parker Bahl

Ben Bequette

Mike Winther

The Boys Lacrosse team was Co-Champions of the DAL with a 13-1 record, and finished with a 17-5 overall record. In the NCS playoffs, they defeated University HS in the quarterfinals and were defeated by Marin Academy HS in the semifinals.

All-DFAL

Nate Welcomer, senior, was named Co-Most Valuable Player of the DFAL

First Team

Josh Baginski, senior

Michael Bone, senior

Joey Gladden, junior

Collin Jeffries, junior

Second Team

Fynn Chorak, junior

Sean Ortlieb, senior

Honorable Mention

Matt Mariani, junior

NCS Scholar Athletes

Varsity

Jake Landry

Sean Ortlieb

TJ Collins

Junior varsity

Noah Elze

Matt Hess

Will Schueler

The Girls Lacrosse team was 3rd in the DAL with a 12-4 record, and 12-9 overall record. In the NCS playoffs, they were defeated by Novato HS.

All-DFAL

First Team

Marcy Morse, sophomore
Julia Mueller, senior

Second Team

Claire Gallagher, sophomore
Emma Workman, sophomore

Honorable Mention

Susie Bush, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.43.
Junior varsity team with an overall GPA of 3.33.

NCS Scholar Athletes

Varsity

Anna deRoque
Claire Gallagher
Cate Goodman
Jenna Kisner
Savannah Mone
Marcy Morse
Molly Mudgett
Julia Mueller
Hannah Snyder
Olivia Toth
Emma Workman

Junior varsity

Maile Broad
Kate Carter
Molly Cronk
Emily Erce
Laura Garfein
Julia Helvey
Nicolle Kessenich
Lauren Kobashigawa
Elena Mountin
Sydney Norstad
Jordan Pratt
Aimee Ruane
Natalie Seiler
Rebecca Starr
Maddie Wilson

The Varsity Softball team finished 2nd in the DAL with a record of 8-2, and an overall record of 16-4. They were defeated by Kennedy, Fremont HS in the NCS playoffs.

All DFAL

First team

Kylie Berry, junior
Jazzlyn Boynton, senior
Alexis Carlson, junior
Brooke Panfili, senior

Second team

Marina Carr, senior
Jenna Evaristo, freshman
Rosie Shackett, junior

Honorable Mention

Riley Nicosia, freshman

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.26.

NCS Scholar Athletes

Varsity

Kylie Berry
Marina Carr
Jenna Evaristo
Maddie Fink
Jenna Grant
Alice Ma
Maia Pecher
Rosie Shackett
Bailee Takano

The Boys and Girls Swim teams placed 5th in the DFAL.
 The girls swim team placed 9th and the boys placed 20th at the NCS Championships.
 Emily Lo placed 2nd in the 100 butterfly and 3rd in the 100 breaststroke.
 Casey Conrad placed 8th in the 50 and 100 freestyle.
 Emily Gebhardt placed 8th in the 50 freestyle and 14th in the 100 butterfly.
 Emily Gebhardt, Claire Maxwell, Bella Wentzel, Emily Lo placed 9th in the 400 freestyle relay.
 Matt Ruegg, Bennett Winther, Casey Conrad, Brad Robison placed 11th in the 200 freestyle relay.
 Jackie Samaniego placed 5th in diving.
 Audrey Lundgren placed 14th in diving.
 At the CIF State Championships, Emily Lo placed 6th in the 100 butterfly and 100 breaststroke.

All DFAL

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Emily Lo, junior		Casey Conrad, senior Emily Gebhardt, sophomore Claire Maxwell, sophomore Brad Robison, senior Matt Ruegg, senior Jake Stone, sophomore Bella Wentzel, junior

NCS Scholar Team honors:
 Varsity boys team with an overall GPA of 3.06.
 Varsity girls team with an overall GPA of 3.48.
 Junior Varsity boys team with an overall GPA of 3.46.
 Junior Varsity girls team with an overall GPA of 3.39.

NCS Scholar Athletes

Boys Swimming		Girls Swimming	
<u>Varsity</u>	<u>Varsity</u>		<u>Junior Varsity</u>
Anthony Bertolami	Sophia Bicomong	Stella Sowarby	Sarah Bone
Casey Conrad	Georgia Carpenter	Annie Stryker	Taylor Boren
Nick Davidson	Beth Daughters	Isabel Toldi	Kenzie Carlin
Zach Kuo	Alex Fellner	Annie Varellas	Kyra Friedman
Jack Lattin	Amanda Fingerut	Annika Walker	Isabella Gonzalez
Brad Robison	Daphne Ganter	Kylie Walker	Emma Hathaway
	Jackie Geannacopoulos	Brooke Westphal	Isabella Liu
<u>Junior Varsity</u>	Dylan Hagglund		Avery Lyon
	Ryan Hagglund		Sarah McCandless
Joel Braunstein	Mary Heffelfinger		Valeria Reggi
Reid Fellner	Anna McCarthy		Scarlett Reicher
Ben Krey	Lexi Rowell		Annika Sonne
Nelson Rogers	Jackie Samaniego		Sophia Urick

The Boys Tennis team finished 2nd in the DFAL with a 10-2 record and an overall record of 19-2. In the NCS team championships, they defeated Sonoma Valley HS 7-0, De La Salle HS 6-1 and James Logan HS 4-3 and was runner-up after falling to Dougherty Valley HS 5-2. In the CIF NorCal Championships, they defeated Davis HS 5-2 in the quarterfinals and were defeated by eventual champion St. Ignatius HS in the semifinals. Isaiah Bird finished 1st, Kyle Everly 2nd and Ryan Cardiff 3rd in the DFAL Singles Championships. Kyle Everly finished 2nd and Ryan Cardiff 3rd in the NCS Singles Championships.

Cole Brightbill, sophomore, and Jin Heo, senior, were 1st team All-DFAL doubles selections. Ryan Everly, sophomore, and Trenton Tso, junior, was a 2nd team All-DFAL singles selections. Rohan Saha, junior, was an honorable mention All-DFAL singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.32.
 Junior Varsity team with an overall GPA of 3.05.

NCS Scholar Athletes

Varsity

Nick Broback
Ryan Everly
Cole Goddard
AJ Hesby
Henry Huchingson
Ishaan Saha
Cooper Smith
Andrew Tso
Trenton Tso

Junior Varsity

Noah Feller
Aidan Lewis
Noor Mahini

The Girls Track & Field team was Co-Champions of the DFAL and the Boys Team finished 3rd.
 The Girls Track & Field team finished 3rd and the boys team 8th at the NCS Tri-Valley Championships and the following placed in the meet.
 Individual results at the NCS Tri-Valley Championships qualifying for the NCS Meet of Champions.
 Windy Margerum won the hurdles and long jump and placed 4th in the 100.
 Ethan Westemeier won the triple jump.
 Imani Boggan placed 3rd in the 800.
 Carson Etnyre placed 4th in the 400.
 Scarlette McCullough, Marianna Florine, Imani Boggan, Windy Margerum placed 3rd in the 4x100.
 Jesse Iniguez-Stralla placed 4th in the 100 and 11th in the 200.
 Ryan Nall placed 7th in the discus.
 The following placed at the NCS Meet of Champions qualifying for the CIF State Championships.
 Windy Margerum won the long jump and placed 2nd in the 100 hurdles.
 Ethan Westemeier won the triple jump.
 Ryan Nall placed 3rd in the discus.
 The following placed in the top six at the NCS Meet of Champions.
 Imani Boggan placed 4th in the 800.
 Carson Etnyre placed 6th in the 400.
 Ryan Nall placed 6th in the shotput.
 Alex Christensen and Anna Weier placed 6th in the unified 100.
 Alex Christensen and Anna Weier placed 7th in the unified long jump.
 Scarlette McCullough, Muppy Gragg, Imani Boggan and Windy Margerum placed 4th in the 4x100.
 Imani Boggan, Muppy Gragg, Annie Klopstock and Emily Sverak placed 4th 4x400.

All DFAL

First team

Imani Boggan	400	4x400 relay		
Marianna Florine	4x400 relay			
Muppy Gragg	400	High jump	Long jump	
Jesse Iniguez-Stralla	100	200	4x100 relay	
Annie Klopstock	4x400 relay			
Windy Margerum	100	100 hurdles	Long jump	Triple jump
Emily Sverak	4x400 relay			
Ethan Westmeier	110 hurdles	300 hurdles	High jump	Triple jump

Second team

Ryan Nall	Discus	Shot put
Anna Weier	Discus	Shot put

Honorable mention

Carson Etnyre	4x400 relay
Christian Lyons	4x400 relay
Owen McNamara	Pole vault
Vance Parry	4x400 relay

The Varsity Girls team was an NCS Scholastic Championship team with the third highest overall GPA in the Tri-Valley.

NCS Scholar Team honors: Boys varsity team with an overall GPA of 3.14.
Girls varsity team with an overall GPA of 3.58.
Boys junior varsity team with an overall GPA of 3.21.
Girls junior varsity team with an overall GPA of 3.68.

NCS Scholar Athletes

Boys Varsity Track & Field

Jonathan Burns
Ethan Frigon
Kooshan Ghaziani
Christian Lyons
Ryan Nall
Ross Ney
Riley Noon
Callan O'Brien
Vance Parry
Ryan Siu
Sam Stack
Josh Starr
Zach Tom

Boys Frosh-Soph Track&Field

Jonathan Choi
Chris Dao
David Eng
Nicholas Flint
Lucas Julian
Austin Poole
Harrison Seymour
Rayce Walton

Girls Varsity Track & Field

Lauren Bishopp
Anna Dissman
Muppy Gragg
Devin Grobeck
Madeline Kalil
Windy Margerum
Roni Marrone
Mila Mathias
Scarlette McCullough
Eliza Parry
Elina Rasmussen
Morgan Rogers
Karen Rosenberg
Meagan Snyder
Anna Mary Starr
Emily Sverak
Christy Xie

Girls Frosh-Soph Track&Field

Cali Boustani
Ryann Drue
Aimee Gee
Claire Jenkins
Charlotte Keohane
Maren Quintella
Kate Schirmer
Samantha Swan
Nicole Wan
Beatrice Weier
Sydney Zimmerman

The Boys Volleyball team was the DFAL Champion with a 10-0 record and 28-7 overall record. In the NCS playoffs they defeated Sir Francis Drake HS 3-0 in the quarterfinals and was defeated by Redwood HS in five very close games in the semifinals.

All DFAL

Connor McCarthy, senior, was named Foothill Division Most Valuable Player of the DAL.

First team

Bijan Shahabi, senior
Carter Smith, senior
Nick Smyrnios, senior

Second team

Brad Altbaum, senior
Colin Kirbach, sophomore

Honorable mention

Alex Franke, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.08.
Junior Varsity team with an overall GPA of 3.07.

NCS Scholar Athletes

Varsity

Brad Altbaum
Lane Altbaum
Alex Franke
Colin Kirbach

Junior Varsity

Anubhav Dawadi
Raymond Ko
Bryan Lam
Trevor Stripling

Senior Awards

Julian O'Donnell won the Norma & Harry Radcliffe Award for the unsung hero of the athletic department.

Drew Wondolowski and Parker Jones won the Most Outstanding Athlete Award for excellence in a single sport.

Casey Conrad, Callie Ericksen and Brooke Panfili won the Most Valuable Athlete Award for excellence in several sports.

Brad Robison and Devin Grobeck won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

172/365 Scholar athletes in the Fall.

19/19 Scholar teams in the Fall.

120/262 Scholar athletes in the Winter.

15/15 Scholar teams in the Winter.

188/479 Scholar athletes in the Spring.

21/23 Scholar teams in the Spring.

480/1106 Scholar athletes in the year.

55/57 Scholar teams in the year.

96% of our teams received scholar team honors.

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

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

217 students are two-sport athletes, 36 students are three-sport athletes.

1106 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.