Acalanes High School

Athletic Department

2019-2020 Summary

Fall sports athletic update.

The Boys Cross Country team finished 2nd at the NCS Meet of Champions in division IV led by Sam Roth finishing 5th, Andrew Owens 13th Tyler Hunt 15th, Loic Windfuhr-Durand 16th, Dominic Basaldua 18th and Nick Hutson 20th. The Girls finished 6th led by Nicole Frigon finishing 11th, Lauren Yee 12th, Caroline Crossland 31st, Elle Casselman 39th and Katrina Ortman 46th. The Boys team finished 13th at the CIF Championships in division IV led by Sam Roth finishing 37th. Nicole Frigon also qualified for the CIF Championships.

All DAL Foothill Division

First team	Second Team	Honorable Mention
	Nicole Frigon, junior	
	Andrew Owens, senior	
	Sam Roth, junior	
	Lauren Yee, sophomore	

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.26.
Varsity girl's team with an overall GPA of 3.55.
Junior varsity boy's team with an overall GPA of 3.27.
Junior varsity girl's team with an overall GPA of 3.57.
Frosh-soph boy's team with an overall GPA of 3.42.
Frosh-soph girl's team with an overall GPA of 3.36.

NCS Presidents List

Varsity	Junior varsity	Frosh-Soph	
Tyler Hunt	Megan Baginski	Hayden Abolins	Alexie Silverberg
Lena Johnson	Jonas Buchel	Peter Buchel	Zachary Snyder
Katrina Ortman	Summer Helvey	Miles Garcia	Marcus Vasankari
	Emily Keeler	Sofia Gonzalez	James Wang
	Sophia Krayna	Nathan Krishnan	Jonathan Xiang
	Austin Poole	Jackson Martin	
	Ian White		

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-Soph
Elle Casselman	Audrey Burns	Thomas Bequette
Taylor Hill	Kai Hill	Luke Brightbill
Andrew Owens	Corina McTigue	Aysha Craig
Harrison Seymour	Anh Luu Nguyen	Bennett Dodge
	Hallie Orear	Jack Dunne
	Isaiah Orlando	Ted Helvey
	Gabriel Slavitt	Andreas Ramirez
	Rayce Walton	Cole Regan
	Weilian Zhang	Ben Yadegar
	Sidney Zimmerman	

The Football team finished 9-3 overall, and tied for the DAL Foothill division championship with a 3-1 record. They defeated Newark Memorial HS 42-0 and was defeated by Marin Catholic HS 7-0 in the NCS semifinals.

All DAL Foothill Division

First team	Second team	Honorable mention
Joey Carrillo (DL), senior	Niko Cortessis (DL), junior	Carson Burrill (OL), senior
Lucas Eppinger (WR), senior	Carson Gragg (LB), senior	Jake Delaney (RB), senior
John Kalil (OL), senior	Brady Huchingson (QB), junior	
Jack Muren (WR), senior	Luke Miles (DB), senior	
Michael O'Donnell (LB), senior	Graham Oh (LB), junior	
Hunter Ridley (K), junior	Nick Pearson (DB), senior	
Tommy Thrasher (LB), senior		

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 4.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.14.
Junior varsity team with an overall GPA of 3.26.
Freshman team with an overall GPA of 3.18.

NCS Presidents List

Varsity	Junior varsity	Freshman
Taylor Clark	Jacob Benken	Nathan Bennett
Niko Cortessis	Eli Berkowitz	Luke Dulik
Lucas Eppinger	Will Berrien	Grant Eubanks
John Kalil	Luke Combi	Kaleo Feinberg
Jeremy Pearson	Jack Cusumano	Marcos Julian
	Sean Harrington	Lex Jung
		Mason Michlitsch
		Victor Nicolacakis
		Miller Smith
		Theo Stoll

NCS Scholar Athletes

Varsity		Junior varsity	Freshman
Carson Burrill	Michael O'Donnell	Nicholas Eppinger	Kyle Bielawski
Will Condy	Graham Oh	James Gunn	Nathan Kim
Joe Evans	Nick Pearson	Flynn Kuiken	Tyler Murphy
Nick Giorgianni	Ryan Reilly	Connor McPhail	Zach Robb
Carson Gragg	Hunter Ridley	Chandler Peatross	
Matt Hess	Michael Roux	Ibis Pond	
Dane Jenssen	Thomas Schrader	Rhett Skvarna	
Jack Miles	Tommy Thrasher	Noah Yeager	
Rob Montoya			

The Girls Golf team finished 7th in the DAL Foothill division with a record of 0-6. The team finished in 7th place at the DAL Championships.

All DAL Foothill Division

First team	Second Team	Honorable mention
	Kendal Geddes, freshman	Makena Chelemedos, freshman

NCS Scholar Team honors: Varsity team with an overall GPA of 3.49.
Junior varsity team with an overall GPA of 3.57.

NCS Presidents List

Varsity	Junior varsity
Carly Arends	Emerson Brown
Emerson Cronin	
Kendal Geddes	
Helen Kleinsmith	
Rachel Pan	

NCS Scholar Athletes

Varsity	Junior varsity
Makena Chelemedos	Elena Brown
Kaitlyn Keely	Kelly Dissman
	Sydney Rohrbough
	Ava Spiegler

The Girl's Tennis team was DAL Foothill Division Champions with a record of 9-1 and an overall record of 16-5. In the NCS Team Championships, they defeated Mission San Jose HS 4-3 and San Ramon Valley HS 5-2 before being defeated by Miramonte HS 5-2 in the semifinals.

All DAL Foothill Division

First team	Second team	Honorable mention
Eliza Bates (singles), junior	Analese Ruczynski (singles), frosh	Zoe Cate (singles), senior
Jasmine Toni (singles), junior		

NCS Scholar Team honors: Varsity team with an overall GPA of 3.61.
Junior varsity team with an overall GPA of 3.62.

NCS Presidents List

Varsity	Junior varsity
Alyssa Armanino	Ella Alpert
Lindsey Campbell	Avery Bahl
Kayli Harley	Emily Berkowitz
Analese Ruczynski	Ashley Donner
Jasmine Toni	Maristella Heo
Lauren Williams	Natalie Hiatt
	Sydney Lauer
	Madison Payne
	Juliana Upp
	Marcela Wisniewska

NCS Scholar Athletes

Varsity	Junior varsity
Katie Bishopp	Kaylin Broad
Martha Burns	Eleni Chatzigeorgiou
Zoe Cate	Audrey Garces
Chambit Miller	Catherline Lomond
Rachel Minden	Shrida Pandey
	Gina Park
	Savannah Vant
	Zoe Weinstein

The Girls Volleyball team finished 2nd in the DAL with a record of 6-4 and had an overall record of 18-8. They were the NCS championship runner-up defeating Hercules HS, Moreau Catholic HS and Tamalpais HS before being defeated by Branson HS in the championship game. In the CIF NorCal playoffs they were defeated by Branson HS.

All DAL Foothill Division

First Team	Second Team	Honorable Mention
Madi Risch, senior	Kennedy Cornish, senior	Sydney Sowarby, junior
Lane Webster, senior		

NCS Scholar Team honors: Varsity team with an overall GPA of 3.09.
Junior varsity team with an overall GPA of 3.23.
Freshman team with an overall GPA of 3.56.

NCS Presidents List

Varsity	Junior varsity	Freshman
Elena Needs	Mara Korzeniowska	Sofie Foster
Madi Risch	Chloe Wu	Catherine Judson
	Rachel Zhang	Jasmine Latimer
		Katelyn Olin
		Lyanne Wang
		Georgia Winkles

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Kennedy Cornish	Autumn Long	Rebecca Johnson
Erin Meade	Maya Paul	Sierra Lashinsky
Annika Olson		Elsa Simas
Makenzie Sauer		
Sydney Sowarby		

The Boys Water Polo team finished with an overall record of 16-12, and 0-6 in the DAL to finish in 4th place. They are the NCS Champions defeating Redwood HS 14-11, Tamalpais HS 10-9 and College Park HS 16-10. They were defeated by Clovis West HS 14-13 in the first round of the CIF NorCal playoffs.

All DAL Foothill Division

First team	Second team	Honorable mention
Mac Darin, senior	Charlie Bettencourt, senior	Mike Winther, senior
	Jay Mills, junior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.55.
Junior varsity team with an overall GPA of 3.19.

NCS Presidents List

Varsity	Junior Varsity
Peter Archer	Sasha Malinovsky
Eli Berkowitz	
Jay Mills	

NCS Scholar Athletes

Varsity	Junior Varsity
Jon Davis	Jack Bayless
Ethan Del Rosario	Austin Bishop
Mitchell Franklin	Matthew Brock-Utne
Scott Murphy	Tommy Gallagher
Kyle Rosenblatt	Aaron Vaserman
William Stryker	
Parker Tompkins	
Ethan Walker	
Mike Winther	

The Girls Water Polo team was 27-0 overall, and 6-0 and are the DAL Champions. They are the NCS Champions as they defeated College Park HS 20-3, San Ramon Valley HS 12-5 and Miramonte HS 8-6 in the championship game. They are the CIF NorCal Champions as they defeated St. Francis HS 14-2, Davis HS 12-3 and Sacred Heart Prep HS 10-2 in the championship game.

All DAL Foothill Division

Jewel Roemer, senior was named the Most Outstanding Player.
Ava Donleavy, junior was named the Most Outstanding Goalkeeper.

First team	Second team	Honorable Mention
Mary Beth Heffelfinger, senior	Heidi Heffelfinger, sophomore	Emma Miller, junior
Alana McCartney, junior	Caroline Schirmer, jnior	
Alex Mould, junior	Brooke Westphal, senior	
Claire Rowell, sophomore		

NCS Scholar Team honors: Varsity team with an overall GPA of 3.38.
Junior varsity team with an overall GPA of 3.49.

NCS Presidents List

Varsity	Junior Varsity
Emma Miller	Sara Archer
Mala Neuman	Franny Daughters
Jewel Roemer	Tessa Gundacker
Claire Rowell	Lauren Kuo
	Leah Macarewich
	Sarah McCarthy
	Cora Murray
	Shayna Parker
	Sophie Weston

NCS Scholar Athletes

Varsity	Junior Varsity
Heidi Heffelfinger	Kate Carter
Mary Beth Heffelfinger	Audrey Cox
Caroline Schirmer	Elle Forschler
Brooke Westphal	Chloe Goddard
	Jordan Hagglund
	Maizie O’Hare
	Daylor Williams

The Sideline Cheerleading squad dazzled many during the football season.

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

NCS Presidents List

Varsity	Junior Varsity
Jaedyn Boynton	Sally Sheehan
Rachel Morris	
Aly Sheehan	
Anika Thompson	

NCS Scholar Athletes

Varsity	Junior Varsity
Kayley Altbaum	Drew Ebner
Zachary Baisas	Alyssa Fong
Ella Hunt	Anie Heffernan
Emily Ingram	Dalia Morris
Mia Jaenike	Portia Seymour
Emmalyn Laurenson	Skylar Tanaka
Charlie Parker	Daphne Wandell
Phoebe Wandell	

Winter Sports Update

The Boys Basketball team was 5th in the DAL Foothill Division with a record of 16-11 overall, and 4-8 in the league. In the NCS playoffs, they were defeated by Tamalpais HS.

All DAL Foothill Division

First Team	Second Team	Honorable Mention
Scott Ruegg, junior		Aidan Bodner, 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 3.56.
Junior Varsity team with an overall GPA of 3.32.
Freshman team with an overall GPA of 3.53.

NCS Presidents List

Varsity	Junior Varsity	Freshman
Baker Murphy	Nate Cheslog	Nathan Bennett
Jake Davis	Nathan Krishnan	Bennett Dodge
Kai Feinberg		Kaleo Feinberg
John Kalil		Colin Norstad
Shreekar Pandey		Dominic Sarica
Scott Ruegg		Miller Smith
Theo Stoll		

NCS Scholar Athletes

Varsity	Junior Varsity	Freshman
Joey Carrillo	Noah Bloch	Zubin Acuna
Graham Smith		Jack Bayless

The Girls Basketball team was the DAL Foothill Division Champions with a record of 21-7 overall, and 10-0 in the DAL. In the NCS playoffs, they defeated Tamalpais HS and was defeated by Redwood HS in the quarterfinals.

All DAL Foothill Division

Kaylee Pond, junior was named Most Outstanding Player.

First Team	Second Team	Honorable Mention
Grace Gebhardt, junior	Lauren Frechman, senior	
Kaylee Pond, senior	Lauren Kobashigawa, senior	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.27.

NCS Presidents List

Varsity	Junior varsity
Emily Du	Samantha Louie
Daphne Ganter	
Grace Gebhardt	
Lauren Kobashigawa	

NCS Scholar Athletes

Varsity	Junior varsity
Kaylee Pond	Rebecca Christie
	Lucy Gellman

The Boys Soccer team was 2nd in the DAL with an overall record of 14-4-4 record and 8-1-3 in the DAL. In the NCS playoffs, they defeated Sonoma Valley HS and University HS before being defeated by Albany HS in the semifinals.

All DAL Valley Division

First team	Second team	Honorable mention
Will Easley, senior		Owen Hansen, senior
Nick Geannacopoulos, senior		Charlie Peacock, junior
		Rhett Skvarna, sophomore

NCS Scholar Team honors

Varsity team with an overall GPA of 3.46.
Junior Varsity team with an overall GPA of 3.39.
Frosh-soph team with an overall GPA of 3.44.

NCS Presidents List

Varsity	Junior varsity	Freshman
Will Easley	Cem Adatepe	Aaron Alvira
Mason Fish	Mason Archer	Riley Bonner
Nick Geannacopoulos	Eliav Feiger	Aaron Brown
Owen Hansen	Tyler Karr	Saylen Cardoni
Thomas Judson	Liam McGlynn	Grant Eubanks
Calvin Van Oss	Isaiah Orlando	Tyler Gough
		Marco Green
		Jack Hambidge
		Tyler Hunt
		Ben Reinsberg
		William Stancik

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Wesley Alpert	Marco Carranza	Ben Lacayo
Carson Gragg	Orion Moreno	
Jacob Hill	Dylan Olson	
Kai Hill	Levi Philips	
Aidan Keeler		
Aidan Mosley		
Garrett Siegel		
Rhett Skvarna		

The Girls Soccer team was 7th in the DAL with an overall record of 18-6-3 and 6-5-1 in the DAL. They were the NCS Champions defeating Analy HS 1-0, Terra Linda HS 2-0, Petaluma HS 3-1 and Branson HS 10-9 in penalty kicks in the championship game. In the CIF NorCal playoffs, they defeated Manteca HS 2-0 and was defeated by Burlingame HS 1-0 in the semifinals.

All DAL Foothill Division

First team	Second team	Honorable mention
Tatum Zuber, Freshman		Addie Bailey, freshman
		Ivy Souza, senior
		Aliye Wingate, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.56.
Junior varsity team with an overall GPA of 3.56.
Frosh-soph team with an overall GPA of 3.55.

NCS Presidents List

Varsity	Junior varsity	Frosh-soph
Addie Bailey	Ella Alpert	Ashley Donner
Tyler Boren	Lyla Cox	Abby Drake
Beth Daughters	Emmi Cronin	Kendal Geddes
Emily Keeler	Elise Flagg	Analese Ruczynski
Natasha Malinovsky	Camryn Salazar	Gabby Sandberg
Jacque Peacock	Maya Stelzer	Alexia Silverberg
Olivia Pellegrini	Lauren Yee	
Jordan Pratt		
Chloe Quintella		

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-soph
Maile Broad	Linnae Eaton	Kate Carter
Kate Carter	Brooke Palma	Aysha Craig
Natalie Cohen	Della Pascucci	Ella Easley
Dylan Hagglund	Kylie Quinn	Jordan Hagglund
Sami Hansen	Lue Van Handel	Kaitlyn Keely
Ellie Ives		
Ella Johnston		
Olivia Parnell		
Elle Skvarna		
Ivy Souza		

The Wrestling team was 6th in the DAL with a league record of 0-5. In the NCS Championships, Steven Williams placed 4th.

All DAL Foothill Division

First team	Second team	Honorable mention

NCS Scholar Team honors: Varsity team with an overall GPA of 3.40.
Junior varsity team with an overall GPA of 3.04.

NCS Presidents List

Varsity	Junior Varsity
Alex Haase	Orion Elias
Peter Husch	Miles Garcia
Lukas Ross	
Matthew Soto	

NCS Scholar Athletes

Varsity	Junior Varsity
Reid Fellner	Jacques Benazra
Hunter Goyert	Ted Helvey
Anthony Mirabito	Corina McTigue
Cooper Womack	Cole Regan

The Song Pom squad dazzled many during the basketball season.

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

NCS Presidents List

Varsity
Ava Freeman
Portia Seymour
Kaitlyn Srinivasan

NCS Scholar Athletes

Varsity
Jaedyn Boynton
Anastacia Heffernan
Skylar Tanaka
Daphne Wandell

Overall Update.

97/411 Presidents List in the Fall.
119/411 Scholar Athletes in the Fall.
22/22 Scholar Teams in the Fall.
75/288 Presidents List in the Winter.
50/288 Scholar Athletes in the Winter.
14/14 Scholar Teams in the Winter.
172/699 Presidents List in the year.
169/699 Scholar Athletes in the year.
36/36 Scholar Teams in the year.

100% of our teams received Scholar Team honors.
25% of our student-athletes received Presidents List honors.
24% of our student-athletes received Scholar Athlete honors.

All DAL selections. These are voted upon by the head coaches in the league.

NCS Presidents List. GPA must be 3.80 to 4.00. Determined by the total non-weighted grade point average for the marking period.

NCS Scholar Athlete. GPA must be 3.50 to 3.79. Determined by the total non-weighted grade point average for the marking period.

NCS Scholar Team honors. Average GPA must be 3.00 or higher. Determined by the teams average total non-weighted grade point average for the marking period.