

# *Acalanes High School*

*Athletic Department*

*2021-2022 Summary*

Fall sports athletic update.

The Girls Cross Country team finished 3<sup>rd</sup> at the NCS Meet of Champions in division IV to qualify for the CIF State Championships. They were led by the overall champion Olivia Williams, Lauren Yee finishing 11<sup>th</sup>, Megan Yee 14<sup>th</sup>, Elle Casselman 16<sup>th</sup> and Cameron Powell 26<sup>th</sup>. The Boys Cross Country team finished 4<sup>th</sup> at the NCS Meet of Champions in division IV led by Tyler Hunt 5<sup>th</sup>, Loic Windfuhr-Durand 12<sup>th</sup>, Logan Farzan 26<sup>th</sup>, Bennett Dodge 35<sup>th</sup> and Zach Snyder 47<sup>th</sup>. The Girls team finished 5<sup>th</sup> at the CIF State Championships in division IV. They were led by Olivia Williams placing 2<sup>nd</sup>, Lauren Yee 35<sup>th</sup>, Megan Yee 41<sup>st</sup> and Elle Casselman 57<sup>th</sup>. Tyler Hunt placed 26<sup>th</sup> in boys division IV.

All DAL Foothill Division

<u>First team</u>	<u>Second Team</u>	<u>Honorable Mention</u>
Tyler Hunt, junior Olivia Williams, sophomore	Lauren Yee, senior Megan Yee, sophomore	

NCS Scholar Team honors:

Varsity boy's team with an overall GPA of 3.69.  
Varsity girl's team with an overall GPA of 3.74.  
Junior varsity boy's team with an overall GPA of 3.70.  
Junior varsity girl's team with an overall GPA of 3.43.  
Frosh-soph boy's team with an overall GPA of 3.57.  
Frosh-soph girl's team with an overall GPA of 3.51.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Bennett Dodge Emma Hunt Tyler Hunt Cameron Powell Zach Snyder Olivia Williams Megan Yee	Sam Bequette Tom Bequette Abby Drake Sam Pecci Andreas Ramirez Nathan Rurka	Lauren Blosser Sam Dempsey-Fehling Liam Gallacher Zach Garcia Anya Haas Hollenbeck Benjamin Jo Nathan Joseph Sadie Poole Muna El-Shaam Saifeddin-Alsafi

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Elle Casselman Thomas Cronin Caroline Crossland Logan Farzan Lauren Yee	Isabella Starbuck Emma Uffelman	Leela Anzenberger Chloe Boyle Lucas Chow Livia Davis Ruby Deeming Adam Emtage Nina Gehrig Collin Glick Isaac Hutton Levi Johnson Ben Kokel Daichi Nannen Andrew Wartenberg

The Football team finished 6-5 overall, and 4<sup>th</sup> in the DAL Foothill division with a 2-3 record. In the NCS playoffs, they were defeated by El Cerrito HS in the quarterfinals.

Luke Souza, senior, is the Most Valuable Offensive Player of the DAL.

#### All DAL Foothill Division

##### First team

Logan Ketcham (LB), senior  
Dante Montgomery (WR), senior

##### Second team

Will Berrien (WR), senior  
Sam Hafner (DL), senior  
Evan Malmquist (RB), senior

##### Honorable mention

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.28.  
Junior varsity team with an overall GPA of 3.37.  
Freshman team with an overall GPA of 3.15.

#### NCS Presidents List

##### Varsity

Jacob Benken  
Nathan Bennett  
Will Berrien  
George Churchill  
Luke Combi  
Jack Cusumano  
Nick Eppinger  
James Gunn  
Flynn Kuiken  
Connor McPhail  
Mason Michlitsch  
Dante Montgomery

Patrick Nicosia  
Jake Takeuchi  
Graham Oh  
Noah Yeager

##### Junior varsity

Gavin Bender  
Ben Brekke  
Miles Clark  
Roan Kuiken  
Alexander Kurimai

##### Freshman

Griffin Ames  
Miles Blackhart  
Jake Colaco  
Brody Darin  
Zac Herrerias  
Jeremy Lara  
Brendan Miles  
Faisal Nabulsi  
Eitan Romick  
James Stadt  
Andrew Tresser  
Jake Yoshinaka

#### NCS Scholar Athletes

##### Varsity

Eli Berkowitz  
Andrew Habas  
Nathan Kim  
Paul Kuhner  
Evan Malmquist  
Victor Nicolacakis  
Connor O'Toole  
Ibis Pond  
Zach Robb  
Miller Smith  
Luke Souza

##### Junior varsity

Jake Boselli  
Christian Cervenka  
Joe Colachico  
James Davis  
Will Dreyer  
Ryan Foster  
Henry Hagel  
Jackson Jones  
Calvin Kotarba  
Nate Lyons  
Gus McKinney  
Ethan Pancoast  
Walker Smith  
Henry Souza  
Aidan Yates

##### Freshman

Sammy Foster  
JB Frolich  
Danny Goldwyn  
Eli Laird  
Drew McKenzie  
Jake Megibow  
Jonah Orlando  
Will Roberts

The Girls Golf team finished 3<sup>rd</sup> in the DAL Foothill division with a record of 4-4 and 6-4 overall. The team finished in 3<sup>rd</sup> place at the DAL Championships and 9<sup>th</sup> place at the NCS Championships.

#### All DAL Foothill Division

##### First team

##### Second Team

##### Honorable mention

Haley Chelemedos, freshman  
Makena Chelemedos, junior

Kendal Geddes, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.76.  
Junior varsity team with an overall GPA of 3.64.

#### NCS Presidents List

##### Varsity

Juliet Becker  
Haley Chelemedos  
Hana Chelemedos

##### Junior varsity

Sophie Bride  
Hayley Takeshima

#### NCS Scholar Athletes

##### Varsity

Emme Cronin  
Kendal Geddes

##### Junior varsity

Rachel Pan

The Girl's Tennis team was 3<sup>rd</sup> in the DAL Foothill Division with a record of 6-4 and an overall record of 12-11. In the NCS Team Championships, they defeated Lick Wilmerding HS, Bishop O'Dowd HS and College Prep HS before being defeated by Branson HS in the championship to be the NCS Championship Runner-up.

#### All DAL Foothill Division

##### First team

Analese Ruczynski (singles), junior  
Emily Berkowitz (doubles), junior  
Kayli Harley (doubles), senior

##### Second team

Martha Burns (singles), junior  
Avery Bahl (doubles), senior  
Marcela Wisniewska (doubles), junior

##### Honorable mention

Ella Morris (singles), senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.56.  
Junior varsity team with an overall GPA of 3.64.

#### NCS Presidents List

##### Varsity

Avery Bahl  
Emily Berkowitz  
Kaylin Broad  
Martha Burns  
Ashley Donner  
Parker Grenby  
Kayli Harley  
Lindsay Kim  
Ella Morris  
Analese Ruczynski

##### Junior varsity

Lauren Blosser  
Elsa Braunstein  
Piper Duff  
Rachel Feldman  
Natalie Hiatt  
Emily Jones  
Sabrina Koo  
Jacqueline Kuhner  
Judith LaBonge  
Charlotte McKenzie  
Juliana Upp  
Hanna Wisniewska  
Kea Yoshinaka

#### NCS Scholar Athletes

##### Varsity

Catherine Condy  
Lucinda O'Brien  
Nicole Parlett

##### Junior varsity

Jace Bowler  
Eleni Chatzigeorgiou  
Rachel Gottfried  
Addie Martin  
Paige Sanders  
Abigail Wiehn

The Girls Volleyball team finished 3<sup>rd</sup> in the DAL with a record of 5-5 and had an overall record of 8-11. In the NCS playoffs they were defeated by Rancho Cotate HS in the first round.

#### All DAL Foothill Division

##### First Team

Emma Johnson, senior

##### Second Team

Katelyn Olin, junior

##### Honorable Mention

Jade Profilio, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.50.

Junior varsity team with an overall GPA of 3.29.

Freshman team with an overall GPA of 3.51.

#### NCS Presidents List

##### Varsity

Hanna Hageboeck

Katelyn Olin

Lyanne Wang

Bela Yanakieva

Rachel Zhang

##### Junior varsity

Annie Baker

Kira Chan

Dulci Vail

##### Freshman

Megan Churchill

Grace Gallacher

Lily McKinney

Addison McShane

#### NCS Scholar Athletes

##### Varsity

Monica Dikova

Emma Johnson

Mara Korzeniowska

Gianna Manzone

Maelin Mason

Maya Paul

##### Junior varsity

Ava Bunten

Mia Iams

Eva McGrath

Tea Smith

Sammy Thompson

##### Freshman

Addison Ames

Emma Cain

Campbell Evans

Milan Maycock

Skylar Platto

Fiona Roux

The Boys Water Polo team finished 3<sup>rd</sup> in the DAL with a 2-4 record and an overall record of 12-10. In the NCS division 1 playoffs, they defeated Amador Valley HS and Tamalpais HS before being defeated by Redwood HS in the championship to be NCS Championship Division 1 Runner-up.

#### All DAL Foothill Division

##### First team

Christian Gotterup, junior  
Harrison Labrosse, junior

##### Second team

Eli Berkowitz, senior  
Kyle Rosenblatt, senior  
Andrew Sappal, junior

##### Honorable mention

Austin Bishop, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.19.  
Junior varsity team with an overall GPA of 3.36.

#### NCS Presidents List

##### Varsity

Kyle Rosenblatt  
Aaron Vaserman

##### Junior Varsity

Rocco Fraioli  
Justin Rosenblatt

#### NCS Scholar Athletes

##### Varsity

Eli Berkowitz  
Austin Bishop  
Matthew Brock-Utne  
Tommy Gallagher  
Harrison Labrosse

##### Junior Varsity

Sam Whipple

The Girls Water Polo team was 2<sup>nd</sup> in the DAL with a 3-3 record and 17-12 overall. In the NCS playoffs, they defeated Tamalpais HS before being defeated by Miramonte HS in the semifinals. In the CIF NorCal playoffs, they defeated San Ramon Valley HS and Amador Valley HS before being defeated by Arroyo Grande HS in the championship game to be the CIF NorCal Division 2 Runner-Up.

#### All DAL Foothill Division

Jewel Roemer, junior was named the Most Outstanding Player.

#### First team

Audrey Cox, junior  
Heidi Heffelfinger, senior

#### Second team

Sara Archer, junior  
Olivia Williams, sophomore

#### Honorable Mention

Wendy Heffelfinger, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.46.  
Junior varsity team with an overall GPA of 3.42.

#### NCS Presidents List

#### Varsity

Audrey Cox  
Franny Daughters  
Heidi Heffelfinger  
Wendy Heffelfinger  
Sarah McCarthy  
Daylor Williams  
Olivia Williams

#### Junior Varsity

Olivia Feldman  
Tess Gundacker  
Sophia Hendrickson  
Catherine Judson  
Melina Nath  
Kate Roberts  
Sophie Westen

#### NCS Scholar Athletes

#### Varsity

Levand Koopah

#### Junior Varsity

Adrianna Berloui  
Kate Carter  
Lauren Kuo



The Sideline Cheerleading team was instrumental in delivering spirit and entertainment to the football games and rallies.

NCS Scholar Team honors:           Varsity team with an overall GPA of 3.48.  
  Junior varsity team with an overall GPA of 3.49.

#### NCS Presidents List

##### Varsity

Grace Chehlaoui  
Anie Heffernan  
Mia Jaenicke  
Dalia Morris

##### Junior Varsity

#### NCS Scholar Athletes

##### Varsity

Drew Ebner  
Ava Freeman  
Lily Hanzel  
Skylar Tanaka  
Daphne Wandell

##### Junior Varsity

Leela Anzenberger  
Julianna May  
Caroline Urick

Overall Update.

116/392 Presidents List in the Fall.  
102/392 Scholar Athletes in the Fall.  
22/22 Scholar Teams in the Fall.

100% of our teams received Scholar Team honors.  
30% of our student-athletes received Presidents List honors.  
26% 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.