Fall sports athletic update.

The Cross Country team had a good season with the girls sending two members to the CIF state championships. Drusia Dickson and Maureen Huber qualified for the state championships with Maureen Huber placing 14th in the state in the division three classification.

Varsity Cross Country Drusia Dickson Aaron Senter Michael Sutyak

JV Cross Country Riad Alameddine Tarek Alameddine Melanie Deichler Todd Ebe Jon Evans Peter Flier Pascale Goertler Jessica Karadi Lauren Kostka Gloria Lai Erika Leighton Spencer Lindsay Noah Lorenzana Kristi Ray Andrew Reiter Kevin Wong Matthew Wolff Matthew Yarrington Frosh-soph Cross Country Sara Caldwell Alissa Chastain Chris Chung Sarah Ebe Andrew Elefant Derek Emmons Kip Forrest Ashley Frey Claire Geisse Andy Gianakos Scott Ho Bill Neill Talia Shea Jonathan Sheu

The Football team qualified for the NCS playoffs for the second year in a row. They defeated Miramonte in the semi-finals to end the Matadors 35 game winning streak, and advance to the NCS championship game. The Dons were defeated by Las Lomas to place second in the section in the division 2 classification.

Zach Clark was named to the first team All Contra Costa Times team.

The varsity team received scholar team honors and had the 3^{rd} highest overall GPA in the section at 3.10

Varsity Football Dan Dickson JP Diemer Phil Gyulai Andrew Scroggy JV Varsity Greg Corbett Inder Dhillon Brian Diemer Dan Lorenzana Rory Mouat Jordan Rudman Monti Sharma <u>Freshman Football</u> Gordon Forrest Jason Gee David Granlund Fraser Grove Patrick Maher Matt Wigylus Mike Yarrington The Girls Golf team won the DFAL championship, and the NCS championship. They also placed 5th in the NorCal championships.

Girls Golf	
Lara Alexander	SoEun Lee
Carie Brueckner	Taylor Lee
Emily Brush	Lauren Olson
Minji Cho	Megan Padua
Annie Daher	Morgan Perales
Youngmee Kim	Kelsey Raaen

Suzetty Shen Katie Stark Meghan Stephens Shannon Wiehelm Jessica Zestar-Postrik

The Girls Volleyball team qualified for the NCS playoffs, and were defeated in the first round.

Varsity Girls Volleyball
Lexi Hill
Jane Jun
Elizabeth Long
Amy McCowan
Caitlin Murphy
Sarah Ting

JV Girls Volleyball Melanie Anderson Katie Mara Lauren Mutch Amanda Sorensen Freshman Girls Volleyball Marie Dieden Allison Frazier Alley Mitchell Molly Peterson Elizabeth Stark Stephanie Welty

The Boys Water Polo team was DFAL champions, and qualified for the NCS playoffs. After winning their first round game, they lost 8-7 to Las Lomas in the semi-finals.

The Girls Water Polo team was young and inexperienced, yet they qualified for the NCS playoffs. They were defeated in the first round.

Winter Sports Update

The Boys Basketball team won the DFAL title, and lost in the first round of the NCS Championships to Las Lomas.

The Boys JV Basketball team received scholar team honors with an overall GPA of 3.10, and the Boys Freshman Basketball team received scholar team honors with an overall GPA of 3.07.

<u>Varsity Boys Basketball</u> Andy McNeil Brett Wallace JV Boys Basketball Chad Hirsch Stephen Nigro Kevin Phillips <u>Freshman Boys Basketball</u> Gavin Beeman Terrence Chen Gordon Forrest Kip Forrest Fraser Grove

The Girls Basketball team won the NCS Division 3 Championship, and made it to the NorCal State Championship Semi-finals behind first year coach, Glen Magpiong.

Katie Curtis was named to the first team All Contra Costa Times team, and Erin Barclay was named to the third team.

The Varsity Girls Basketball team received scholar team honors with an overall GPA of 3.20. The JV Girls Basketball team received scholar team honors with an overall GPA of 3.46. The Freshman Girls Basketball team received scholar team honors with an overall GPA of 3.29.

Varsity Girls Basketball Kelsey Barclay Pierce Curtis Taylor Lee Kriste Marciulionis Kirsten Sorensen Meghan Stevens JV Girls Basketball Melanie Anderson Sara Clancy Claire Geisse Annie McKinley Kelly Muscolo Rose Palley Molly Peterson Leigha Winters <u>Freshman Girls Basketball</u> Minji Cho Annie Lee Kirsten Marchus Stephanie Morlock Molly O'Neill The Boys Soccer team won the DFAL championship. They lost in the first round of the NCS Championships to Miramonte.

The Varsity Boys Soccer team received scholar team honors with an overall GPA of 3.40. The JV Boys Soccer team received scholar team honors with an overall GPA of 3.10. The Froshsoph Boys Soccer team received scholar team honors with an overall GPA of 3.31.

Varsity Boys Soccer Riad Alameddine Tarek Alameddine David Allen Scott Arnold Ryan Callahan Dan Dickson Greg Mathy Dan Philpot Brian Schwertscharf Michael Sutyak Bobby Weiller JV Boys Soccer Scott Fowler David Heckle Kyle La Honta Nate Thayer Matt Yarrington Frosh-Soph Boys Soccer Chris Chung Seyoon Kim Dan Lorenzana Alex Love Luke Musser Andy Shumaker Drew St. Pierre Eric Thomas

The Girls Soccer team qualified for the NCS Championships, and lost in the first round to Bishop O'Dowd 2-1.

The Varsity Girls Soccer team received scholar team honors with an overall GPA of 3.66. The JVGirls Soccer team received scholar team honors with an overall GPA of 3.26.

Varsity Girls Soccer	JV Girls Soccer
Christine Brast	Sarah DeCrescenzo
Katie Condon	Drusia Dickson
Roxy Croze	Marie Dieden
Mirelle Fishel	Sarah Ebe
Lizzie Masland	Atoosa Firouzian
Cassie Mullendore	Katherine Hayes
Erin Nelson	Jessica Joffschneider
Ali Ousley	Nicole Hoffschneider
Heather Pemberton	Krissy Hopper
Rachel Resneck	Katie Keegan
Jessica Zestar-Postrk	Naomi Kieser
Lauren Zuckerman	Madeline Nicholson
	Eli Sanderson-Cimino

The Wrestling team was young this year and had their struggles, but their new coach, Bob Chance, is excited about the young wrestlers that will return next year.

Nick Carrel Valerie Love Jordan Rudman

The Varsity Cheerleading team received scholar team honors with an overall GPA of 3.18.

Varsity Cheerleading Amanda Howard Lauren Mullen Patty Renno Tania Wong JV Cheerleading Dana Sherne Spring Sports Update

The Varsity Baseball team received scholar team honors with an overall GPA of 3.13, and the JV team received scholar team honors with an overall GPA of 3.11.

Varsity Baseball Brian Diemer Matt Garrett Dan Masi Devin Paltenghi Mike Tucci Bret Wallace JV Baseball Chris Chung Jake Geier Ryan Griffiths Jim Kopas Kyle LaHonta Kevin Phillips <u>Freshman Baseball</u> Erik Alman Jason Gee Andy Hatfield Patrick Maher

The Boys Golf team qualified for the NCS South qualifier, where they placed 6th overall, and qualified for the NCS Tournament of Champions.

Dan Elbert Chris Lau Kirk Sato Joey Shurtleff

The Varsity Boys Lacrosse team received scholar team honors with an overall GPA of 3.00.

Varsity Boys Lacrosse Craig Beveridge Eddie Birnbaum Todd Ebe Mark Govan Andy Rich Matt Wulf JV Boys Lacrosse Christian Biehl Kevin Davis Chad Hirsch

The Girls Lacrosse team finished 2^{nd} in the DFAL with a 15-3 record.

The Varsity Girls Lacrosse team received scholar team honors with an overall GPA of 3.58, and the JV Girls Lacrosse team received scholar team honors with an overall GPA of 3.39.

Varsity Girls Lacrosse	JV Girls Lacrosse
Emily Brush	Amanda Bergman
Sarah DeCrescenzo	Marie Dieden
Pascale Goertler	Emily Grant
Katie Harkins	Lesley Ho
Jessica Hoffschneider	Katherine Horuk
Jane Jun	Katie Keegan
Lauren Kostka	Naomi Kieser
Annie McKinley	Morgan Perales
Lauren Mutch	Molly Peterson
Ali Ousley	Allison Shiozaki
Samantha Robinson	Maddie Weiss
Amanda Saribalis	
Lindsay Talbot	
Jessica Zestar-Postrk	
Rachel Zestar-Postrk	
Lauren Zuckerman	

The Varsity Softball team won the DFAL Championship with an overall record of 22-2, and a DFAL record of 16-2. They were defeated in the NCS Championship semi-finals by Campolindo 4-3 in 13 innings.

The Varsity Softball team received scholar team honors with an overall GPA of 3.35, and the JV Softball team received scholar team honors with an overall GPA of 3.07.

Varsity Softball Ashley Adams Carie Brueckner Blair Cuny Shauna Kennedy Elizabeth Long Amy McCowan Courtney Ward <u>JV Softball</u> Allison Chew Megan Grove Rowan Hahn Jenny Linchey Rachel Shiozaki The Boys Swim team placed 8th in the NCS Championships.

200 medley relay team placed 5th with Derek Connolly, Mike Ferrif, Danny Pozzan, and Sam Schrager.

400 freestyle relay team placed 5th with Jay Warner, John Siegfried, John Sloat, and Mike Palley. The Girls Swim team placed 6th at the NCS Championships.

Gina Sulprizio placed 6th in the 100 and 200 freestyle.

Kelly Mooney placed 8th in the 200 freestyle.

200 freestyle relay team placed 7th with Gina Sulprizio, Kelly Mooney, Kara Muraki, and Kelly Rich.

The 400 freestyle relay team placed 6th with Gina Sulprizio, Kelly Mooney, Kara Muraki, and Lily Mahl.

The Diving team had NCS Championship placers Lila Korpell, 3rd place; Katlynn Guglielmo, 6th place; and Kendall Crakow, 16th place.

The Boys Swimming & Diving team received scholar team honors with an overall GPA of 3.13, and the Girls Swimming & Diving team received scholar team honors with an overall GPA of 3.24.

Boys Swimming & Diving	Girls Swimming & Diving
Stephen Andron	Keely Andrews
Paul Burgin	Sara Caldwell
Wesley Chen	Kelsey Catlin
Patton Christofides	Lisa Cotter
Jon Evans	Mariya Deryugina
Tren Kauzer	Jessica Evans
Spencer Lindsay	Nicole Hughes
Jake Norton	Joyce Luke
Miles Palley	Kelly Mooney
Danny Pozzan	Sarah Ory
Matt Pozzan	Rose Palley
Steffen Ryge	Tamara Presser
Sam Schrager	Kristi Ray
John Sloat	Kelly Rich
	Michelle Roses
	Lindsay Sheehan
	Anna Straus
	Kristin Studeman
	Kaitlin Tiernan
	Leigha Winters
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The Varsity Boys Tennis team won scholar team honors, with an overall GPA of 3.19, and the JV Boys Tennis team won scholar team honors, with an overall GPA of 3.31.

Varsity Boys Tennis Greg Corbett

JV Boys Tennis Colby Corbett Andrew Elefant Kevin Fickle Ryan Fowler Chris Jagger Alexx Perloff Kevin Wang John Doughty Eric Edelson Derek Emmons Gordon Forrest Eric Fresquez Omaid Raissi Brian Schwertscharff Jonathan Sheu Drew St. Pierre Spencer Streib

The Girls Track & Field team received scholar team honors with an overall GPA of 3.53.

Boys Track & Field Jun Fu Andy Gianakos Brian Lee Noah Lorenzana Alex Love Andrew Scroggy Alex Shogan Nate Thayer

Girls Track & Field Holly Barbera Amanda Bergman Alissa Chastain Sarah Clancy Drusia Dickson Atoosa Firouzian Lexi Hill Nicole Hoffschneider Amanda Howard Dana Jones Samantha Luke Kristen Marchus Kristie McGoldrick Kelly Muscolo Alex Rooney Elizabeth Sanderson-Cimino Suzetty Shen Nitasha Singh Leslie Su Ann Thomas Valerie Vradenburg Rachel Wynn

The Boys Volleyball team finished 2nd in the DFAL, and qualified for the NCS playoffs.

The Varsity Boys Volleyball team received scholar team honors with an overall GPA of 3.46, and the JV Boys Volleyball team received scholar team honors with an overall GPA of 3.13

Varsity Boys Volleyball Michael Downing Jacob Farris Russ Hampton Nick Lamel Jeff Martin Andy McNeil Evan Pardo Theo Saribay Jonathan Wong <u>JV Boys Volleyball</u> Johnny Capelli Theo Constantouros Mark Martin Bill Neill Ed Pang Sahba Shayani

Overall Update.

80% of our teams received scholar team honors.40% of our student-athletes received scholar-athlete honors.739 students participate in at least one sport, which is 60% of our student body.205 students are two-sport athletes, and 21 students are three-sport athletes.