Fall sports athletic update.

The Cross Country team had an outstanding season with the boys placing 4^{th} , and the girls placing 3^{rd} at the NCS Championships. Both teams qualified for the CIF state championships. The girls team was 5^{th} in division III at the state meet, led by Mo Huber (8^{th}) , Drusia Dickson (22^{nd}) , and Ann Thomas (34^{th}) . The boys were 15^{th} , led by Harlan Lopez (35^{th}) .

All DFAL

<u>First team</u> <u>Second team</u>

Maureen Huber, sophomore
Harlan Lopez, senior
Ann Thomas, senior

Micl

Drusia Dickson, junior Michael Sutyak, junior

All Times

Maureen Huber, sophomore

NCS Scholar Team honors: Boys team with an overall GPA of 3.12

Girls team with an overall GPA of 3.31.

NCS Scholar Athletes

Varsity Junior varsity Melanie Anderson Sara Clancy Drusia Dickson Cameron Attaran Gordon Forrest Zach Boylan Alissa Chastain Mariko Kellogg Lauren Kostka Forrest Cheney Erika Leighton Chris Chung Rebecca Cook Kristen Marchus Connor Mooney Sarah DeCrescenzo Corinne Murdock Andrew Elefant Michael Sutyak **Derek Emmons** Ann Thomas Ramsey Ghulam Rachel Zestar-Postrk Katherine Horuk

Katelyn Keegan Jonathan Pegan Samantha Robinson Malcolm Wyatt-Mair The Football team was young and inexperienced, yet still qualified for the NCS playoffs, and made it to the semi-finals for the third year in a row. They were defeated Miramonte in the semi-final game.

Tim O'Neill and Phil Guylai were on the Times football players of the year second team.

All DFAL

<u>First team</u>
Tim O'Neill (RB), senior
Tony Ferraris (OL), senior

Second team Sam Briggs (LB), sophomore Phil Gyulai (WR), senior Derek Minetti (P), senior

Honorable mention Todd Boudreaux (DT), senior Inder Dhillon (CB), junior Brian Diemer(OL)sophomore Tony Ferraris (DT), senior Dan Masi (S), sophomore Derek Minetti (Utility),senior

All Times

Second team Phil Gyulai (WR), senior Tim O'Neill (RB), senior

NCS Scholar Athletes

<u>Varsity</u>
Todd Boudreaux
Inder Dhillon
Brian Diemer
Jason Gee
Phil Gyulai
Derek Minetti
Rory Mouat
-

Junior varsity	Freshman
David Granlund	Scott Emery
Andy Hatfield	Danny Gallo
	Scott Gaylord
	Kevin Hill
	Don Kephart
	Nate Shaw
	Jake Wignall

Alex Wu

The Girls Golf team won the DFAL championship, and the NCS championship led by Freshman, Christina Hirano's second place finish. They also placed 2nd in the NorCal championships to qualify for the CIF state championships. At the state championships, Christina Hirano placed 21st.

Christina Hirano was name the Times girls golf Player of the Year, and Tim Scott was named the Times girls golf Coach of the Year.

All DFAL

Christina Hirano, freshman Taylor Lee, sophomore Megan Padua, senior

All Times

Christina Hirano, freshman Megan Padua, senior

NCS Scholar Team honors: Girls golf team with an overall GPA of 3.13.

NCS Scholar Athletes

Lara Alexander
Emily Banville
Alaina Binstock
Taylor Lee
Lauren Mutch
Lisa Okamoto

Lani Bettis led the Girls Tennis team winning her first two matches at the DFAL Championships before losing in the quarterfinals.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.34.

Junior varsity team with an overall GPA of 3.19.

NCS Scholar Athletes

VarsityJunior varsityMegan GroveLauren BullenLesley HoClaire DeCrescenzoAmanda HoldingEmily Hirsch

Shannon Oakes Marion Lee
Sarah Simon Erika Mittelman
Leslie Su Sarah Neighbor

Rachel Wynn

A young Girls Volleyball team qualified for the NCS playoffs, and made it to the quarterfinals by defeating Elsie Allen HS of Santa Rosa before falling to Bishop O'Dowd HS.

All DFAL

Carly Bouza was named Co-Most Valuable Player as a sophomore.

First TeamSecond TeamHonorable MentionVictoria Young, seniorSarah Ting, sophomoreAmy McCowan, senior

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

Junior varsity team with an overall GPA of 3.19.

NCS Scholar Athletes

VarsityJunior varsityFreshmanAllison FrazierMarie DiedenRachel BullenElisabeth LongPooja YabannaverLoretta Johnson

Amy McCowan Amanda Sorensen

Sarah Ting

The Boys Water Polo team qualified for the NCS playoffs. They lost to Campolindo HS in the first round.

All DFAL

<u>First team</u> <u>Second team</u>

Mike Ferrif, senior Steve Andron, sophomore

Chris Harding-Brown, senior

All Times

Mike Ferrif, senior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

VarsityFrosh-sophChris Harding-BrownWill EwingJohn SloatBrian Schnugg

Joe Seroy

The Girls Water Polo team was young, yet they qualified for the NCS playoffs. They made it to the quarterfinals by defeating Las Lomas HS, before losing to Monte Vista HS.

All DFAL

First team Second team

Nicole Hughes, junior Kelly Jenkins-Stark, junior

Michelle Roses, senior

All Times

Nicole Hughes, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.21.

Frosh-soph team with an overall GPA of 3.37.

NCS Scholar Athletes

VarsityFrosh-SophKeely AndrewsAshley BirdNicole HughesWesley BirdJenna LambertSara CaldwellJeannie ValkevichJessica EvansLeigha WintersShanna Hoverston

Claire Love Rose Palley Molly Quinn Whitney Sherman Kristin Studeman

Winter Sports Update

The Boys Basketball team won the DFAL Championship for the second consecutive year. They went on to defeat Redwood HS in the NCS playoffs before losing to Bishop O'Dowd HS in the semifinals.

All DFAL

Senior guard, Adam Altgelt, was co-MVP in the DFAL.

First team
Bret Wallace (F), senior

Honorable Mention
John Egan (G), senior
Russ Hampton (F), senior

All Times

Adam Altgelt, senior, was a third team selection.

The Varsity team had the highest overall GPA in the North Coast Section for all division 3 boys basketball programs.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.37.

Freshman team with an overall GPA of 3.17.

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Mike Hammonds	Terrence Chen	Taylor Gleiden
Stephen Nigro	Fraser Grove	Colin Murphy
Kevin Phillips		Nate Shaw
Bret Wallace		Joe Valkovich

The Girls Basketball team defeated Windsor HS in the first round of the NCS playoffs before losing to Northgate HS in the quarterfinals.

All DFAL

Katie Curtis, senior, was the MVP of the DFAL.

Second team Honorable Mention

Kriste Marciulionis (C), junior Taylor Lee (G), sophomore

Meghan Stevens (G), senior

All Times

Katie Curtis, senior, was a first team selection.

The Varsity team had the third highest overall GPA in the North Coast Section for all division 3 girls basketball programs.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.51.

Junior varsity team with an overall GPA of 3.29. Freshman team with an overall GPA of 3.07.

NCS Scholar Athletes

<u>Varsity</u>	Junior varsity	<u>Freshman</u>
Emily Banville	Sara Clancy	Laura Lazzarini
Kelsey Barclay	Loretta Johnson	Kate Lennon
Katie Curtis	Stephanie Morlock	Stephanie Leong
Pierce Curtis	Molly Peterson	Claire McConnell
Taylor Lee	Jillian Smith	Lisa Walker

Kelly Muscolo Rose Palley Meghan Stevens The Boys Soccer team had an outstanding season making it all of the way to the NCS Championship game before being beaten by Miramonte HS 2-0. In the quarterfinals they defeated Albany HS 3-0, and in the semifinals they defeated Las Lomas HS 3-2.

All DFAL

First team	Second team	Honorable mention
Scott Arnold, junior	Ryan Callahan, junior	Eddie Edelson, junior
Edwin Mesones, junior	Brian Schwertscharf, junior	
NCS Scholar Team honors	Varsity team with an overall GPA of 3.11. Junior varsity team with an overall GPA of 3.18.	

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	Frosh-Soph
Ryan Callahan	Andy Carda	Rory Hartong-Reeden
Nate Lapating	Jake Geier	Don Kephart
Dan Philpot	Andy Shumaker	Sean Kersten
Matt Yarrington	Joe Wallace	Mark Reuter
_	Ian Walters	

The Girls Soccer team had a successful season. They won their first round NCS playoff game against Salesian HS 2-0, before succumbing to Dublin HS 3-1.

All DFAL

Senior, Lauren Zuckerman, was MVP of the DFAL.

<u>First team</u> <u>Second team</u> <u>Honorable mention</u>

Heather Pemberton, sophomore Rachel Resneck, junior Katie Condon, senior

Abby Stretch, junior Lizzie Masland, junior Ali Ousley, junior

All Times

Lauren Zuckerman, senior.

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

Junior varsity team with an overall GPA of 3.11.

NCS Scholar Athletes

<u>Varsity</u> <u>Junior varsity</u> Carolina Eva <u>Celine Cohen</u>

Kate Holding Claire DeCrescenzo Katie Keegen Sarah De Crescenzo

Naomi Keiser Marie Dieden
Lizzie Masland Atoosa Firouzian
Cassie Mullendore Chrissy Hopper
Erin Nelson Kaitlin Tiernan
Heather Pemberton Lauren Tyburski

Rachel Resneck
Erika Wesley
Lauren Zuckerman

The Wrestling team improved on last years effort with three dual meet victories. Jordan Rudman qualified for the NCS Championships with a third place finish in the DFAL Championships.

NCS Scholar Athletes

Nick Carrel Chris Chung Greg Weitzman The Cheerleading team was vastly improved this year, and contributed greatly to the football and basketball seasons.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.13

NCS Scholar Athletes

VarsityJunior VarsityCody Launzel-PennesAlison ChewDana Sherne

Spring Sports Update

The Baseball team won the DFAL title outright. They defeated Albany HS and Campolindo HS in the NCS playoffs before being defeated by Miramonte HS in the NCS Championship game. First year coach, Jon Zuber, was named all-Times baseball coach of the year.

All DFAL

First team
Nick Carter, C (senior)
Jeremy Chan, Inf (senior)
John Egan, Inf (senior)
Taylor Gong, OF (senior)
Sean Watson, P (junior)

Second team
Brian Diemer, Util (sophomore)
Derek Poppert, Inf (sophomore)
Devin Paltenghi, OF (senior)
Bret Wallace, P (senior)

All Times

Nick Carter and Taylor Gong were second team selections.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.15.

Freshman team with an overall GPA of 3.02.

Freshman

Joe Wallace

NCS Scholar Athletes

VarsityJunior VarsityBrian DiemerAndy CardaJon EganScott EmeryMatt GarrettDavid GranlundJake GeierFraser Grove

Devin Paltenghi Kevin Phillips Bret Wallace The Boys Golf team placed 7th at the NCS Tournament of Champions.

All-DFAL

First Team
Patrick Sklarski

Second Team
Zach Fahmie
Kirk Sato

Joey Shurtleff

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

NCS Scholar Athletes

VarsityJunior VarsityChris LauEric GreerKirk SatoSean Lewis

Joey Schurtleff

The Boys Lacrosse team had a successful first season under new coach Charlie Jackson with a 10-9 overall record.

All-DVLL

First Team Honorable Mention

Mark Govan

Peter Musser

Peter Harris

Casey Nep

Teles Base

Tyler Rey Andy Rich

NCS Scholar Team honors: Varsity team with an overall GPA of 3.02.

Junior varsity team with an overall GPA of 3.01.

NCS Scholar Athletes

VarsityJunior varsityChristian BiehlForrest CheneyEddie BirnbaumNick PeganKevin DavisClark WinslowChad HirschMike Yarrington

Kyle Hughes Jon Pegan Andy Rich The Girls Lacrosse team was the Runner-up in the first ever NCS Championships. The lost a heart-breaker in the championship game to Foothill HS 12-11.

All-DVLL

<u>First team</u> <u>Second team</u>

Jane Jun (senior) Claire Geisse (junior)

Annie McKinley (junior)

Ali Ousley (junior)

Molly Peterson (sophomore) Alannah Taylor (senior)

NCS Scholar Team honors: Varsity team with an overall GPA of 3.46.

Junior varsity team with an overall GPA of 3.35.

NCS Scholar Athletes

Varsity Junior varsity

Emily Brush
Claire DeCrescenzo
Sarah DeCrescenzo
Allison Frazier
Sarah Ebe
Katie Keegan
Jane Jun
Claire Payne
Annie McKinley
Morgan Perales
Lauren Mutch
Julia Sobel

Molly Peterson Lauren Tyburski Sarah Robey Joan Van Hoy Amanda Saribalis Stephanie Welty

Lindsay Talbot Alannah Taylor Rachel Zestar-Postrk The Varsity Softball team finished 11-11 with a young team under first year head coach Jean Timkin.

All DFAL

First team Second team

Blair Cuny, pitcher (senior) Sara Stenson, utility (freshman)

NCS Scholar Team honors: Varsity team with an overall GPA of 3.23.

Junior varsity team with an overall GPA of 3.13.

NCS Scholar Athletes

VarsityJunior varsityAshley AdamsMegan GroveAbby CsiderNatalie NicolsonCharissa CsiderHaley Ward

Maria Marty Courtney Ward The Boys Swim team placed 7th in the NCS Championships.

Jay Warner placed 7th in the 200 freestyle.

John Sloat placed 5th in the 50 & 100 freestyle.

The 200 freestyle relay team of Jay Warner, Ted Cotter, Steve Graves, and John Sloat placed 5th.

The 200 medley relay team of Ted Cotter, Mike & Nick Ferrif, and Steve Graves placed 5th.

The Girls Swim team placed 7th in the NCS Championships.

Nicole Hughes placed 4th in the 50 freestyle.

The 200 freestyle relay team of Kelly Mooney, Shanna Hoversten, Gina Panacci, and Nicole Hughes placed 6th.

The 400 freestyle relay team of Kelly Mooney, Shanna Hoversten, Gina Panacci, and Nicole Hughes placed 5th.

In the diving competition, Billy Sweezer placed 2nd, Katelynn Guglielmo placed 5th, and Kendall Crakow placed 13th.

NCS Scholar Team honors: Varsity boys team with an overall GPA of 3.08.

Junior Varsity boys team with an overall GPA of 3.03.

Varsity girls team with an overall GPA of 3.41.

Junior Varsity girls team with an overall GPA of 3.29.

NCS Scholar Athletes

Boys Swimming

VarsityJunior VarsityStephen AndronJohn ChrittonRobert GravesWill EwingPhillip JonesNick MartinTren KauzerJake SeroyJoey Seroy

Joey Seroy John Sloat

Girls Swimming

VarsityJunior VarsitySarah CaldwellRachel CutterShanna HoverstenStephanie MorlockKelly Jenkins-StarkClaire PelpelClaire LoveMolly QuinnKelly MooneyLaura Winn

Kara Muraki Rose Palley Kristi Ray Michelle Roses Leigha Winters

Diving

Dan Philpot

The Boys Tennis team improved on last years record by finishing 4th in the DFAL with a 12-6 record. Matt Durgin and Gordon Forrest made it to the DFAL singles quarterfinals by winning their first two matches before being eliminated. Greg Corbett and John Karsant made it to the DFAL doubles quarterfinals by winning their first two matches before being eliminated.

Greg Corbett and John Karsant were named second team all-DFAL.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.03.

NCS Scholar Athletes

VarsityJunior VarsityMatt DurginCameron AttaranGordon ForrestWesley ChenAlexx PerloffEric Edelson

Kevin Wang Rory Hartong-Reeden

Sean Lewis Andrew Luke

Brian Schwertscharf

Jonathan Sheu Drew St. Pierre Spencer Streib The Boys Track & Field team qualified the following athletes for the Meet of Champions. Mark Lennon, Alex Love, Shad Small, and Joe Thomas in the 1600 relay; Mark Lennon in the 300 hurdles; and Cole Adcock in the discus.

The Girls Track & Field team qualified Mo Huber for the CIF State Championships, and Drusia Dickson for the Meet of Champions.

NCS Scholar Team honors: Boys team with an overall GPA of 3.17.

Girls team with an overall GPA of 3.41.

NCS Scholar Athletes

Boys Track & Field
Erik Alman
Anirban Chowdhury
Chris Chung
Jason Gee
Gregory Iwahashi

Girls Track & Field
Melanie Anderson
Alissa Chastain
Sara Clancy
Drusia Dickson
Pascale Goertler

Don Kephart Lexi Hill

Brendan Lehman Katherine Horuk
Jack Leitch Dana Jones
Dan Lorenzana Kristen Marchus
Alex Love Kristie McGoldrick

Connor Mooney Leslie Su Michael Sutyak Ann Thomas Glenn Woodruff Rachel Wynn

Alex Wu

The Boys Volleyball team qualified for the NCS playoffs, and defeated California HS in the first round of the playoffs before being eliminated by eventual champions College Park HS in the quarter-finals.

All DFAL

Andy McNeil, senior, was named MVP of the DFAL.

First team Second team Honorable mention

Andy McNeil (senior) Nick Lamel (senior) Mason Mulvaney (junior)

All Times

Andy McNeil, senior.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.18.

Junior varsity team with an overall GPA of 3.66.

NCS Scholar Athletes

VarsityJunior varsityNick LamelChris ChangJeff MartinTerrence ChenAndy McNeilCharley Henrikson

Mike Martin Gordon Wu

Times Top 100 Athletes

Katie Curtis, senior. Basketball. Christina Hirano, freshman. Golf. Mo Huber, sophomore. Cross country, soccer, and track. Bret Wallace, senior. Basketball and baseball.

Senior Awards

Bret Wallace won the Virginia Pitchford Award for the baseball player with the greatest improvement of GPA over four years.

Devin Paltenghi won the Ken Souza Award for the unsung hero of the baseball team. Marshall Nunn won the Harry Radcliffe Award for the unsung hero of the athletic department. Tim O'Neill and Katie Curtis won the Most Outstanding Athlete Award for excellence in a single sport.

Bret Wallace and Ann Thomas won the Most Valuable Athlete Award for excellence in several sports.

Harlan Lopez and Abby Stretch won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

93/356 Scholar athletes in the Fall.

10/15 Scholar teams in the Fall.

66/220 Scholar athletes in the Winter.

10/14 Scholar teams in the Winter.

132/418Scholar athletes in the Spring.

18/22 Scholar teams in the Spring.

291/994 Scholar athletes in the year.

38/51 Scholar teams in the year.

75% of our teams received scholar team honors.

30% of our student-athletes received scholar-athlete honors.

726 students participate in at least one sport, which is 55% of our student body.

210 students participated in 2 sports, and 33 students participated in 3 sports.

205 students are two-sport athletes, and 21 students are three-sport athletes.

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.