

Acalanes High School

Athletic Department

2024-2025 Summary

Fall sports athletic update.

The Boys Cross Country team finished 7th at the DAL Championships led by Harry Zimmerman finishing 15th. The Girls Cross Country team finished 2nd at the NCS Meet of Champion in division IV to qualify for the CIF State Championships. They were led by Nev Murphy finishing 3rd, Anju Sekhon 7th, Cameron Powell 11th Charlotte Sutherland 24th, and Olivia Kemp 30th. The Boys Cross Country team finished 7th at the NCS Meet of Champions in division IV. They were led by Harry Zimmerman finishing 6th. The Girls Cross Country team placed 14th at the CIF State Championships in division IV. Nev Murphy placed 38th. Harry Zimmerman placed 45th.

All DAL Foothill Division

<u>First team</u>	<u>Second Team</u>	<u>Honorable Mention</u>
		Harry Zimmerman, junior
NCS Scholar Team honors:	Varsity boy's team with an overall GPA of 3.47. Varsity girl's team with an overall GPA of 3.69. Junior varsity boy's team with an overall GPA of 3.14. Junior varsity girl's team with an overall GPA of 3.21. Frosh-soph boy's team with an overall GPA of 3.46. Frosh-soph girl's team with an overall GPA of 3.40.	

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
David Ellerbrock Emmett Fretwell Samantha Griscavage Stella Hamilton Olivia Kemp Sadie Poole Harry Zimmerman	Cedric He Addyson Stevens	Milo Anderson Leo Chen Noah Frankel David Gallacher Alexander Hagen Cade Korpita Edik Molina-Mejia Swift Peatross Rohan Winig Jiajin You

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Frosh-Soph</u>
Emme Cain Cate McCormick Nev Murphy Cameron Powell Anju Sekhon Dashiell Tinianow	Makoto Kuniyoshi Alexandra Martinez Harrison Mrachek	Dylan Adams Nael Benmeziiane Dario Hamidi Chloe Harvey Julia Kunz Faye Pang Natalie Pecci Arielle Sears

The Football team is the DAL Foothill division champion with a 3-1 record and an overall record of 10-4. They are the NCS Division 3 Champions as they defeated Dublin HS 42-13, Heritage HS 34-14 and Campolindo HS 20-17. They were defeated by Carmel HS 42-41 in the CIF division 5AA regional game.

Drew McKenzie, senior, was named second team All Bay Area Newsgroup utility.
 Andrew Tresser, senior, was named second team All Bay Area Newsgroup offensive lineman.
 Bethel Imasuen, senior, was named honorable mention All Bay Area Newsgroup defensive lineman.
 Deonte Littlejohn, junior, was named honorable mention All Bay Area Newsgroup linebacker.
 Nico White, senior, was named honorable mention All Bay Area Newsgroup wide receiver.

All DAL Foothill Division

<u>First team</u>	<u>Second team</u>	<u>Honorable mention</u>
Bethel Imasuen (def), senior	Santiago Chanelo (off), junior	Adam Caicedo (def), junior
Deonte Littlejohn (def), junior	River Lockwood (def), junior	Jack Cooney (def), junior
Drew McKenzie (off,def), senior	David Roux (def), senior	Josh Elerts (off), junior
Finn Rivera (def), sophomore	Brady Wall (def), senior	JB Frolich (off), senior
Andrew Tresser (off), senior	Tyler Winkles (off), sophomore	Illias Kaplanes-Jones(def), junior
Nico White (off), senior		

The Varsity team was an NCS Scholastic Championship team with the second highest overall GPA in division 5.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.13.
 Junior varsity team with an overall GPA of 3.28.
 Freshman team with an overall GPA of 3.38.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>	
Liam Crinnion	Luke Dafferner	Finneus Aiken	Miles Moore
Cody Michlitsch	Will Forschler	Isaiah Castillo	Treyson Roberts
	Karsten Harmeyer	Gianluca Ginocchio	Alec Schwarz
	Andrew Iams	Cade Korpita	Robert Visnick
	Matthew Lee	Nathan Lederman	Graham Welton
	Bryce Mansour	Grant Matter	Cash Woehrle

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>	<u>Freshman</u>
Brody Darin	William Roberts	Mason Anderson
Joshua Elerts	Matthew Schwarz	Grant Cortez
JB Frolich	Tommy Terhar	Christopher Gorham
Brody Greenfield	Andrew Tresser	Reed Kelly
Matthew Hoffman	Andrew Upp	William Mrachek
River Lockwood	Santi Vignoles	Jack Patel
Amin Noroozi		Grant Placzek
Luca Oatham		Chase Rowland
Luca Premo		Daxon Vail
Grant Ricker		Marcus Yakaitis

The Flag Football team finished 4th in the DAL Foothill division with a 3-7 record and an overall record of 8-11. They defeated Northgate HS before being defeated by Clayton Valley Charter HS in the DAL Championship game.

All DAL Foothill Division

First team

Ines Coyne, sophomore
Avery Dement, sophomore
Maya Shoenhair, junior

Second team

Hana Chelemedos, senior
Leila Hamidi, senior

Honorable mention

Isabelle Agnost, freshman
Malory DeCredico, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.47.

NCS Presidents List

Varsity

Haley Chelemedos
Hana Chelemedos
Ruby Coy
Ines Coyne
Eloise Greeson
Leila Hamidi
Amelia Riley
Sara Tarnai
Lesley Trowbridge

NCS Scholar Athletes

Varsity

Yali Avrahami
Noelle Dobies
June Natel
Maia Shoenhair

The Girls Golf team finished 3rd in the DAL Foothill division with a record of 4-4 and an overall record of 5-4. The team qualified for the NCS Championships.

All DAL Foothill Division

First team

Haley Chelemedos, senior
Hana Chelemedos, senior

Second Team

Honorable mention

Miracle Gu, sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.
Junior varsity team with an overall GPA of 3.40.

NCS Presidents List

Varsity

Haley Chelemedos
Hana Chelemedos
Grace Wolpert

Junior varsity

Maya Clarke
Grace Gallagher
Clare Wolpert

NCS Scholar Athletes

Varsity

Taylor Baker
Jordan Huskins

Junior varsity

QianLin Dong
CiCi Ning
Kareena Puri

The Girl's Tennis team was 4th in the DAL Foothill Division with a record of 4-6 and an overall record of 6-8.

All DAL Foothill Division

First team

Second team

Honorable mention

Grace Britto (doubles), junior

Emily Roberts (singles), junior

Aamena Shipchandler (singles), junior

Riley Zirkel (doubles), sophomore

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.73.

Junior varsity team with an overall GPA of 3.75.

NCS Presidents List

Varsity

Lauren Foster

Molly Jones

Jadith LaBonge

Henrietta Lofting

Sadie Moise

Audrey Parkin

Ridhi Patel

Emily Roberts

Aamena Shipchandler

Junior varsity

Lauren Anderson

Olivia Bernier

Beatrice Deignan

Nina Fairman

Delphine Fisher

Tigerlily Foster

Lotta Griemens

Parker Ivory

Madelena Obertello

Gemma Satterfield

Jasminder Taylor

Audrey Tseng

NCS Scholar Athletes

Varsity

Grace Britto

Grace Colaco

Piper Duff

Sienna Moise

Hanna Wisniewska

Riley Zirkel

Junior varsity

Ava Bell

Ash Dawkins

Ruby Peters

Alesandra Smith

The Girls Volleyball team finished 2nd in the DAL with a record of 4-2 and had an overall record of 16-14. In the DAL playoffs they were defeated by Northgate HS. In the NCS division 1 playoffs they were defeated by Windsor HS.

All DAL Foothill Division

First Team

Emme Seelenbacher, senior

Second Team

Annie Baker, senior

Addy Treter, senior

Honorable Mention

Addi Ames, senior

Piper Coy, junior

Maelin Mason, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.41.

Junior varsity team with an overall GPA of 3.68.

Freshman team with an overall GPA of 3.35.

NCS Presidents List

Varsity

Annie Baker

Ella Chong

Piper Coy

Rena Liu

Sophia Terry

Junior varsity

Camille Chang

Harper Fox

Quinn Frontiera

Abby Haimovici

Meher Jeyakrishna

Siyao She

Lourdes Smith

Freshman

Shaelyn McCall

Catalina Liu

Maggie Marusich

Anna Mates

Sahar Noroozi

NCS Scholar Athletes

Varsity

Sela Sarbiewski

Sydney Scovic

Junior varsity

Francesca Barbano

Amelia Easley

Maggie Marusich

Cameron Tabak

Freshman

Stella Champion

Valentina Fantin

Claire Leanos

Brynah McCall

Ashlyn McCoin

The Boys Water Polo team finished 6th in the DAL with a 0-5 record and an overall record of 10-15. They were defeated by Marin Catholic HS 15-13 in overtime in the NCS division 2 playoffs.

All DAL Foothill Division

First team

Second team

Honorable mention

Alex Lavoie, freshman
Thomas Parrott, junior
Justin Rosenblatt, junior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.12.

NCS Presidents List

Varsity

Andre Owen
Charles Holmes
Nico Roig

Junior Varsity

Max Musch
Owen Hulst
Jayden Hwang

NCS Scholar Athletes

Varsity

Rocco Fraioli
Justin Rosenblatt
Sam Whipple

Junior Varsity

Gavin Barclay
Henry Dreyer
Owen Hulst
Noah Moseley

The Girls Water Polo team was 3rd in the DAL with a 2-2 record and 18-8 overall. In the NCS open division playoffs, they were defeated by Campolindo HS in the semifinal game. In the CIF NorCal division 1 playoffs, they defeated Carondelet HS in the quarterfinals.

All DAL Foothill Division

First team

Ella Del Rosario, junior
Adelyn Horciza, sophomore

Second team

Finley Graff, sophomore
Olivia Whipple, junior

Honorable Mention

Levand Koopah, senior

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.55.
Junior varsity team with an overall GPA of 3.57.

NCS Presidents List

Varsity

Ella Del Rosario
Finley Graff
Lucy McShane
Sara Williams
Amelia Riley

Junior Varsity

Kelsey Gunderson
Sadie Hendrickson
Kylie Kaplan
Leah Kring
Mave McAllister
Santana Tamayo

Addison Dankworth

NCS Scholar Athletes

Varsity

Estelle Block
Adelyn Horciza
Siena La Rotunda
Malin Stone
Olivia Whipple

Junior Varsity

Lily Briones
QianLin Dong
Jessica Gerhardt
Emi Kuniyoshi
Erin Lerch
Audrey Martin

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 3.11.

Junior varsity team with an overall GPA of 3.55.

NCS Presidents List

Varsity

Kalia Johnson
Audrey Tugade

Junior Varsity

Xylia Zhu

NCS Scholar Athletes

Varsity

Ruby Byrne
Sienna Houston
Ayame O'Neal
Belle Robinson

Junior Varsity

Layla Epperson
Olivia Jensen
Grace Wheeler
Thea Wilberts
Willa Wolcott

Winter Sports Update

The Boys Basketball team was the DAL Champions with a record of 22-7 overall, and 11-1 in the league. They defeated Archie Williams HS and was defeated by Redwood HS NCS division 1 playoffs.

All DAL

<u>First Team</u>	<u>Second Team</u>	<u>Third Team</u>	<u>Honorable Mention</u>
Gavin Dodge, junior Maddox Malm, senior	Ryder Malm, junior	Ian Salmon, senior	Cameron Hood, junior Brady Quinn, senior

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

NCS Scholar Team honors:

- Varsity team with an overall GPA of 3.48.
- Junior Varsity team with an overall GPA of 3.29.
- Freshman team with an overall GPA of 3.53.

NCS Presidents List

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Lorenzo Cangini Arman Craig Gavin Dodge Josh Elerts Preston Hilsabeck Brady Quinn	Justice Hembrador Dhruv Mahadevan Bryce Mansour	Pengyu Chen Ary Deepak Cade Korpita Kiran Ouk Frankie Rocca

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Landon Deily AJ Hastings Cameron Hood Joe Reidenbach	AJ Del Santo Sean Khouw Evan Palmer Samuel Phillips Nolan Potts	Brandon Blatteis Grady Branagh Braydon Sarbiewski Cash Woehrle

The Girls Basketball team was the DAL Champions with a record of 28-3 overall, and 10-0 in the DAL. They defeated Cardinal Newman HS and was defeated San Ramon Valley HS to finish 2nd in the NCS open division. They were defeated by McClatchy HS in the CIF NorCal open division playoffs.

Karyss Lacanlale, junior, is named Most Valuable Player of the DAL.

All DAL

<u>First Team</u>	<u>Second Team</u>	<u>Third Team</u>	<u>Honorable Mention</u>
Ariana Hallstrom, senior Dulci Vail, senior	Sophie Chinn, senior	Lexi Le, junior	Cameron Thornton, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.53.
Junior varsity team with an overall GPA of 3.51.

NCS Presidents List

<u>Varsity</u>	<u>Junior varsity</u>
Sophie Chinn Aria Falahati Cameron Thornton Dulci Vail	Anabella Hoang Emi Kuniyoshi Anju Sekhon Asha Sekhon

NCS Scholar Athletes

<u>Varsity</u>	<u>Junior varsity</u>
Sienna Fernandez Natalie Frechman Ariana Hallstrom Alexis Le	Ashley Gombodorj Ridhi Patel Willa Wolcott

The Boys Soccer team was 2nd in the DAL with an overall record of 14-5-3 record and 5-4-1 in the DAL. They defeated Redwood HS and were defeated by Dougherty Valley HS in the NCS division 1 playoffs.

All DAL

First team

Colby Ebner, senior
Ben Pecci, senior
Eitan Romick, senior
Jonny Roth, senior

Second team

Simon Appel, senior
Omri Noiman, junior
Ryan Rho-Baty, senior

Honorable mention

Zach Roder, senior
Santi Vignoles, junior

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

NCS Scholar Team honors

Varsity team with an overall GPA of 3.52.
Junior Varsity team with an overall GPA of 3.38.
Frosh-soph team with an overall GPA of 3.53.

NCS Presidents List

Varsity

Zachary Birrell
Grey Helfrich
Bryan Lurie
Omri Noiman
Aidan Parnell
Benjamin Pecci
Ryan Rho-Baity
Eitan Romick
Eli Romick
Harrison Sheffler
Luke Wilson

Junior varsity

Luca Fazio
Noah Frankel
Karsten Harmeyer
Trevor Krick
Connor McAndrew
Adam Nolan
Grigory Statnikov
William Zimmerman

Freshman

Isaiah Castillo
Grant Cortez
Mason Hennessy
Jonathan Judson
Grant Matter
Owen Weston
Marcus Yakaitis

NCS Scholar Athletes

Varsity

Simon Appel
Jeremy Lara
Liam Parks
Zach Roder
Elliott Van Ornum
Santi Vignoles
Nico White
Ethan Wilberts
Moor Ziskind

Junior varsity

Andres Duke
Shiraz Kamran
Daniel Kim
Harrison Mrachek

Freshman

Coen Gilson
Luca Ginocchio
Teddy Mrachek
Alex Schwarz

The Girls Soccer team was the DAL co-champions with an overall record of 10-4-6 and 5-1-2 in the DAL. They defeated Las Lomas HS and Carondelet HS and was defeated by Amador Valley HS in the NCS division 1 playoffs.

All DAL

First team

Tori Hiatt, junior
Alex Salazar, senior

Second team

Lucca DeBiasse, senior
Nicole Nguyen, senior

Honorable mention

Melisa Adetape, senior
Edie Berzansky, junior
Tatum Keely, junior
Reese Tierney, sophomore

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 3.74.
Junior varsity team with an overall GPA of 3.61.
Frosh-soph team with an overall GPA of 3.71.

NCS Presidents List

Varsity

Edie Berzansky
Sofia Cerruti
Lucca DeBiasse
Avery Dement
Reiney Fish
Livi Foster
Danica Green
Leila Hamidi
Stella Hamilton
Victoria Hiatt

Sienna Houston
Tatum Keely
Taylor Mikalis
Nicole Nguyen
Cassidy Smith
Alex Salazar
Sara Tarnai
Reese Tierney
Demi Woods

Junior varsity

Michela Barbano
Olivia Bernier
Madison Bernstein
Ella Culbertson
Mila Ellis
Grace Eppinger
Olivia Kemp
Evelyn Lee
Helena McGinley

Frosh-soph

Ruby Coy
Eloise Greeson
Courtney Hamill
Hannah Hoover
Avila Payne
Allie Schofield
Talia Tichenor
Audrey Tseng
Alexa Wall

NCS Scholar Athletes

Varsity

Melissa Adetape
Kate Uffelman

Junior varsity

Molly Aldrich
Grace Colaco
Sierra Goyert
Cate Mercier
Caroline Tumilty
Tatum Walsh

Frosh-soph

Delphine Fisher
Penny Haslam
Sofie Kemper
June Natal
Ashby Raher
Maria Statnikova
Avery Titus

The Wrestling team was 5th in the DAL with a league record of 2-4. Adam Caicedo, Ryan Crane, Lilah Kring, Gwyneth Lee, Amin Noroozi and Ian Sanftner qualified for the NCS Championships.

All DAL Foothill Division

First team

Second team

Honorable mention

The Girls team was an NCS Scholastic Championship team with the third highest overall GPA.

NCS Scholar Team honors:

Varsity team with an overall GPA of 3.33.

Girls team with an overall GPA of 3.68.

Junior varsity team with an overall GPA of 3.12.

NCS Presidents List

Varsity

Hugo DeTorres
Jake Hammons
Marley Oh

Girls

Kaiya Busfield
Lilah Kring
Gwyneth Lee

Junior Varsity

Leo Chen

NCS Scholar Athletes

Varsity

Ryan Crane
Kirian Gracie
Edreece Warres

Girls

Junior Varsity

Overall Update.

124/421 Presidents List in the Fall.

100/421 Scholar Athletes in the Fall.

22/23 Scholar Teams in the Fall.

92/226 Presidents List in the Winter.

55/226 Scholar Athletes in the Winter.

14/14 Scholar Teams in the Winter.

216/647 Presidents List in the year.

155/647 Scholar Athletes in the year.

36/37 Scholar Teams in the year.

97% of our teams received scholar Team honors.

33% 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.