

## 2016-17 ATHLETIC REPORT

Board of Trustees  
Discussion Item  
May 23, 2017

### Introduction

The TUHSD 2016-17 education-based athletic program consists of up to 44 teams at each of our comprehensive schools for a total of **2,829 athletes** (duplicated) participating on **128 teams**. This represents **59 additional** athletes participating on district teams than last year and **647 (29.7%) more than in 2005-06** when we began keeping records. Sometimes, one site offers a level of a particular sport that the others do not depending interest in that sport.

Tamalpais Union High School District teams are members of the Marin County Athletic League (MCAL) in the North Coast Section (NCS) of the California Interscholastic Federation (CIF). The CIF governs all high school interscholastic athletics in California.

Athletic administration and coaches continue to uphold the purpose of our Athletic Code of Conduct (AR6145.21) which is to promote the idea of healthy competition and to set standards of good sportsmanship for everyone involved. The District and all of our schools, along with all other MCAL schools, subscribe to the tenets of Pursuing Victory with Honor.

Athletics is a learning situation where growth and maturity are expected to flourish and it is an experience that is intended to help our students develop poise and self-confidence, healthy and fair competition and many hours of hard work and enjoyment.

For the tenth year, District athletics operated under the TUHSD Athletic Manual, most of which is available at the [www.tamdistrict.org/athletics](http://www.tamdistrict.org/athletics) website. The Parent-Student Guide to Athletics and the Coaches' Handbook are updated annually and reviewed by the Board whenever significant changes are made. In 2015-16, the handbooks were upgraded to NIAAA standards and approved by the Board in July, 2015. Only slight changes have been made since then.

The attached information is an overview of this year's athletic program.

*Sue Chelini, CAA*  
TUHSD Athletic Coordinator

## TUHSD ATHLETIC COUNCIL

The TUHSD Athletic Council meets four times annually. It shares information and makes recommendations about district athletic programs and policies. The broad representation and expertise contributes to the high standards for athletics established by the Board of Trustees. The Athletic Council's support has never wavered from trying to do what is best for the kids. We are very lucky to have such a well-rounded support group for the athletic program.

### 2016-17 TUHSD Athletic Council Members:

Athletic Directors:	Christina Amoroso, Jessica Peisch and Nate Severin
Athletic Administrators:	LaSandra White, David Rice and Larry Pratt
Booster Club Representatives:	Dan Sapp/Michael Lubenow (Tam), Jen Venne (Drake) and Jen Tippett (Redwood)
District Office Representative:	Lars Christensen
District Athletic Coordinator:	Sue Chelini
Facilities Representative	Chris McCune

### In 2016-17, the Athletic Council:

- **Athletic Trainers (ATCs):** Americ represents the ATCs on the AC, bringing reports about the current status at each school. He is in his 9<sup>th</sup> year at Redwood, but both Tam and Drake have new ATCs this year. The UCSF-TUHSD contract to provide certified athletic trainers is in the second of three years. In 2016-17, the District paid 75% of the cost; the site booster clubs 25%. In 2017-18, the District has budgeted 100% of the cost. The contract will expire at the end of next year. We will work with UCSF during 2017-18 to bring a contract for the next three years to the Board of Trustees for review and adoption. The ATCs and UCSF encourage our support of AB1510 which would require California licensing for certified athletic trainers. It has passed the California legislature several times and has never been signed by Governor Brown.
- **MCAL/NCS/CIF:**
  - **NCS Realignment:** Six schools have transferred from the Sac-Joaquin Section of CIF to NCS. Three have been assigned to the Marin-Sonoma-Mendocino Conference necessitating discussions about realignment of leagues to accommodate them. The new schools in our conference are Napa, Vintage and American Canyon High Schools. A large number of possible 2018-19 league realignment configurations are circulation. A conference meeting will be held May 22 to discuss possible alternatives. Voting will take place at a meeting in August. The MCAL supports what our current league schools want – Justin Siena would like to be placed in a league closer to home; all other league schools want to stay with the MCAL. Some of the many proposals include San Marin, Novato or Marin Catholic being placed in different leagues.
  - **Sportsmanship:** Continued to discuss ways to be proactive in teaching positive sportsmanship to our general student bodies. Communication between all parties is of key importance. A suggestion was made to discuss sportsmanship at the meeting the MCOE conducts with all ASB Presidents.
- **Freshman Soccer:** The bulk of two meetings discussed the potential of adding a freshman level to the existing boys' and girls' soccer programs. There were a large number of cuts in both programs at Tam and Redwood. Drake accommodated more players with a "Freshman Academy" which provided an opportunity for those players who would have been cut to remain with the program under limited conditions. A meeting was held with key members of the District and local soccer community to problem-solve this issue. Community soccer programs were even willing to fund-raise to support new soccer programs. While everyone agrees that ideally TUHSD would be adding programs to accommodate player interest, the following key factors drove the AC to conclude that freshman soccer and even Freshman Academies cannot be accommodated in the foreseeable future:
  - While Drake can physically accommodate six soccer teams in the winter without lights, it would be problematic for Redwood and impossible for Tam to do so with the current configuration of synthetic turf fields and lack of rentable fields in the local communities. Winter soccer has issues with lack of daylight, earlier release times needed and weather conditions.

- The four existing teams at each school would be affected if two new teams and their games would be squeezed into the same time/space.
  - Difficulty finding coaches for the teams we already have, much less 6 new teams.
  - “Freshman Academies” are one thing if a coach does it voluntarily. However, it will add many more players to supervise, logistics for use of fields, reduce the number of allowable JV games and require volunteer coaches.
  - If the District allows one sport to community fund-raise to add a new team, there are other sports that would like to do the same.
  - Past practice with community funding has MOUs with the District eventually agreeing to take on the new team/sport. With the current budget status, this is unlikely.
  - The AD workload would be increased to support any new teams.
  - Budget limitations.
- **Field Hockey:** Redwood has successfully implemented a girls’ Field Hockey team for two years. This year, interest was expressed by athletes and their parents for Field Hockey teams at Tam and Drake. At this time, the District has not included such teams in the budget for the 2017-18 school year.
  - **Competitive Sport Cheer:** Competitive Sport Cheer is a new Spring sport recognized by CIF as of Spring, 2018. Currently, no MCAL school is planning such a team nor has any District school yet expressed interest. It is not the same as Sideline Cheer. Several routines would be choreographed at the beginning of the season and teams would be scored in competition on those routines. Team members could wear matching shirts and shorts, no expensive uniforms will be required. As other schools begin this program, we will learn from their experiences.
  - **Unified Sports:** In February, 2013, the Office of Civil Rights issued a ‘Dear Colleague’ letter asking Districts to “provide accommodations for disabled students who wish to participate in your athletic programs.” While some disabled students can participate in our general athletic program with minimal accommodations, others require significant modification in order to participate. TUHSD unified competitions this year included a basketball round-robin (Tam, Drake, Redwood and Terra Linda) and a single track competition. In basketball, each team played after-school games and one evening game between the boys’ and girls’ varsity games. The ADs work closely with the Special Education department and Special Olympics to develop rules and logistics to make this program successful. TUHSD has been recognized by CIF as one of the leaders for Unified Sports.
  - **Concussions:** The 2016 Marin County Grand Jury recommended that all students receive concussion education through the Barrows Brain Book. UCSF has evaluated this program and does not believe it is ready to be used by high school students at this time. They will continue to work with the company to hopefully develop a useful tool for us to use. The Grand Jury also recommended that ALL athletes be administered ImPACT baseline testing. If the District made a bulk purchase (10,000 baseline, 150 post-tests) considerable money would be saved over the yearly subscription price. However, 10,000 tests would last many years if only given at the current rate. Questions were raised about how to train administrators, would they be updated regularly, the stability of the company and whether a different tool might be recommended in the future. The AC agreed to continue ImPact testing at each school through UCSF at the parent’s option. Americ is the TUHSD representative on the Marin County “Concussion Committee” that was formed after the Grand Jury report.
  - **Strength and Conditioning:** Drake is partnering with Bridge Athletics to offer a strength and conditioning program for individual athletes. The Athletic Committee of the Drake Fund has provided funds to hire a weight room manager, sponsor a High Performance Night (with 40-50 students attending) and open the weight room 6:00-7:30 a.m. and after school to all students, not just athletes. Bridge Athletics is working with Drake to provide several strength and conditioning programs targeted to the student’s individual goals. In the Spring, Drake also opened a yoga program.
- Tam has found teacher supervisors for its weight room and is working with Ripped Body, an organization working with community and professional athletes. The Tam Boosters are hoping to fund a year-round program for 2017-18.
- **Sport Updates:** Heard updates on the successes and challenges of each school’s athletic program each season.

## OTHER 2016-17 ATHLETIC HIGHLIGHTS:

**Athletic Directors:** **Christina Amoroso, CAA** (9 years), **Jessica Peisch, CMAA**, (8 years) and **Nate Severin** (2 years) have combined for increasing stability of the District's athletic program. **Sue Chelini, CAA**, has been TUHSD Athletic Coordinator for 11 years. **CMAA** (Certified Master Athletic Administrator) and **CAA** (Certified Athletic Administrator) are designations by the NIAAA (National Interscholastic Athletic Administrators Association). Those designations require experience, athletic coursework, examinations and special projects. The CMAA is only attained by 4% of athletic directors nationwide.

**Jessica** was a founding member and is the current President of the NCS Athletic Directors Association. **Christina** is the Treasurer for the NCSADA. The NCSADA held its annual meeting at Redwood on Monday, September 26 with about 50 athletic directors in attendance.

**Jessica** continues as a member the CIF Athletic Administrators Advisory Committee, comprised of 20 athletic directors and assistant principals statewide who meet twice/year. She also represents the MCAL on the NCS Sports Advisory Committee. She was also a member of the CIF Calendar Committee.

**Christina, Jessica, Nate** and **Sue** all attended the NIAAA conference in Nashville, Tennessee in December. We came back with lots of new ideas. **Jessica, Christina** and **Sue** also attended the California State Athletic Directors' Association (CSADA) conference in Reno in April.

**National Federation of High Schools Coach of the Year:** Sylvia Goodman – Cross Country: Out of 1,500 schools and 62,000 paid coaches in California, Sylvia Goodman, Tamalpais coach, was selected by NFHS to receive the 2016 Coach of the Year award at the state level in the sport of Cross Country. As you may remember, Sylvia was named the 2015-16 Northern California Cross Country Coach of the Year AND as one of 16 recipients of the prestigious CIF Model Coach Award for 2015-16. She was nominated through the North Coast Section office and was the only NCS coach so recognized. The CIF website states: *'Her positive/transformational coaching style has led to the development over the years of dozens of athletes into competitors in the best sense of the word. She is tireless in her efforts to create a team out of a wide range of athletes: from the inexperienced to the elite, and she deftly and sensitively "threads the needle" between coaching her strongest athletes and her weakest, bringing out the best in everyone, both individually and as a team. Goodman teaches her student-athletes how to balance commitment with fun, how to mix tenacity and a drive to win with respect and sportsmanship, and how to take joy in the process of learning and growing.'*

**CIF Model Coach: Shane Kennedy – Soccer:** Shane Kennedy has been coaching at Tamalpais High School since 2008. He has the incredible ability to build passion amongst his players and treat every coach, player and official with the utmost respect. He demonstrates an unwavering ability to treat all student-athletes fairly regardless of seniority or ability as he truly cares about the well-being of his players. He nurtures their strengths and helps develop confidence, perseverance and passion. Kennedy's coaching style extends beyond the pitch as he builds his student-athletes self-esteem and character so they can go out into the world to compete, contribute and give back to the community. Without his dedication, passion and ability to put the successes of others before his own, the Tamalpais soccer program would not be where it is today.

A model coach demonstrates and teaches the six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). The CIF believes that the highest potential of sports is achieved when teachers/coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of Pursuing Victory with Honor. "There is more to education-based athletics than just winning and losing. We honor and recognize those coaches who teach student-athletes not only the skills needed to excel, but also those who are dedicated to teaching them the values of Pursuing Victory with Honor<sub>sm</sub> and the Six Pillars of Character," said CIF Executive Director Roger L. Blake.

### **Positive Coaching Alliance Double-Goal Coach Award: Robyn Berry – Cross Country and Track & Field:**

Robyn Berry has won Positive Coaching Alliance's coveted Double-Goal Coach Award presented by TeamSnap for her positive impact on youth athletes. Berry is one of 50 national recipients of the Double-Goal Coach award, named for coaches who strive to win while also pursuing the more important goal of teaching life lessons through sports.

“Robyn helps her athletes win in their sports and beyond,” said Brian Watson, Executive Director of PCA-SF Bay Area, the local Chapter of Positive Coaching Alliance. “By creating a positive, character-building youth sports experience and serving as a Double-Goal Coach, Robyn helps youth develop into better athletes and better people.”

Berry is in the relatively uncommon position of a woman coaching a boys’ team. While that can present unique challenges just in communicating across gender lines, her main goal is simply “for every kid to come out again the next year,” she said. “That means it was a good, positive experience for them. That means I’m respecting each athlete and creating a low-stress, high-intensity environment of irreverent fun and athletic ambition. We’ve got everyone from successful baseball players, who are the gods of the school, to people on the autism spectrum, and people who even have had a criminal record.

“What I want them to do is care. There is pain and stress just to get to the starting line in cross country. I want them to be able to go into any situation after their cross country experience and say, ‘I got this, because I’ve been here before, put myself in a stressful situation and risked and then I did it again the next day.’ ”

**Register My Athlete:** For the second year, all our paperless athletic registration now goes through Register My Athlete. Families only need to register details once for the family and once for each child. Each year, the student-athletes request for participation on teams is updated and any new information added. Data is automatically updated each year until the student transfers or graduates. Families are responsible for all steps of the registration process and can see immediately if they have been cleared for play. The registration process includes the Parent-Student Handbook for Athletics, medical forms, and 8<sup>th</sup> grade transcripts. It automatically flags transfer students. Athletic trainers also use it to note injuries and clearance for play. The coaches can see their team roster and student eligibility in real time. RMA saves the ADs time, communicates easily with all groups and improves privacy for families.

**Positive Coaching Alliance:** Drake partnered with the Positive Coaching Alliance for the 2016-2017 school year offering workshops for students, parents and coaches for each sports season. The workshop material and objectives were aligned with our collective athletics vision statement pertaining to fostering leadership, communication, integrity and teamwork. The goal of using the PCA was to have them help facilitate important discussions about what it means to be a model coach, parent and student-athlete. It was important to have each coach, student and parent think about their role in the process of doing what is best for our kids while connecting it back to our vision. Next year, Drake will be holding a “New to Athletics” night for all new students and parents that will also be facilitated by the PCA. The Tam Boosters are also supporting beginning a PCA program at Tam next year.

**Captains Council (Athletics Leadership Workshop):** Drake has also partnered with a Sports Psychologist, Rebecca Smith of Complete Performance Coaching, to offer workshops to all junior varsity captains. The “leadership boot camp” topics include modeling ethical leadership, communication, team vision, neutralizing negativity, focus, determination, discipline, building resilience and confidence. All junior captains having been attending an hour long workshop once a month with the goal of having them better understand what it means to be a leader on a team. The hope is that these juniors will have a bank of information when they become senior captains. Although still in planning, Drake also hopes to offer a second tier of training for all senior captains. Moving forward, all junior and senior captains on each varsity team will go through some sort of continuous and ongoing leadership/captain training.

**Incredible Parents:** As was said last year, none of the TUHSD programs could exist without the supportive parents who serve as team parents, statistic keepers, snack bar staffing, team chauffeurs, fund-raisers and dedicated fans to mention a few roles. The Tam Boosters, Drake Fund Athletic Committee and Redwood Benchwarmers have continued taking on the significant commitment of providing 50% of the cost of the certified athletic trainers in addition to the other athletic activities/equipment they support. Some team’s parents have formed sport-specific clubs such as the Hoops Club, Pigskin Club or Grapppler’s Club. No words can fully express appreciation for all the dedicated and caring parents involved in our athletic program.

**Turf Fields:** As the Board well knows, the Tam football field was resurfaced in Summer, 2015 to a great deal of controversy regarding the infill. Awaiting results of the report on the safety of synthetic turf from the Environmental Protection Agency, the resurfacing of the Drake and Redwood football fields was delayed. All-weather synthetic turf surfaces are on all three football fields, Drake varsity baseball, Red Hill baseball/soccer/lacrosse field at Drake, Ghilotti soccer/lacrosse field at Redwood and part of the baseball field at Tam. While Drake and Redwood have two synthetic-turfed soccer fields, Tam only has one. For winter soccer, Tam needs to rent lights in order to accommodate practice and games creating a significant scheduling challenge. We all

appreciate the foresight of the District in providing these low-maintenance, permanently striped, reduced injury-prone, waterless fields for our athletes and community users.

This year, as the Board well knows, considerable time and effort went into discussing the various options for the Drake and Redwood football field resurfacing this summer. You approve the option of natural cork infill with the Brock YSR pad from FieldTurf for both Redwood and Sir Francis Drake football fields

**Calendar Conflict:** The 2016-17 TUHSD calendar adjusted winter break and the 2017-18 calendar starts school a week later. At the same time, CIF/NCS has also adjusted the start dates for Fall sports earlier. Both these changes result in the ADs being required to work about 2 weeks before school begins and a partial week of winter break. We are working with TFT and the District for a fair resolve of this issue.

**TUHSD Athletic Website:** The website is accessed at [www.tamdistrict.org/athletics](http://www.tamdistrict.org/athletics). The *TUHSD Parent-Student Guide to Athletics* and *Coaches' Handbook* are posted there as well as Athletic Council agendas and notes. Links are checked at least twice a year to make sure they aren't broken. Some pages are newer than others as the web site has been updated. As you can see, this is an important source of information for parents, athletes and coaches. We have also had state and national recognition for the content of our web site. Here are the statistics for the athletic web site.

TUHSD Athletic Website Page Hits as of May 9, 2017: Since its inception in 2011 through May 9, 2017, the web site had 40,127 total visits, 83,131 page views, and 39,855 targeted views.

From	TOTAL	Overview	Contacts	Sports	Athlete Regist.	Parent Links	Health	Transfer	College	Coaches' Corner
2011-12	4,565	2,840	939	1,099	0	452	66	425	25	0
2012-13	6,107	3,074	1,105	1,506	1,415	399	343	334	240	1,515
2013-14	2,844	1,705	661	766	1,493	86	60	154	29	861
2014-15	5,117	2,392	980	1,241	3,933	233	288	230	95	1,785
2015-16	11,995	3,242	1,109	1,550	13,833	500	273	237	65	1,496
2016-17	<b>9,188</b>	<b>3,075</b>	<b>938</b>	<b>1,468</b>	<b>8,783</b>	<b>310</b>	<b>161</b>	<b>228</b>	<b>62</b>	<b>1,146</b>
<b>Totals</b>	<b>30,628</b>	<b>13,253</b>	<b>5,733</b>	<b>6,168</b>	<b>20,674</b>	<b>1,673</b>	<b>1,030</b>	<b>1,380</b>	<b>457</b>	<b>5,657</b>

From	Coach Handbook	Coach Links	Coach Proced.	Athletic Council
2011-12	0	0	0	0
2012-13	234	607	173	200
2013-14	96	105	37	207
2014-15	208	269	111	292
2015-16	131	177	31	255
2016-17	<b>85</b>	<b>161</b>	<b>35</b>	<b>244</b>
<b>Totals</b>	<b>669</b>	<b>1,158</b>	<b>352</b>	<b>954</b>

## 2016-17 TUHSD Athletic Successes

Traditionally, TUHSD teams have been very successful in MCAL and NCS competition. This year is no exception. Pennants listed are MCAL unless otherwise indicated. RR is the MCAL Round Robin league season. By the time of the Board meeting, we will have additional results for spring playoffs and some teams may still be playing.

## 2016-17 Marin Athletic Foundation Outstanding Student Athletes

The student athletes are selected by their schools in accordance with the following criteria, developed with the involvement of athletic directors and adopted by the Board of Directors of the Marin Athletic Foundation including:

\* Athletic Involvement \*Leadership \*Scholarship \*School-Community Involvement \*Department

<b>Tam:</b>	Elizabeth Labeeuw-Anderson Connor Norton	Cross Country, Track & Field Water Polo, Swimming, Volleyball
<b>Drake:</b>	Caitlin Gregory Inua Ramos-Andrews	Soccer, Water Polo, Swimming Basketball, Soccer, Track & Field
<b>Redwood:</b>	Glennis Murphy John Elders	Cross Country, Track & Field Lacrosse, Soccer

## National Federation of High Schools Coach of the Year

**Sylvia Goodman**

Tamalpais Cross Country Coach

## CIF Model Coach

**Shane Kennedy**

Tamalpais Girls' Soccer Coach

## Positive Coaching Alliance

**Patrick Brown**

2016 Triple Impact Competitor Scholarship  
Drake athlete: Cross Country, Soccer, Baseball

**Jensen Yamane**

2016 Triple Impact Competitor Scholarship  
Drake athlete: Football and Baseball

**Robyn Berry**

2017 National Finalist for the Double Goal Coach Award  
Drake Cross Country and Track & Field Coach

## 2016-17 MCAL Players of the Year

<b>Fall, 2016</b>	G Golf	Grace Garcia	Redwood
<b>Fall, 2016</b>	B Water Polo	Quinn Woodhead	Drake
<b>Fall, 2016</b>	G Water Polo	Kate Christie	Drake
<b>Fall, 2016</b>	Football: Offensive Player of the Year	Nick Calzaretta	Redwood
<b>Fall, 2016</b>	G Cross Country Runner of the Year	Glennis Murphy	Redwood
<b>Fall, 2016</b>	B Cross Country Runner of the Year	Liam Anderson	Redwood
<b>Winter, 2017</b>	G Basketball	Jainana Harris	Tamalpais
<b>Winter, 2017</b>	B Soccer	Ryan Leake	Tamalpais
<b>Winter, 2017</b>	Wrestling: Ralph Cutler Award	Karim Shakur	Tamalpais
<b>Winter, 2017</b>	Wrestler of the Tournament	Christopher Keating	Redwood
<b>Spring, 2017</b>	B Volleyball	Jacob Zimmerman	Redwood
<b>Spring, 2017</b>	B Tennis	Jack Bulger	Redwood
<b>Spring, 2017</b>	Softball Player of the Year	Riley Siegel	Drake
<b>Spring, 2017</b>	Baseball Pitcher of the Year	Ryan McLaughlin	Drake
<b>Spring, 2017</b>	B Lacrosse	Jack Elders	Redwood
<b>Spring, 2017</b>	B Runner of the Year	Liam Anderson	Redwood
<b>Spring, 2017</b>	G Runner of the Year	Gillian Wagner	Redwood
<b>Spring, 2017</b>	B Field of the Year	Ryan Sacks	Tamalpais
<b>Spring, 2017</b>	G Field of the Year	Lauren Ross	Tamalpais

**Pennants:** RR = Round robin before MCAL playoffs; all others are playoff pennants. As of May 15, 2017, many teams were still in spring NCS competition.

### Tamalpais Pennants:

Fall: MCAL: Boys JV Waterpolo,  
NCS: Boys Varsity Water Polo

Winter: MCAL: Girls Basketball, Boys Varsity Soccer, Boys Frosh Basketball ,  
NCS: Boys Basketball 2<sup>nd</sup>,

Spring: MCAL: Girls Swimming, B Tennis, B Track & Field  
NCS Scholastic Pennants: G Golf, G Volleyball, B Basketball, B Soccer, G Soccer, Baseball, G Track & Field

### Tamalpais Hosted MCAL/NCS Events:

Fall: MCAL: Tennis, Water polo,  
Winter: MCAL: G basketball & B Basketball, MCAL Super Match (Wrestling), G Soccer, B Soccer.  
NCS: G basketball & B basketball  
Spring: MCAL: Tennis, Baseball

### Drake Pennants:

Fall: MCAL: G Water Polo, B Water Polo  
NCS: G Water Polo D1 2<sup>nd</sup> Place,



Winter: MCAL: JV B Soccer,  
Spring: MCAL: Baseball  
 NCS: Baseball

NCS Scholastic Pennants: G Varsity Basketball, Wrestling

**Drake Hosted Events:**

Fall: MCAL: Water Polo Championships  
 NCS: B & G Water Polo 1<sup>st</sup>-Semi-Finals

Winter: MCAL: B Soccer  
 NCS: B Soccer, G Soccer, B Basketball

Spring: MCAL: Baseball, Softball  
 NCS: B Volleyball, Baseball, Softball

NCS Scholastic Pennants: G V Basketball

**Redwood Pennants:**

Fall: MCAL: G Cross Country, B Cross Country, G Tennis, G JV Volleyball,  
 NCS: G Cross Country, B Cross Country,

Winter: MCAL: G JV Soccer, Wrestling, G JV Basketball, B JV Basketball, B Freshman Basketball

Spring: MCAL: B Tennis, B JV Lacrosse, B V Lacrosse, B Volleyball (co-champs), B Swimming, F Baseball, JV Baseball, G Track & Field  
 NCS: B Swimming 3<sup>rd</sup> place, B Volleyball 2<sup>nd</sup> place

NCS Scholastic Pennants (3): Football, G V Basketball, Wrestling, B Track & Field, B Lacrosse, G Lacrosse, Baseball

Individual Recognition: Glennis Murphy, 1<sup>st</sup> CIF G Cross Country; Gillian Wagner, 2<sup>nd</sup> CIF G Cross Country; Liam Anderson, 2<sup>nd</sup> CIF B Cross Country; Jack Bulger, 1<sup>st</sup> MCAL B Tennis Singles; Aaron Gold and Jake Kristy, 1<sup>st</sup> MCAL B Tennis Doubles; Zach Babikian and Thor Klein, 2<sup>nd</sup> MCAL B Tennis Doubles

**Redwood Hosted MCAL/NCS Events:**

Fall: MCAL: G Volleyball, G Tennis Singles & Doubles,  
 NCS: G Volleyball, G Team Tennis,  
 Nor-Cal: G Volleyball

Winter: MCAL: B & G Basketball Finals  
 NCS: G Basketball

Spring: MCAL: B Team Tennis, Diving, B Lacrosse, Swimming, Baseball  
 NCS: B Lacrosse, B Volleyball, B Tennis, Track & Field, Baseball and Softball

**ATHLETIC PARTICIPANTS BY SPORT AND TEAM FOR 2016-17:**

The District statistics for participation in MCAL teams give you an idea of the duplicated student participation in athletics at the three comprehensive high schools. The growth in athletic participation mirrors the growth of the school population growth. As you can see, the three Athletic Directors are supervising a total after-school program almost twice as large as one of our comprehensive schools.

	2016-17														
	Fall	Winter	Spring	05-06	06-07	07-08	08-09	09-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17
<b>Tam</b>	270	223	446	762	780	682	780	812	862	898	900	912	906	906	939
<b>Drake</b>	234	236	325	640	673	706	748	750	715	740	706	685	685	816	795
<b>Redwood</b>	333	258	472	780	748	829	889	962	962	985	991	1045	1040	1048	1064
<b>District</b>	<b>837</b>	<b>717</b>	<b>939</b>	<b>2182</b>	<b>2201</b>	<b>2217</b>	<b>2417</b>	<b>2524</b>	<b>2539</b>	<b>2623</b>	<b>2597</b>	<b>2642</b>	<b>2631</b>	<b>2770</b>	<b>2782</b>

Below is a list of the individual sports by season and number of participants this year at each site. Note that some students participate in more than one sport, so the actual number of student athletes is  $\pm$  80% of the number of total team members.

### 2016-17 Sports Participation

<b>FALL SPORTS</b>	<b>Tamalpais</b>	<b>Drake</b>	<b>Redwood</b>	<b>District Totals</b>
Cheerleading: Coed Varsity	18	9	37	64
Cross Country: Boys'	22	30	29	81
Cross Country: Girls'	32	23	27	82
Field Hockey	0	0	31	31
Football: Varsity	25	24	29	78
Football: Frosh/Soph	20	22	44	86
Golf: Girls' Varsity	8	11	12	31
Tennis: Girls' Varsity	19	16	19	54
Volleyball: Girls' Varsity	12	14	12	38
Volleyball: Girls' JV	15	13	11	39
Volleyball: Girls' Freshman	13	13	9	35
Waterpolo: Boys' Varsity	21	22	19	62
Waterpolo: Boys' JV	21	14	18	53
Waterpolo: Girls' Varsity	18	12	21	51
Waterpolo: Girls' JV	26	11	15	52
<b>FALL TOTALS</b>	<b>270</b>	<b>234</b>	<b>333</b>	<b>837</b>
<b>WINTER SPORTS</b>	<b>Tamalpais</b>	<b>Drake</b>	<b>Redwood</b>	<b>District Totals</b>
Cheerleading: Coed Varsity	18	9	37	64
Cross Country: Boys'	22	30	29	81
Basketball: Boys' Varsity	16	15	16	47
Basketball: Boys' JV	14	15	13	42
Basketball: Boys' Freshman	15	12	15	42
Basketball: Girls' Varsity	16	12	13	41
Basketball: Girls' JV	15	12	13	40
Basketball: Girls' Freshman	14	9	12	35
Cheerleading: Varsity	18	9	42	69
Soccer: Boys' Varsity	22	24	20	66
Soccer: Boys' JV	19	32	28	79
Soccer: Girls' Varsity	22	23	21	66
Soccer: Girls' JV	22	35	23	80
Unified Basketball	8	20	23	51
Wrestling: Coed Varsity	22	18	19	59
<b>WINTER TOTALS</b>	<b>223</b>	<b>236</b>	<b>258</b>	<b>717</b>
	<b>Tamalpais</b>		<b>Redwood</b>	<b>District</b>

<b>SPRING SPORTS</b>		<b>Drake</b>		<b>Totals</b>
Baseball, Varsity	21	16	22	59
Baseball, JV	14	19	20	53
Baseball, Freshman	18	18	19	55
Diving: Coed	27	4	6	27
Golf, Boys' Varsity	12	9	15	36
Lacrosse: Boys' Varsity	17	18	26	61
Lacrosse, Boys' JV	23	11	31	65
Lacrosse: Girls' Varsity	19	16	18	53
Lacrosse: Girls' JV	15	25	20	60
Softball: Varsity	16	16	12	28
Softball: JV	0	0	12	12
Swimming: Boys'	32	27	44	107
Swimming: Girls'	31	29	72	138
Tennis: Boys' Varsity	28	20	24	72
Track: Boys' Varsity	76	53	68	197
Track: Girls' Varsity	76	32	48	156
Volleyball: Boys' Varsity	21	12	15	48
<b>SPRING TOTALS</b>	<b>446</b>	<b>325</b>	<b>472</b>	<b>1227</b>
<b>GRAND TOTAL</b>	<b>939</b>	<b>795</b>	<b>1,064</b>	<b>2782</b>
<b>TOTAL TEAMS</b>	<b>42</b>	<b>42</b>	<b>44</b>	<b>128</b>

## MARIN ATHLETIC FOUNDATION -- OUTSTANDING STUDENT ATHLETES

### TAMALPAIS

#### Connor Norton



Very few athletes get to close out their high school careers on top. But, that is exactly what Tamalpais High water polo star Conner Norton did. Conner led the Red-tailed Hawks to the North Coast Section D-II title, all the while leading the team in scoring. For his season-long efforts Connor earned All-MCAL 1st team honors and was named team captain. The NCS title in his final season capped three years of varsity competition and soothed the Red-tailed Hawks runner-up finish in 2015. Water polo was certainly Connor's top sport but he also played varsity volleyball as a senior and was on the swim team for two seasons. Connors ability in the pool and the way he interacted with his teammates was not lost on water polo coach Bob Kustel. "He consistently exhibited good conduct, perspective and fair play. He is admired by competitors, opposing coaches and referees for those traits," Kustel said. Out of the pool, Connor is a big part of the Tam media experience having spent three years in advanced journalism. He served as sports editor and video editor and for two years was the news anchor. Connor also was a part of the Music Together program, a club where you perform songs with special education students, for two years. Connor plans to play club water polo at USSB next year.

#### Elizabeth Labeuw-Anderson



Nobody is sure who it is yet, but there is one lucky university out there somewhere. Why you say? It's because Tamalpais High's Elizabeth (Lizzy) Labeeuw-Anderson is headed their way. Although she hasn't decided where she will be going to college yet, Lizzy is certain to be majoring in engineering. Lizzy's well-rounded high school experience assures that wherever she goes she will be a difference maker. Sporting a 4.46 GPR, Lizzy is a natural leader who takes leadership seriously. A two-year team captain for the cross-country team she served not just as a figure head with a fancy title. Tam cross country coach Sylvia Knight Goodwin offers high praise to her top runner. "Her teammates look up to her because she is unflappable under pressure, is naturally effervescent and has a strong work ethic. She has been very effective at encouraging the anxious athlete, controlling the unruly group, galvanizing the team and supporting the disappointed runner." Running both track and cross country, Lizzy is a four year NCS Scholar Athlete. She has finished in the top 20 in both MCAL's and NCS the past three years in cross country. Off the track, Lizzy is a member of the Teen Advisory Board at the Mill Valley Library and is a Bridge the Gap Volunteer Tutor. She also serves as the Interact Club vice-president.

## DRAKE

### Inua Ramos-Andrews



Of all this year's Outstanding Student Athlete Award winners, Drake High's Inua Ramos may possess the most diverse interests. An accomplished basketball, soccer and track and field athlete, Inua is also a producer and writer of music. He has volunteered at the Woodacre fire station, served as a counselor at the Orca Camp and helped out at the InSpirit organization which helps the needs of Marin's quadriplegics. Inua's basketball career culminated this year when he was selected to the MCAL All-league team. He also picked up the Drake Varsity Pirate Award and was named the team's MVP. His interest and passion toward music led him to the Outstanding Achievement Award in Music Technology. Look for Inua's music work to show up on the Billboard Top 100 soon. Along with his award in music technology, Inua also received the award for Outstanding Achievement in English. With a 3.72 GPA it's not surprising that Inua would pile up outstanding achievement awards. Inua's other Pirate activities include work with PALS and coaching at the renowned Drake Pirate Summer Basketball Camp. A trip across the country in the fall will land Inua at New York University in Manhattan where he has plans to play basketball for the Violets

### Caitlin Gregory



A nice ride down Highway 101 along the spectacular California coast looks to be on the horizon for Drake High School's Caitlin Gregory. Caitlin is looking to attend either UCLA or U.C. Santa Barbara, where she plans on playing soccer at the club or intramural level. Not a surprise that Caitlin would want to continue playing soccer after a 2017 MVP season at Drake and her third straight All-league 2nd team selection. Caitlin was a multi-sport athlete at Drake, excelling in water polo and swimming as well as soccer. She was named MCAL All-league first team in water polo. Caitlin's excellence extends beyond sports. She has twice been named to the CSF Honor Roll and Drake's Honor Crew. She carries a 4.24 weighted GPA and is drawn to math and science and is leaning toward a possible career in medicine. An active participant in Drake's extracurricular activities, Caitlin is active in the Drake High Associated Student Body, is involved in Leadership and is c-president of the Math Club. Caitlin's community services activities include volunteering at the REST (Rotating Emergency Shelter Teams) homeless shelters, working as a tutor at the Tutoring and Learning Center (Fairfax) and helping out with the Sleepy Hollow Swim Team.

## REDWOOD

### John Elders



Hopefully when he gets to school next fall, Redwood High's John Elders will be able to answer the most vexing question college sports fans have: What the heck is a "Hoya". A standout on the Giant's lacrosse team, John will pack his helmet, stick and pads and head to Washington D.C. to Georgetown University where he will continue his lacrosse career. At that time, he will be able to let the sports world know just what the university's nickname is or means. While at Redwood, John possessed a special combination of size, speed, power and finesse that allowed him to be not only a prolific goal scorer, but a tremendous assist man as well. John has earned All-MCAL honors in each of his three completed seasons including two 1st team selections and according to his coach Blake Atkins will be named again at the conclusion of the current season and is "hands down the favorite for the 2017 MCAL player of the Year and a very strong contender for All-American honors." John also played soccer for the Giants landing all-league selections as a freshman and sophomore. John's passion for lacrosse goes beyond his personal performance as he is helping grow the game by working clinics and camps and offering private instruction. John carries a 3.91 weighted GPA and plans to study business at Georgetown.

### Glennis Murphy



She makes being excellent the norm not the exception. So says Redwood High track coach Laura Schmitt of her star runner Glennis Murphy. Glennis is indeed something special. And she has been ever since she set foot on the Larkspur campus four years ago. She will leave Redwood as the reigning California State cross country champion and the Marin County Athletic League 1600m record holder. Glennis time in the 1600m of 4:51.02 was more than 2.5 seconds faster than the previous record that stood for 29 years. Among her other accolades Glennis is a Nike Team Nationalist, a Footlocker Nationalist and a multiple time North Coast Section champion. She was named the MCAL cross country Runner of the Year three consecutive years. Her freshman year she was merely named to the All MCAL 1st team. Glennis record breaking career wasn't limited to the track. She holds a 4.36 weighted GPA, is an NCS Scholar Athlete and an AP Scholar with Distinction. Her combination of academics and athletics will lead her to Dartmouth College in the fall where she plans to run track and cross country with a possible career in medicine. Glennis has served as a volunteer during the summer at Marin Enrichment Preschool for three years.