

## 2015-16 ATHLETIC REPORT

Board of Trustees  
Discussion Item  
May 24, 2016

### Introduction

The TUHSD **2015-16** athletic program consists of up to 46 teams at each of our comprehensive schools for a total of **2,770 athletes** (duplicated) participating on **126 teams**. This represents **139 additional** athletes participating on district teams than last year and **588 (27%) 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 eighth 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. For 2015-16, the handbooks were upgraded to NIAAA standards and approved by the Board in July, 2015.

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.

### **2015-16 TUHSD Athletic Council Members:**

Athletic Directors:	Christina Amoroso, Jessica Peisch and Nate Severin
Athletic Administrators:	LaSandra White, Brian Lynch and Chad Stuart
Booster Club Representatives:	Dan Sapp/Michael Lubinow (Tam), Jen Venne (Drake) and Nancy Nemecek/Valerie Madison (Redwood)
District Athletic Coordinator:	Sue Chelini
Facilities Representative (ex officio):	Chris McCune

### **In 2015-16, the Athletic Council:**

- Five-Year Athletic Plan: Reviewed the Five-Year Athletic Plan, which was originally developed in 2014-15. Although the Athletic Directors acted on the plan, due to administrative and Board changes, the plan was not adopted by the Board of Trustees. It is on today's agenda for a first discussion by the Board.
- Athletic Trainers (ATCs): Appreciated the Board's decision to accept the UCSF PlaySafe contract to provide ATCs for all three schools equally and to phase in District-funding for the ATCs over three years.
- MCAL/NCS/CIF:
  - Winter Soccer: Heard updates about winter soccer and the MCAL evaluation by the ADs. The AC made suggestions to reduce time lost from class that were passed on to the MCAL.
  - Sportsmanship: Discussed 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.
- Field Hockey: Heard about the successful implementation of the first year of field hockey as a Redwood girls' fall sport.
- Register My Athlete: Appreciated the institution of a family-friendly, AD-friendly on-line registration program.
- New Teams: Discussed the complications of adding a new team. Sue will prepare a handout for parents describing requirements to add a new CIF team to a District school. Interest has been expressed for freshman boys and girls soccer at all three schools, field hockey at Tam, JV boy's volleyball (there are 3 levels for girls) and competitive cheer. All, of course, would require budget planning.
- Strength and Conditioning: Asked the ADs to explore ways to have a more consistent before and after-school strength and conditioning program that would be utilized by teams during and out-of-season. Chris McCune is also interested in seeing how Community Education might fit in.
- Athletic Policies: Made recommendations for site autonomy on several potential District athletic policies.
- Fund Raising: Examined how oversight of fund-raising was conducted at each school. Tam made changes to align with appropriate policies.

- Private Personal Trainers: Were reminded about a District policy with clear guidelines about the use of private personal trainers with teams.
- Grand Jury: Reviewed the Grand Jury Report on Concussions and Head Injuries and gave suggestions for the response.
- Sport Updates: Heard updates on the successes and challenges of each school's athletic program in season.

**Items for the Athletic Council to address in the future:**

- Implement and update the TUHSD Five-Year Plan for Athletics.
- Support the District application to the NIAAA Quality Program Award.
- Captain's Council
- Ongoing review athletic policies and make recommendations to the Board as needed.

**2015-16 ATHLETIC HIGHLIGHTS:**

**Athletic Directors, Christina Amoroso, CAA** (8 years), **Jessica Peisch, CMAA**, (7 years) were joined by **Nate Severin** in his first year as AD at Drake. Nate was formerly a PE teacher and basketball and diving coach at Tam.

We are proud that **Jessica** earned her CMAA (Certified Master Athletic Administrator) this spring after completing a long list of requirements. She reaches a level attained by only 4% of all athletic directors in the country. **Christina** earned the level of CAA (Certified Athletic Administrator), designations by the NIAAA (National Interscholastic Athletic Administrators Association). Those designations require experience, athletic coursework, examinations and special projects. Jessica and Sue had earned their CAA designations previously.

**Jessica** was a founding member and will be the incoming President of the NCS Athletic Directors Association. She is the Athletic Director representative on the NCS Board of Managers. **Christina** will be the Treasurer for the NCSADA.

**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.

Congratulations go to **Nate** who has just completed his Masters in Educational Administration from San Francisco State University.

**Christina, Jessica, Nate** and **Sue** all attended the NIAAA conference in Orlando, Florida in December. We came back excited by the possibility of unified teams which combine athletes with special needs and general education athletes to form interscholastic competitive teams. **Sue** also attended the California State Athletic Directors' Association (CSADA) conference in San Diego in during Spring Break.

**CIF Model Coach: Sylvia Goodman**, Tam Cross-Country and Track coach, was selected as 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.'*

**North Coast Section Athletic Directors' Association:** The NCSADA held their annual meeting at Redwood on September 28, 2015 with **Jessica Peisch** as hostess. It was well attended by athletic directors from schools all over the North Coast Section.

**On-Line Athletic Participation Form:** 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.

**Tam Baseball:** As the Board well knows, North Coast Section found the Tam baseball program in violation of policies for out-of-season play generating considerable controversy in the Tam/Mill Valley baseball community. The penalty was loss of 3 practice days and 1 non-league games. During this investigation, several community meetings were held at Tam and the baseball coach was replaced. To reduce the possibility that a situation like this might occur in the future, the ADs, Lars, Chris McCune and Sue met to plan future steps including:

- Development of a clear statement for out-of-season activities that would meet NCS/CIF guidelines to be posted on the 'Coaches' Corner' of the TUHSD Athletic Web Site.
- Add language in the *Coaches' Handbook* referring to the NCS/CIF out-of-season rules.
- Hold an annual meeting that would be mandatory for any coaches conducting out-of-season activities. NCS/CIF rules will be stressed. The first such meeting will be held on Monday, June 6, 2016 in the Kreps Conference Center. Jessica and Chris have prepared a presentation that will also be posted on the web site after the meeting.
- Add Community Education as a 'fourth school' on *Register My Athlete* so that families may register for open gym/open field activities, provide emergency contacts, and develop a list of cleared athletes for coaches/volunteers to check.

**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.

"Unified" teams have disabled and non-disabled athletes competing together. Rules are modified. The ADs' conference attendance and visit to Freedom High School were the impetus for our District's first unified basketball games between Tam/Redwood and Drake/Terra Linda in January. Drake also hosted unified track events (long jump, 100m girls and 100m boys) at the Tam/Drake/Redwood meet on April 28. Both events were extremely well received by the general student bodies. All athletes participating, along with their parents and teachers, were excited at these opportunities.

Tam and Drake have unified athletes advancing to the Redwood Empire Meet on May 21<sup>st</sup> at Piner HS. If they qualify, they will also participate in the NCS Meet of Champions, the farthest meet to which a unified team may advance.

The ADs worked closely with Cyrus Nassersaeid, Special Olympics, Ed Zander, MCOE, and their own special education staff to identify athletes, practice and stage the initial competitions. The ADs especially appreciate our special education staff members who took leadership in coordinating our unified events: Michael Lovejoy, Tam; Katie Peters, Redwood; and Alison & Andrew Leist, Drake. Drake also had the support of Robyn Berry, Brett Mitchell and Michael Rawlins.

Plans are to build upon these initial events and develop a broader unified sports program for next year.

**Field Hockey:** Redwood's first season of Field Hockey was very successful. So many girls tried out that there had to be cuts. Field hockey has a very short season (only 6 weeks) and only a few schools for competition including Marin Catholic, St. Ignatius, University, Berkeley and Redwood as the league. That being said, they ended the season with 3 wins, 2 losses and 6 ties, an excellent record for a team in its first year.

**Winter Soccer:** After two years of planning, both boys' (formerly a fall sport) and girls' (formerly a spring sport) soccer moved to the winter. The primary impetus was to reduce the impact of spring sports as well as provide more athletic opportunities for both genders in the winter. The ADs kept careful notes this year of weather and sunset times. The only extreme rain was on a NCS play-off day.

Because our schools do not have lights on our fields, winter soccer is impacted by darkness more than other seasons. To minimize time lost from class, MCAL arranged for each team to play only one school day and one Saturday game. However, the Drake faculty was upset that early release for games as too impactful on classes. In evaluation, MCAL ADs will switch days of the week for next season. The better the varsity teams are, the more they would be impacted by early release in MCAL and NCS playoffs.

Both boys' and girls' teams had a much higher than anticipated turnout resulting a large number of cuts. Parents did not understand why we couldn't just add a freshman level. Because winter soccer began in early November, some athletes were able to practice, but not participate in scrimmages/games, due to being in club soccer until Thanksgiving weekend. This will be an ongoing issue.

**Staff Development Day:** The ADs are committed to AD professional development on a district-wide staff development day. In October, Christina, Jessica, Nate and Sue visited Freedom High School in Oakley to observe their unified sports program. Their District has five schools that play interscholastic unified sports competition with soccer in the fall, bowling in the winter and basketball in the spring. This visit was the impetus for our District's first unified basketball game and track events.

In March, we developed guidelines for coaches who sponsor out-of-season activities and planned for a mandatory June workshop for those coaches. We also were introduced to Coaching Management software which promises to track coaching certifications for both HR and the athletic department. This software is related to Register My Athlete and is in the beta testing phase. We were fortunate that HR was able to cover the minimal cost of this software for the 2016-17 and 2017-18 school years. We have been working with their development team to tailor it to meet our needs. We hope to have current coaches upload their certifications before the end of the year.

**Turf Fields:** Our three synthetic turf football fields have been with us so long that not only do we take them for granted, but they are already in need of resurfacing after more than 12 years. As the Board well knows, the Tam football field was resurfaced in Summer, 2015 to a great deal of controversy. Community groups rallied to support upgrading the infill from rubber pellets to cork. The total cost of resurfacing was \$546,000. The Tam Boosters, Tam High Foundation, Mill Valley Soccer, Southern Marin Lacrosse and numerous small donations from individuals in the community contributed \$48,200 toward the extra cost of the cork vs. rubber surface.

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 has been postponed until at least Summer, 2017.

All-weather synthetic turf fields are on all three football fields, 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 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.

**Budget:** The athletic budgets continue to be extremely tight, not having had a COLA for at least eight years. The ADs want to acknowledge the support of the parent clubs at each school. In addition to subsidizing the athletic trainers, they sustain the athletic programs in many significant ways. Parents assist coaches, support individual sports, provide a fan base and raise funds for the athletic department. Parent clubs supplement the district athletic budget, especially for bussing, tournament fees and special team requests.

**Competitive Cheer:** Competitive Cheer, as opposed to Sideline Cheer, will become a spring CIF-recognized sport in the 2017-18 school year. Interest has already been expressed by our cheer families and coaches. As yet, we do not know what the costs associated with Competitive Cheer might be. Just because it is a CIF sport does not mean that a District must offer it.

**New Teams:** Demand has been strong to offer both B & G freshman soccer teams. The primary issue is one of field space in the short daylight winter hours. Interest has also been expressed for a varsity field hockey team at Tam and a JV field hockey team at Redwood. So far, Drake has heard interest expressed in establishing a varsity team.

**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.

**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.

**Calendar Conflict:** The adjustment in the revised 2016-17 calendar impacts the ADs significantly. Since they are all certificated teachers, they are entitled to the Winter Break. As the current MCAL schedules are configured, MCAL has scheduled 2 basketball games/6 teams and 2 soccer games/4 teams during the vacation. The varsity basketball games also require administrative supervision.

**TUHSD Athletic Website Page Hits as of May 4, 2016:** Since its inception in 2011 through May 4, 2016, the web site had 29,798 total visits, 63,214 page views, and 29,526 targeted views.

From	Overview	Contacts	Sports	Athlete Regist.	Parent Links	Health	Transfer	College	Coaches’ Corner
2011-12	2,840	939	1,099	0	452	66	425	25	
2012-13	3,074	1,105	1,506	1,415	399	343	334	240	1,515
2013-14	1,705	661	766	1,493	86	60	154	29	861
2014-15	2,392	980	1,241	3,933	233	288	230	95	1,785
2015-16	3,001	1,035	1,421	12,976	476	258	226	63	1,399
<b>Totals</b>	<b>12,012</b>	<b>4,720</b>	<b>6,033</b>	<b>19,817</b>	<b>1,646</b>	<b>1,015</b>	<b>1,369</b>	<b>209</b>	<b>5,560</b>

From	Coach Guides	Coach Links	Coach Proced.	Athletic Council
<b>2011-12</b>				
<b>2012-13</b>	234	607	173	200
<b>2013-14</b>	96	105	37	207
<b>2014-15</b>	208	269	111	292
<b>2015-16</b>	124	168	31	233
<b>Totals</b>	<b>662</b>	<b>1,149</b>	<b>352</b>	<b>932</b>

**2015-16 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.

### 2015-16 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  
See their accomplishments at the end of this report.

<b>Tam:</b>	Elodie Townsend Matt Coopersmith	Softball Soccer & Baseball
<b>Drake:</b>	Ashley Hailer Jeremy Leary	Wrestling Cross-Country & Track
<b>Redwood:</b>	Ellyson Lundberg Nicolas Laub	Volleyball Basketball & Golf

### 2015-16 Winter/Spring CIF/Subway Spirit of Sport Award

Ashley Hailer, Sir Francis Drake senior, was recognized as one of four North Coast Section winners of the prestigious Spirit of Sport Award.

### NCS Foundation Scholarship Recipients

Matia Jovanovic, Tamalpais, Tennis  
James Hennessey, Drake  
Erin Hollander, Drake

## 2015-16 MCAL Athletes of the Year

<b>Fall, 2015</b>	Cross Country	Andy Ehrenberg	Redwood
<b>Fall, 2015</b>	Cross Country	Glennis Murphy	Redwood
<b>Fall, 2015</b>	Football: Lineman of the Year	Jacob Curhan	Redwood
<b>Fall, 2015</b>	G Volleyball	Ellyson Lundberg	Redwood
<b>Fall, 2015</b>	G Tennis	Lauren Wolfe	Redwood
<b>Fall, 2015</b>	B Waterpolo	Dylan Woodhead	Drake
<b>Fall, 2015</b>	G Waterpolo	Erin Hollander	Drake
<b>Winter, 2016</b>	G Basketball	Amari Allison	Tam
<b>Winter, 2016</b>	B Soccer	Matthias Remink	Redwood
<b>Winter, 2016</b>	Wrestling: Ralph Cutler Award	Riley Dow	Redwood
<b>Spring, 2016</b>	B Tennis	Ryan Baumhoff	Tam
<b>Spring, 2016</b>	B Golf	Devon Gregg	Drake
<b>Spring, 2016</b>			

**Pennants: RR = Round robin before MCAL playoffs; all others are playoff pennants. As of May 13, 2016, many teams were still in spring NCS competition.**

### **Tamalpais Pennants:**

Fall (3): MCAL: JV B Water Polo, G Tennis

NCS: B Water Polo, 2<sup>nd</sup> place

Winter (2): MCAL: F G Basketball, V G Basketball

NCS: V G Basketball – lost in quarter finals, but still qualified for NorCals

NorCal: V G Basketball, quarter-finals

Spring (2): MCAL: B V Tennis, V B Track & Field

NCS: In Process

NCS Scholastic Pennants (1): G Golf

Individual Recognition: Karim Shakur, 5<sup>th</sup> place NCS wrestling medalist

### **Tamalpais Hosted MCAL/NCS Events:**

Fall: MCAL: Water Polo Tournament, G Tennis

NCS: G Tennis

Winter: MCAL: G Basketball, G Soccer

NCS: G Basketball, G Soccer

Spring: MCAL: B Tennis, B Lacrosse, Softball should host

NCS: B Tennis, Softball and Baseball



**Drake Pennants:**

Fall (4): MCAL: B Water Polo, B Cross Country  
NCS: B Water Polo D1 2<sup>nd</sup> Place, B Cross Country 1<sup>st</sup> Place (Div. IV)  
Winter (2): MCAL: JV G Soccer, B Basketball (RR)  
Spring (2): MCAL: Boys Golf (RR)  
NCS: Boys Golf 1<sup>st</sup> Place (Div. II)

NCS Scholastic Pennants (1): B Water Polo

Individual Recognition : Ashley Hailer: NCS Wrestling Champion (137lbs), Jeremy Leary: NCS Individual Cross Country Champion (Div. IV), Tony Marelich: 1<sup>st</sup> Place Diving MCAL Champ; Devin Gregg: 1<sup>st</sup> Place Div. II B Golf Champ

**Drake Hosted Events:**

Fall: NCS: B & G Water Polo 1<sup>st</sup>-Semi-Finals  
Winter: NCS: B Basketball, G Soccer, B Soccer  
Spring: NCS: B Volleyball, Baseball

**Redwood Pennants:**

Fall (8): MCAL: V G Volleyball (league & playoffs), JV G Volleyball, F G Volleyball, G Tennis, G Cross Country (league and playoffs),  
NCS: G & B Cross Country, 2<sup>nd</sup> place  
Winter (3): MCAL: JV G Basketball, V B Soccer, Wrestling  
Spring (10): MCAL: B Volleyball RR, **JV Baseball, V Baseball,**  
NCS:

NCS Scholastic Pennants (1): B Cross Country

Individual Recognition: Lauren Wolfe: NCS 2<sup>nd</sup> place – G Tennis Singles

**Redwood Hosted MCAL/NCS Events:**

Fall: MCAL: G Volleyball, G Tennis  
NCS: G Tennis, G Volleyball  
Nor-Cal: V G Volleyball  
Winter: MCAL: B Basketball, MCAL Playoff Semi-finals and Finals  
NCS: Boys Basketball  
Spring: MCAL: potentially Softball, Baseball  
**NCS: Softball, Baseball**

## ATHLETIC PARTICIPANTS BY SPORT AND TEAM FOR 2015-16:

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.

	2015-16			TOTALS										
	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
<b>Tam</b>	296	201	409	762	780	682	780	812	862	898	900	912	906	906
<b>Drake</b>	252	227	337	640	673	706	748	750	715	740	706	685	685	816
<b>Redwood</b>	375	227	446	780	748	829	889	962	962	985	991	1045	1040	1048
<b>District</b>	<b>923</b>	<b>655</b>	<b>1192</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>

Attached 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.

### 2015-16 Sports Participation

FALL SPORTS	Tamalpais	Drake	Redwood	District Totals
Cheerleading: Coed Varsity	15	0	20	
Cheerleading: Coed JV	0	0	25	
Cross Country: Boys'	19	34	37	
Cross Country: Girls'	27	26	45	
Field Hockey	0	0	25	
Football: Varsity	28	32	35	
Football: JV	31	0	0	
Football: Freshman	24	27	36	
Golf: Girls' Varsity	11	6	15	
Tennis: Girls' Varsity	23	29	19	
Volleyball: Girls' Varsity	13	16	12	
Volleyball: Girls' JV	12	13	13	
Volleyball: Girls' Freshman	10	16	12	
Water polo: Boys' Varsity	18	17	23	
Water polo: Boys' JV	25	15	15	
Water polo: Girls' Varsity	20	10	16	
Water polo: Girls' JV	20	11	27	
<b>FALL TOTALS</b>	<b>296</b>	<b>252</b>	<b>375</b>	<b>923</b>

<b>WINTER SPORTS</b>	<b>Tamalpais</b>	<b>Drake</b>	<b>Redwood</b>	<b>District Totals</b>
Basketball: Boys' Varsity	14	12	16	
Basketball: Boys' JV	15	14	16	
Basketball: Boys' Freshman	14	14	21	
Basketball: Girls' Varsity	14	10	12	
Basketball: Girls' JV	10	16	11	
Basketball: Girls' Freshman	11	0	13	
Cheerleading: Varsity	15	9	18	
Cheerleading: JV	0	0	13	
Soccer: Boys' Varsity	23	24	25	
Soccer: Boys' JV	19	25	22	
Soccer: Girls' Varsity	21	24	21	
Soccer: Girls' JV	21	25	21	
Wrestling: Coed Varsity	24	13	18	
Wrestling: Coed JV	0	0	0	
<b>WINTER TOTALS</b>	<b>201</b>	<b>227</b>	<b>227</b>	<b>655</b>

<b>SPRING SPORTS</b>				
Baseball, Varsity	18	16	21	
Baseball, JV	16	18	18	
Baseball, Freshman	13	18	23	
Diving: Coed	12	12	7	
Golf, Boys' Varsity	14	15	10	
Lacrosse: Boys' Varsity	30	31	30	
Lacrosse, Boys' JV	0	0	26	
Lacrosse: Girls' Varsity	35	22	20	
Lacrosse: Girls' JV	0	24	20	
Softball: Varsity	12	17	12	
Softball: JV	0	0	13	
Swimming: Boys'	40	10	45	
Swimming: Girls'	58	28	80	
Tennis: Boys' Varsity	21	14	20	
Track: Boys' Varsity	63	51	42	
Track: Girls' Varsity	61	51	43	
Volleyball: Boys' Varsity	16	10	16	
<b>SPRING TOTALS</b>	<b>409</b>	<b>337</b>	<b>446</b>	<b>1192</b>

<b>GRAND TOTAL</b>	<b>906</b>	<b>816</b>	<b>1,048</b>	<b>2770</b>
	32.50%	29.50%	38.00%	

<b>TOTAL TEAMS</b>	<b>41</b>	<b>39</b>	<b>46</b>	<b>126</b>
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## MARIN ATHLETIC FOUNDATION -- OUTSTANDING STUDENT ATHLETES

### TAMALPAIS

#### **Matthew Stanley Coopersmith**

With his playing days more than likely behind him, Tamalpais High's Matthew Coopersmith can reflect on four years of tough competition in two sports – baseball and soccer. During his playing days at Tam, Matthew was singled out for his leadership skills, picking up a 'best teammate' award and the 'field general' award in baseball – traits that will, no doubt, serve him well in the future. Matthew garnered all-league recognition and was part of Tam's NCS championship baseball team in 2014. A 4.0 student, Matthew has not yet decided on where he will attend college although UCLA is a possibility. With a strong desire to continue to compete, Matthew will look to intramurals as an outlet. He was involved in more than sports at Tam. He is part of the Link Crew, Strategic Peer Mentoring and is in the Pre-Health Care Club. Outside the confines of the Tam campus, Matthew spent Sundays for three years volunteering at the Redwood Retirement Center. He has acted as a math tutor and worked with disabled children in the Challenger Division Baseball Program.

#### **Elodie Townsend**

A long trek from Mill Valley to Northampton, MA, is no stretch for Tamalpais High's Elodie Townsend, who will begin her college career at the prestigious Smith College. Elodie, with her 3.85 GPA and a bag full of AP classes, will fit in perfectly at the 14<sup>th</sup> ranked liberal arts college in the US. Elodie has completed studies in AP Photography, European History, Literature and Spanish, all while playing softball at an elite level for the Red-tailed Hawks. On the diamond, she has come up through the ranks from Rookie of the Year to First-Team All-League selection, helping Tam to the 2014 NCS Championship. Her leadership skills landed her as team captain for the 2015-16 season. Away from the diamond, Elodie serves as co-president of the Sexuality and Gender Awareness Club. She is the recipient of the Wellesley Book Award, is on the High Honors Roll and is a member of the Women's History Club. In time, when you Google Smith College, next to alums Nancy Reagan and Julia Child, there just might be the name of Elodie Townsend.

### DRAKE

#### **Jeremy Leary**

Sir Francis Drake High's Jeremy Leary won't be running to Brown University in the fall, but he probably could. A three-time all-MCAL selection in cross-country as well as the reigning NCS Div. IV champion, Jeremy will make the more than 3,000 mile trek across the country in hopes of helping the Bears win the Ivy League title. Carrying a 4.0 weighted GPS, Jeremy will only add to Brown's history of being honored as a US Track & Field cross country all-academic team. Jeremy's activities at Drake and in the community were much more than just a run in the park. He has served as the Pirates junior and senior class presidents, is a member of the Link Crew, is part of the Drake Leadership Council and has been an organizer of several school-wide food drives. With the Marin County community, Jeremy has volunteered for numerous organizations through Drake's ASB, including The Cedars Home, Ritter House, St. Vincent de Paul Society and the San Rafael Streets Team.

#### **Ashley Hailer**

Meeting and exceeding goals is nothing new for Sir Francis Drake High's Ashley Hailer. Although the MCAL has entertained female wrestlers for some time now, it is still a tough road for girls both mentally and physically. Ashley has faced those challenges and come out on top, both figuratively and realistically. This past season, Ashley was the winner of the MCAL's Madsen Award acknowledging her as the league's top female wrestler. She went on to win her weight class at the NCS meet. During her wrestling career, Ashley was named as Drake's female MVP two years running, as well as being named captain for two years. Despite the time constraints imposed by her wrestling schedule, Ashley maintained a 3.74 GPA and was designated a scholar athlete. At Drake, Ashley has served as the president of the Spanish Club, a member of the Student Senate and was part of the student exchange program to

Tahiti. Ashley plans on attending the University of California, Santa Cruz and majoring in Human Biology in hopes of becoming a doctor.

## **REDWOOD**

### **Nicholas Arnold Laub**

For those ‘meatatarians’ out there, you might want to look up Redwood High’s Nicholas Laub, especially on Wednesdays. Wednesday is the day when head chef and vice-president, Nick, convenes the meeting of Redwood’s Meat Society to grill up some mouthwatering meat dishes. Inheriting the club from the upperclassmen, he has helped the club flourish, now counting nearly 30 members. If you can’t find Chef Nick at the grill, try the golf course or the gym. Nick has excelled at both golf and basketball at Redwood, achieving scholar-athlete status all four years in both sports. In golf, he has risen from the “most improved” player to all-league honorable mention status to 2<sup>nd</sup> team recognition. In basketball, he was named most inspirational. Nick’s golf prowess could lead him to a college career in the sport. Although undecided on where he will go in the fall, Nick plans to play golf at the next level, possibly at the University of San Diego. Nick’s 3.82 GPA and tireless work with the Giant’s Link Crew and Peer Resource program, along with the Make-A-Wish Junior Advisory Council have opened many doors.

### **Ellyson Lundberg**

The only way to explain how Ellyson Lundberg has accomplished everything she did at Redwood High is to assume she found additional hours beyond the 24-hour day! While her best sport was unquestionably volleyball, where she was voted MCAL Player of the Year, Ellyson also participated in NINE other sports. Along with her volleyball prowess, she received the Coaches’ Award for track, where she is a MCAL high jump champion. She also played beach volleyball, lacrosse, soccer and basketball. She was part of the gymnastics group, ski/snowboarding team and put in time on the trampoline. Not just a sports nut, Ellyson is a member of the Link Crew, a class representative, a member of the Homecoming Court and is a lifetime member of the California Scholarship Federation and the Redwood Honor Society. She carries a 3.7 GPA. Ellyson’s other interests include drama and playing the clarinet. All of these exploits have landed her a scholarship at Arizona State University to play beach volleyball. She will be enrolling at Barrett, The Honors College at ASU.