



Lick-Wilmerding High School

Head, Heart, and Hands

ATHLETICS

at Lick-Wilmerding High School

Athletics Mission

At LWHS students are encouraged to develop their head, heart, and hands within the classroom and when participating in athletics. The Athletics Department nurtures and develops the skills, character, and inclusivity of student athletes from all walks of life, to build a can-do confidence and compassion through athletic competition. We value creating a diverse, equitable, and inclusive culture for all of our student athletes.

FALL SEASON

- Boys & Girls Cross Country
- Girls Field Hockey
- Flag Football/Ultimate Frisbee (Club)
- Sailing (Club)
- Girls Tennis
- Girls Volleyball
- Boys & Girls Water Polo

WINTER SEASON

- Boys Basketball
- Girls Basketball
- Boys Soccer
- Girls Soccer

SPRING SEASON

- Boys & Girls Badminton
- Boys Baseball
- Boys Lacrosse
- Girls Lacrosse
- Girls Softball
- Boys & Girls Swimming
- Boys Tennis
- Boys & Girls Track & Field

Currently, the Athletics program at LWHS is comprised of **40 teams** representing **16 different sports** at the Varsity, Junior Varsity, and Frosh/Sophomore levels. More than **75 percent** of our student body participates in athletics throughout the academic year. LWHS student-athletes are supported by an incredible group of coaches who strive to foster the rich tradition of LWHS athletics and devote their time and energy to bringing excellence to our athletic program.



Put your foot in the circle!

—ELIOT SMITH, DIRECTOR OF ATHLETICS

From
'17-'24

OUR TIGERS HAVE WON:



LEAGUE PLAYER
OF THE YEAR AWARDS



SAN FRANCISCO
PLAYER OF THE YEAR
AWARDS



ATHLETIC
DIRECTOR
OF THE
YEAR
AWARD



LEAGUE CHAMPIONSHIPS



Positive Coaching Alliance

COACH OF THE YEAR
AWARDS



SECTION
CHAMPIONSHIPS

12



2
STATE
CHAMPIONSHIPS



NORTH COAST SECTION TEAM
SCHOLASTIC AWARDS

BASKETBALL



Dominique Cabading

CLASS OF 2022

PHILIPPINES
U18 NATIONAL
TEAM MEMBER

'22

OTHER HONORS:

- BCL-W 1st Team All League '20, '21, '22
- BCL-W 1st Team All League '20, '21, '22
- Honorable Mention Chronicle Girls All-Metro '20
- Cal-Hi Sports All-State Division 3 Second Team '20
- All-Bay Area Honorable Mention '20



Occidental College



Previous school:
St. Thomas Moore

SOCCER



Naima Blanco-Norberg

CLASS OF 2021

SAN FRANCISCO EXAMINER
GIRLS PLAYER OF
THE YEAR

'20

OTHER HONORS:

- BCL-W 1st Team All-League '19, '20
- San Francisco Glens All-San Francisco First Team '20
- BCL-W 2nd Team All-League '18



Yale University



Previous school:
Gateway Middle School

TENNIS



Olive Maunupau

CLASS OF 2020

BCL-W
TENNIS PLAYER
OF THE YEAR

'20

OTHER HONORS:

- LWHS Athlete of the Year '20
- LWHS Team MVP '18, '19, '20
- Led her team to 4 consecutive BCL-W championships, '17 - '20
- NCS Team Championship '20, 2 NCS Team Runner-ups
- NCS Individuals Tournament Singles Champion '19
- BCL Individuals Tournament Singles Champion '17, '18, '20

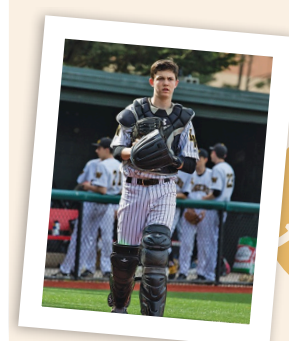


University of California, Davis



Previous school:
Katherine Delmar Burke School

BASEBALL



Ben Slaughter

CLASS OF 2021

BCL-W
1ST TEAM
ALL-LEAGUE

'19

OTHER HONORS:

- BCL-W 1st Team All-League '18
- 1st in the BCL-W in RBIs '19
- Top 10 in batting average leaders in the BCL-W '18, '19
- Led team to back-to-back BCL-W Championships '18, '19
- BCL-W Regular season champions '19



Middlebury College



Previous school:
San Francisco Friends School

BASKETBALL



Zachary Johnson

CLASS OF 2019

LWHS
ATHLETE
OF THE YEAR

'19

OTHER HONORS:

- BCL-W 1st Team All-League '19
- LWHS Basketball MVP '19
- San Francisco Examiner All-City 2nd Team '19
- Vassar Frosh Athlete of the Year Candidate
- Liberty League Rookie of the Year Runner-Up
- Liberty League 2x Rookie of the Week
- San Francisco Italian Athletic Club Student-Athlete of the Year '19



Vassar College



Previous school:
San Francisco Friends School

VOLLEYBALL



Jasmine Leshnick

CLASS OF 2023

LICK-WILMERDING
SOCCER
TEAM MVP

'23

OTHER HONORS:

- US U17 National Team '21, '22, '23
- BCL All-League First Team '23



Harvard



Previous school:
Presidio Middle School

WATERPOLO



Tommy Ryan

CLASS OF 2023

LWHS MALE
ATHLETE
OF THE YEAR

'22

OTHER HONORS:

- NCS Water Polo Qualifier '22
- NCS Swim Qualifier '22
- WACC First Team All League '22 for Waterpolo
- WACC All League Honorable Mention '21-'22
- BCL-W Second Team for Swimming
- USA Water Polo Academic All-American—Outstanding '20-'21, '21-'22, '22-'23



Pomona Pitzer



Previous school:
St. Philip the Apostle

VOLLEYBALL



Caitlin Cummings

CLASS OF 2020

BCL-W
1ST TEAM
ALL-LEAGUE

'20

OTHER HONORS:

- BCL-W Player of the Year '19
- LWHS Athlete of the Year '20
- BCL-W 1st Team All-League '17, '18, '19



University of Southern California



Previous school:
St. Gabriel



Lindsey Denman

HEAD COACH,
GIRLS VOLLEYBALL
PROGRAM



Jeff Gardiner

HEAD COACH,
CROSS COUNTRY AND
TRACK & FIELD
PROGRAMS



10+
YEARS
COACHING

1 NCS
CHAMPIONSHIP

2 BCL-W
CHAMPIONSHIPS

“

With a great focus on well-rounded academics & a respect for the game, we are building strong future leaders.

Sports teach so many invaluable life skills and in the gym we boast a safe space for players to fail, learn & grow together. We challenge our athletes with intense conditioning and strategic drills to test them both physically and mentally. We believe that we can out-train any competitor, and by valuing team support & dedication, we can show up to games to play for one another with an enormous amount of grit.”

20+
YEARS OF
COACHING
TRACK & FIELD AND
CROSS COUNTRY

BACK-TO-BACK
GIRLS
CROSS COUNTRY
STATE CHAMPION
'18 -'19

CROSS COUNTRY

- **6BCL-W Girls**
4 Boys & team championships
- **4 NCS girls** & **2 boys** team championships
- **2 Girls** Team State champions

TRACK & FIELD

- **16 BCL-W girls**
10 boys & team champions
- **3 NCS girls** team champions



Philosophy & Values

1 PUT YOUR FOOT IN THE CIRCLE

At Lick-Wilmerding, we do not have any cuts for our Frosh, everyone gets a chance to play. We want all of our student-athletes to have the courage to go out for a team, make the commitment to excellence, and to believe that they are the best.

2 DO YOU HAVE WHAT IT TAKES TO BE A TEAMMATE?

It's not about you, it's about LOVE, SACRIFICE, FAMILY. (I've Got Your Back!) . We are all playing for the name on the front of our Jersey. Our student-athletes believe in "What can I do to help the team win?" All of our student-athletes believe that the only way to build confidence is W-O-R-K.

3 CHAMPIONS FIND A WAY!

Our student-athletes are taught to believe in all of the reasons why we can, not why we can't. be successful. All of our student-athletes wear a GREEN DOT! on their shoes during the season, to help remind them of the power of positive thinking.

4 CHAMPIONS CHOOSE THE RIGHT WAY!

Every time we run out to the practice field or play in a regular game, we know that we are representing our school and we want to make sure that we are role models in everything we do. **Sportsmanship, character, respect**, Making good decisions are very important to our athletic program.

5 APPRECIATE HOW LUCKY WE ARE!

We want all of our student-athletes to appreciate how lucky they are to play High School Athletics at LWHS. We want them to remember the people before them who wore those jerseys. We want them to know how much work our parents and coaches do to make sure they have a great high school experience and last of all, we want our student-athletes to leave footprints for all of our future Tigers.



Lick-Wilmerding's Mission Statement

A private school with public purpose, Lick-Wilmerding High School develops the head, heart, and hands of highly motivated students from all walks of life, inspiring them to become life-long learners who contribute to the world with confidence and compassion.



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