



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 Cross Country
- Girls Cross Country
- Girls Field Hockey
- Flag Football (Club)
- Girls Tennis
- Girls Volleyball
- Boys Water Polo
- 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 Swimming
- Girls Swimming
- Boys Tennis
- Boys Track & Field
- Girls Track & Field
- Boys Volleyball (Club)

Currently, the Athletics program at LWHS is comprised of **42 teams** representing **23 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-'25
OUR TIGERS HAVE WON:

8
LEAGUE PLAYER
OF THE YEAR AWARDS

2 SAN FRANCISCO
PLAYER OF THE YEAR
AWARDS

1 ATHLETIC
DIRECTOR
OF THE
YEAR
AWARD

10
LEAGUE CHAMPIONSHIPS

TWO
Positive Coaching Alliance
COACH OF THE YEAR
AWARDS

SECTION
CHAMPIONSHIPS
13

3
STATE
CHAMPIONSHIPS

20
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



Ben Pennel


CLASS OF 2021


BCL-W
1st TEAM
ALL LEAGUE

'21

OTHER HONORS:

- LWHS Team MVP '21
- NCAA DIII All-Region First Team, '23
- MIAC Men's Soccer All Conference, '23
- MIAC Player of the Week, '23
- All-MIAC Honorable Mention, '24

 Carleton College

 Previous school:
French American Int'l School

VOLLEYBALL



Noelle Winn


CLASS OF 2023


BCL-West
2nd Team
ALL LEAGUE

'22

OTHER HONORS:

- LWHS Team MVP, '22
- 2024 CSC Academic All-District
- 2024 NEWMAC Academic All-Conference

 Wellesley College

 Previous school:
The Hamlin School

SOCCER



Johnny Locala


CLASS OF 2023


BCL-West
1ST TEAM
ALL-LEAGUE

'22, '23

OTHER HONORS:

- Jeanette Gaehtwiler Award Winner, '23
- Centennial Conference Academic Honor Roll, '24

 Johns Hopkins University

 Previous school:
Cathedral School for Boys

TRACK & FIELD



Alex Mader

CLASS OF 2022

LWHS
ATHLETE
OF THE YEAR

'22

OTHER HONORS:

- LWHS MVP Cross Country, '19, '21, '22
- LWHS MVP Track & Field, '19
- LWHS record holder 1600m/3200m/5k
- SF prep record holder in the 3200m
- D5 Cross Country State Champions, '21
- 2-time NCS Cross Country Champions, '18, '21



Yale University



Previous school:
Marin Country Day School

SOCCER



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
ATHLETE
OF THE YEAR

'23

OTHER HONORS:

- NCS Water Polo Qualifier '22
- NCS Swim Qualifier '22
- WACC First Team All League '22 for Water polo
- 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

TRACK & FIELD



Savannah Harris

CLASS OF 2025

LWHS
ATHLETE
OF THE YEAR

'25

OTHER HONORS:

Partial List:

- BAC-BCL West
 - 1st Team 400 Meters, '23, '24, '25
 - 1st Team 4x400, '25
 - 2nd Team 4 X 400, '23, '24
- NCS Class A—400 Meters: 1st Place Finish, '24, '25
- NCS Class A Meet Records
 - 4x400, 2023
 - 1st Place, 400 Meter
 - 3rd place, 200 Meter
 - 1st Place, 4x400



University of California, Berkeley



Previous school:
Head-Royce School



Michael Axtell
HEAD TENNIS COACH



Cynthia Salazar
HEAD COACH
GIRLS CROSS COUNTRY
and TRACK & FIELD



14 YEARS COACHING
3 BCL SINGLES TITLES
2 BCL TEAM TITLES
1 NCS DOUBLES TITLE

“ 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.



11 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

- 2 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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