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

First team	Second Team	Honorable Mention
		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

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

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-Soph
Emme Cain	Makoto Kuniyoshi	Dylan Adams
Cate McCormick	Alexandra Martinez	Nael Benmeziane
Nev Murphy	Harrison Mrachek	Dario Hamidi
Cameron Powell		Chloe Harvey
Anju Sekhon		Julia Kunz
Dashiell Tinianow		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

First team	Second team	Honorable mention
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

Varsity	Junior varsity	Freshman	
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

Varsity		Junior varsity	Freshman
Brody Darin	William Roberts	Drew Asadorian	Mason Anderson
Joshua Elerts	Matthew Schwarz	Brady Beeman	Grant Cortez
JB Frolich	Tommy Terhar	Owen Curley	Christopher Gorham
Brody Greenfield	Andrew Tresser	Connor Harley	Reed Kelly
Matthew Hoffman	Andrew Upp	Jon MacLeod	William Mrachek
River Lockwood	Santi Vignoles	Caleb Mason	Jack Patel
Amin Noroozi		Curtis Sanders	Grant Placzek
Luca Oatham		Camden Sinha	Chase Rowland
Luca Premo		Durham Vail	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	Second team	Honorable mention
Ines Coyne, sophomore	Hana Chelemedos, senior	Isabelle Agnost, freshman
Avery Dement, sophomore	Leila Hamidi, senior	Malory DeCredico, sophomore
Maya Shoenhair, junior		

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	Second Team	Honorable mention
Haley Chelemedos, senior		Miracle Gu, sophomore
Hana Chelemedos, senior		

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	Junior varsity
Haley Chelemedos	Maya Clarke
Hana Chelemedos	Grace Gallagher
Grace Wolpert	Clare Wolpert

NCS Scholar Athletes

Varsity	Junior varsity
Taylor Baker	QianLin Dong
Jordan Huskins	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	Junior varsity
Lauren Foster	Lauren Anderson
Molly Jones	Olivia Bernier
Jadith LaBonge	Beatrice Deignan
Henrietta Lofting	Nina Fairman
Sadie Moise	Delphine Fisher
Audrey Parkin	Tigerlily Foster
Ridhi Patel	Lotta Griemens
Emily Roberts	Parker Ivory
Aamena Shipchandler	Madelena Obertello
	Gemma Satterfield
	Jasminder Taylor
	Audrey Tseng

NCS Scholar Athletes

Varsity	Junior varsity
Grace Britto	Ava Bell
Grace Colaco	Ash Dawkins
Piper Duff	Ruby Peters
Sienna Moise	Alesandra Smith
Hanna Wisniewska	
Riley Zirkel	

The Girls Volleyball team finished 2rd 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	Second Team	Honorable Mention
Emme Seelenbacher, senior	Annie Baker, senior	Addi Ames, senior
	Addy Treter, 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	Junior varsity	Freshman
Annie Baker	Camille Chang	Shaelyn McCall
Ella Chong	Harper Fox	
Piper Coy	Quinn Frontiera	Catalina Liu
Rena Liu	Abby Haimovici	Maggie Marusich
Sophia Terry	Meher Jeyakrishna	Anna Mates
	Siyao She	Sahar Noroozi
	Lourdes Smith	

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Sela Sarbiewski	Francesca Barbano	Stella Champion
Sydney Scovic	Amelia Easley	Valentina Fantin
	Maggie Marusich	Claire Leanos
	Cameron Tabak	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	Junior Varsity
Andre Owen	Max Musch
Charles Holmes	Owen Hulst
Nico Roig	Jayden Hwang

NCS Scholar Athletes

Varsity	Junior Varsity
Rocco Fraioli	Gavin Barclay
Justin Rosenblatt	Henry Dreyer
Sam Whipple	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	Second team	Honorable Mention
Ella Del Rosario, junior	Finley Graff, sophomore	Levand Koopah, senior
Adelyn Horciza, sophomore	Olivia Whipple, junior	

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	Junior Varsity
Ella Del Rosario	Kelsey Gunderson
Finley Graff	Sadie Hendrickson
Lucy McShane	Kylie Kaplan
Sara Williams	Leah Kring
Amelia Riley	Mave McAllister
	Santana Tamayo

Addison Dankworth

NCS Scholar Athletes

Varsity	Junior Varsity
Estelle Block	Lily Briones
Adelyn Horciza	QianLin Dong
Siena La Rotunda	Jessica Gerhardt
Malin Stone	Emi Kuniyoshi
Olivia Whipple	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	Junior Varsity
Kalia Johnson	Xylia Zhu
Audrey Tugade	

NCS Scholar Athletes

Varsity	Junior Varsity
Ruby Byrne	Layla Epperson
Sienna Houston	Olivia Jensen
Ayame O'Neal	Grace Wheeler
Belle Robinson	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.

Maddox Malm, senior, was named 2nd team All-Bay Area Newsgroup.
Gavin Dodge, junior, was named honorable mention All-Bay Area Newsgroup.

All DAL

First Team	Second Team	Third Team	Honorable Mention
Gavin Dodge, junior	Ryder Malm, junior	Ian Salmon, senior	Cameron Hood, junior
Maddox Malm, senior			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

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

NCS Scholar Athletes

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

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, senior, was named Most Valuable Player All Bay Area Newsgroup.
Karyss Lacanlale, senior, was named Most Valuable Player of the DAL.
Dulci Vail, senior, was named 2nd team All-Bay Area Newsgroup.
Sophie Chinn, senior, was named honorable mention All-Bay Area Newsgroup.
Ari Hallstrom, senior, was named honorable mention All-Bay Area Newsgroup.

All DAL

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

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

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

NCS Scholar Athletes

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

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	Second team	Honorable mention
Colby Ebner, senior	Simon Appel, senior	Zach Roder, senior
Ben Pecci, senior	Omri Noiman, junior	Santi Vignoles, junior
Eitan Romick, senior	Ryan Rho-Baty, senior	
Jonny Roth, senior		

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	Junior varsity	Freshman
Zachary Birrell	Luca Fazio	Isaiah Castillo
Grey Helfrich	Noah Frankel	Grant Cortez
Bryan Lurie	Karsten Harmeyer	Mason Hennessy
Omri Noiman	Trevor Krick	Jonathan Judson
Aidan Parnell	Connor McAndrew	Grant Matter
Benjamin Pecci	Adam Nolan	Owen Weston
Ryan Rho-Baity	Grigory Statnikov	Marcus Yakaitis
Eitan Romick	William Zimmerman	
Eli Romick		
Harrison Sheffler		
Luke Wilson		

NCS Scholar Athletes

Varsity	Junior varsity	Freshman
Simon Appel	Andres Duke	Coen Gilson
Jeremy Lara	Shiraz Kamran	Luca Ginocchio
Liam Parks	Daniel Kim	Teddy Mrachek
Zach Roder	Harrison Mrachek	Alex Schwarz
Elliott Van Ornum		
Santi Vignoles		
Nico White		
Ethan Wilberts		
Moor Ziskind		

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	Second team	Honorable mention
Tori Hiatt, junior	Lucca DeBiasse, senior	Melisa Adetape, senior
Alex Salazar, senior	Nicole Nguyen, 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		Junior varsity	Frosh-soph
Edie Berzansky	Sienna Houston	Michela Barbano	Ruby Coy
Sofia Cerruti	Tatum Keely	Olivia Bernier	Eloise Greeson
Lucca DeBiasse	Taylor Mikalis	Madison Bernstein	Courtney Hamill
Avery Dement	Nicole Nguyen	Ella Culbertson	Hannah Hoover
Reiney Fish	Cassidy Smith	Mila Ellis	Avila Payne
Livi Foster	Alex Salazar	Grace Eppinger	Allie Schofield
Danica Green	Sara Tarnai	Olivia Kemp	Talia Tichenor
Leila Hamidi	Reese Tierney	Evelyn Lee	Audrey Tseng
Stella Hamilton	Demi Woods	Helena McGinley	Alexa Wall
Victoria Hiatt			

NCS Scholar Athletes

Varsity	Junior varsity	Frosh-soph
Melissa Adetape		
Kate Uffelman	Molly Aldrich	Delphine Fisher
	Grace Colaco	Penny Haslam
	Sierra Goyert	Sofie Kemper
	Cate Mercier	June Natal
	Caroline Tumilty	Ashby Raher
	Tatum Walsh	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	Girls	Junior Varsity
Hugo DeTorres	Kaiya Busfield	Leo Chen
Jake Hammons	Lilah Kring	
Marley Oh	Gwyneth Lee	

NCS Scholar Athletes

Varsity	Girls	Junior Varsity
Ryan Crane		
Kirian Gracie		
Edreece Warres		

Spring Sports Update

The Baseball team was 5th in the DAL with a record of 4-6, and overall record of 18-11-1. They are the NCS Division 2 Champions by defeating Ukiah HS 3-0, Campolindo HS 10-0, Cardinal Newman HS 4-2 and Rancho Cotate HS 7-1. They defeated Chico HS 9-2 and was defeated by St. Francis HS 2-0 in the CIF NorCal Semifinal.

Keegan Goddard and David Gonzalez, seniors, were named a honorable mention All-Bay Area Newsgroup selection.

All DAL Foothill Division

First team	Second team	Honorable mention
David Gonzales, senior	Keegan Goddard, senior	Jimmy Cusumano, sophomore
	Branson Smith, junior	Austin McManamon, sophomore

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 3.20.
Junior varsity team with an overall GPA of 3.40.
Freshman team with an overall GPA of 3.52.

NCS Presidents List

Varsity	Junior Varsity	Freshman
Jimmy Cusumano	AJ Del Santo	Isaiah Castillo
Josh Lee	John Nicolini	David Ellerbrock
Cody Michitsch	Luca Starczewski	Luca Ginocchio
Ben Pecci		Bryce Long
Brady Quinn		Grant Matter
		Jake O'Brien
		Jack Roberts
		Marcus Yakaitis

NCS Scholar Athletes

Varsity	Junior Varsity	Freshman
Hank Bauer	Zachary Birrell	Reed Kelly
Jake Colaco	Will Forschler	Nate Lederman
Dom Patitucci	Jackson Garbo	Teddy Mrachek
Branson Smith	Karsten Harmeyer	Landon Page
Tyler Winkles		Jack Patel

The Boys Golf team finished 2nd in the DAL with a record of 7-1 and 8-2 overall, and finished in 2nd place at the DAL Championships. They placed 10th at the NCS Championship.

All DAL Foothill Division

First Team	Second Team	Honorable Mention
Naveen Ahuja, sophomore	Rocco Stassi, sophomore	

NCS Scholar Team honors: Varsity team with an overall GPA of 3.07.

NCS Presidents List

Varsity	Junior Varsity
Ryan Weilbach	

NCS Scholar Athletes

Varsity	Junior Varsity

The Boys Lacrosse team is 2nd in the DAL with a 6-1 record, and finished with a 14-4 overall record. In the NCS playoffs, they were defeated by De La Salle HS.

All DAL Foothill Division

First Team	Second Team	Honorable Mention
Henry Finegold, senior	Luke Daffner, sophomore	Brody Darin, senior
Ian Sanftner, senior	Jan Korzeniowski, junior	Corben Gallegos, junior
	Griffin Rotundo, senior	
	Kyle Sanftner, freshman	

NCS Scholar Team honors: Junior varsity team with an overall GPA of 3.41.

NCS Presidents List

Varsity	Junior varsity
	Cooper Banwart
	Joaquin Bordi
	Emerson Boudreau
	Luke Dafferner
	Logan Houston
	Andrew Iams
	Cade Korpita
	Curtis Sanders
	Jackson Tseng
	Ryan Yun

NCS Scholar Athletes

Varsity	Junior varsity
Henry Finegold	William Siamas
Luca Premo	
Eitan Romick	

The Girls Lacrosse team was 2nd in the DAL with a 3-3 record and 8-10 overall. In the NCS playoffs, they were defeated by San Ramon Valley HS.

All DAL Foothill Division

First Team	Second Team	Honorable Mention
Megan Churchill, senior	Reese Imrie, sophomore	Campbell Evans, senior
Grace Colaco, senior	Catalina Liu, sophomore	Stella Hamilton, sophomore
Reese Tierney, sophomore	Emily Roberts, junior	Addie McShane, senior
Claire Zimmerman, senior		

NCS Scholar Team honors: Varsity team with an overall GPA of 3.45.
Junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity	Junior varsity
Edie Berzansky	Stella DeGroot
Grace Eppinger	Beatrice Deignan
Charlotte Gellman	Eloise Greeson
Catalina Liu	Penelope Haslam
Emily Roberts	Molly Jones
Maya Stafford	Claire Leanos
Reese Tierney	Olivia Lewis
	Savannah Martinez
	Maddie Obertello
	Avila Payne
	Allie Schofield
	Arielle Sears
	Talia Tichenor
	Chloe Vignoles
	Alexa Wall
	Tatum Walsh

NCS Scholar Athletes

Varsity	Junior varsity
Kate Beaver	Olivia Bernier
Lucca DeBiasse	Ruby Bogan
Christina Hageboeck	Natalie Burciaga
Taylor Mikalis	Elizabeth Culbertson
	Nina Fairman
	Delphine Fisher
	Catherine Mercier
	Lillian Quine
	Svea Staino
	Samantha Swift
	Genevieve Tenorio

Willa Wolcott

The Varsity Softball team was 6th in the DAL with a record of 1-9, and an overall record of 10-12. In the NCS playoffs, they defeated St. Joseph's HS 18-0 and was defeated by Northgate HS 5-2 in the NCS Quarterfinal.

Emme Young, senior, was named a honorable mention All-Bay Area Newsgroup selection.
Emme Young, senior, was named Most Valuable Player of the league.

All DAL Valley Division

First team	Second team	Honorable Mention
Emme Young, senior	Esa Orman, senior	Santana Tamayo, sophomore

The Varsity team was the NCS Scholastic Champion with the highest overall GPA in division 3.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.58.
Junior varsity team with an overall GPA of 3.51.

NCS Presidents List

Varsity	Junior Varsity
Amelia Riley	Camille Chang
Maya Shoenhair	Michelle Khan
Santana Tamayo	Emi Kuniyoshi
Emme Young	Leia Pham
	Audrey Tseng

NCS Scholar Athletes

Varsity	Junior Varsity
Vanessa Choi	Reina Dekel
Lauren Foster	Ashlyn Fogarty
Ella Greenfield	Akellah Lilly
June Natal	Morgan Lynch
Sierra Orman	Hazel Raaum
Avery Robb	Nella Rawski
Riley Zirkel	Leah Roth

The girls placed 4th and the boys placed 5th at the DAL Championships.
The following placed at the NCS Swim Championships.
Sadie Suppiger 7th 100 backstroke, 12th 100 freestyle
Anna Motes 16th 100 breaststroke
Sara Williams, Jessica Gerhardt, Lucy McShane, Elyse Budke 11th 400 freestyle relay
Malin Stone, Anna Motes, Tess Veronda, Sadie Suppiger 13th 200 medley relay
The following placed at the CIF Swim Championships.
Sadie Suppiger placed 11th 100 backstroke

All DAL Foothill Division

First team	Second team	Honorable mention
	Sadie Suppiger, senior	

NCS Scholar Team honors: Varsity boys team with an overall GPA of 3.30.
Varsity girls team with an overall GPA of 3.52.
Junior Varsity boys team with an overall GPA of 3.26.
Junior Varsity girls team with an overall GPA of 3.72.

NCS Presidents List

Boys Swimming

Varsity	Junior Varsity
Owen Andre	Charles Holmes
Gavin Barclay	Jonathan Judson
Braden Dunton	Ian Lin
Sean Geraghty	Dillon Nagar
Jay Shoenhair	Lachlan Tidd

Girls Swimming

Varsity		Junior Varsity
Estelle Block	Sophia Schwartz	Maya Clarke
Lily Briones	Malin Stone	Kelsey Gunderson
Ella Del Rosario	Audrey Tseng	Anabella Hoang
Milana Ellis	Tess Veronda	Kylie Kaplan
Hannah Geraghty	Sara Williams	Emi Kuniyoshi
Sadie Hendrickson	Hanna Wisniewska	Mave McAlister
Lucy McShane		Audrey Tugade

Varsity Diving

NCS Scholar Athletes

Boys Swimming

Varsity	Junior Varsity
Jayden Hwang	Henry Dreyer
Will Miller	Ryan Gerhardt
Max Musch	Daniel Kim
Jason Schlehr	
Andrew Tanimura	

Girls Swimming

Varsity		Junior Varsity
Madison Bauer	MaeLin Mason	Sierra Goyert
Karina Bundy	Anna Motes	Erin Lerch
Addison Dankworth	Kate Roberts	Amina Martinez
Adelyn Horciza	Kayla Schaffer	Indiana Perry
Sophia Hwang	Evya Smyth	Ella Schlehr

Ethan Zolboo	Siena La Rotunda	Sadie Suppiger	Lilia Teicher
	Audrey Martin	Olivia Whipple	

The Boys Tennis team is 3rd in the DAL with a 2-4 record and an overall record of 11-8. In the NCS team championships, they defeated Albany HS before being defeated by Branson HS in the quarterfinals.

Sze Ting Chen, junior, was a 1st team All-DAL singles selection.
Nick Owens, senior, was a 1st team All-DAL singles selection.
Blake Marshall, junior, and Dylan Rocca, senior. was a 1st team All-DAL doubles selection.
Peyton Eagans sophomore, were a 2nd team All-DAL singles selection.
Saaj Shah, junior, was an honorable mention All-DAL singles selection.

NCS Scholar Team honors: Varsity team with an overall GPA of 3.31.
Junior Varsity team with an overall GPA of 3.50.

NCS Presidents List

Varsity	Junior Varsity
Sze Ting Chen	Hugo DeTorres
William O'Brien	Ilai Elbaz
Nick Owens	Noah Frankel
Saaj Shah	Edward Leung
	Connor McAndrew
	Stewart Roberts
	Matthew Wiehn

NCS Scholar Athletes

Varsity	Junior Varsity
Christopher Gorham	Grant Cortez
Kaya Hoeberechts	Dhruv Mahadevan
Dylan Rocca	Teddy Mrachek
Andrew Zheng	Hirsch Peters

The Boys Track & Field team was 3rd and the Girls Team finished 4th. in the DAL
The Boys Track & Field team finished 5th Girls team 11th, the, the girls unified team 3rd and the boys unified team 7th at the NCS Tri-Valley Championships and the following placed in the meet.
Deonte Littlejohn 1st discus, 2nd shotput
Haley Chelemedos 2nd long jump, 5th high jump
Dulci Vail 2nd high jump
Bethel Imasuen 3rd shotput
River Lockwood 4th 330 hurdles
Illias Kaplanes-Jones 6th long jump
Ben Mickelson 7th 400
Nevis Murphy 8th 1600, 9th 800
Grant Ricker 8th triple jump
Julian Hood, Ben Mickelson, Harry Zimmerman 6th 4X400
Leah Quintella & Malory DeCredico 5th in unified 100
Isaac Lee & Grant Ricker 5th in unified long jump
Alyvia DeCredico, Sylvie Merrill, Malory DeCredico, Asha Sekhon 2nd unified 4X100
The Boys Track & Field team placed 7th, the Unified Girls team placed 3rd and the Unified Boys team placed 8th at the NCS Meet of Champions and the following placed in the meet.
Dulci Vail 3rd high jump
River Lockwood 4th 300 hurdles
Haley Chelemedos 4th long jump, 5th high jump
Deonte Littlejohn 2nd discus, 6th shotput
Bethel Imasuen 4th shotput
Illias Kaplanes-Jones 8th long jump
Julian Hood, Ben Mickelson, Matthew Schwarz, River Lockwood 3rd 3X400
Sophie Chinn, Haley Chelemedos, Cameron Thornton, Isabelle Agnost 8th in the 4x100.
Leah Quintella & Malory DeCredico 4th in unified 100
Isaac Lee & Grant Ricker 6th in unified long jump
Alyvia DeCredico, Sylvie Merrill, Malory DeCredico, Asha Sekhon 2nd unified 4X100
The results at the CIF Championships.
Deonte Littlejohn 11th discus.

All DAL Foothill Division

First team	Second team	Honorable mention
Isabelle Agnost, freshman	Illias Kaplanes-Jones, junior	Bethel Imasuen, senior
Haley Chelemedos, senior	Dulci Vail, senior	Grant Ricker, junior
Sophia Chinn, senior		
Julian Hood, junior		
Olivia Kemp, freshman		
Deonte Littlejohn, junior		
River Lockwood, junior		
Ben Mickelson, sophomore		
Harry Zimmerman, junior		

The Varsity Girls team was the NCS Scholastic Champion with the highest overall GPA in division 3.

NCS Scholar Team honors:
Boys varsity team with an overall GPA of 3.34.
Girls varsity team with an overall GPA of 3.68.
Boys junior varsity team with an overall GPA of 3.38.
Girls junior varsity team with an overall GPA of 3.50.

NCS Presidents List

Boys

Varsity	Frosh-Soph
Bryce Birdsong	Finneus Aiken
Adam Dolberg	Milo Anderson
Josh Elerts	Joaquin Bordi
Luca Fazio	David Ellerbrock
Sergio Fon	David Gallacher
Nathan Joseph	August Greeson
Trevor Krick	Justice Hembrador
Casey Lopez	Mason Hennessy
Donovan McGrath	Nikhil Hunn
Christian Smario	Maximilian Kaufman
Evan Tsang	Matthew Lee
William Zimmerman	Bryan Lurie
	Bryce Mansour
	Edik Molina-Mejia
	Rohan Winig
	Jiajin You

Girls

Varsity	Frosh-Soph
Lauren Anderson	Ella Garofolo
Grace Britto	Eloise Greeson
Haley Chelemedos	Olivia Kemp
Hana Chelemedos	Eliza Khan
Sophie Chinn	Isabelle Oh
Veronica Flint	Faye Pang
Grace Gallacher	Lilian Renbarger
Samantha Griscavage	Robyn Sherman
Victoria Hiatt	
Nevis Murphy	
Anju Sekhon	
Addison Stevens	
Genevieve Tarsa	
Cameron Thornton	
Lesley Trowbridge	
Dulci Vail	

NCS Scholar Athletes

Boys

Varsity	Frosh-Soph	
Landon Deily	Theo Benmeziane	Miles Moore
Jack Manful	Jackson Boselli	Liam Parks
Sameed Marco	Pengyu Chen	Oliver Penn
Lucas Massa	Ajax Choudhury	Alex Schwarz
Casey Metzger	Jonathan Fairhurst	Arti Shaterian
Luca Oatham	Brock Garland	Harrison Sheffler
Luca Potts	Alexander Hagen	Will Siamas
Luca Premo	Dario Hamidi	Brennan Visnick
Grant Ricker	Jasper Handlers	
Everett Shore	Will Meehan	

Girls

Varsity	Frosh-Soph
Molly Aldrich	Charley Clark
Arianna Berloui	Sienna Fernandez
Madison Bernstein	Leila Freeman
Yanina Galavach	Chloe Harvey
Danica Green	Sofie Kemper
Lexi Le	Ruby Peters
Cameron Powell	Asha Sekhon
Mackenzie Siewart	Anneliese Tarsa
Shanice Williams	Maria Tislenko
	Avery Titus

The Boys Volleyball team placed 5th in the DAL with a 2-8 record and a 6-14 overall record.

All DAL Foothill Division

First team	Second team	Honorable mention
Matthew Law, senior	Avyn Morales, senior	Mason Briones, junior

NCS Scholar Team honors: Varsity team with an overall GPA of 3.31.
Junior Varsity team with an overall GPA of 3.08.

NCS Presidents List

Varsity	Junior Varsity
Charlie Peatross	Noah Blackhart
	Miles DeBoy
	Everett Hughes

NCS Scholar Athletes

Varsity	Junior Varsity
Brendan Bogan	Christian Dunphy
Zach Garcia	Elias Ristow
Preston Hilsabeck	Owen Weston
Nery Lopez	
James Sanguinet	

The Competitive Sport Cheer team finished 8th in the DAL with a 0-7 record.

First team	Second team	Honorable mention
Lexi Platto, sophomore	Fabia Korhummel, senior	Ruby Byrne, sophomore
		Krystina Merkelo, sophomore

NCS Scholar Team honors: Varsity team with an overall GPA of 3.31.

NCS Presidents List

Varsity
Layla Epperson
Alexa Platto
Audrey Tugade
Grace Wheeler
Xiuyi Zhu

NCS Scholar Athletes

Varsity
Ruby Byrne
Fabia Korhummel
Krystina Merkelo
Belle Robinson
Thea Wilberts

The Beach Volleyball team competed in the first official NCS season.

NCS Scholar Team honors:	Varsity team with an overall GPA of 3.23.
NCS Presidents List	NCS Scholar Athletes
Varsity	Varsity
Shaelyn McCall	Lily Cervenka
Ella Meewes	Grace Hayes
	Sydney Scovic

Senior Awards

Jonny Roth and KK Lacanlale won the Most Outstanding Athlete Award for excellence in a single sport.
Simon Appel, Drew McKenzie, Sophie Chinn and Dulci Vail won the Most Valuable Athlete Award for excellence in several sports.
JB Frolich and Haley Chelemedos won the Booster Club Athlete of the Year Award for athletic and academic participation over four years.

Overall Update.

124/421 Presidents List in the Fall.
100/421 Scholar Athletes in the Fall.
22/23 Scholar Teams in the Fall.
90/219 Presidents List in the Winter.
42/219 Scholar Athletes in the Winter.
13/13 Scholar Teams in the Winter.
141/572 Presidents List in the Spring.
149/572 Scholar Athletes in the Spring.
23/24 Scholar Teams in the Spring.
356/1212 Presidents List in the year.
291/1212 Scholar Athletes in the year.
58/60 Scholar Teams in the year.

97% of our teams received scholar Team honors.
29% of our student-athletes received Presidents List honors.
24% of our student-athletes received Scholar Athlete honors.
933 students participate in at least one sport, which is 75% of our student body.
237 students are two-sport athletes, 38 students are three-sport athletes, 4 students are four-sport athletes.
1212 total student participants.

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.