Athletics & Student Activities

Year in Review

2025-2026

One Conference, One Mission

The Metro Conference - is committed to the engagement, education, elevation and empowerment of our student-athletes through team building, inclusion and support for all.

The Metro Way - is a partnership between athletes, coaches, parents, officials and community to develop character, promote positivity and demonstrate integrity in all we do.

The Metro Way Sportsmanship Goals

IMPROVE	DECREASE	BUILD
the level of sportsmanship at Metro Conference events.	the number of negative incidents and ejections at Metro Conference events.	positive communities and the relationships between athletes, coaches, officials and spectators.

The Metro Way Pillars of Success

RESPECT	ACCOUNTABILITY	COMPETITIVE SPIRIT
for self and others is a commitment to all participants.	is a commitment to take ownership for our actions, attitude and language.	is a commitment to do our best and place our team in a position to succeed, while never sacrificing our integrity and respect for others.

THE METRO WAY IS OUR COMMITMENT TO HOW WE PLAY

OUR OFFICE:

E. Alex Estrada	Director of Athletics & Student Activities
Brianne Paxton	Program Manager- Athletics & Student Activities
Nicole Meyer	TOSA- MSAL, Academic Decathlon, Quiz Bowl, Overnight Field Trips
John Inumerable	TOSA- MSAL
Cesar Fernandez	TOSA- ASES & ASSETS Programs

Rebecca Eguiza	Senior Admin Assistant, Coaching Clearances
Betsy Garcia-Peña	Senior Admin Assistant
Gina Fimbres	Office Assistant
Reyna O'campo	Office Assistant

~HIGH SCHOOL ATHLETICS~

As the Metropolitan Conference enters its 93rd year, we reaffirm our commitment to athletic excellence, integrity, and the competitive spirit that has defined our community for nearly a century. Our conference continues to be a place where student-athletes grow not only as competitors, but as scholars, leaders, and citizens.

In the year ahead, we remain focused on expanding student engagement across the district. This includes strengthening participation, improving measurable outcomes, and ensuring that every student—regardless of background or experience—has access to meaningful athletic opportunities.

Our mission endures: to empower each student-athlete to reach their full potential and to carry the values of teamwork, perseverance, and sportsmanship into every arena of life. As we begin a new year, we look forward to building on our legacy and shaping the next generation of champions.

2025-2026 PARTICIPATION CENSUS*				
	2025-2026 Part. Gap	2025-2026 Female Total Population	Total Current 2025-2026 Athletic Participation #'s	
			Girls	Boys
BVH	**0.81%**	951 (47.15%)	532 (46.34%)	616 (53.66%)
CPH	**-5.21%**	597 (46.31%)	238 (51.52%)	224 (48.48%)
CVH	**-0.06%**	918 (51.26%)	390 (51.32%)	370 (48.68%)
ELH	**0.84%**	1232 (48.01%)	625 (47.17%)	700 (52.83%)
HTH	**-1.94%**	844 (48.45%)	518 (50.39%)	510 (49.61%)
MVH	**-2.07%**	543 (46.89%)	330 (48.96%)	344 (51.04%)
MOH	**-0.67%**	760 (49.61%)	359 (50.28%)	355 (49.72%)
OLH	**0.25%**	1060 (48.49%)	590 (48.24%)	633 (51.76%)
ORH	**2.67%**	1134 (47.45%)	575 (44.78%)	709 (55.22%)
SYH	**-6.80%**	876 (48.80%)	437 (55.60%)	349 (44.40%)
SOH	**-4.48%**	735 (47.33%)	344 (51.81%)	320 (48.19%)
SUH	**-5.69%**	1040 (48.46%)	483 (54.15%)	409 (45.85%)
TOTALS	**-1.86%**	**10690 (48.23%)**	**5421 (49.46%)**	**5539 (50.54%)**

Total Athletes by School	
Eastlake	1325
Otay Ranch	1284
Olympian	1223
Bonita Vista	1148
Hilltop	1028
Mater Dei	978
Sweetwater	892
San Ysidro	786
Chula Vista	760
Montgomery	714
Mar Vista	674
Southwest	664
Castle Park	462

Total Athletes by Season		
Fall	Female	1983
	Male	1811
	Total	3794
Winter	Female	1611
	Male	1700
	Total	3311
Spring	Female	2272
	Male	2561
	Total	4833

Top 5 Female Sports	
Girls Soccer	876
Girls Track & Field	758
Girls Volleyball	579
Softball	567
Flag Football	530

Top 5 Male Sports	
Football	1156
Boys Track & Field	845
Boys Soccer	703
Baseball	532
Boys Wrestling	483

Female Athletes by School	
Eastlake	625
Olympian	590
Otay Ranch	575
Bonita Vista	532
Hilltop	518
Sweetwater	483
Mater Dei	445
San Ysidro	437
Chula Vista	390
Montgomery	359
Southwest	344
Mar Vista	330
Castle Park	238

Male Athletes by School	
Otay Ranch	709
Eastlake	700
Olympian	633
Bonita Vista	616
Mater Dei	533
Hilltop	510
Sweetwater	409
Chula Vista	370
Montgomery	355
San Ysidro	349
Mar Vista	344
Southwest	320
Castle Park	224

FALL ATHLETIC SEASON

Our fall season was packed with excitement and competitiveness. We had 54 teams represent the Metropolitan Conference in the San Diego CIF Playoffs. We also celebrated 5 San Diego Section CIF Champions, demonstrating the resilience, teamwork, and competitive excellence that define our conference.

Congratulations to the Fall 2025 Metro League Champions

Field Hockey	Mesa League	Eastlake Titans
	South Bay	Hilltop Lancers & Granite Hills
Flag Football	Mesa League	Bonita Vista Barons
	South Bay League	Hilltop Lancers
	Pacific League	San Ysidro Cougars
Football	Mesa League	Mater Dei Crusaders
	South Bay League	Hilltop Lancers
	Pacific League	Mar Vista Mariners
Boy's Water Polo	Mesa League	Eastlake Titans
	South Bay League	Olympian Eagles
	Pacific League	Sweetwater Red Devils
Girl's Volleyball	Mesa League	Otay Ranch Mustangs
	South Bay League	Olympian Eagles
	Pacific League	Montgomery Aztecs
Girl's Golf	Mesa League	Mater Dei Crusaders
	South Bay League	Montgomery Aztecs
Girl's Tennis	Mesa League	Eastlake Titans
	South Bay League	Hilltop Lancers
	Pacific League	San Ysidro Cougars
Girl's Cross Country	Mesa League	Eastlake Titans
	South Bay League	Hilltop Lancers
	Pacific League	Mar Vista Mariners
Boy's Cross Country	Mesa League	Eastlake Titans & Olympian Eagles
	South Bay League	Southwest Raiders
	Pacific League	Mar Vista Mariners

Mission Federal Metro Conference Fall Student Athletes of the Year





Fall CIF Champions

Eastlake Girls Tennis – Division 2 Champions

Eastlake Field Hockey – Division 2 Champions

Olympian Girls Volleyball – Division 3 Champions

Mar Vista Boys Water Polo – Division 3 Champions

Olympian Girls Flag Football – Division 5 Champions

Mater Dei Cheer – Division 2 Champions













WINTER ATHLETIC SEASON

Our winter season wrapped up with an outstanding performance across the San Diego CIF Playoffs, highlighted by 56 competing teams and 4 CIF team titles earned across multiple sports and divisions.

Congratulations to the Winter 2026 Metro League Champions

Boy's Basketball	Mesa League South Bay Pacific League	Victory Christian Knights Mater Dei Crusaders Mar Vista Mariners
Girl's Basketball	Mesa League South Bay League Pacific League	Mater Dei Crusaders Eastlake Titans Chula Vista Spartans
Boy's Soccer	Mesa League South Bay League Pacific League	Eastlake Titans Otay Ranch Mustangs Montgomery Aztecs
Girl's Soccer	Mesa League South Bay League Pacific League	Mater Dei Crusaders Hilltop Lancers San Ysidro Cougars
Roller Hockey	Mesa League South Bay League	Eastlake Titans Hilltop Lancers
Boys Wrestling	Mesa League South Bay League	Bonita Vista Barons San Ysidro Cougars
Girl's Wrestling	Mesa League South Bay League	Olympian Eagles Sweetwater Devils
Girl's Water Polo	Mesa League South Bay League Pacific League	Eastlake Titans Olympian Eagles Hilltop Lancers

Mission Federal Metro Conference Winter Student Athletes of the Year





Winter CIF Champions

Victory Christian Boys Basketball – Open Division Champions

Hilltop Boys Soccer – Division 1 Champions

Olympian Girls Wrestling – Division 1 Champions

Mater Dei Girls Wrestling – Division 4 Champions









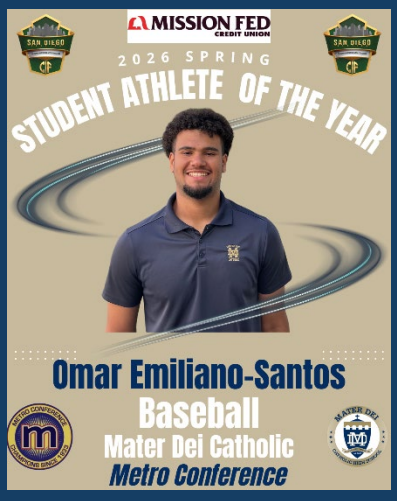
SPRING ATHLETIC SEASON

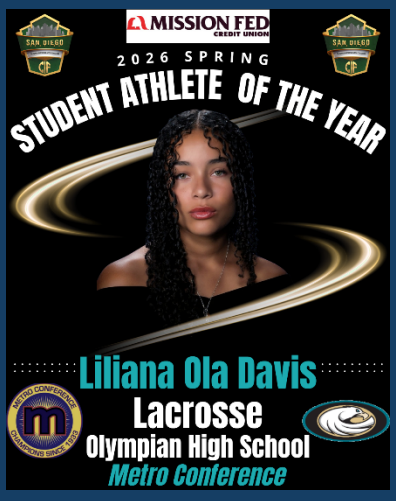
Our spring season closed out the 2025-2026 school year with 74 teams competing in San Diego CIF Playoffs. We had a total of 5 San Diego CIF Champions.

Congratulations to the Spring 2026 Metro League Champions

Baseball	Mesa League	Eastlake Titans
	South Bay	Montgomery Aztecs
	Pacific League	Mar Vista Mariners
Softball	Mesa League	Mater Dei Crusaders
	South Bay League	Olympian Eagles
	Pacific League	Montgomery Aztecs
Girl's Beach Volleyball	Mesa League	Helix Highlanders
	South Bay League	Steele Canyon Cougars
	Pacific League	Sweetwater Red Devils & Southwest Raiders
Boy's Volleyball	Mesa League	Eastlake Titans
	South Bay League	Sweetwater Red Devils
	Pacific League	Mar Vista Mariners
Boy's Golf	Mesa League	Eastlake Titans
	South Bay League	Hilltop Lancers
Boy's Lacrosse	Mesa League	Eastlake Titans & Olympian Eagles
	South Bay League	Hilltop Lancers
Girl's Lacrosse	Mesa League	Eastlake Titans
	South Bay League	Bonita Vista Barons & Mar Vista Mariners
Boy's Tennis	Mesa League	Eastlake Titans
	South Bay League	Hilltop Lancers
	Pacific League	San Ysidro Cougars
Boy's Swim & Dive	Mesa League	Eastlake Titans
	South Bay League	Southwest Raiders
Girl's Swim & Dive	Mesa League	Eastlake Titans
	South Bay League	Sweetwater Red Devils
Boy's Track & Field	Mesa League	Otay Ranch Mustangs & Eastlake Titans
	South Bay League	Mater Dei Crusaders
Girl's Track & Field	Mesa League	Eastlake Titans
	South Bay League	Mater Dei Crusaders

Mission Federal Metro Conference Spring Student Athletes of the Year





Spring CIF Champions

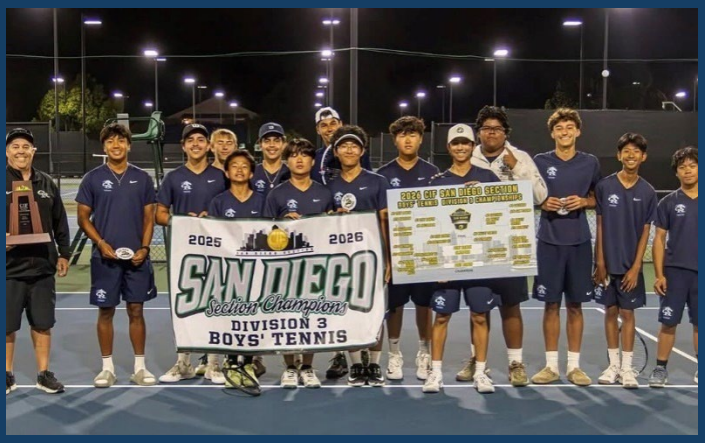
Eastlake Girls Beach Volleyball – Division 2 Champions

Eastlake Boys Volleyball – Division 1 Champions

Otay Ranch Boys Tennis – Division 3 Champions

Bonita Boys Volleyball – Division 2 Champions

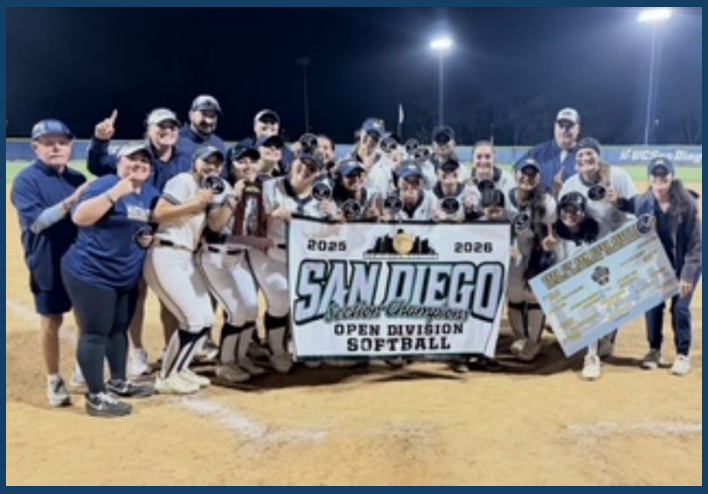
Mater Dei Softball – Open Division Champions











~SPECIAL RECOGNITIONS~

Congratulations to Paula Zumstein, from Montgomery High School, was selected CIF All-State 1st Team Girls Basketball in Division 3.

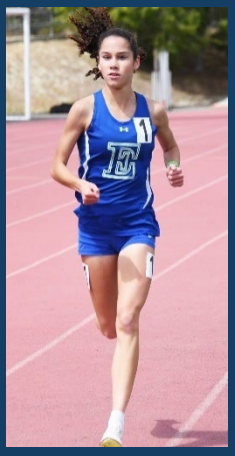




Congratulations to Jasir Fontenot, from Mater Dei High School, CIF State Champion Boys 110 Hurdles.

Congratulations to the Mater Dei Crusaders Girls Softball team for winning the CIF Division 1 SoCal State Regional Championship for the 2nd consecutive year!





Congratulations to Jaelyn Williams form Eastlake High School, CIF State Division 1 Champion. Jaelyn was also for named the 2025-26 Gatorade California Girls Cross Country Player of the Year.

Congratulations to Arri Romero, from Mater Dei High School, for being selected San Diego CIF Pitcher of the Year.



~SPECIAL RECOGNITIONS~



Congratulations to our Metro Conference & CIF Athletic Director of the Year, Gisela Wolfe, Mar Vista High School

Craig Wilson from Chula Vista High School was honored with a CIF Lifetime pass for his commitment to education and athletics during his 37 years of service, congrats on his retirement.



CIF Girls Wrestling Champions
Olivia Grace De Los Reyes, Eastlake, D1
Natalia Righelis, Olympian, D1
Elisa Najera, Olympian, D1
Ella Edvalson, Bonita Vista, D2
Kailani Topsana, Mater Dei, D4
Beatriz Rockholt, Mater Dei, D4
Kalia Strother, Mater Dei, D4

CIF Girls Wrestling Master Champions
Olivia Grace De Los Reyes, Eastlake, D1
Natalia Righellis, Olympian, D1
Madelyn Hogue, Olympian, D1

San Diego CIF Coach of the Year
Bridie Burgon - Eastlake Field Hockey

CIF Boys Wrestling Champions
Ryder Bareng, Mar Vista, D4
Ayden Pendergraft, Mar Vista, D4
Aaron Marcial, Mar Vista, D4
Ron Pizzaro, Mater Dei, D4

CIF Track & Field Champions
Jasir Fontenot, 110 Hurdles, Mater Dei
Mekhi Oluwa, Boys Long Jump,Mater Dei
Aidan Wingo, 100 M Unified, Hilltop
Jovani Ceja, Shot Put Unified, Eastlake
4x100 Relay Unified, Eastlake
- Raymond Ball
- Mathew Maldonado
- Brady Albright
- Matteo Saldana

~METRO CONFERENCE CHAMPIONSHIPS~

Banner Summary by School

School	League Banners
Eastlake	17
Hilltop	11
Mater Dei	8
Olympian	7
Mar Vista	6
Montgomery	5
San Ysidro	5
Sweetwater	5
Otay Ranch	3
Southwest	3
Bonita Vista	2
Chula Vista	1
Victory Christian	1
Castle Park	0
CVLCC	0

School	CIF Banners
Eastlake	4
Mater Dei	3
Olympian	3
Bonita Vista	1
Hilltop	1
Mar Vista	1
Otay Ranch	1
Victory Christian	1

Banner Summary by School & Gender

School	League Banners		
	Boys	Girls	Co-ed
Eastlake	8	8	1
Hilltop	5	5	1
Mater Dei	4	4	0
Olympian	3	4	0
Mar Vista	5	1	0
Montgomery	3	2	0
San Ysidro	2	3	0
Sweetwater	2	3	0
Otay Ranch	2	1	0
Southwest	1	2	0
Bonita Vista	1	1	0
Victory Christian	1	0	0
Chula Vista	0	1	0
Castle Park	0	0	0
CVLCC	0	0	0

School	CIF Banners	
	Boys	Girls
Eastlake	1	3
Mater Dei	0	3
Olympian	0	3
Bonita Vista	1	0
Hilltop	1	0
Mar Vista	1	0
Otay Ranch	1	0
Victory Christian	1	0

~METRO AWARD CEREMONIES~

Every season, we recognize outstanding achievement across the Metro Conference. Over the course of the 2025–2026 school year, we proudly celebrated a total of 1,375 student-athletes for their excellence both on and off the field.

- Fall Season: 398 student-athletes were honored, along with 26 league champions.
- Winter Season: 331 student-athletes were recognized, along with 21 league champions.
- Spring Season: 646 student-athletes were celebrated, 33 league champions were named, and four special recognition awards were presented.

These numbers showcase the commitment, effort, and sportsmanship that define the Metro Conference. We're proud to honor our student-athletes and all they've achieved this year.

~METRO CONFERENCE STUDENT ATHLETE LEADERSHIP COUNCIL~

The Metro Conference Student Athlete Leadership Council is composed of 18 student representatives from schools across our conference. Throughout their quarterly meetings, they focused on promoting the Metro Way, emphasizing Respect, Accountability and Competitive Spirit. Their leadership shined as they planned and hosted our first ever student led symposium highlighting mental health, collegiate & career pathways within the sports industry, and the development of school site captians council.



Student Athlete Leadership Council

Katie Ballantyne-MVH
Allyson Bell-MVH
Aidan Brough-MVH
Ella Huntress-ORH
Grady Stephens-ORH
Sofia Carrillo-ORH
David Smith-ORH
Jaylen Clark-CVH
Viviana Romo-CVH
Claire Maala-SYH
Kristine Fadriquela-SYH
Alex Bermudez-MOH
Paula Zumstein-MOH
Sean Carlos-SUHI
Alexa Chavarria-HTH
Erik Nealson-HTH
Giovanni Aguilar-OLY
Chloe Diaz-OLY

~ METRO CONFERENCE HALL OF FAME~

The Metro Conference celebrated its second annual Hall of Fame Induction Banquet on October 19, 2025. The Class of 2025 included 12 outstanding athletes, coaches, and distinguished community members. Their remarkable achievements and meaningful contributions truly shaped the Metro Conference. Celebrating their legacies was an honor for everyone involved.

Athletes	Coaches
Tracy Crawford-Crockett Christina Murguia Nicky Meyer-Sandez Andy Sanchez	Mike Collins Jim Knox Lori Morris
Athletes & Coach	**Distinguished Service**
Gene Alim Ron Pietila Gil Warren	Philip Brents Dr. Ed Brand

Hall of Fame Class of 2025



~MIDDLE SCHOOL ATHLETICS~

Our SUHSD Middle School Athletic League completed a highly successful year, featuring three competitive seasons of sports. Across the league, 211 teams represented schools in various sports, showcasing strong commitment, teamwork, and sportsmanship. In total, there were 4,116 athletic participations, reflecting the enthusiasm and growth of student involvement. Each season offered diverse opportunities for athletes to develop skills, build school spirit, and compete in a supportive environment, underscoring the league's dedication to promoting personal growth and camaraderie among middle school students. Thanks to all school administrators, athletic coordinators, and coaches!! 💔

Otay Ranch, Olympian, San Ysidro, Eastlake, Southwest, Montgomery, Mar Vista, Sweetwater… Thank you so much for allowing us to use your facilities. We truly appreciate your support and flexibility, which helped make our events run smoothly. Please extend our thanks to your staff as well for their assistance and hospitality.

MSAL Total Participation: 4116			
Fall Season	1617	Female Participation	2317
Winter Season	792	Male Participation	1799
Spring Season	1707		

Participation by School			
SUHSD		Partner Schools	
Bonita Middle	369	Arroyo Vista	182
Castle Park Middle	166	CVLCC	92
Chula Vista Middle	247	Discovery	25
Eastlake Middle	469	Feaster	144
Granger Junior	148	Hawking	161
Hilltop Middle	207	IB Charter	194
Mar Vista Academy	144	Mueller	13
Montgomery Middle	199	Nestor	170
National City Middle	223	San Ysidro Middle	108
Rancho Del Rey	474	Vista Del Mar	164
Southwest Middle	217		

MSAL FALL SEASON 2025

MESA LEAGUE
Boys Basketball- Eastlake
Girls Basketball- Eastlake
Softball- Rancho Del Rey
Baseball- Eastlake

SOUTH BAY LEAGUE
Boys Basketball- Montgomery
Girls Basketball- Hilltop
Softball- Montgomery
Baseball- Montgomery

PACIFIC LEAGUE
Boys Basketball- Feaster
Girls Basketball- Nestor
Softball- IB Charter
Baseball- Arroyo

METRO LEAGUE
Boys XC - Eastlake
Girls XC - Eastlake





























MSAL WINTER SEASON 2026

MESA LEAGUE

Field Hockey- Eastlake

Boys Soccer- Eastlake

Girls Soccer- Eastlake

SOUTH BAY LEAGUE

Field Hockey- Hilltop

Boys Soccer- Hilltop

Girls Soccer- Montgomery

PACIFIC LEAGUE

Boys Soccer- Vista Del Mar

Girls Soccer- Arroyo

















MSAL SPRING SEASON 2026

<u>MESA LEAGUE</u>
Boys Volleyball- Eastlake
Girls Volleyball- Bonita Vista
Girls 7th Volleyball- Eastlake
Boys Flag Football- Eastlake
Girls Flag Football- Bonita Vista

<u>SOUTH BAY LEAGUE</u>
Boys Volleyball- Southwest
Girls Volleyball- Hilltop
Girls 7th Volleyball- Hilltop
Boys Flag Football- Montgomery
Girls Flag Football- Hilltop

<u>PACIFIC LEAGUE</u>
Boys Volleyball- Vista Del Mar
Girls Volleyball- Arroyo
Girls 7th Volleyball- Vista Del Mar
Boys Flag Football- Feaster
Girls Flag Football- Nestor































MSAL METRO LEAGUE TRACK & FIELD

GIRLS:
100m – Shaville Peckoo, Vista Del Mar
200m – Sofia Roberts, Eastlake
400m – Elena Bueno, Bonita Vista
800m – Elena Khuong, Bonita Vista
1600m – Siena Madaffari, Eastlake
4 x 100m – IB Charter

- Danna Baltazar
- Gianna Smith
- Alondra Medina
- Evie Ellis

Long Jump – Evie Ellis, IB Charter

Athletes of the Meet

- Shaville Peckoo, Vista Del Mar
- Evie Ellis, IB Charter

BOYS
100m – Reef Pena, Eastlake
200m – Damien Blossom, Bonita Vista
400m – Mason Tejero, Bonita Vista
800m – Blake Green-Saiz, Eastlake
1600m – Andre Hlucka, Rancho Del Rey
4 x 100m – Eastlake

- Reef Pena
- Morey Pena
- Seth Aqui
- Andrew Rosales

Long Jump – Ezekiel Bell, IB Charter

Athletes of the Meet

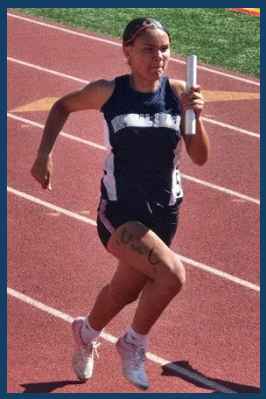
- Reef Pena, Eastlake
- Damien Blossom, Bonita Vista

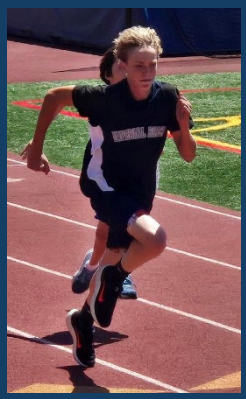
Special thanks to Francine Koopman & her crew for her continued support in MSAL's Cross Country and Track Seasons.











~ACADEMIC DECATHLON~

SUSHD continues to coordinate the San Diego Region Decathlon Competition. 8 schools participated in this years competition; Castle Park High, Chula Vista High, Fallbrook High, Hilltop High, Mar Vista High, Montgomery High, Otay Ranch High, Southwest High.



85 students competed in all 10 events including a prepared Speech & an Interview. Otay Ranch High placed first and represented the San Diego Region in the California Academic Decathlon State Competition in Santa Clara, CA.

~ACADEMIC LEAGUES~

MIDDLE SCHOOL QUIZ BOWL



SUHSD hosted an exciting season of its Middle School Quiz Bowl League, featuring 7 middle schools in friendly academic competition. A total of 92 students participated across 20 matches, showcasing their knowledge and teamwork. Eastlake Middle emerged as the 2026 Middle School Quiz Bowl Champion.

HIGH SCHOOL QUIZ BOWL

All 12 schools in our district competed in our High School Quiz Bowl League. Students competed 55 Varsity matches and 29 JV matches with a total of 165 students participating. Olympian High School was crowned the 2026 Quiz Bowl League Champion and went on to represent our district at the SDCOE Chapionships.





We also hosted a special Senior All-Star Night where we honored outstanding players from across the league. The prestigious Dr. Mary Lawlor MVP Trophy was awarded to Natalie Tiru from Olympian High School.

~WOMEN IN SPORTS CONFERENCE~



On May 2nd, we hosted our 4th Annual Women in Sports Conference at Otay Ranch High, where we welcomed 38 young ladies eager to learn and grow in the world of sports. The event brought together coaches, current college athletes, and women working in sports-related fields to share inspiring stories and insights.

Throughout the morning, students engaged in meaningful conversations about mental health, nutrition, the college recruitment journey, and the many career paths within the sports industry. This conference highlighted the incredible influence women continue to have in sports, and we are proud to uplift and inspire the next generation of female athletes and trailblazers.

~FIELD TRIPS~

The Athletics and Student Activities office processed a total of 67 overnight Field Trip Requests, 26 Athletic & 41 Non-Athletic. From our high school afterschool programs taking CSU college tours to ELH Boys Volleyball competing in Honolulu and SYH Robotics competing in Sandusky, OH to wrestling teams competing in Holtville. Our field trips give students the chance to grow, explore learning experiences beyond the classroom, and participate in higher levels of competition.

~COACHES~

Each year, our office plays a vital role in ensuring the integrity and safety of the Metro Conference by overseeing the clearance process for numerous coaches across all school sites. This includes verifying certifications, conducting background checks, and ensuring compliance with district and state requirements. Through this thorough process, we help maintain a high standard of excellence and safety for our student-athletes, while supporting our coaches in meeting all necessary qualifications to lead their teams with confidence and care.

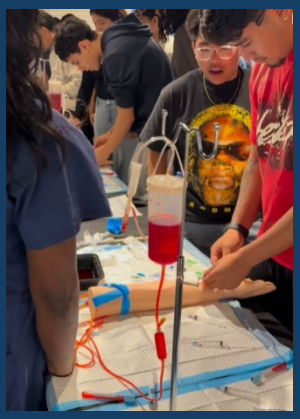
TOTAL ACTIVE COACHES	2650
TOTAL 2025-2026 NEW CLEARANCES	230
TOTAL 2025-2026 COACHING CARDS ISSUED	600

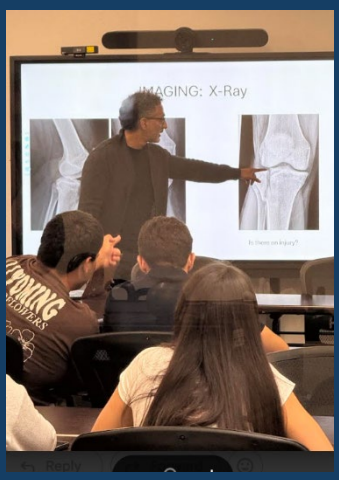
~ATHLETICS & WELLNESS CENTER~

Our Athletic and Wellness Center offers a wide range of programs designed to support both athletes and student learners. These programs include healthcare boost camps, work-based learning opportunities, internships, mentorships, sports rehabilitation, sports injury clinics, and sports medicine seminars. Each initiative is tailored to enhance the physical, mental, and professional development of participants, helping them excel in their athletic and academic pursuits.

Project Highlights:

- $10K in scholarships for sports med interns from SWSWF
- PD Development/Facilitation for athletic training.
- Monthly Athletic Trainer PLC's
- AED units set up on 90 day
- Heart Safe School District Initiative Planning
- EAP Monitoring for Athletic Trainers
- Development of Sports Medicine AA program at SWC
- CTE Sports Medicine/ Athletic Trainer Mentoring
- Sway Concussion Monitoring with Project Heart Beat
- Site Walk throughs Athletic Training Room Updates/ Improvements (Ex. MVH)
- Home Exercise Program Development for Common Sports Related Injuries
- Modality Protocols for Sports Medicine Interns/AT Clinics
- Facilitation of services at year-round clinics (including Saturday Injury clinics), coordinating staffing (Physicians, AT's, etc.) at our Wellness Center
- 2024 Golden Bell Presentations AT SDCOE & K-16 Health Care Initiative
- Medical Golf Cart Training & Delivery to 6 Sites





Healthcare Boost Camps	6 Healthcare Boost Camps for 208 sports medicine students
Work-Based Learning/Internships	40 MSAT students form PLNU at SRC's and SIC's, 61 sports medicine III interns completing work-based learning experience in Wellness Center
Sports Rehab (SRC)	570 treatments at L street, approximately 4,500 total site treatments/students served for fall, approximately 2,200 site treatments/students served in winter, and approximately 1200 site treatments/students served for spring.
Sports Injury Clinics (SIC)	312 students evaluated at Sports Injury Clinics
Staffing	Oversee 10 site AT, 16 sports medicine teachers, 7 Physicians, 40 PLNU Athletic Training Interns, 1 Physician Assistant, 61 HS Sports Medicine III Interns, 2 AT subs, 8 Lead Sports Medicine Interns
Sports Medicine Seminars	2 sports medicine seminars (Chula Vista Elite-150 students +12 AT's & Southwestern College Athletic Training/ Sports Medicine Department)
Team Physicians for Football	1 Kaiser Fellows, 2 UCSD Sports Medicine, 3 Synergy for a total of 4 sites
SWSWF Scholarship	57 scholarship applicants, 10 scholarship honorees

Partners:

- Southwest Sports Wellness Foundation
- Synergy Orthopedics, Dr. Klatman (primary sports medicine)
- Manual Orthopedic Physical Therapy
- Rady Children's Hospital
- Kaiser
- Scripps Family Medicine/AHEC
- PLNU Masters of Athletic Training
- NAU Masters of Athletic Training
- Southwestern College Department of Exercise Science and Kinesiology

Athletic Training/ Injury Stats	
Most 's treated sports:	• 42.4% Football • 17% Flag Football • 9% Baseball / Softball • 9% Wrestling • 8% Track and Field / Cross Country • 7% Soccer • Remaining 7% (all other sports with lacrosse and basketball being next)
Most Common Sports Eval	• Wound care/ abrasions • Concussions • Ankle sprains • Knee Sprains (ACL/ MCL/ LCL/Meniscus) • Elbow strains, UCL
Most Common Region Injured	• Knee injuries (MCL, ACL, Patellar Subluxation) • Shoulders (instability/ subluxation) • Elbow (medial epicondylitis and wrist flexor strain) • Ankle





~AFTERSCHOOL PROGRAMS~

The After School Education and Safety (ASES) and 21st Century High School After School Safety and Enrichment for Teens (ASSETS) programs in the Sweetwater Union High School District provide expanded learning opportunities for middle and high school students before school, after school, and during intersession periods. These programs are designed to support academic achievement, youth development, wellness, and college/career readiness through a safe and engaging environment. Activities often include tutoring, athletics, visual and performing arts, outdoor education, community service, and hands-on learning experiences that help students stay connected to school and their community. The programs also provide important support for working families by offering structured supervision outside of regular school hours.

ASES primarily serves middle school students and focuses on academic support, homework assistance, enrichment activities, physical fitness, and social-emotional development.

ASES Attendance Summary by School Site

School Site	Yearly ADA	Total Yearly Attendance
Castle Park Middle	97	17,391
Chula Vista Middle	156	28,126
Granger Junior High	69	12,423
Hilltop Middle	82	14,696
Mar Vista Academy	62	11,089
Montgomery Middle	111	20,011
National City Middle	97	17,426
Southwest Middle	99	17,673

ASSETS extends similar opportunities to high school students, with an added emphasis on leadership development, workforce readiness, mentoring, arts, STEM, and career exploration.

ASSETS Attendance Summary by School Site

School Site	Yearly ADA	Total Yearly Attendance
Castle Park High	95	18,529
Chula Vista High	179	36,522
Hilltop High	100	22,913
Mar Vista High	96	21,924
Montgomery High	154	36,340
Palomar High	36	6,554
San Ysidro High	120	28,793
Southwest High	114	27,646
Sweetwater High	120	28,793

ASES DAY AT THE BAY

Students from across the South Bay came together for the 1st Annual ASES Day at the Bay, held at the beautiful J Street Marina. A total of 80 students from National City Middle School, Southwest Middle School, and Castle Park Middle School participated in a day centered on connection, outdoor learning, and community pride. Students engaged in a variety of hands-on activities, including community cleanup, kayaking along the bay, volleyball, and inflatable foosball.





SOUTH BAY UNDER THE STARS

The Chula Vista community came together for South Bay Under the Stars, held at Chula Vista High School. This special evening was a joint effort between SUHSD Community Schools and Before and After School Programs, bringing together over 300 participants for a night of connection, learning, and inspiration. Families, students, and community members experienced a truly multi-generational event.





ASES/ASSETS SHOWCASE

Our afterschool programs held their annual showcase at Hilltop High School. Students across the district performed in various disciplines including cheer, folklorico, band, and dance.






~GRADUATIONS/PROMOTIONS~

The Office of Athletics & Student Activities is pleased to support our middle school promotions and high school graduations. This year, we celebrated the promotion of 4006 middle school students to high school and the graduation of 5799 seniors. These milestones represent years of hard work, growth, and achievement, and we are proud to share these special moments with our students, families, and friends.

Middle School Promotions & Number of Students	
Bonita Middle	430
Castle Park Middle	233
Chula Vista Middle	300
Eastlake Middle	713
Granger Junior	151
Hilltop Middle	356
Launch Virtual Academy	44
Mar Vista Academy	168
Montgomery Middle	300
National City Middle	304
Rancho Del Rey	805
Southwest Middle	202

High School Graduations & Number of Students	
Adult Education	128
Alta Vista Academy	11
Bonita High	404
Castle Park High	310
Chula Vista High	400
East Hills Academy	4
Eastlake High	564
Hilltop High	417
Launch Virtual Academy	121
Mar Vista High	220
Montgomery High	363
Options Middle College	16
Olympian High	530
Otay Ranch High	605
Palomar High	169
Rainbow Graduation	303
San Ysidro High	418
Southwest High	353
Sweetwater High	463







SUHSD also hosted its inaugural Binational Graduation Ceremony at CETYS Universidad providing an opportunity for loved ones in Mexico to participate in this achievement.



Athletic Census by School

Bonita Vista Athletic Participation

Fall Season

Sport	Athletes
Football	108
Flag Football	37
Field Hockey	32
Girls Golf	12
Girls Tennis	21
Boys Water Polo	29
Girls Volleyball	42
Boys X-Country	40
Girls X-Country	21

Winter Season

Sport	Athletes
Boys Basketball	38
Girls Basketball	34
Boys Soccer	89
Girls Soccer	63
Boys Wrestling	43
Girls Wrestling	17
Girls Water Polo	30
Roller Hockey	15

Spring Season

Sport	Athletes
Baseball	58
Softball	63
Boys Volleyball	35
Beach Volleyball	26
Boys Lacrosse	35
Girls Lacrosse	21
Boys Tennis	21
Boys Golf	10
Gymnastics	1
Boys Swim	16
Girls Swim	23
Boys Track &Field	87
Girls Track & Field	81
Badminton	0

Bonita Vista Total	1148
Bonita Vista Female Athletes	532
Bonita Vista Male Athletes	616
Bonita Vista Fall Athletes	342
Bonita Vista Winter Athletes	329
Bonita Vista Spring Athletes	477

Castle Park Athletic Participation

Fall Season

Sport	Athletes
Football	43
Flag Football	32
Field Hockey	0
Girls Golf	3
Girls Tennis	7
Boys Water Polo	9
Girls Volleyball	33
Boys X-Country	9
Girls X-Country	11

Winter Season

Sport	Athletes
Boys Basketball	19
Girls Basketball	17
Boys Soccer	39
Girls Soccer	41
Boys Wrestling	22
Girls Wrestling	22
Girls Water Polo	0
Roller Hockey	0

Spring Season

Sport	Athletes
Baseball	32
Softball	19
Boys Volleyball	17
Beach Volleyball	16
Boys Lacrosse	0
Girls Lacrosse	16
Boys Tennis	3
Boys Golf	1
Gymnastics	0
Boys Swim	9
Girls Swim	3
Boys Track &Field	21
Girls Track & Field	18
Badminton	0

Castle Park Total Athletes	462
Castle Park Female Athletes	238
Castle Park Male Athletes	224
Castle Park Fall Athletes	147
Castle Park Winter Athletes	160
Castle Park Spring Athletes	155

Chula Vista Athletic Participation

Fall Season

Sport	Athletes
Football	85
Flag Football	23
Field Hockey	0
Girls Golf	0
Girls Tennis	12
Boys Water Polo	14
Girls Volleyball	48
Boys X-Country	17
Girls X-Country	19

Winter Season

Sport	Athletes
Boys Basketball	38
Girls Basketball	37
Boys Soccer	44
Girls Soccer	69
Boys Wrestling	44
Girls Wrestling	13
Girls Water Polo	10
Roller Hockey	0

Spring Season

Sport	Athletes
Baseball	31
Softball	66
Boys Volleyball	22
Beach Volleyball	26
Boys Lacrosse	0
Girls Lacrosse	0
Boys Tennis	8
Boys Golf	0
Gymnastics	0
Boys Swim	14
Girls Swim	13
Boys Track &Field	53
Girls Track & Field	54
Badminton	0

Chula Vista Total Athletes	760
Chula Vista Female Athletes	390
Chula Vista Male Athletes	370
Chula Vista Fall Athletes	218
Chula Vista Winter Athletes	255
Chula Vista Spring Athletes	287

Eastlake Athletic Participation

Fall Season

Sport	Athletes
Football	151
Flag Football	51
Field Hockey	40
Girls Golf	14
Girls Tennis	17
Boys Water Polo	26
Girls Volleyball	53
Boys X-Country	43
Girls X-Country	34

Winter Season

Sport	Athletes
Boys Basketball	40
Girls Basketball	29
Boys Soccer	75
Girls Soccer	75
Boys Wrestling	51
Girls Wrestling	46
Girls Water Polo	20
Roller Hockey	12

Spring Season

Sport	Athletes
Baseball	82
Softball	48
Boys Volleyball	51
Beach Volleyball	28
Boys Lacrosse	30
Girls Lacrosse	42
Boys Tennis	14
Boys Golf	11
Gymnastics	8
Boys Swim	25
Girls Swim	40
Boys Track &Field	92
Girls Track & Field	77
Badminton	0

Eastlake Total Athletes	1325
Eastlake Female Athletes	625
Eastlake Male Athletes	700
Eastlake Fall Athletes	429
Eastlake Winter Athletes	348
Eastlake Spring Athletes	398

Hilltop Athletic Participation

Fall Season

Sport	Athletes
Football	84
Flag Football	52
Field Hockey	17
Girls Golf	11
Girls Tennis	40
Boys Water Polo	30
Girls Volleyball	46
Boys X-Country	32
Girls X-Country	18

Winter Season

Sport	Athletes
Boys Basketball	39
Girls Basketball	33
Boys Soccer	72
Girls Soccer	66
Boys Wrestling	44
Girls Wrestling	12
Girls Water Polo	20
Roller Hockey	14

Spring Season

Sport	Athletes
Baseball	32
Softball	43
Boys Volleyball	26
Beach Volleyball	40
Boys Lacrosse	35
Girls Lacrosse	41
Boys Tennis	20
Boys Golf	8
Gymnastics	1
Boys Swim	17
Girls Swim	29
Boys Track &Field	63
Girls Track & Field	43
Badminton	0

Hilltop Total Athletes	1028
Hilltop Female Athletes	518
Hilltop Male Athletes	510
Hilltop Fall Athletes	330
Hilltop Winter Athletes	300
Hilltop Spring Athletes	398

Mar Vista Athletic Participation

Fall Season

Sport	Athletes
Football	65
Flag Football	25
Field Hockey	0
Girls Golf	9
Girls Tennis	12
Boys Water Polo	25
Girls Volleyball	44
Boys X-Country	15
Girls X-Country	11

Winter Season

Sport	Athletes
Boys Basketball	28
Girls Basketball	16
Boys Soccer	38
Girls Soccer	47
Boys Wrestling	30
Girls Wrestling	8
Girls Water Polo	15
Roller Hockey	16

Spring Season

Sport	Athletes
Baseball	30
Softball	34
Boys Volleyball	31
Beach Volleyball	35
Boys Lacrosse	15
Girls Lacrosse	20
Boys Tennis	12
Boys Golf	6
Gymnastics	0
Boys Swim	13
Girls Swim	18
Boys Track &Field	28
Girls Track & Field	28
Badminton	0

Mar Vista Total Athletes	674
Mar Vista Female Athletes	330
Mar Vista Male Athletes	344
Mar Vista Fall Athletes	206
Mar Vista Winter Athletes	198
Mar Vista Spring Athletes	270

Montgomery Athletic Participation

Fall Season

Sport	Athletes
Football	77
Flag Football	43
Field Hockey	0
Girls Golf	11
Girls Tennis	24
Boys Water Polo	16
Girls Volleyball	41
Boys X-Country	10
Girls X-Country	8

Winter Season

Sport	Athletes
Boys Basketball	34
Girls Basketball	23
Boys Soccer	33
Girls Soccer	63
Boys Wrestling	36
Girls Wrestling	9
Girls Water Polo	9
Roller Hockey	0

Spring Season

Sport	Athletes
Baseball	35
Softball	49
Boys Volleyball	32
Beach Volleyball	26
Boys Lacrosse	0
Girls Lacrosse	0
Boys Tennis	11
Boys Golf	10
Gymnastics	1
Boys Swim	15
Girls Swim	11
Boys Track &Field	46
Girls Track & Field	41
Badminton	0

Montgomery Total Athletes	714
Montgomery Female Athletes	359
Montgomery Male Athletes	355
Montgomery Fall Athletes	230
Montgomery Winter Athletes	207
Montgomery Spring Athletes	277

Olympian Athletic Participation

Fall Season

Sport	Athletes
Football	115
Flag Football	45
Field Hockey	30
Girls Golf	12
Girls Tennis	26
Boys Water Polo	15
Girls Volleyball	48
Boys X-Country	54
Girls X-Country	40

Winter Season

Sport	Athletes
Boys Basketball	45
Girls Basketball	33
Boys Soccer	49
Girls Soccer	60
Boys Wrestling	56
Girls Wrestling	35
Girls Water Polo	17
Roller Hockey	0

Spring Season

Sport	Athletes
Baseball	51
Softball	47
Boys Volleyball	47
Beach Volleyball	37
Boys Lacrosse	27
Girls Lacrosse	26
Boys Tennis	16
Boys Golf	11
Gymnastics	3
Boys Swim	11
Girls Swim	18
Boys Track &Field	121
Girls Track & Field	93
Badminton	35

Olympian Total Athletes	1223
Olympian Female Athletes	590
Olympian Male Athletes	633
Olympian Fall Athletes	385
Olympian Winter Athletes	295
Olympian Spring Athletes	543

Otay Ranch Athletic Participation

Fall Season

Sport	Athletes
Football	127
Flag Football	36
Field Hockey	19
Girls Golf	5
Girls Tennis	23
Boys Water Polo	23
Girls Volleyball	53
Boys X-Country	70
Girls X-Country	55

Winter Season

Sport	Athletes
Boys Basketball	41
Girls Basketball	26
Boys Soccer	48
Girls Soccer	61
Boys Wrestling	60
Girls Wrestling	19
Girls Water Polo	14
Roller Hockey	11

Spring Season

Sport	Athletes
Baseball	59
Softball	49
Boys Volleyball	33
Beach Volleyball	35
Boys Lacrosse	22
Girls Lacrosse	29
Boys Tennis	18
Boys Golf	15
Gymnastics	2
Boys Swim	19
Girls Swim	20
Boys Track &Field	148
Girls Track & Field	102
Badminton	42

Otay Ranch Total Athletes	1284
Otay Ranch Female Athletes	575
Otay Ranch Male Athletes	709
Otay Ranch Fall Athletes	411
Otay Ranch Winter Athletes	280
Otay Ranch Spring Athletes	593

San Ysidro Athletic Participation

Fall Season

Sport	Athletes
Football	64
Flag Football	50
Field Hockey	0
Girls Golf	8
Girls Tennis	35
Boys Water Polo	9
Girls Volleyball	51
Boys X-Country	14
Girls X-Country	16

Winter Season

Sport	Athletes
Boys Basketball	30
Girls Basketball	20
Boys Soccer	36
Girls Soccer	56
Boys Wrestling	35
Girls Wrestling	16
Girls Water Polo	17
Roller Hockey	11

Spring Season

Sport	Athletes
Baseball	38
Softball	40
Boys Volleyball	25
Beach Volleyball	22
Boys Lacrosse	27
Girls Lacrosse	50
Boys Tennis	14
Boys Golf	10
Gymnastics	0
Boys Swim	14
Girls Swim	17
Boys Track &Field	32
Girls Track & Field	29
Badminton	0

San Ysidro Total Athletes	786
San Ysidro Female Athletes	437
San Ysidro Male Athletes	349
San Ysidro Fall Athletes	247
San Ysidro Winter Athletes	221
San Ysidro Spring Athletes	318

Southwest Athletic Participation

Fall Season

Sport	Athletes
Football	57
Flag Football	40
Field Hockey	14
Girls Golf	0
Girls Tennis	33
Boys Water Polo	20
Girls Volleyball	31
Boys X-Country	24
Girls X-Country	7

Winter Season

Sport	Athletes
Boys Basketball	23
Girls Basketball	17
Boys Soccer	45
Girls Soccer	51
Boys Wrestling	17
Girls Wrestling	6
Girls Water Polo	24
Roller Hockey	19

Spring Season

Sport	Athletes
Baseball	27
Softball	27
Boys Volleyball	24
Beach Volleyball	25
Boys Lacrosse	0
Girls Lacrosse	12
Boys Tennis	12
Boys Golf	0
Gymnastics	0
Boys Swim	23
Girls Swim	18
Boys Track &Field	36
Girls Track & Field	32
Badminton	0

Southwest Total Athletes	664
Southwest Female Athletes	344
Southwest Male Athletes	320
Southwest Fall Athletes	226
Southwest Winter Athletes	202
Southwest Spring Athletes	236

Sweetwater Athletic Participation

Fall Season

Sport	Athletes
Football	75
Flag Football	61
Field Hockey	0
Girls Golf	10
Girls Tennis	14
Boys Water Polo	14
Girls Volleyball	40
Boys X-Country	41
Girls X-Country	45

Winter Season

Sport	Athletes
Boys Basketball	35
Girls Basketball	22
Boys Soccer	57
Girls Soccer	86
Boys Wrestling	29
Girls Wrestling	17
Girls Water Polo	7
Roller Hockey	17

Spring Season

Sport	Athletes
Baseball	22
Softball	44
Boys Volleyball	31
Beach Volleyball	27
Boys Lacrosse	0
Girls Lacrosse	0
Boys Tennis	5
Boys Golf	10
Gymnastics	0
Boys Swim	17
Girls Swim	19
Boys Track &Field	47
Girls Track & Field	61
Badminton	39

Sweetwater Total Athletes	892
Sweetwater Female Athletes	483
Sweetwater Male Athletes	409
Sweetwater Fall Athletes	300
Sweetwater Winter Athletes	270
Sweetwater Spring Athletes	322

Mater Dei Athletic Participation

Fall Season

Sport	Athletes
Football	105
Flag Football	35
Field Hockey	0
Girls Golf	11
Girls Tennis	32
Boys Water Polo	28
Girls Volleyball	49
Boys X-Country	28
Girls X-Country	35

Winter Season

Sport	Athletes
Boys Basketball	45
Girls Basketball	31
Boys Soccer	78
Girls Soccer	38
Boys Wrestling	16
Girls Wrestling	16
Girls Water Polo	22
Roller Hockey	0

Spring Season

Sport	Athletes
Baseball	35
Softball	38
Boys Volleyball	28
Beach Volleyball	0
Boys Lacrosse	21
Girls Lacrosse	24
Boys Tennis	26
Boys Golf	32
Gymnastics	0
Boys Swim	20
Girls Swim	15
Boys Track &Field	71
Girls Track & Field	99
Badminton	0

Mater Dei Total Athletes	978
Mater Dei Female Athletes	445
Mater Dei Male Athletes	533
Mater Dei Fall Athletes	323
Mater Dei Winter Athletes	246
Mater Dei Spring Athletes	409

The Metro Conference also hosts the following partner schools for the following sports. We are proud to include them in our competitive Metro Conference.

Fall Season	Winter Season	Spring Season
Field Hockey • El Capitan • Helix • Granite Hills Boys Water Polo • CVLCC	Boys Basketball • Victory Christian Girls Basketball • Victory Christian Boys Water Polo • CVLCC	Beach Volleyball • Helix • Steele Canyon