

West Catholic Athletic League

Commissioner: Jolene Fugate, CMAA
Phone: (408) 910-9299
E-Mail: jfugate@wcalsports.org
Website: www.wcalsports.org

Sports Information Director: Kevin J. Donahue, CAA
Phone: (925) 487-7482
E-Mail: wcalsid@wcalsports.org
Twitter: www.twitter.com/wcalsports

2018 WCAL Girls Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Gianna Mendoza	Presentation	Junior
Christine Albrecht	Valley Christian	Senior
Evie Cohen	Saint Ignatius	Sophomore
Christel Elkins	Saint Francis	Freshman
Isabel Lozito	Saint Ignatius	Senior
Natalie Silver	Archbishop Mitty	Freshman
Alexandra Lazar	Presentation	Senior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

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Second Team

Zoe Hartfield	Presentation	Sophomore
Claire Callon	Saint Francis	Sophomore
Corona Smith	Sacred Heart Cathedral	Junior
Brynn McMahon	Valley Christian	Freshman
Lucy Coyle	Saint Francis	Freshman
Kate Callon	Saint Francis	Senior
Clare Milby	Saint Ignatius	Sophomore

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2018 WCAL Boys Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Colin Peattie	Bellarmino	Sophomore
Eric Eng	Saint Francis	Senior
Juan Pablo Garcia	Saint Francis	Junior
Colton Colonna	Saint Francis	Senior
Aiden Maddison	Saint Francis	Junior
Ross D'Orfrani	Bellarmino	Senior
Daniel Skahill	Saint Francis	Senior

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Second Team

Matthew Farruggcio	Sacred Heart Cathedral	Senior
Euan Cairns	Saint Francis	Junior
Clem Welsh	Bellarmino	Sophomore
Will Luders	Valley Christian	Sophomore
EJ Odocayen	Archbishop Riordan	Junior
Mason Elefant	Saint Francis	Senior
Galen Topper	Bellarmino	Sophomore

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2018 WCAL Football Players of the Year

Player of the Year: Evan Williams – Saint Francis

Running Back of the Year: D’von Lang – Valley Christian

Fullback of the Year: Nick Robinson – Saint Francis

Quarterback of the Year: Luke Bottari – Junipero Serra

Offensive Linemen of the Year: Zack Gieg – Valley Christian

Wide Receiver of the Year: Joseph Vaughn – Archbishop Mitty

Most Valuable Defensive Lineman: Afa Sanft – Saint Francis

Most Valuable Outside Linebacker: Joshua Pakola – Saint Francis

Inside Linebacker of the Year: Judaea Moon – Valley Christian

Defensive Back of the Year: Kavir Bains – Valley Christian

Kicker of the Year: Lucas Ramirez – Valley Christian

**Utility Players of the Year: Malaki Rango – Junipero Serra &
Anthony Heard – Sacred Heart Cathedral**

**Junior Players of the Year: Zachary Taylor-Smith – Saint Ignatius &
Isaiah Mc Elvane – Valley Christian**

Sophomore Player of the Year: Raymello Murphy – Archbishop Mitty

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2018 WCAL All League Football Teams

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<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matthew Azzopardi	Saint Francis	Senior	OL/DL
James Dinneen	Saint Francis	Senior	TE/OLB
Opeti Fangupo	Saint Francis	Senior	RB/LB
Tyler McCabe	Saint Francis	Senior	OL/LB
Joshua Pakola	Saint Francis	Senior	TE/OLB
Mose Vavao	Saint Francis	Junior	OL/DL
Evan Williams	Saint Francis	Senior	WR/DB
Maurice Wilmer	Saint Francis	Senior	WR/DB
Skylar Loving Black	Valley Christian	Senior	TE
Judaea Moon	Valley Christian	Senior	LB
D'von Lang	Valley Christian	Senior	HB
Zack Gieg	Valley Christian	Senior	OL
Kyane Schmidt	Valley Christian	Senior	OL
Justin DeWitt	Valley Christian	Senior	DE
Kavir Bains	Valley Christian	Junior	DB
Luke Bottari	Junipero Serra	Senior	QB
Edmond "EJ" Lahlouh	Junipero Serra	Senior	LB/RB
Malaki Rango	Junipero Serra	Senior	WR/DB/Kick Returner
Nate Sanchez	Junipero Serra	Junior	RB/DB
Vince Campana	Junipero Serra	Senior	OL/DL

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Keelan O’Riordan	Junipero Serra	Senior	OL/DL
Anthony Heard	Sacred Heart Cathedral	Senior	RB/DB
Rafael Cervantez	Sacred Heart Cathedral	Senior	LB
Spencer Goldfein	Sacred Heart Cathedral	Senior	OT/DE
LeVar Watkins Jr.	Sacred Heart Cathedral	Senior	WR/DB
Kelekolio (Lio) Mateo	Sacred Heart Cathedral	Senior	WR/DB
Sean Mahoney	Archbishop Mitty	Senior	WR/DL
Joseph Vaughn	Archbishop Mitty	Senior	WR/LB
Davis Salom	Archbishop Mitty	Junior	OL/DL
Derrick Smith	Archbishop Mitty	Senior	RB/LB
Reymello Murphy	Archbishop Mitty	Sophomore	WR/DB
Mark Biggins	Saint Ignatius	Senior	RB/DB
Teddy Buchanan	Saint Ignatius	Junior	OLB
Jack Dyke	Saint Ignatius	Senior	OL/DL
Ethan Mann	Saint Ignatius	Senior	OL/DL
Lance Sell	Saint Ignatius	Senior	DB
Tyson Garcia	Bellarmino	Senior	RB/CB
Luke Splaine	Bellarmino	Senior	FB/LB
Aizon Henry	Bellarmino	Junior	RB/CB
Hayden Laccabue	Bellarmino	Senior	OG/DT
Marcus Williams	Archbishop Riordan	Senior	WR/DB
Ian Tupulua	Archbishop Riordan	Junior	OL/DL
Dalton Mitchell	Archbishop Riordan	Senior	LB
Jalen Camp	Archbishop Riordan	Junior	RB/DB

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<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Dante Giusti	Saint Francis	Senior	OL/DL
Michael Leahy	Saint Francis	Senior	WR/K
Nick Robinson	Saint Francis	Senior	FB/LB
Afa Sanft	Saint Francis	Junior	OL/DL
JT Reed	Valley Christian	Junior	OL/DL
Isaiah McElvane	Valley Christian	Junior	HB
Michael Corini	Valley Christian	Junior	FB
Blake Newquist	Valley Christian	Senior	LB
Terence Loville	Junipero Serra	Junior	WR/DB
Jackson Lataimua	Junipero Serra	Junior	RB/LB
Nate Azzopardi	Junipero Serra	Junior	OL/DL
Damon Lewis	Junipero Serra	Junior	DB/K
Evan Branch-Haynes	Sacred Heart Cathedral	Sophomore	OL/DL
David Irwin	Sacred Heart Cathedral	Senior	LB/DL
Evan Dere	Sacred Heart Cathedral	Senior	LB
Cormac Slattery	Sacred Heart Cathedral	Senior	WR/K/P
Dion Dupree	Archbishop Mitty	Senior	WR/DB
Jacques Allard	Archbishop Mitty	Junior	OL/DL
James Thomas	Archbishop Mitty	Junior	RB/DB
Jonah Advincula	Archbishop Mitty	Senior	WR/DB

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Bryan Blake	Saint Ignatius	Senior	TE
Siaki Gallegos Hunkin	Saint Ignatius	Sophomore	LB
Beau Gardner	Saint Ignatius	Junior	OL
Zachary Taylor-Smith	Saint Ignatius	Junior	QB
Harry Mingrone	Bellarmino	Senior	QB
Marcus Mifsud	Bellarmino	Junior	OT/DT
Anthony Magri	Bellarmino	Senior	WR/S
Ben Bigelow	Bellarmino	Senior	LB
Joshua DeJesus	Archbishop Riordan	Senior	WR/DB
Adham Abdelhgani	Archbishop Riordan	Junior	WR
Lavaka Kefu	Archbishop Riordan	Junior	RB/DB
Raymond Russell	Archbishop Riordan	Junior	OL/DL

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jaden Jenkins	Saint Francis	Senior	OL
Nick Juran	Saint Francis	Senior	DB
Chase Lazarus	Saint Francis	Senior	DL
Nikko Pohahau	Saint Francis	Senior	OL
Christopher Senteno	Saint Francis	Senior	DB
Tommy Dunham	Valley Christian	Senior	HB
Coleman Kyles	Valley Christian	Senior	LB
Deven Vanderbilt	Valley Christian	Junior	DB/WR
Anthony Madrigal	Valley Christian	Junior	DE
Derryn Snelgrove	Valley Christian	Senior	OL
Marcellus Eison	Junipero Serra	Junior	DT
Daylin McLemore	Junipero Serra	Junior	DB
Patrick Simon	Junipero Serra	Senior	WR
Michael Churich	Junipero Serra	Senior	WR/DE
Jason Venturi	Junipero Serra	Senior	DE
Cathal Coakley	Sacred Heart Cathedral	Junior	OL/DL
Tyrice Ivy Jr.	Sacred Heart Cathedral	Sophomore	WR/DB
Geoffrey Hester	Sacred Heart Cathedral	Sophomore	OL
Kieron Collins	Sacred Heart Cathedral	Senior	OL
Tucker Brown	Sacred Heart Cathedral	Sophomore	LB
Adam Rusboldt	Archbishop Mitty	Junior	OL/LB
Jake Barbeau	Archbishop Mitty	Junior	K/WR
Wyatt Gibson	Archbishop Mitty	Junior	OL/DL
Noah Aguilar	Archbishop Mitty	Senior	RB/LB
Chaz Saenz	Archbishop Mitty	Senior	RB/DB

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Will Burkett	Saint Ignatius	Senior	LB
Declan Elias	Saint Ignatius	Senior	OL/DL
Cormac Gallagher	Saint Ignatius	Senior	FB
Jahsai Shannon	Saint Ignatius	Sophomore	RB/DB
Mark Stephens	Saint Ignatius	Senior	DB
Joey Leiker	Bellarmino	Senior	RB/LB
Matt Pinelli	Bellarmino	Senior	WR/S
Isaac Katcher	Bellarmino	Senior	OLB
Casey Jaeb	Bellarmino	Senior	P
Andrew Schaffer	Bellarmino	Junior	K
Michael Estrada	Archbishop Riordan	Senior	OL/DL
Matthew Yeung	Archbishop Riordan	Senior	LB
Tualatai Aumatagi Jr.	Archbishop Riordan	Sophomore	DB
Zach Charlton	Archbishop Riordan	Junior	DB
Azaan Ledbetter	Archbishop Riordan	Sophomore	QB

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2018 WCAL Outstanding Golfer Aishvarya Bedi – Saint Francis – Junior

2018 WCAL Tournament Medalist Jacqueline Yuen – Saint Francis - Junior

2018 WCAL Girls Golf All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Kristine Tran	Valley Christian	Senior
Cynthia Zhang	Valley Christian	Freshman
Grace Bettis	Saint Ignatius	Senior
Camilla Chung	Saint Ignatius	Senior
Linette Jun	Valley Christian	Junior
Athena Nguyen	Valley Christian	Freshman

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Meghan Duong	Valley Christian	Sophomore
Mariana Antaya	Presentation	Senior
Kristina Oh	Valley Christian	Sophomore
Chanel Hong	Valley Christian	Freshman
Lauren Pimentel	Saint Francis	Freshman
Ekta Karkala	Saint Francis	Junior

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Nara Han	Sacred Heart Cathedral	Senior
Brooke Lentz	Archbishop Mitty	Junior
Juliana DeLeon	Presentation	Senior
Ezmeraldo Fierro	Saint Ignatius	Junior
Angelina Pohahau	Saint Francis	Junior

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2018 WCAL Tennis All League Teams

WCAL Singles Player of the Year
Claire Galerkin – Saint Ignatius

WCAL Doubles Team of the Year
Emma/Pell/Martha Qin – Saint Ignatius

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Claire Galerkin	Saint Ignatius	Sophomore
Alisha Chulani	Saint Francis	Junior
Akanksha Pabari	Saint Francis	Junior
Janise Liang	Valley Christian	Senior
Gabriella Perich	Saint Ignatius	Junior
Tiffany Boudagian	Saint Ignatius	Junior
Katherine Simone	Saint Francis	Freshman

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Angelica Aksdal-Jansen	Saint Ignatius	Freshman
Enna Pell/Martha Qin	Saint Ignatius	Freshman/Senior
Raquel Miller	Presentation	Sophomore
Krysta Szeto	Sacred Heart Cathedral	Junior
Kassy Nguyen	Valley Christian	Senior
Jade Murray	Archbishop Mitty	Freshman
Angela Gill	Presentation	Sophomore

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Rebecca Day/Francesca Lukas	Saint Francis	Senior/Freshman
Kara Dobers	Sacred Heart Cathedral	Junior
Crystal Hsieh	Archbishop Mitty	
Lauren Havlin/Saila Holsman	Sacred Heart Cathedral	Junior/Sophomore
Rori Carlin	Saint Ignatius	Senior
Claire Winsow/Claire Ambre	Sacred Heart Cathedral	Junior/Sophomore
Katelyn Boudeville	Presentation	Freshman
Elise Yang/Emily Williams	Saint Francis	Sophomore/Freshman
Hanna Erickson/Lauren Smith	Valley Christian	

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2018 WCAL Girls Volleyball All League Teams

Co-Players of the Year

Elizabeth Fleming – Senior – Saint Ignatius

Lauren Sera – Senior – Sacred Heart Cathedral

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Julia Cabri	Archbishop Mitty	Junior
Lauren Haniger	Archbishop Mitty	Senior
Lauren Sera	Sacred Heart Cathedral	Senior
Ashley Chan	Sacred Heart Cathedral	Junior
Alden Standley	Sacred Heart Cathedral	Junior
Kelley Levaggi	Saint Francis	Senior
Elizabeth Fleming	Saint Ignatius	Senior
Taylor Fleming	Valley Christian	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Megan Ahern	Archbishop Mitty	Senior
Jenna Sandall	Presentation	Senior
Skylar Canady	Sacred Heart Cathedral	Junior
Megan Lenn	Sacred Heart Cathedral	Junior
Kirra Kellerman	Saint Francis	Sophomore
Megan Lucey	Saint Ignatius	Senior
Sierra Tyson	Saint Ignatius	Senior
Keilani Mayo	Valley Christian	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Kendra MacDonald	Archbishop Mitty	Freshman
Ellen Veargason	Archbishop Mitty	Junior
Sophia Strass	Presentation	Senior
Nora Thompson	Sacred Heart Cathedral	Junior
Alison Ko	Saint Francis	Sophomore
Megan Yu	Saint Ignatius	Senior

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2018 WCAL Boy's Water Polo All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Larsen Weigle	Sacred Heart Prep	Senior	Driver
Andrew Churukian	Sacred Heart Prep	Senior	2 Meter
Walker Seymour	Sacred Heart Prep	Senior	Driver
Griffen Price	Sacred Heart Prep	Freshman	Goalie
Logan Sutter	Valley Christian	Senior	Attacker
Chase Zamborelli	Valley Christian	Senior	Goalie
Jonathan Matarangas	Valley Christian	Senior	Utility
Gabe Discipulo	Bellarmino	Senior	Center
Dominick Kirk	Bellarmino	Senior	Attacker
Alex Peterson	Saint Ignatius	Senior	Utility
Frank Lozinski	Saint Francis	Senior	Utility
Manato Yamamoto	Archbishop Mitty	Junior	Center

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Will Riley	Sacred Heart Prep	Senior	Driver
Kyle Ballack	Sacred Heart Prep	Senior	Driver
Ryan Matarangas	Valley Christian	Sophomore	Attack
Trent Itow	Valley Christian	Senior	Attack
Nicholas Fontes	Bellarmino	Senior	LH Attack
Matt McKim	Bellarmino	Junior	Attack
Paul Gouchon	Saint Ignatius	Senior	Goalie
Gianluca Calgiatrone	Saint Ignatius	Senior	Center Forward
Berk Aksoy	Saint Francis	Junior	Attack
Joe Gallagher	Saint Francis	Junior	Goalie
Dishan Dias	Archbishop Mitty	Junior	Attack
Tyler State	Archbishop Mitty	Junior	Center Defender
Andrew Robertson	Junipero Serra	Senior	Driver
Tyler Martin	Junipero Serra	Senior	Driver

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Isaac Rotenberg	Sacred Heart Prep	Sophomore	Driver
Marcus Lodewyk	Valley Christian	Sophomore	Attack
Cole McKim	Bellarmino	Senior	Attack
Colby Paine	Saint Ignatius	Sophomore	RH Driver
Nathan Duchez	Saint Francis	Senior	Utility
Logan Frey	Archbishop Mitty	Junior	Attack
James Mirt	Junipero Serra	Senior	Center Defender

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2018 WCAL Girls Water Polo All League Teams

First Team

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Nellie McAdams	Sacred Heart Prep	Senior	Goalie
Eleanor Facey	Sacred Heart Prep	Sophomore	Center
Annabel Facey	Sacred Heart Prep	Junior	Driver
Isabella Bachler	Sacred Heart Prep	Sophomore	Driver
Natalie Blanc	Saint Francis	Senior	Goalie
Elise Walker	Saint Francis	Junior	2 Meter
Megan LaCroix	Saint Francis	Senior	Utility
Destiny Barnett	Valley Christian	Senior	2M/Driver
Stephanie Santos	Valley Christian	Junior	Goalie
Arrington McGee	Archbishop Mitty	Junior	Utility
Heather Jacobson	Presentation	Senior	Goalie
Betsy Wooler	Saint Ignatius	Junior	Utility

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Notre Dame Belmont – Presentation –
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ella Woodhead	Sacred Heart Prep	Freshman	Center
Alexandra Szczerba	Sacred Heart Prep	Sophomore	Driver
Courtney Okumura	Saint Francis	Sophomore	Attack
Julianna Benson	Saint Francis	Senior	2 Meter
Olivia Nuzum	Valley Christian	Junior	Utility
Mena Woyciehowsky	Valley Christian	Junior	Utility
Alyssa Jain	Archbishop Mitty	Senior	Goalie
Joanna Jain	Archbishop Mitty	Senior	Driver
Sophia Harvey	Presentation	Sophomore	Center
Tori Slack	Presentation	Senior	Utility
CeCe Paine	Saint Ignatius	Sophomore	Utility
Lucia Sarimsacki	Saint Ignatius	Sophomore	Utility

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Madeline Johnson	Sacred Heart Prep	Senior	Utility
Delaney Kidwell	Saint Francis	Senior	Attack
Chloe DeVere	Valley Christian	Junior	Driver
Niki Love	Archbishop Mitty	Junior	Driver
Olivia Davis	Presentation	Senior	Attacker
Katie DeBenedetti	Saint Ignatius	Senior	RH Driver

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Notre Dame Belmont – Presentation – Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

West Catholic Athletic League

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2019 WCAL Girls Basketball All League Teams

Player of the Year

Haley Jones – Archbishop Mitty – Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Ania McNicholas	Archbishop Mitty	Senior
Hunter Hernandez	Archbishop Mitty	Sophomore
Nyah Willis	Valley Christian	Senior
Fallon Dexheimer	Valley Christian	Junior
Paige Uyehara	Saint Francis	Senior
Madelene Ennis	Saint Ignatius	Senior
Kelly Heimburger	Presentation	Junior
Talo Li-Uperesa	Sacred Heart Cathedral	Senior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Ashley Hiraki	Archbishop Mitty	Junior
Rachel Harvey	Saint Ignatius	Junior
Jadyn Patterson	Valley Christian	Freshman
Carla Pelino	Presentation	Senior
Mia Grizelj	Saint Francis	Senior
Marley Langi	Archbishop Mitty	Sophomore
Da'Myiah Lewis	Sacred Heart Cathedral	Junior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Emily Jones	Saint Ignatius	Sophomore
Angie McAdams	Saint Ignatius	Junior
Nina Barry	Valley Christian	Junior
Kelly Seymour	Valley Christian	Junior
Erin Tan	Presentation	Sophomore
Molly Lamkin	Sacred Heart Cathedral	Sophomore
Milan Tuttle	Sacred Heart Cathedral	Sophomore
Emma Cheli	Saint Francis	Senior
Julianne Ho	Presentation	Junior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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2019 WCAL Boys Basketball All League Teams

Player of the Year

Devan Sapp – Archbishop Mitty - Junior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Kiran Kruse	Bellarmino	Senior
Parker McDonald	Junipero Serra	Senior
Cade Rees	Junipero Serra	Senior
Wrenn Robinson	Saint Ignatius	Senior
Je'Lani Clark	Archbishop Riordan	Junior
Bryce Monroe	Archbishop Riordan	Junior
Marcus Greene	Archbishop Mitty	Junior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Neal Begovich	Saint Ignatius	Senior
Quinn Denker	Bellarmino	Junior
Cedric Reed, Jr.	Sacred Heart Cathedral	Senior
Michael Mitchell	Archbishop Mitty	Sophomore
Matteo Fontana	Saint Francis	Senior
Oisin McCormack	Sacred Heart Cathedral	Senior
Justice Turner	Archbishop Riordan	Senior
Jay Allen-Tovar	Valley Christian	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Joseph Vaughn	Archbishop Mitty	Senior
Chime Ugbaja	Archbishop Riordan	Senior
Oscar Pedraza	Saint Francis	Senior
Roy Yuan	Saint Francis	Senior
D'Von Lang	Valley Christian	Senior
Constantijn Cole	Bellarmino	Junior
Skylar Loving-Black	Valley Christian	Senior

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2019 WCAL Boys Soccer Players of the Year

Defender of the Year

Sean Bilter – Senior – Saint Ignatius

Midfielder of the Year

Mario Barocio – Senior - Bellarmine

Forward of the Year

Cormac Gallagher – Senior – Saint Ignatius

Goalkeeper of the Year

Willem Kelson – Senior – Saint Francis

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2019 WCAL Boys Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Rami Muhawieh	Junipero Serra	Senior	Midfielder
Max Morris	Bellarmino	Senior	Defender
Mario Barocio	Bellarmino	Senior	Midfielder
Casey Jaeb	Bellarmino	Senior	Defender
Kristian Yun	Valley Christian	Junior	Forward
Ellis Brenneman	Sacred Heart Cathedral	Junior	Forward
Matt Espinoza-Urata	Archbishop Mitty	Senior	Defender
Oscar Toulet	Archbishop Mitty	Senior	Midfielder
Noah Robertson	Archbishop Mitty	Sophomore	Midfielder
Willem Kelson	Saint Francis	Senior	Goalkeeper
Sean Bilter	Saint Ignatius	Senior	Defender
Cormac Gallagher	Saint Ignatius	Senior	Forward
Kol Van Giesen	Saint Ignatius	Senior	Midfielder

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Yoni Aidlberg	Bellarmino	Sophomore	Midfielder
Gabi Martinez	Bellarmino	Junior	Midfielder
Eli Streiker-Hirt	Sacred Heart Cathedral	Senior	Defender
Tyler Stevenson	Archbishop Mitty	Junior	Midfielder
Collin Hamilton	Saint Francis	Senior	Defender
Demetrios Giannopoulos	Saint Francis	Senior	Forward
Tyler Roey	Saint Francis	Senior	Midfielder
Rory Folan	Saint Francis	Sophomore	Forward
Sean Fitzgerald	Saint Ignatius	Senior	Defender
Jack Shelley	Saint Ignatius	Junior	Goalkeeper
Paul J. Rich	Saint Ignatius	Senior	Midfielder
Eric Waltz	Valley Christian	Senior	Goalkeeper

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ivan Torres	Junipero Serra	Sophomore	Midfielder
Ben Do	Bellarmino	Sophomore	Midfielder
Cole Pond	Valley Christian	Sophomore	Midfielder
Alec Perliss	Sacred Heart Cathedral	Senior	Defender/Forward
Thomas Pelino	Archbishop Mitty	Freshman	Midfielder
Nicolas Vollmer	Saint Francis	Senior	Defender
Reid Pollino	Saint Ignatius	Junior	Midfielder

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2019 WCAL Girls Soccer Players of the Year

Goalkeeper of the Year

Lauren Zontos - Sophomore - Presentation

Co-Defenders of the Year

Alexa Arancio - Sophomore – Archbishop Mitty
Lexie Lotti – Senior – Saint Ignatius

Midfielder of the Year

Camille Lafaix – Senior – Archbishop Mitty

Striker of the Year

Lauren Frohan – Senior – Saint Ignatius

Co-Players of the Year

Lauren Zontos – Sophomore – Presentation
Camille Lafaix – Senior – Archbishop Mitty

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

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2019 WCAL Girls Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Lauren Frohan	Saint Ignatius	Senior	Midfielder/Striker
Audrey Schaffer	Saint Ignatius	Senior	Goalkeeper
Elle Van Giesen	Saint Ignatius	Junior	Defender
Lexie Lotti	Saint Ignatius	Senior	Defender
Alexa Arancio	Archbishop Mitty	Sophomore	Defender
Camille Lafaix	Archbishop Mitty	Senior	Midfielder
Katelyn Meyer	Archbishop Mitty	Senior	Defender
Amanda Avila	Presentation	Senior	
Lauren Zontos	Presentation	Sophomore	
Nicola Lebakos	Saint Francis	Senior	Defender
Lauren Beers	Saint Francis	Junior	Defender
Rhea Chan	Sacred Heart Cathedral	Senior	Forward
Kayla Nanez	Valley Christian	Senior	Defender

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Katrina Avila	Saint Ignatius	Junior	Midfielder
Olivia Carroll	Saint Ignatius	Junior	Forward/Midfielder
Shannon Coyle	Archbishop Mitty	Senior	Defender
Svea Neunfinger	Archbishop Mitty	Junior	Forward
Ciara Mahoney	Presentation	Junior	
Megan Lore	Presentation	Sophomore	
Riley Burrill	Saint Francis	Senior	Midfielder
Isabella Schou	Saint Francis	Junior	Forward
Sophia Rodil	Sacred Heart Cathedral	Senior	Forward
Evalani Dudum	Sacred Heart Cathedral	Sophomore	Defender
Faye Karoglou	Valley Christian	Senior	Goalkeeper
Katherine Kooiman	Valley Christian	Senior	Striker

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kelly Wall	Saint Ignatius	Junior	Forward
Emma Vane	Archbishop Mitty	Sophomore	Midfielder
Josefine Ackley	Presentation	Junior	
Morgan Ketas	Saint Francis	Senior	Forward
Sophie Simpson	Sacred Heart Cathedral	Junior	Midfielder
Mackenzie Haneman	Valley Christian	Junior	Midfielder

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

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2019 WCAL Baseball All League Teams

Player of the Year – Steven Zobac – Valley Christian - Senior

Pitcher of the Year – Joey Schott – Saint Francis - Junior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
William Kempner	Valley Christian	Senior	Pitcher
Dominic Quinones	Archbishop Mitty	Senior	Pitcher
Jonathan Cymrot	Valley Christian	Sophomore	Pitcher
Drew Del Baggio	Bellarmino	Senior	Pitcher
Jason Siri	Valley Christian	Senior	Catcher
Trevor Haskins	Valley Christian	Sophomore	Infield
Connor Leaverton	Archbishop Mitty	Senior	Infield
Jack McGrew	Valley Christian	Junior	Infield
Joe Yorke	Archbishop Mitty	Senior	Infield
Eddie Park	Valley Christian	Junior	Outfield
Jeremy Villar	Junipero Serra	Senior	Outfield
Reymello Murphy	Archbishop Mitty	Sophomore	Outfield
Stephen Blecha	Archbishop Riordan	Senior	Outfield
Nick Yorke	Archbishop Mitty	Junior	Designated Hitter
Izeyas Galindo	Saint Francis	Senior	Utility

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Benito Valle-Jhanda	Junipero Serra	Junior	Pitcher
Conner LaChapelle	Sacred Heart Cathedral	Junior	Pitcher
Gianluca Shinn	Saint Francis	Junior	Pitcher
Derrick Turner	Bellarmino	Senior	Pitcher
Andrew Vo	Archbishop Mitty	Junior	Catcher
Thomas Gould	Junipero Serra	Sophomore	Infield
Steven Hom	Valley Christian	Junior	Infield
Keshawn Ogans	Sacred Heart Cathedral	Senior	Infield
Rory Bradford	Bellarmino	Senior	Infield
Max Porter	Saint Francis	Junior	Outfield
Matthew Pinelli	Bellarmino	Senior	Outfield
Petey Halpin	Saint Francis	Junior	Outfield
Kannon Clayton	Junipero Serra	Senior	Outfield
Dominic Meza	Junipero Serra	Senior	Designated Hitter
Lucas Kelly	Sacred Heart Cathedral	Freshman	Designated Hitter
Jack Dyke	Saint Ignatius	Senior	Utility

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Colin Clifford	Saint Ignatius	Junior	Pitcher
Gabe Wassmer	Archbishop Riordan	Senior	Pitcher
Tim Ghiorso	Junipero Serra	Senior	Pitcher
Andrew McCann	Archbishop Mitty	Senior	Pitcher
Zach Teijeiro	Saint Francis	Junior	Catcher
Jonah Advincula	Archbishop Mitty	Senior	Infield
Jeter Ybarra	Saint Francis	Junior	Infield
Christian Falk	Junipero Serra	Senior	Infield
Aidan Kelly	Bellarmino	Junior	Infield
Nick Glafkides	Saint Ignatius	Junior	Infield
Collin McCarthy	Saint Ignatius	Senior	Outfield
Jack Castiglione	Saint Ignatius	Senior	Outfield
Preston Knickerbocker	Bellarmino	Senior	Outfield
Coleman Brigham	Valley Christian	Senior	Outfield
Lucas Herrera	Sacred Heart Cathedral	Junior	Outfield
Matt Rosen	Saint Ignatius	Senior	Outfield
Mark Fairweather	Valley Christian	Senior	Outfield
JJ Blecha	Archbishop Riordan	Sophomore	Utility

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

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2019 WCAL Boys Golf All League Team

Most Outstanding Golfer – Nathan Wang – Freshman - Archbishop Mitty
Medalist – Brian Ma – Senior – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nathan Wang	Archbishop Mitty	Freshman
Will Clark	Bellarmino	Sophomore
Jack Steck	Bellarmino	Junior
John Heckel	Saint Francis	Sophomore
Matt Kress	Bellarmino	Sophomore
Rajvir Bedi	Bellarmino	Senior
Brian Ma	Archbishop Mitty	Senior
Matthew Adams	Saint Francis	Senior
Daniel Sheedy	Saint Ignatius	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Angelo Marcon	Sacred Heart Cathedral	Junior
Will Meinhardt	Bellarmino	Senior
Caleb Shetler	Valley Christian	Senior
Gregory Lee	Valley Christian	Freshman
Ralph Kho	Junipero Serra	Junior
Aashish Achanta	Archbishop Mitty	Senior
David Kress	Bellarmino	Senior
Andrew Hiebert	Saint Francis	Senior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Notre Dame Belmont – Presentation – Sacred Heart Cathedral – Sacred Heart Prep – Saint Francis – Saint Ignatius – Valley Christian

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Dylan Brajevich	Valley Christian	Senior
Joe Amoroso	Sacred Heart Cathedral	Senior
Robert Degroot	Archbishop Riordan	Sophomore
Zach McKay	Saint Ignatius	Senior
Aaron Murphy	Junipero Serra	Senior
Dilan Krishnamurthy	Archbishop Mitty	Sophomore
Jay Lozano	Bellarmino	Senior

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2019 WCAL Lacrosse All League Teams

Player of the Year – Sam Parkinson – Saint Ignatius - Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sam Parkinson	Saint Ignatius	Senior	Midfield
Tommy Barnds	Sacred Heart Prep	Senior	Attack/Midfield
Cole Kastner	Menlo	Junior	Defender
Joey Dahlkemper	Sacred Heart Prep	Senior	Forward
Spencer Wood	Saint Francis	Junior	Goalie
Topher Bligh	Saint Ignatius	Senior	Midfield
Connor Flaherty	Saint Ignatius	Senior	Defender
Duke Reeder	Saint Ignatius	Sophomore	Defender
Louis Harvey	Bellarmino	Senior	Goalie
Finn Leschly	Menlo	Junior	Midfield
Mark Stephens	Saint Ignatius	Senior	Midfield
Alex Bean	Sacred Heart Prep	Junior	Defender
Cody Wiebe	Sacred Heart Prep	Senior	Goalie
Ryan Young	Menlo	Junior	Attack
Evan Keiser	Bellarmino	Junior	Midfield
Carter McCullough	Saint Ignatius	Senior	Defender

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Even Dere	Sacred Heart Cathedral	Senior	Forward/Midfield
Wells Bligh	Saint Ignatius	Junior	Attack
Theo Kim	Menlo	Sophomore	Goalie
Larry Hart	Sacred Heart Prep	Senior	Midfield
Kyle Adleman	Saint Ignatius	Senior	LSM
Lawton Corrigan	Bellarmino	Junior	Attack
Sean Mahoney	Archbishop Mitty	Senior	Attack
Cav Williams	Sacred Heart Prep	Sophomore	Midfield
Billy Barnds	Sacred Heart Prep	Sophomore	Midfield
Alex Loveland	Junipero Serra	Freshman	Attack
Larkin Koker	Archbishop Mitty	Junior	Goalie
Jack dePenaloza	Sacred Heart Cathedral	Senior	Midfield
Conor McCusker	Menlo	Senior	Midfield
Connor Gambelin	Archbishop Mitty	Sophomore	Defender
William Peterson	Sacred Heart Prep	Senior	Defender
Brendan Callagy	Junipero Serra	Senior	Midfield

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Harry Mingrone	Bellarmino	Senior	Defender
Samson Axe	Menlo	Junior	Midfield
Luke Kaltsas	Bellarmino	Sophomore	Defender
Jack Galbraith	Saint Francis	Junior	Midfield
Joe Celentano	Saint Ignatius	Junior	SSDM
Ben Cottingham	Bellarmino	Senior	Midfield
Mario Heman	Saint Ignatius	Senior	Goalie
Grant Cavan	Bellarmino	Junior	Attack

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2019 WCAL Softball All League Teams

Co-Players of the Year

Kacey Zobac – Valley Christian – Senior – Catcher
Savannah Whatley – Archbishop Mitty - Shortstop

Co-Pitchers of the Year

Lauren Baker – Saint Francis - Sophomore
Kaia McCaul – Presentation - Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jessica Oakland	Saint Francis	Freshman	Infield
Hannah Damore	Saint Francis	Senior	Infield
Hailey Prahm	Saint Francis	Junior	Infield
Brooke Deppiessee	Saint Francis	Freshman	Outfield
Carolyn Skotz	Presentation	Senior	Shortstop
Lindsay Vives	Presentation	Sophomore	Catcher
Paige Maier	Presentation	Sophomore	Pitcher
Korie Thomas	Valley Christian	Senior	
Aubrie Thomas	Valley Christian	Sophomore	
Diamond Holland	Archbishop Mitty	Junior	Outfield
Savannah Whatley	Archbishop Mitty	Junior	Shortstop
Maicie Levitt	Saint Ignatius	Senior	Shortstop
Vivien Hughston	Sacred Heart Cathedral	Sophomore	Pitcher/Shortstop

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral - Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sydney Stewart	Saint Francis	Freshman	Catcher
Sophia Roth	Saint Francis	Junior	Infield
Jade Henry	Presentation	Sophomore	First Base
Lauren Prior	Presentation	Sophomore	Outfield
Kayla Dominguez	Valley Christian	Senior	
Ella Steele	Valley Christian	Freshman	
Jamie Hicks	Archbishop Mitty	Freshman	Outfield
Mady Salonga	Archbishop Mitty	Senior	Catcher
Kelly McGuigan	Saint Ignatius	Junior	Catcher
Leila Hennessy	Saint Ignatius	Sophomore	Third Base
Isabella Fletchall-Silva	Sacred Heart Cathedral	Senior	Catcher
Jordan Leavitt-McGee	Sacred Heart Cathedral	Senior	Third Base

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kennedy Adkison	Saint Francis	Sophomore	Outfield
Maddie Luscher	Presentation	Senior	Second Base
Tauhja Williams	Valley Christian	Freshman	
Jackie Schneider	Saint Ignatius	Sophomore	Outfield
Hannah Edwards	Archbishop Mitty	Senior	Pitcher
Summer Bolcerek	Sacred Heart Cathedral	Senior	Infield

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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2019 WCAL Boys Tennis All League Teams

Player of the Year – Luke Casper - Bellarmine
Doubles Team of the Year – Curtis Lin/Zach Lamm – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Luke Casper	Bellarmino	Sophomore
John Kim	Bellarmino	Freshman
Brian Chong	Archbishop Mitty	Sophomore
Jesse Ding	Saint Francis	Senior
Mason Fung	Saint Ignatius	Senior
Nithin Saravanan	Valley Christian	Freshman
Anish Anumandla	Valley Christian	Freshman

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Anthony Teciorowski	Bellarmino	Junior
Barton Lewis	Archbishop Riordan	Sophomore
Noah Heller	Sacred Heart Cathedral	Junior
Neil Chulani	Saint Francis	Freshman
Sri Erra	Junipero Serra	
Jack Carroll	Saint Ignatius	Senior
Josh Blandres	Saint Ignatius	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Josiah Myers-Lipton	Bellarmino	Senior
Matthew Moore	Bellarmino	Senior
Geoffrey Golen	Bellarmino	Sophomore
Kyle Nguyen-Ngo	Archbishop Mitty	Junior
Drake Som	Archbishop Mitty	Sophomore
Brian Liu	Archbishop Mitty	Sophomore
Winston Wang	Archbishop Riordan	Junior
Ryder Bouck	Archbishop Riordan	Freshman
Darren Wang	Saint Francis	Sophomore
Brandon Huang	Saint Francis	Freshman
Curtis Lin/Zach Lamm	Saint Francis	Junior/Junior
Ethan Viray	Junipero Serra	
Armon Popli	Junipero Serra	
Javon Jesus	Junipero Serra	
Daniel Boudagian	Saint Ignatius	Junior
Tyler Plants/Kyle Austin	Saint Ignatius	Sophomore/Junior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian

West Catholic Athletic League

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2019 WCAL Volleyball All League Teams

Player of the Year – Chris Boken - Bellarmine

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chris Boken	Bellarmino	Senior	OH
Brian Ronan	Junipero Serra	Senior	OH
Neeraj Keshav	Junipero Serra	Senior	Setter
James Dinneen	Saint Francis	Senior	OH
Chris Varseveld	Bellarmino	Senior	MB
Joseph Beima	Sacred Heart Cathedral	Junior	Setter
Zachary Schlossman	Bellarmino	Senior	OH
Alex Turturici	Valley Christian	Senior	Setter

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ryan Shaw	Bellarmino	Senior	Setter
Matt Conry	Junipero Serra	Senior	MB
Tyler Hudson	Valley Christian	Junior	OH
Lucas Sant' Anna	Archbishop Mitty	Senior	Libero
Thomas Lawler	Saint Francis	Senior	Setter
Cade Rees	Junipero Serra	Senior	MB
Dominick Adzich	Saint Francis	Senior	MB
Grant Dupuy	Valley Christian	Junior	Opposite

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Daniel Neeson	Sacred Heart Cathedral	Junior	OH
TJ Ng	Bellarmino	Junior	Libero
Riley Dunn	Saint Ignatius	Senior	Opposite
Kevin Ramon-Garzon	Junipero Serra	Junior	Libero
Dylan Zhai	Archbishop Mitty	Junior	Setter
Joseph Wallace	Saint Francis	Freshman	Libero
Ronan MacRunnels	Bellarmino	Senior	Opposite
Justin Ebner	Bellarmino	Senior	Opposite
Kyle Choy	Sacred Heart Cathedral	Junior	Libero

Archbishop Mitty – Archbishop Riordan – Bellarmino – Junipero Serra – Notre Dame Belmont – Presentation – Sacred Heart Cathedral – Sacred Heart Prep – Saint Francis – Saint Ignatius – Valley Christian