

West Catholic Athletic League

Commissioner: Jolene Fugate, CMAA
Phone: (669) 241-3097
E-Mail: jfugate@wcalports.org
Website: www.wcalports.org

Sports Information Director: Kevin J. Donahue, CAA
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Twitter: www.twitter.com/wcalports

2021 WCAL Men's Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Tommy Rogers	Junipero Serra	Senior
Ryunosuke Yanashita	Bellarmino	Senior
Aydon Stefanopoulos	Archbishop Mitty	Freshman
Tanish Chettiar	Bellarmino	Senior
Vibhu Krishnan	Bellarmino	Senior
Jack Sloan	Saint Francis	Junior
Ben Pinkel	Bellarmino	Senior

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

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Second Team

Cam Gregg	Sacred Heart Cathedral	Freshman
Jack Glanville	Bellarmino	Senior
Jadon Tapp	Junipero Serra	Senior
Jaime Zepeda	Saint Francis	Senior
Miles Cook	Sacred Heart Cathedral	Freshman
Owen Kato	Saint Francis	Senior
Tristan Lalonde	Bellarmino	Senior

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2021 WCAL Women's Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Sabrina Zanetto	Saint Francis	Freshman
Evie Marheineke	Archbishop Mitty	Freshman
Hinako Yamamoto	Saint Francis	Junior
Lillian Kaelber	Saint Francis	Sophomore
Anna Fawcett	Saint Francis	Junior
Caitlin Cilley	Saint Francis	Freshman
Eva Devlin	Saint Ignatius	Junior

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Second Team

Jessica Guardino	Valley Christian	Junior
Alexandra Zanon	Archbishop Mitty	Junior
Rosaleen Chang	Valley Christian	Junior
Lily Eulate	Saint Francis	Sophomore
Siobhan Maloney	Archbishop Mitty	Freshman
Daphne Batmale	Archbishop Riordan	Freshman
Pascale Zanon	Archbishop Mitty	Junior

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2021 WCAL Football Players of the Year

Player of the Year: Viliami Juju Teu – Saint Francis

Running Back of the Year: Petelo Gi – Junipero Serra

Fullbacks of the Year: Nathan Saipaia – Valley Christian & Rocco Trapani - Bellarmine

Quarterback of the Year: Dominique Lampkin – Junipero Serra

Tight End of the Year: Dillon Golden – Saint Francis

Offensive Linemen of the Year: Nathan Elu – Junipero Serra & Uluakinofa Taliauli - Saint Francis

Wide Receiver of the Year: Jurrion Dickey – Valley Christian

Defensive Lineman of the Year: Kemoeatu Kefu – Archbishop Riordan

Outside Linebacker of the Year – Nehemiah Musika – Valley Christian

Linebacker of the Year: Camilo Arquette – Saint Francis

Defensive Backs of the Year: Nicolas Andrighetto - Saint Francis & Sione Laulea - Junipero Serra

Kickers of the Year: Jack Raney – Bellarmine & Matthew Karic – Saint Francis

Utility Players of the Year: Hassan Mahasin – Junipero Serra & Jerry Mixon – Sacred Heart Cathedral

Junior Player of the Year: Ben Pfaff – Bellarmine

Sophomore Player of the Year: Jabari Mann – Junipero Serra

Freshman of the Year – Champ Taulealea – Valley Christian

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Viliami Juju Teu	Saint Francis	Senior	RB
Camilo Arquette	Saint Francis	Senior	RB/LB
Nico Andrighetto	Saint Francis	Senior	Safety
Uluakinofu Taliauli	Saint Francis	Senior	OL
Tim Netane	Saint Francis	Senior	WR/DB
Paddy Casey	Saint Francis	Senior	RB/DB
Jeffrey Xu	Saint Francis	Senior	RB/LB
Dominique Lampkin	Junipero Serra	Senior	QB
Nathan Elu	Junipero Serra	Senior	OL/DL
Andrew Azzopardi	Junipero Serra	Senior	OL/DL
Hassan Mahasin	Junipero Serra	Senior	RB
Petelo Gi	Junipero Serra	Senior	RB
Malakai Hoeft	Junipero Serra	Senior	WR/DB
Sione Laulea	Junipero Serra	Senior	WR/DB
Ben Pfaff	Bellarmino	Junior	RB
Wade Smith	Bellarmino	Senior	QB
Brandon Broch	Bellarmino	Junior	LB
David Serrano	Bellarmino	Senior	Center/DL
Brody Stratz	Bellarmino	Senior	TE/DL

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Gino Cresci	Bellarmino	Senior	LB/RB
Jackson Berman	Valley Christian	Senior	QB
Jurrion Dickey	Valley Christian	Junior	WR/DB
Marcus Failla	Valley Christian	Senior	OL
Spencer Gieg	Valley Christian	Senior	OL
Nehemiah Musika	Valley Christian	Senior	OLB
Shilo Schermerhorn	Valley Christian	Senior	LB
Silas Bahlibi	Sacred Heart Cathedral	Senior	DL
RL Miller	Sacred Heart Cathedral	Junior	OLB/WR
Jerry Mixon	Sacred Heart Cathedral	Junior	LB/RB
Ray-John Spears	Sacred Heart Cathedral	Senior	QB
Bruce Uperesa	Sacred Heart Cathedral	Senior	WR/OLB
Kemoeatu Kefu	Archbishop Riordan	Senior	DT/FB
Joseph Herbert	Archbishop Riordan	Senior	OT/DT
Christopher Murray	Archbishop Riordan	Senior	WR/DB
Zach Jones	Archbishop Riordan	Junior	WR/DB
Ben Boyden	Saint Ignatius	Senior	LB
Shane Crispen	Saint Ignatius	Senior	WR
Santino Franco	Saint Ignatius	Junior	OL/DL
Ryan Ivers	Saint Ignatius	Senior	WR/DB
Charlie Pyfer	Saint Ignatius	Senior	WR/QB/DB
Jason Malley	Archbishop Mitty	Senior	OL/DE
Danny Scudero	Archbishop Mitty	Junior	WR
Michael Forney	Archbishop Mitty	Junior	OL
Dominic Boccabella	Archbishop Mitty	Senior	WR/DE

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Michael Taliauli	Saint Francis	Senior	OL/DL
Josh Perry	Saint Francis	Senior	QB
Dillon Golden	Saint Francis	Senior	TE
Andrew Stewart	Junipero Serra	Senior	RB/DB
Aitogi "Ricky" Auimatagi	Junipero Serra	Senior	OL/DL
Ryan Mahe III	Junipero Serra	Senior	RB/LB
Nate Escalada	Bellarmino	Junior	QB/Safety
Chris Jaeb	Bellarmino	Senior	WR
Thomas Di Vittorio	Bellarmino	Senior	WR/DB
Jamar Morris	Valley Christian	Senior	CB
Junior Mayo	Valley Christian	Sophomore	DL/OL
Andrew Beldi	Valley Christian	Senior	HB
Derek Reagans III	Sacred Heart Cathedral	Senior	RB/DE
Lorance Wong	Sacred Heart Cathedral	Senior	OT
Isaiah Keishk	Sacred Heart Cathedral	Junior	WR/DB
Zion Wells	Archbishop Riordan	Junior	WR/DB
Isaiah Chala	Archbishop Riordan	Junior	DE
Javius Redding	Archbishop Riordan	Junior	RB/DB
Oliver Bligh	Saint Ignatius	Senior	DB
Luke Leupold	Saint Ignatius	Junior	LB
Oliver Stuart	Saint Ignatius	Senior	TE

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Tika Reed	Archbishop Mitty	Sophomore	LB
Zaccai Ng-Posey	Archbishop Mitty	Junior	DB
Charlie Butler	Archbishop Mitty	Junior	WR

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matthew Karic	Saint Francis	Senior	K/P
Tyler Evars	Saint Francis	Senior	WR/DB
Esaia Vavao	Saint Francis	Senior	TE/OLB
Peyton Warford	Saint Francis	Senior	WR/DB
John Williams	Saint Francis	Senior	OL/DL
Jabari Mann	Junipero Serra	Sophomore	LB/RB
Seamus Gilmartin	Junipero Serra	Junior	TE/DL
Ryan Silver	Junipero Serra	Junior	OL/DL
Joseph Bey	Junipero Serra	Sophomore	DB/WR
Leonardo Galindo	Junipero Serra	Senior	WR/DB
Jake Hanson	Bellarmino	Junior	LB
Rocco Trapani	Bellarmino	Senior	FB
Zach Ottobre	Bellarmino	Senior	WR/DB
Nolan Hinz	Bellarmino	Senior	OL
Jack Raney	Bellarmino	Junior	K/P
Carlos Lopez	Valley Christian	Senior	
Miles Cluck	Valley Christian	Senior	
Josh Minami	Valley Christian	Senior	
Joey Amato	Valley Christian	Senior	
Benjamin Hatch	Sacred Heart Cathedral	Sophomore	OL/DL

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Jabari Ryan	Sacred Heart Cathedral	Junior	LB
Kendric Sanders	Sacred Heart Cathedral	Junior	CB/DB/Kick Returner
Erik Bosch	Sacred Heart Cathedral	Senior	DB
Grant Garlow	Sacred Heart Cathedral	Senior	OL
Davion Smith	Archbishop Riordan	Junior	RB/LB
Jacob Kleppin	Archbishop Riordan	Junior	TE/LB
Mikatoa Scanlan	Archbishop Riordan	Sophomore	Center/DT
King Njsanni Wilhite	Archbishop Riordan	Junior	WR/DB
Ondrei Leesane Angeles	Archbishop Riordan	Senior	Center/DE
Rex Bales	Saint Ignatius	Senior	OL/DL
Alex Hartigan	Saint Ignatius	Junior	LB
George Lerdal	Saint Ignatius	Senior	DB
Gus Parker	Saint Ignatius	Junior	DB
Keith Reyes	Saint Ignatius	Senior	RB/LB
Ben Kim	Archbishop Mitty	Junior	WR
Kento Mita	Archbishop Mitty	Senior	DB
Cooper Graham	Archbishop Mitty	Senior	LB
Julian Shearin-Sewell	Archbishop Mitty	Senior	DB
Taron Thang	Archbishop Mitty	Senior	RB/LB

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2021 WCAL Outstanding Golfer **Cynthia Zhang–Valley Christian-Senior**

2021 WCAL Tournament Medalist **Joyce Zhang–Valley Christian-Freshman**

2021 WCAL Women’s Golf All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Cynthia Zhang	Valley Christian	Senior
	Valley Christian	Freshman
Joyce Zhang		
Varsha Ramachandran	Valley Christian	Freshman
Annabelle Chen	Valley Christian	Junior
Varnika Achanta	Valley Christian	Junior
Sohini Pillay	Saint Francis	Senior
Athena Nguyen	Valley Christian	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
	Valley Christian	Junior
Franky Sumcad		
Nika Gholami	Saint Francis	Junior
Kaila Tan	Saint Francis	Junior
Allison Lam	Archbishop Mitty	Junior
Lauren Pimentel		
	Saint Francis	Senior
Yuna Liang	Saint Francis	Junior

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Ellen So	Archbishop Mitty	Senior
Ali Indelli	Presentation	Junior
Bella Pignati	Saint Francis	Junior
Giuliani Rovetti	Sacred Heart Cathedral	Sophomore
Brielle Bedard	Saint Ignatius	Junior

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

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2021 WCAL Tennis All League Teams

WCAL Singles Player of the Year

Emily Tan – Saint Francis - Sophomore

WCAL Doubles Team of the Year

Pramati Barath & Emily Williams – Saint Francis – Junior/Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Emily Tan	Saint Francis	Sophomore
Jolie Wang	Saint Francis	Freshman
Angelica Aksdal-Jansen	Saint Ignatius	Senior
Lillian Yee	Valley Christian	Freshman
Georgia McDougall	Saint Ignatius	Sophomore
Pramati Barath/Emily Williams	Saint Francis	Junior/Senior
Lauren Snyder	Saint Ignatius	Sophomore

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Lainey Thompson	Valley Christian	Sophomore
Katelyn Boudeville	Presentation	Senior
Mai Tran/Mary Lavin	Archbishop Mitty	Senior/Sophomore
Lauren Kim	Valley Christian	Sophomore
Marsella Johnson	Sacred Heart Cathedral	Senior
Anna Scandalios/Morgan O'Brien	Saint Ignatius	Senior/Sophomore
Lauren Smith	Saint Francis	Sophomore

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<u>Name</u>	<u>School</u>	<u>Year</u>
Margot Hart/Kira Moss	Sacred Heart Cathedral	Senior/Senior
Brooke Berenson	Saint Francis	Junior
Allene Yue/Chloe Lam	Valley Christian	Senior/Junior
Isabella Enriquez	Presentation	Senior
Allison Kemp/Pauline Plater	Presentation	Junior/Sophomore

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2021 WCAL Girls Volleyball All League Teams

Co-Players of the Year

Audrey Liddle – Junior – Archbishop Mitty
Kendra McDonald – Senior – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Erin Curtis	Saint Francis	Sophomore
Kate Lau	Sacred Heart Cathedral	Junior
Natalie Lau	Saint Ignatius	Senior
Audrey Liddle	Archbishop Mitty	Junior
Kendra McDonald	Archbishop Mitty	Senior
Teya Nguyen	Valley Christian	Junior
Madison Pietsch	Saint Francis	Senior
Claire Untalan	Saint Ignatius	Senior

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Second Team

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Maya Baker	Valley Christian	Freshman
Klaudia Barbarossa	Archbishop Mitty	Senior
Reagan Dryden	Archbishop Mitty	Senior
Reese Reed	Archbishop Mitty	Senior
Kylie Reynolds-Martin	Archbishop Mitty	Senior
Lanuola Saulala	Saint Francis	Senior
Lauren Scheffler	Saint Francis	Senior
Skye Smolinski	Saint Ignatius	Junior
Reanna Yadao	Saint Ignatius	Junior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Alara Dora	Presentation	Junior
Annie Joo	Valley Christian	Junior
Kiana Paredes	Sacred Heart Cathedral	Junior
Whitney Wallace	Saint Francis	Sophomore

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2021 WCAL Men's Water Polo All League Teams

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Griffen Price	Sacred Heart Prep	Senior	Goalie
Gavin West	Sacred Heart Prep	Senior	Driver
Luke Johnston	Sacred Heart Prep	Senior	2 Meter
Bear Weigle	Sacred Heart Prep	Senior	2 Meter
Greg Hilderbrand	Menlo	Senior	Driver
Tommy Kiesling	Menlo	Junior	Driver
Jack Murad	Menlo	Senior	Center Defender
Thomas Walker	Bellarmino	Senior	Attacker-LH
Alex Hegeman	Bellarmino	Junior	Goalie
Terence O'Donnell	Saint Francis	Junior	Attacker
William Whitstone	Valley Christian	Senior	Goalie
Sam Lao	Archbishop Mitty	Senior	Goalie
Alessandro Salerno	Junipero Serra	Junior	Attacker
Nick Paez	Saint Ignatius	Senior	2 Meter

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Second Team

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Jack Vort	Sacred Heart Prep	Senior	Driver
Will Swart	Sacred Heart Prep	Junior	Driver
Michael Fang	Menlo	Junior	Driver
Jackson Kay	Menlo	Junior	Driver
Chase Barman	Bellarmino	Junior	Attacker-LH
Razvan Alistar	Bellarmino	Sophomore	2 Meter Offense
Nicholas Verstak	Saint Francis	Junior	Utility
Andrew Blanco	Saint Francis	Senior	Center
Caleb Hernandez	Valley Christian	Senior	Attacker
Paulo Hernandez	Valley Christian	Sophomore	Attacker
Jon Sampson	Archbishop Mitty	Senior	Center Defender
Josh Tucker	Archbishop Mitty	Senior	Attacker
Travis Murphy	Junipero Serra	Senior	Center Defender
Mohamed El-Badry	Junipero Serra	Senior	Center Defender
Greg Dorn	Saint Ignatius	Senior	Driver
Luca Peralta	Saint Ignatius	Junior	Goalie

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jake Tsostaze	Sacred Heart Prep	Junior	Driver
Ethan Babel	Menlo	Junior	Driver
Phillip Long	Bellarmino	Sophomore	2Meter Defense
Brody Ghashghai	Saint Francis	Senior	Driver
Brandon Elvander	Valley Christian	Junior	Attacker
Estevan Osuna	Archbishop Mitty	Senior	Attacker
David Robertson	Junipero Serra	Junior	Attacker
Isaac Ng	Saint Ignatius	Junior	Driver

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Ella Woodhead	Sacred Heart Prep	Senior	Utility
Ashley Penner	Sacred Heart Prep	Senior	Driver
Brienz Lang	Sacred Heart Prep	Senior	Driver
Natalia Szczerba	Sacred Heart Prep	Freshman	Driver
Mason Spencer	Saint Francis	Senior	Goalie
Halley Multz	Saint Francis	Senior	Attacker
Tiffany Maguire	Saint Francis	Junior	Utility
Erica Fenyo	Menlo	Junior	Utility
Nyla Sharma	Menlo	Junior	Goalie
Grace Walsh	Saint Ignatius	Senior	Goalie
Meghan DeVaughn	Archbishop Mitty	Senior	Driver
Keira Blitzer	Valley Christian	Sophomore	Center

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Paedrin Gillett	Sacred Heart Prep	Junior	Driver
Megan Newby	Sacred Heart Prep	Freshman	Driver
Alison Giusti	Saint Francis	Junior	Center
Sara Withers	Saint Francis	Senior	Center Defender
Malia Chavinson	Menlo	Junior	Utility
Scarlett Gamble	Menlo	Sophomore	2 Meter Defender
Anya Frey	Saint Ignatius	Freshman	Attacker
Amelia Murphy	Saint Ignatius	Sophomore	Center
Clarissa Langub	Archbishop Mitty	Senior	Utility
Krina Shah	Archbishop Mitty	Senior	Utility
Riley Sandori	Valley Christian	Senior	Driver
Talar Yerganian	Valley Christian	Junior	Goalie
Nicole Inoue	Presentation	Senior	
Alessia Nicosia	Presentation	Senior	

Honorable Mention

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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<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Riley Hocker	Sacred Heart Prep	Junior	Driver
Hannah Multz	Saint Francis	Sophomore	Attacker
Kenya Cassidy	Menlo	Sophomore	Utility
Katelyn Quon	Saint Ignatius	Senior	Attacker
Kate Morris	Archbishop Mitty	Senior	Driver
Madiha Smallcombe	Valley Christian	Senior	Driver
Laura Wang	Presentation		

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2022 WCAL Men's Basketball All League Teams

Player of the Year
Aidan Burke – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Aidan Burke	Archbishop Mitty	Senior
King-Njhsanni Wilhite	Archbishop Riordan	Junior
Derek Sangster	Archbishop Mitty	Junior
Miles Klapper	Junipero Serra	Senior
John Squire	Saint Ignatius	Junior
Ray-John Spears	Sacred Heart Cathedral	Senior
Isaiah Kerr	Saint Francis	Senior
Garret Keyhani	Junipero Serra	Senior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Isaiah Cabebe	Archbishop Mitty	Senior
Sean Quanico	Saint Ignatius	Senior
Theoren Brouillette	Bellarmino	Senior
Tim Netane	Saint Francis	Senior
Marcellus Edwards	Archbishop Riordan	Senior
GianCarlo Toledo Rivera	Saint Ignatius	Senior
Marcus Washington	Valley Christian	Sophomore

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Nick Corbett	Bellarmino	Sophomore
Jaiden Paran	Archbishop Mitty	Junior
Tyler Jones	Archbishop Mitty	Sophomore
Brendan Passanisi	Archbishop Riordan	Senior
Achilles Woodson	Archbishop Riordan	Junior
Vince Barringer	Saint Francis	Senior
Gavin Everett	Saint Francis	Junior
Brady Smith	Junipero Serra	Senior
Rory Kenneally	Saint Ignatius	Senior
Nico D'Augusta	Valley Christian	Senior

Archbishop Mitty – Archbishop Riordan – Bellarmino – Junipero Serra – Presentation
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2022 WCAL Women's Basketball All League Teams

Player of the Year
Morgan Cheli – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Morgan Cheli	Archbishop Mitty	Sophomore
Siena Guttadauro	Archbishop Mitty	Senior
Noemie Bariteau	Archbishop Mitty	Senior
Maya Hernandez	Archbishop Mitty	Junior
Sabrina Ma	Saint Ignatius	Senior
Soon Ja Elzey	Saint Ignatius	Senior
Claire Untalan	Saint Ignatius	Senior
Jessi Barry	Valley Christian	Senior
Jael Butler	Valley Christian	Senior
Sydney Stewart	Saint Francis	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Makayla Moore	Archbishop Mitty	Senior
Jacqueline Acosta	Saint Ignatius	Senior
Jadyn Patterson	Valley Christian	Senior
Synise Byrd	Valley Christian	Junior
Natalija Grizelj	Saint Francis	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Amalija Ennis	Saint Ignatius	Senior
Lyric Richardson	Valley Christian	Senior
Jessica Oakland	Saint Francis	Senior
Leilani Blecha	Sacred Heart Cathedral	Junior
Reza Po	Sacred Heart Cathedral	Sophomore
Sophia Campbell	Presentation	Junior
Casey Monk	Presentation	Senior

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2022 WCAL Men's Soccer Players of the Year

Defender of the Year

Bruno Inzunza – Senior – Saint Francis

Midfielders of the Year

Kasdan Blattman – Junior – Bellarmine

Oisin Murphy – Senior – Saint Ignatius

Forward of the Year

Andrew Alexander – Senior – Junipero Serra

Goalkeeper of the Year

Mikey Macias – Senior – Bellarmine

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2022 WCAL Men's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Bruno Inzunza	Saint Francis	Senior	Defender
Chris Fisher	Saint Francis	Senior	Defender
Kasdan Blattman	Bellarmino	Junior	Midfielder
Mikey Macias	Bellarmino	Senior	Goalkeeper
Andrew Alexander	Junipero Serra	Senior	Midfielder
Xavier Van Loben Sels	Junipero Serra	Junior	Forward
Oisin Murphy	Saint Ignatius	Senior	Midfielder/Forward
Nathan Scott	Valley Christian	Senior	Midfielder
Colby Anger	Valley Christian	Senior	Defender
Ben Asiaba	Valley Christian	Junior	Forward
Vikram Nagapudi	Archbishop Mitty	Senior	Defender
Alastair Howarth	Sacred Heart Cathedral	Junior	Defender
Patrick Zamora	Archbishop Riordan	Junior	Midfielder

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Shawn Garlick	Saint Francis	Junior	Midfielder
John Kenney	Saint Francis	Junior	Midfielder
David Escobar	Saint Francis	Sophomore	Forward
Keagan Rhodes	Bellarmino	Junior	Forward
Miles Bryson	Bellarmino	Senior	Defender
Jimmy Moore	Bellarmino	Junior	Defender
Dustin Baker	Junipero Serra	Senior	Defender
Dylan Joudieh	Junipero Serra	Junior	Midfielder
Landon Eger	Junipero Serra	Senior	Midfielder
Ben Boyden	Saint Ignatius	Senior	Defender
Ryan Steinberg	Saint Ignatius	Senior	Midfielder
Rikio Suzuki	Archbishop Mitty	Senior	Midfielder
Manuel Portillo	Archbishop Mitty	Sophomore	Midfielder
Nathan Dean	Archbishop Mitty	Senior	Goalkeeper
Donovan Brasch	Sacred Heart Cathedral	Junior	Midfielder
Georgios Tsokas	Archbishop Riordan	Senior	Goalkeeper

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Alexandros Giannopoulos	Saint Francis	Senior	Forward
Jack Werle	Bellarmino	Senior	Forward
Dylan Flieder	Junipero Serra	Senior	Goalkeeper
Ronan Greene	Saint Ignatius	Senior	Defender
Marcus Yi	Valley Christian	Senior	Goalkeeper
Gabe Haggerty	Archbishop Mitty	Junior	Defender
Luke Sullivan	Sacred Heart Cathedral	Junior	Midfielder
Oisin McClorey	Archbishop Riordan	Senior	Midfielder

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2022 WCAL Women's Soccer Players of the Year

Goalkeeper of the Year

Ariana Beddoes – Sacred Heart Cathedral

Defender of the Year

Caroline Kane – Saint Francis

Midfielder of the Year

Charlotte Kohler – Saint Francis

Forward of the Year

Josie Tunney – Saint Ignatius

Player of the Year

Charlotte Kohler – Saint Francis

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2022 WCAL Women's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Caroline Kane	Saint Francis	Senior
Charlotte Kohler	Saint Francis	Sophomore
Kamryn Rosa	Saint Francis	Freshman
Riley Simonsen	Saint Francis	Senior
Josie Tunney	Saint Ignatius	Sophomore
Mia Gale	Saint Ignatius	Senior
Issy Southern	Saint Ignatius	Senior
Murphy Walsh	Archbishop Mitty	Freshman
Lauren Collier	Archbishop Mitty	Sophomore
Elle Piper	Valley Christian	Senior
Ava Mitchell	Valley Christian	Junior
Ariana Beddoes	Sacred Heart Cathedral	Junior
Shannon Stewart	Presentation	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Casey Fisher	Saint Francis	Senior
MJ Osborne	Saint Francis	Junior
Gracie Couden	Saint Ignatius	Junior
Allie Wall	Saint Ignatius	Sophomore
Bridget Mahoney	Archbishop Mitty	Senior
Jennavieve Ordonez	Archbishop Mitty	Senior
Nicole Kim	Valley Christian	Freshman
Rachel Volpicella	Valley Christian	Senior
Lauren O'Donnell	Sacred Heart Cathedral	Junior
Lucy Rios	Sacred Heart Cathedral	Freshman
Crystal Sioxson	Presentation	Sophomore
Anna Tipps	Presentation	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Brooklyn O'Brien	Saint Francis	Freshman
Natalie Grosse	Saint Ignatius	Sophomore
Riley McNair	Archbishop Mitty	Senior
Brooke Mateus	Valley Christian	Senior
Sophia Turnbull	Sacred Heart Cathedral	Junior
Darcy Long	Presentation	Sophomore

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2022 WCAL Baseball All League Teams

Most Valuable Player – Jacob Hudson – Junior – Valley Christian
Pitcher of the Year – Blake Rogers – Senior – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kyler Bacosa	Bellarmino	Senior	Pitcher
Michael Castaneda	Valley Christian	Junior	Pitcher
Josh Pashby	Saint Ignatius	Junior	Pitcher
Jack Surdey	Saint Francis	Junior	Pitcher
Matteo Blandino	Archbishop Mitty	Junior	Pitcher
Frank Zapata	Archbishop Riordan	Senior	Pitcher
Wyatt King	Saint Francis	Senior	Outfield
Rowan Kelly	Bellarmino	Sophomore	Outfield
Easton Kreshel	Valley Christian	Senior	Outfield
Danny Scudero	Archbishop Mitty	Junior	Outfield
Chase Knight	Bellarmino	Junior	Infield
Eli Duncan	Saint Francis	Junior	Infield
Jarren Advincula	Archbishop Mitty	Junior	Infield
Ben Cleary	Junipero Serra	Junior	Infield
David Estrada	Archbishop Mitty	Junior	Infield
Lucas Kelly	Sacred Heart Cathedral	Senior	Designated Hitter
Niko Gomoziias	Saint Ignatius	Junior	Utility
Antonio Cabrera	Archbishop Mitty	Senior	Utility

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Dominic Rolla	Bellarmino	Senior	Pitcher
Nick Katz	Sacred Heart Cathedral	Senior	Pitcher
Tristan Kim	Saint Francis	Senior	Pitcher
Ethan Payne	Bellarmino	Senior	Catcher
Matt Diccico	Bellarmino	Senior	Outfield
Max Ross	Saint Francis	Senior	Outfield
Derek Gile	Saint Francis	Junior	Outfield
Justin Tapia	Sacred Heart Cathedral	Senior	Outfield
Louis Zulaica	Valley Christian	Senior	Infield
Alijah Ramos	Archbishop Mitty	Junior	Infield
Colin Spear	Sacred Heart Cathedral	Senior	Infield
Jeffrey Agard	Sacred Heart Cathedral	Senior	Infield
Sebastian Elsner	Archbishop Riordan	Junior	Infield
Luke Zuromski	Archbishop Riordan	Junior	Designated Hitter
Ronin Mukai	Sacred Heart Cathedral	Senior	Utility

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brody Pearson	Bellarmino	Senior	Utility
Caden Sta Maria	Bellarmino	Junior	Infield
Brady Choi	Saint Francis	Junior	Infield
Sam Kretsch	Junipero Serra	Sophomore	Pitcher
Garrett Carlson	Junipero Serra	Senior	Pitcher
Ryan Beck	Junipero Serra	Senior	Pitcher
Will Bowen	Junipero Serra	Senior	Infield
Kai Laxa	Junipero Serra	Junior	Infield
Henery White	Junipero Serra	Senior	Outfield
Tyler Peruzzaro	Junipero Serra	Senior	Outfield
Mason Lui	Archbishop Riordan	Junior	Pitcher
Dylan Russell	Archbishop Riordan	Senior	Infield
David Aberouette	Archbishop Riordan	Senior	Outfield
Romeo Lopez	Archbishop Riordan	Senior	Pitcher
Mason Lui	Archbishop Riordan	Junior	Pitcher
Gus Parker	Saint Ignatius	Junior	Outfield
Jackson Short	Saint Ignatius	Senior	Utility
Rocco Giometti	Saint Ignatius	Sophomore	Outfield
Ivan Herrera	Sacred Heart Cathedral	Senior	Outfield
Aiden Taclas	Sacred Heart Cathedral	Senior	Outfield
Tristan Fox	Archbishop Mitty	Senior	Pitcher
Mitchell Birdsall	Valley Christian	Senior	Designated Hitter
Hunter Fujimoto	Valley Christian	Freshman	Outfield
Quinten Marsh	Valley Christian	Freshman	Utility
Alex Belardes	Valley Christian	Junior	Pitcher

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2022 WCAL Men's Golf All League Teams

Player of the Year – William Walsh – Junior – Junipero Serra

WCAL Tournament Medalist – William Walsh – Junior - Junipero Serra

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nathan Wang	Archbishop Mitty	Senior
Trevor MoQuin	Junipero Serra	Junior
Enrico Diaz	Sacred Heart Cathedral	Junior
Jason Wang	Saint Francis	Junior
Michael Bourke	Bellarmino	Junior
Eddie Zhang	Bellarmino	Junior
George York	Sacred Heart Cathedral	Senior
Noah Lodewyk	Valley Christian	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Richard Yang	Archbishop Mitty	Senior
Aidan Lew	Junipero Serra	Senior
Chris Zeiden	Junipero Serra	Junior
Tieran McKevitt	Saint Ignatius	Senior
Michael Mulkerrins	Saint Ignatius	Senior
Sam Baumuller	Saint Francis	Sophomore
Ray Ponce	Archbishop Riordan	Senior
Evan Hwang	Valley Christian	Sophomore

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

<u>Name</u>	<u>School</u>	<u>Year</u>
Owen Callahan	Junipero Serra	Junior
Saxon McLane	Bellarmino	Freshman
Enzo Tersini	Archbishop Mitty	Junior
Andrew Callahan	Saint Ignatius	Junior
Cooper Law	Saint Francis	Senior
Brandon Kakimoto	Valley Christian	Sophomore
Hector Banuelos	Archbishop Riordan	Junior

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2022 WCAL Men's Lacrosse All League Teams

Player of the Year- Max Sloat – Sacred Heart Prep

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Charlie Pyfer	Saint Ignatius	Senior	LSM
Luke Williams	Saint Ignatius	Senior	MID
Oliver Bligh	Saint Ignatius	Senior	MID
Will Miller	Saint Ignatius	Senior	Attack
Matt Higgins	Saint Ignatius	Freshman	Attack
Chase Morgan	Saint Ignatius	Junior	Goalie
Atticus Oliven	Saint Ignatius	Sophomore	Defender
Jack Porter	Saint Ignatius	Junior	Attack
Max Sloat	Sacred Heart Prep	Senior	Attack
James Dakin	Sacred Heart Prep	Sophomore	FO
Kai Lockton	Sacred Heart Prep	Senior	Attack
Ian Dykes	Sacred Heart Prep	Sophomore	MID
Blake Hetherington	Sacred Heart Prep	Sophomore	MID
Landon Zafiropoulo	Bellarmino	Junior	Attack
Carter Jung	Menlo	Senior	MID
Alex Loveland	Junipero Serra	Senior	Attack

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Tristan Ghosh	Saint Ignatius	Junior	MID
Bruno Chapman	Saint Ignatius	Junior	MID
Graham Kaestner	Sacred Heart Prep	Sophomore	Defender
JP Underwood	Sacred Heart Prep	Junior	LSM
Eric Bollar	Sacred Heart Prep	Senior	Attack
Mac Henderson	Bellarmino	Senior	Defender
CJ Blastos	Bellarmino	Junior	LSM
William Corrigan	Bellarmino	Senior	MID
Sam Scola	Menlo	Senior	MID
Bradford Tudor	Menlo	Sophomore	MID
Jack Naylor	Saint Francis	Junior	FO
Carter Friday	Saint Francis	Junior	MID
Miles Leung	Saint Francis	Junior	Attack/MID
Parker Zmijewski	Archbishop Mitty	Junior	MID
Owen Delumpa	Archbishop Mitty	Junior	Attack
Luke Wachowicz	Sacred Heart Cathedral	Junior	LSM

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Zach Ottobre	Bellarmino	Senior	Attack
Cole Kelly	Archbishop Mitty	Junior	Defender
Garrett Lawson	Junipero Serra	Senior	MID

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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2022 WCAL Softball All League Teams

Player of the Year

Jessica Oakland – Saint Francis – Senior – Shortstop

Pitcher of the Year

Shannon Keighran – Saint Francis – Sophomore

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brooke Deppiesse	Saint Francis	Senior	Infield
Alexis O’Gorman	Saint Francis	Junior	Outfield
Carly Cummings	Saint Francis	Junior	Outfield
Sydney Stewart	Saint Francis	Senior	Catcher/Infield
Taryn Kern	Archbishop Mitty	Senior	Infield
Elon Butler	Archbishop Mitty	Senior	Infield
Kelly Zyburra	Archbishop Mitty	Senior	Pitcher/Outfield
Tauhja Williams	Valley Christian	Senior	Outfield
Emilie Bomcher	Valley Christian	Senior	Infield
Juliannah Jimenez	Presentation	Junior	Infield
Brooke Surbaugh	Saint Ignatius	Senior	Pitcher
Olivia Levitt	Saint Ignatius	Junior	Infield
Danielle Cote	Sacred Heart Cathedral	Junior	Pitcher/Catcher

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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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chloe Cummings	Saint Francis	Junior	Infield/Pitcher
Kate Munnerlyn	Saint Francis	Sophomore	Pitcher
Sara Pina	Archbishop Mitty	Sophomore	Infield
Corri Hicks	Archbishop Mitty	Sophomore	Catcher/Infield
Malia Venegas	Valley Christian	Senior	Infield
Faith Barrett	Valley Christian	Senior	Outfield
Ciara Donahue	Presentation	Sophomore	Outfield
Madeleine Gillas	Presentation	Senior	Outfield
Molly Ashendorf	Saint Ignatius	Senior	Outfield
Cecilia Ryan	Saint Ignatius	Sophomore	Outfield
Ade Giomi	Sacred Heart Cathedral	Freshman	Pitcher/Infield
Arden Walsh	Sacred Heart Cathedral	Freshman	Infield

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Claire Turner	Saint Francis	Senior	Outfield
Mia Rodriguez	Archbishop Mitty	Sophomore	Outfield
Mackenzie Daley	Valley Christian	Sophomore	Infield
Kiley O'Shea	Presentation	Sophomore	Infield
Angelina Ugaitafa	Saint Ignatius	Freshman	Utility
Katie Reugg	Sacred Heart Cathedral	Sophomore	Infield

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2022 WCAL Men's Tennis All League Teams

Player of the Year – Brandon Huang – Saint Francis
Doubles Team of the Year – Alex Nguyen and Brendan Tsang - Bellarmine

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Neil Chulani	Saint Francis	Senior
Jono Moore	Bellarmino	Senior
Jacob Young	Saint Ignatius	Junior
Srikar Govindaraju	Archbishop Mitty	Sophomore
Anish Anumandla	Valley Christian	Senior
Brandon Huang	Saint Francis	Senior
Anish Lolabattu	Bellarmino	Sophomore

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Jacob Callahan	Bellarmino	Senior
Charlie Quackenbush	Saint Ignatius	Senior
Nathan Kuan	Valley Christian	Junior
David Jin	Archbishop Mitty	Freshman
Andrew Nguyen	Bellarmino	Sophomore
Alex Sanford	Archbishop Mitty	Freshman
Brandon Wirjadisastra/Justin Wang	Saint Francis	Junior/Junior

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Alex Nguyen/Brandon Tsang	Bellarmino	Junior/Freshman
Ben Lipeles	Junipero Serra	Sophomore
Gabe Brenner/Calvin Fong	Archbishop Mitty	Senior/Senior
Trent Devore	Archbishop Mitty	Junior
Nathan Reynolds	Junipero Serra	Junior
Alex Simone/Shiven Mehta	Saint Francis	Freshman/Freshman
Don Tsang	Archbishop Riordan	Junior
Wesley Sun	Valley Christian	Sophomore
Alton Tse	Saint Ignatius	Freshman
Ben Ceragioli	Sacred Heart Cathedral	Senior
James Luo	Junipero Serra	Senior
Jonah Goorin	Sacred Heart Cathedral	Sophomore
Neel Noronha	Saint Ignatius	Sophomore
Vinh Tran/Stefanos Polychronopolous	Archbishop Mitty	Sophomore/Junior

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2022 WCAL Men's Volleyball All League Teams

Most Valuable Player – Ethan Watson – Senior – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ethan Watson	Saint Francis	Senior	Middle Blocker
Moses Wagner	Bellarmino	Senior	Outside Hitter/Opposite
Jack Ebertin	Saint Francis	Junior	Outside Hitter
Theoren Brouillette	Bellarmino	Senior	Setter
Jerry Feng	Saint Francis	Senior	Outside Hitter
Joe Wallace	Saint Francis	Senior	Libero
Jason Li	Archbishop Mitty	Senior	Setter/Opposite
Kyle Chamberlain	Junipero Serra	Senior	Outside Hitter

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jonah Nelson	Sacred Heart Cathedral	Senior	Middle Blocker
Ryan Morey	Saint Francis	Senior	Setter
Mac Tran	Archbishop Mitty	Junior	Outside Hitter
Connor Crawford	Bellarmino	Senior	Opposite/Outside Hitter
Demitrius Allen	Valley Christian	Senior	Setter
Julian Villanueva	Bellarmino	Junior	Setter
Matthew Li	Saint Francis	Sophomore	Middle Blocker
Adin Jepsy	Archbishop Mitty	Senior	Libero

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Tyler Alden	Valley Christian	Sophomore	Outside Hitter
Michael Shi	Valley Christian	Junior	Libero
Callum McArthur	Sacred Heart Cathedral	Sophomore	Outside Hitter
Max Scharpf	Archbishop Mitty	Junior	Middle Blocker
JT Hanson	Junipero Serra	Sophomore	Libero
Antonio Rafael Davis	Saint Francis	Junior	Opposite
Lucas Miller	Archbishop Mitty	Junior	Outside Hitter/Middle Blocker
Brandt Dobson	Sacred Heart Cathedral	Junior	Setter
Colin Lau	Saint Ignatius	Senior	Setter
Carlos Lopez	Valley Christian	Sophomore	Middle Blocker

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Sacred Heart Cathedral – Saint Francis – Saint Ignatius – Valley Christian