

West Catholic Athletic League

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

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

2022 WCAL Men's Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Liam Saxton	Archbishop Mitty	Junior
Miles Cook	Sacred Heart Cathedral	Sophomore
Trey Wright	Saint Ignatius	Sophomore
Kelvin Chan	Saint Ignatius	Senior
Jack Frida	Bellarmino	Senior
Nikolas Muller	Saint Francis	Senior
Luke Moore	Sacred Heart Cathedral	Junior

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

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Second Team

Noa Morishige	Bellarmino	Senior
Matthew Mullane	Saint Francis	Junior
Ethan Martinovsky	Saint Ignatius	Junior
Utkarsh Agarwal	Saint Francis	Senior
Shrey Chettiar	Bellarmino	Sophomore
Owen Botkin	Bellarmino	Senior
Nathan Petree	Bellarmino	Senior

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2022 WCAL Women's Cross Country All League Teams

First Team

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

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Second Team

Bridget Panina	Sacred Heart Cathedral	Junior
Jessica Guardino	Valley Christian	Senior
Alexandra Zanon	Archbishop Mitty	Senior
Siobhan Maloney	Archbishop Mitty	Sophomore
Grace Caradonna	Archbishop Mitty	Sophomore
Katie Mullane	Saint Francis	Freshman
Alex Martinez	Sacred Heart Cathedral	Sophomore

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2022 WCAL Football Players of the Year

Player of the Year: Danny Scudero – Archbishop Mitty

Running Back of the Year: Uchenna Eke – Valley Christian

Fullbacks of the Year: Isaiah Tuiono – Saint Francis

Quarterback of the Year: Maealiuaki Smith – Junipero Serra

Tight End of the Year: Seamus Gilmartin – Junipero Serra

Offensive Linemen of the Year: Oliver Bari – Saint Francis

Wide Receiver of the Year: RL Miller – Sacred Heart Cathedral

Defensive Lineman of the Year: Jae’von Reels - Bellarmine

Outside Linebacker of the Year – Marley Alapati – Junipero Serra

Linebacker of the Year: Jerry Mixon – Sacred Heart Cathedral

Defensive Backs of the Year: Joseph Bey – Junipero Serra

Kickers of the Year: Rade Galeb – Archbishop Mitty

Utility Players of the Year: Jaden Green – Junipero Serra

Junior Player of the Year: Jabari Mann – Junipero Serra

Sophomore Player of the Year: Champ Tualealea – Valley Christian

Freshman of the Year – Michael Mitchell Jr. – Archbishop Riordan

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2022 WCAL All League Football Teams

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<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jabari Mann	Junipero Serra	Junior	RB/Athlete
Seamus Gilmartin	Junipero Serra	Senior	TE/DE
Joey Villaroman	Junipero Serra	Senior	WR/CB
Maealiuaki Smith	Junipero Serra	Junior	QB
Danny Niu	Junipero Serra	Junior	RB/LB
Jaden Green	Junipero Serra	Junior	RB/CB
Joseph Bey	Junipero Serra	Junior	FS/WR
Jayden Weber	Junipero Serra	Senior	WR/FS
Andrew Adkison	Saint Francis	Senior	WR
Riley Long	Saint Francis	Senior	WR
Keala Keanaaina	Saint Francis	Senior	RB/DB
Ned Righellis	Saint Francis	Senior	TE
Solomon Tupa	Saint Francis	Senior	OL/DL
Oliver Bari	Saint Francis	Senior	OL
Matthew Dougherty	Saint Francis	Senior	QB
Danny Scudero	Archbishop Mitty	Senior	WR
Wills Towers	Archbishop Mitty	Senior	QB
Austin Barbeau	Archbishop Mitty	Senior	DB
Ben Kim	Archbishop Mitty	Senior	WR
Steven Anaya	Archbishop Mitty	Senior	DB

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Justice Toavalu	Archbishop Mitty	Senior	RB/DB
Jerry Mixon	Sacred Heart Cathedral	Senior	LB
RL Miller	Sacred Heart Cathedral	Senior	SS/WR
Kendric Sanders	Sacred Heart Cathedral	Senior	DB
Jay Murphy	Sacred Heart Cathedral	Senior	SS
Benjamin Hatch	Sacred Heart Cathedral	Junior	OL
Jordan Solofa-Fatu	Sacred Heart Cathedral	Senior	OL
Brandon Broch	Bellarmino	Senior	TE/LB
Ben Pfaff	Bellarmino	Senior	RB
Jake Hanson	Bellarmino	Senior	RB/LB/DB
Jae'Von Reels	Bellarmino	Senior	OL/DL
Mitch Brown	Bellarmino	Senior	OL/DL
Santino Franco	Saint Ignatius	Senior	OL/DL
Sui Gallegos-Hunkin	Saint Ignatius	Sophomore	LB
Alex Hartigan	Saint Ignatius	Senior	LB
Luke Leupold	Saint Ignatius	Senior	LB
Gus Parker	Saint Ignatius	Senior	WR/DB
Isiah Chala	Archbishop Riordan	Senior	DL
Javius Redding	Archbishop Riordan	Senior	DB
Losipini Tupou	Archbishop Riordan	Sophomore	OL
Zachary Jones	Archbishop Riordan	Senior	WR
Rayne Mayo Jr	Valley Christian	Junior	OL
Champ Taulealea	Valley Christian	Sophomore	T
Uchenna Eke	Valley Christian	Junior	RB/OLB
Tyler Bourland	Valley Christian	Senior	TE

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sam Goligoski	Junipero Serra	Senior	DE/TE
Marley Alapati	Junipero Serra	Junior	RB
Timoteo Paloka	Junipero Serra	Junior	OL/DL
Isaiah Tuiono	Saint Francis	Senior	RB/LB
Juan Becerra	Saint Francis	Senior	OLB
Ofa Tuiileila	Saint Francis	Senior	OLB
Connor Elliott	Archbishop Mitty	Senior	LB
Diego Aguilar	Archbishop Mitty	Senior	OLB
Charlie Butler	Archbishop Mitty	Senior	WR
Zaheer Young	Sacred Heart Cathedral	Junior	T
Nicholas Feliciano	Sacred Heart Cathedral	Senior	FS
Dermot Fitzpatrick	Sacred Heart Cathedral	Senior	DE
Parker Threatt	Bellarmino	Junior	QB
Nate Escalada	Bellarmino	Senior	QB/DB
Joe Fuqua	Bellarmino	Junior	TE/MLB
Nico Baria	Saint Ignatius	Junior	OL
Soren Hummel	Saint Ignatius	Sophomore	QB
Atticus Moustakas	Saint Ignatius	Junior	LB
Tyrone Jackson	Archbishop Riordan	Junior	WR
Mikotoa Scanlan	Archbishop Riordan	Junior	DL
Michael Mitchel Jr	Archbishop Riordan	Freshman	QB

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Lavonte Metcalfe	Valley Christian	Junior	MLB
Ethan Flynn	Valley Christian	Sophomore	LB/FB
Kai Hamilton	Valley Christian	Junior	WR

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Alexander Atkins	Junipero Serra	Senior	CB/QB
Colin Tahitua	Junipero Serra	Junior	DE
Ryan Moeckel	Junipero Serra	Senior	OL/DL
Kyon Loud	Junipero Serra	Junior	WR/CB
Grant McGovern	Junipero Serra	Senior	WR/FS
Alex Bobadilla	Saint Francis	Senior	OL
Sawyer Hughes	Saint Francis	Senior	DB
Andrew Carrasquillo	Saint Francis	Senior	DB
Junior Fiaui	Saint Francis	Senior	DB
Dillon Scott	Saint Francis	Senior	OL
Caden Allard	Archbishop Mitty	Junior	TE
Malakai Marshall	Archbishop Mitty	Senior	LB
Jadyn Conover	Archbishop Mitty	Senior	OL/DL
Lucas Walker	Archbishop Mitty	Senior	OL
Rade Galeb	Archbishop Mitty	Senior	K
Jabari Ryan	Sacred Heart Cathedral	Senior	LB
Aidan McGrath	Sacred Heart Cathedral	Junior	QB
Michael Calonico	Sacred Heart Cathedral	Senior	WR
Eoghan Daly	Sacred Heart Cathedral	Senior	TE
Brody Hatch	Sacred Heart Cathedral	Junior	OL

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Sean McGuire	Bellarmino	Senior	WR/DB
Riley Paran	Bellarmino	Senior	RB/LB
Bennett Anderson	Bellarmino	Junior	OL/DL
Dean Lally	Bellarmino	Senior	OL/DL
Christian Farias	Bellarmino	Senior	WR/DB
Moe Barnum	Saint Ignatius	Junior	WR
James Lucey	Saint Ignatius	Senior	OL
Zach Quilici	Saint Ignatius	Senior	OL
Colin Mulkerrins	Saint Ignatius	Senior	DL
Junior Tutoe	Saint Ignatius	Junior	DB
Michael Langi	Archbishop Riordan	Freshman	OL
Marcus Lajom-Campbell	Archbishop Riordan	Junior	OL
Jordan McQueen	Archbishop Riordan	Senior	DL
Sebastian Padilla	Archbishop Riordan	Senior	OL
Je'Mon Brown	Archbishop Riordan	Junior	DB
Jordan Vargas	Valley Christian	Sophomore	S
Max Cluck	Valley Christian	Junior	LB
Marcel Leggett	Valley Christian	Sophomore	RB/DB
Brandon Henderson	Valley Christian	Junior	DB
Remy Hernandez	Valley Christian	Junior	RB/OLB

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2022 WCAL Girls Golf
All-League

First Team

Outstanding Golfer of the Year

Varsha Ramachandran	Valley Christian	Sophomore
Trudy Tan	Archbishop Mitty	Freshman
Grace Hui	Archbishop Mitty	Junior
Kaila Tan	Saint Francis	Senior
Nika Gholami	Saint Francis	Senior
Varnika Achanta	Valley Christian	Senior
Joyce Zhang	Valley Christian	Sophomore

Second Team

Allison Lam	Archbishop Mitty	Senior
Guiliana Rovetti	Sacred Heart Cathedral	Junior
Bella Pignati	Saint Francis	Senior
Karina Zeng	Saint Ignatius	Freshman
Annabelle Chen	Valley Christian	Senior
Franky Sumcad	Valley Christian	Senior

Honorable Mention

Aryana Satheesh	Archbishop Mitty	Senior
Ali Indelli	Presentation	Senior
Mailey Gannon	Sacred Heart Cathedral	Freshman
Makenzie Eggert	Saint Ignatius	Junior
Yuna Liang	Saint Francis	Senior
Nithya Pattamatta	Valley Christian	Junior

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2022 WCAL Tennis All League Teams

WCAL Singles Player of the Year
Emily Tan – Saint Francis - Junior

WCAL Doubles Team of the Year
Noelle Hary/Isabella Froman – Saint Francis – Junior/Freshman

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Lauren Snyder	Saint Ignatius	Junior
Pramati Barath	Saint Francis	Senior
Emily Tan	Saint Francis	Junior
Jolie Han Wang	Saint Francis	Sophomore
Mia Romo	Presentation	Junior
Lillian Yee	Valley Christian	Sophomore
Ruth George	Archbishop Mitty	Sophomore

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Lauren Kim	Valley Christian	Junior
Brooke Berenson	Saint Francis	Senior
Nabie Bertrand	Saint Ignatius	Junior
Georgie McDougall	Saint Ignatius	Junior
Kennedy Hansen	Saint Ignatius	Sophomore
Andrea Negulescu	Saint Francis	Senior
Cayla Szeto	Sacred Heart Cathedral	Sophomore

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Saanvi Bapat	Presentation	Sophomore
Mary Lavin	Archbishop Mitty	Junior
Noelle Hary/Isabella Froman	Saint Francis	Junior/Freshman
Lainey Thompson	Valley Christian	Junior
Alma Larson	Sacred Heart Cathedral	Junior
Ellie Kim	Valley Christian	Junior
Sophia Mock	Saint Ignatius	Freshman
Maya Elouafi	Sacred Heart Cathedral	Sophomore
Chelsea Kwan/Chelsea Leung	Sacred Heart Cathedral	Junior/Freshman
Izzy Abbott/Emma Major	Sacred Heart Cathedral	Senior/Junior

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2022 WCAL Girls Volleyball All League Teams

Players of the Year – Havannah Hoeft – Saint Francis

First Team

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Maya Baker	Archbishop Mitty	Sophomore
Katelyn Cook	Archbishop Mitty	Junior
Erin Curtis	Saint Francis	Junior
Havannah Hoeft	Saint Francis	Senior
Audrey Liddle	Archbishop Mitty	Senior
Nora Mannion	Saint Ignatius	Senior
Teya Nguyen	Valley Christian	Senior
Skye Smolinski	Saint Ignatius	Senior
Taylor Williams	Saint Francis	Junior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Sarah Caulder	Sacred Heart Cathedral	Junior
Faith Crouch	Saint Francis	Senior
Alara Dora	Presentation	Senior
Kate Lau	Sacred Heart Cathedral	Senior
Annie Joo	Valley Christian	Senior
Liana Mei	Saint Ignatius	Senior
Isabella Romero	Archbishop Mitty	Sophomore
Whitney Wallace	Saint Francis	Junior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Samantha Franco	Saint Francis	Junior
Demi Harris	Archbishop Mitty	Senior
Kiana Paredes	Sacred Heart Cathedral	Senior
Charley Staats	Valley Christian	Junior
Logan Stern	Saint Ignatius	Junior
Alice Taylor	Saint Ignatius	Junior
Sandy Thomas	Archbishop Mitty	Senior

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2022 WCAL Men's Water Polo All League Teams

First Team

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Jake Tsotadze	Sacred Heart Prep	Senior	Driver
William Swart	Sacred Heart Prep	Senior	Driver
Luke Bachler	Sacred Heart Prep	Senior	Driver
Hassen Hove	Sacred Heart Prep	Senior	2 Meter
Tommy Keisling	Menlo	Senior	Driver
Cormac Mulloy	Menlo	Junior	Goalie
Teddy Meeks	Menlo	Junior	Defender
Alex Hegeman	Bellarmino	Senior	Goalie
Tyler Roller	Bellarmino	Junior	Attacker
Terence O'Donnell	Saint Francis	Junior	Attacker
Paulo Hernandez	Valley Christian	Junior	Attacker
Gigo Sarimsakci	Saint Ignatius	Sophomore	2 Meter

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Second Team

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Harrison Rohlen	Sacred Heart Prep	Senior	Driver
Tyler Hogan	Sacred Heart Prep	Junior	2 Meter
Jackson Coleman	Menlo	Sophomore	Lefty
Jackson Kay	Menlo	Senior	Defender
Phillip Long	Bellarmino	Junior	2 Meter Defender
Blake Wilson	Bellarmino	Junior	Attacker
Nicholas Verstak	Saint Francis	Senior	Attacker
Carter Sayar	Saint Francis	Junior	2 Meter
Caden Carlson	Valley Christian	Senior	Attacker
Mattin Sarhadi	Valley Christian	Junior	Center
Jack Rodoni	Saint Ignatius	Junior	Goalie
Jack Sandler	Saint Ignatius	Junior	Driver
Patrick Maytum	Archbishop Mitty	Senior	Goalie
Lucas Gannon	Archbishop Mitty	Junior	Attacker
Sandro Salerno	Junipero Serra	Senior	Utility
David Robertson	Junipero Serra	Senior	Attacker

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Andrew Spencer	Sacred Heart Prep	Junior	Driver
Ethan Babel	Menlo	Senior	Utility
Ryan Boschken	Bellarmino	Senior	Attacker
Zach Ramans	Saint Francis	Junior	Attacker
Brandon Elvander	Valley Christian	Senior	
Brody Paine	Saint Ignatius	Sophomore	2 Meter Defender
Gordon Vernooy	Archbishop Mitty	Freshman	2 Meter Defender
Carson Baldi	Junipero Serra	Senior	Attacker

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Natalia Szczerba	Sacred Heart Prep	Sophomore	Utility
Vivian Golub	Sacred Heart Prep	Sophomore	Center
Megan Newby	Sacred Heart Prep	Sophomore	Driver
Margaret Brandin	Sacred Heart Prep	Junior	Driver
Alison Giusti	Saint Francis	Senior	Center
Tiffany Maguire	Saint Francis	Senior	Utility
Anna Fazioli	Saint Francis	Sophomore	Attacker
Nyla Sharma	Menlo	Senior	Goalie
Erica Fenyo	Menlo	Senior	Utility
Anya Frey	Saint Ignatius	Sophomore	Attacker
Gracie Imrisek	Archbishop Mitty	Junior	Driver
Talar Yerganian	Valley Christian	Senior	Goalie

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Paedrin Gillett	Sacred Heart Prep	Senior	Goalie
Charlotte Summe	Sacred Heart Prep	Junior	Center
Elise Krupitzer	Saint Francis	Senior	Utility
Hannah Multz	Saint Francis	Junior	Arttacker
Sofia B(Bruce) Flierl	Menlo	Sophomore	Utility
Kenya Cassidy	Menlo	Junior	Utility
Amelia Murphy	Saint Ignatius	Junior	Center
Eliza Harlow	Saint Ignatius	Sophomore	2 Meter Defender
Talia Gutierrez	Archbishop Mitty	Senior	2 Meter Defender
Taara Khan	Archbishop Mitty	Senior	Center
Keira Blitzer	Valley Christian	Junior	Center
Cherish Barnett	Valley Christian	Junior	Utility
Delaney Grau	Presentation	Senior	Goalie
Amelie Dumont	Presentation	Senior	Attacker

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Riley Hocker	Sacred Heart Prep	Senior	Driver
Scarlett Gamble	Menlo	Junior	2 Meter Defender
Grace Holl	Saint Ignatius	Junior	Goalie
Marie Ryan	Archbishop Mitty	Senior	Utility
Grace Herrin	Valley Christian	Sophomore	Driver
Anne Warneke	Presentation	Junior	Goalie

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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2023 WCAL Men's Basketball All League Teams

Player of the Year

Derek Sangster – Senior – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Derek Sangster	Archbishop Mitty	Senior
Ryan Pettis	Junipero Serra	Junior
Jasir Rencher	Archbishop Riordan	Sophomore
Tariq Weiser	Bellarmino	Senior
Fedrick Pernell	Sacred Heart Cathedral	Junior
Gavin Ripp	Archbishop Mitty	Junior
Achilles Woodson	Archbishop Riordan	Senior
Raymond Whitley	Saint Ignatius	Freshman

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nick Corbett	Bellarmino	Junior
Thomas Motil	Saint Francis	Senior
Nate d'Abreu Noronha	Archbishop Mitty	Junior
Christian Wise	Archbishop Riordan	Senior
Caeden Hutcherson	Saint Ignatius	Freshman
Jerry Mixon	Sacred Heart Cathedral	Senior
Aiden Carleson	Junipero Serra	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Anujan Tennathur	Saint Francis	Senior
RL Miller	Sacred Heart Cathedral	Senior
Pasha Goodarzi	Valley Christian	Senior
Andrew Hilman	Archbishop Riordan	Freshman
Marcel Elicagaray	Junipero Serra	Senior
Tyler Jones	Archbishop Mitty	Junior
Brayden Harris	Bellarmino	Sophomore
Kreekor Karaguezian	Saint Ignatius	Senior
Seamus Gilmartin	Junipero Serra	Senior
Jaiden Paran-Parham	Archbishop Mitty	Senior
Michael Manfreda	Sacred Heart Cathedral	Senior
Tzahari Trevino	Valley Christian	Junior
Boladale Erogbogbo	Saint Francis	Senior
Zemaury Erfe	Sacred Heart Cathedral	Junior

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2023 WCAL Women's Basketball All League Teams

Player of the Year

McKenna Woliczko – Freshman – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
McKenna Woliczko	Archbishop Mitty	Freshman
Maya Hernandez	Archbishop Mitty	Senior
April Chan	Archbishop Mitty	Senior
Leilani Blecha	Sacred Heart Cathedral	Senior
Synise Byrd	Valley Christian	Senior
Reza Po	Sacred Heart Cathedral	Junior
Julie Alcantara	Saint Ignatius	Freshman

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Elle Hanson	Archbishop Mitty	Senior
Haley Hernandez	Archbishop Mitty	Senior
Brigette Mahoney	Saint Ignatius	Senior
Emily Ennis	Saint Ignatius	Senior
Kiana Moniz	Sacred Heart Cathedral	Junior
Inez Gallegos	Sacred Heart Cathedral	Junior
Maia Jimenez	Saint Francis	Sophomore
Sophia Sanchez	Saint Ignatius	Freshman
Kenedi Nomura	Valley Christian	Freshman

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Malea Scobie	Sacred Heart Cathedral	Senior
Skylar Tuch	Saint Francis	Senior
Azia Wolfgram	Valley Christian	Senior
Cadence Kimura	Presentation	Senior
Olivia Arellano	Valley Christian	Junior
Haley McGee	Saint Ignatius	Freshman
Paige Spencer	Saint Francis	Freshman

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2023 WCAL Men's Soccer Players of the Year

Defender of the Year

Reiji Susuki – Senior – Archbishop Mitty

Midfielders of the Year

Manuel Portillo – Junior – Archbishop Mitty

Forward of the Year

Kavi Krishnan – Senior - Bellarmine

Goalkeepers of the Year

Alan Quintero – Junior – Archbishop Mitty

Nic Thiele – Senior - Bellarmine

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2023 WCAL Men's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kasdan Blattman	Bellarmino	Senior	Midfielder
Kavi Krishnan	Bellarmino	Senior	Forward
Nic Thiele	Bellarmino	Senior	Goalkeeper
Whitaker Tollman	Junipero Serra	Senior	Midfielder
Xavier Van Loven Sels	Junipero Serra	Senior	Forward
Shawn Garlick	Saint Francis	Senior	Defender
Marc Halteh	Saint Francis	Senior	Midfielder
Bruno Chapman	Saint Ignatius	Senior	Midfielder
Odhran Kenny	Saint Ignatius	Sophomore	Defender
Keelin Walsh	Sacred Heart Cathedral	Senior	Defender
Manuel Portillo	Archbishop Mitty	Junior	Midfielder
Reiji Susuki	Archbishop Mitty	Senior	Defender
Jonah Guardino	Archbishop Mitty	Sophomore	Forward
Alan Quintero	Archbishop Mitty	Junior	Goalkeeper

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Keagan Rhodes	Bellarmino	Senior	Forward
Rafa Romo	Bellarmino	Senior	Defender
Dylan Joudieh	Junipero Serra	Senior	Midfielder
Lukas Ramans	Saint Francis	Freshman	Midfielder
Hudson Kohler	Saint Francis	Sophomore	Midfielder
Ashwin Iyer	Saint Francis	Senior	Forward
Reece Wyatt	Saint Francis	Junior	Forward
David Escobar	Saint Francis	Junior	Forward
Samuel Finnerty	Saint Ignatius	Junior	Defender
Jake Singleton	Valley Christian	Sophomore	Defender
Luke Wachowicz	Sacred Heart Cathedral	Senior	Forward
Donte Yasukawa	Sacred Heart Cathedral	Senior	Forward
Giuseppe Sigala	Archbishop Mitty	Junior	Midfielder
Seunghyun Kim	Archbishop Mitty	Sophomore	Midfielder
Aryan Halen	Archbishop Mitty	Senior	Defender

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brayden Ellis	Saint Francis	Senior	Forward
Teo Leclair	Bellarmino	Junior	Defender
David Robles	Junipero Serra	Senior	Defender
Walker Napoli	Valley Christian	Junior	Defender
Dexter Rupnow	Archbishop Mitty	Junior	Forward
Brady Nemes	Archbishop Riordan	Junior	Defender
Marco Smith	Saint Ignatius	Senior	Defender

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2023 WCAL Women's Soccer Players of the Year

Goalkeeper of the Year

Ariana Beddoes – Sacred Heart Cathedral

Defender of the Year

Ava Mitchell – Valley Christian

Midfielder of the Year

Charlotte Kohler – Saint Francis

Forward of the Year

Murphy Walsh – Archbishop Mitty

Player of the Year

Charlotte Kohler – Saint Francis

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2023 WCAL Women's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sophie Murdock	Saint Francis	Junior	Defender
Kaya Rosa	Saint Francis	Senior	Midfielder
Kamryn Rosa	Saint Francis	Sophomore	Forward
Charlotte Kohler	Saint Francis	Junior	Midfielder
Elise Picard	Archbishop Mitty	Senior	Midfielder
Jordan Geis	Archbishop Mitty	Junior	Midfielder
Murphy Walsh	Archbishop Mitty	Sophomore	Forward
Dina Frenkel	Saint Ignatius	Junior	Goalkeeper
Josie Tunney	Saint Ignatius	Junior	Center Forward
Ariana Beddoes	Sacred Heart Cathedral	Senior	Goalkeeper
Lucy Rios	Sacred Heart Cathedral	Sophomore	Defender
Crystal Sioxson	Presentation	Junior	Defender
Ava Mitchell	Valley Christian	Senior	Defender

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Gianna Nurisso	Saint Francis	Sophomore	Defender
Natalie Chan	Saint Francis	Sophomore	Forward
Lauren Collier	Archbishop Mitty	Junior	Defender
Kiki Vostermans	Archbishop Mitty	Junior	Midfielder
Gracie Couden	Saint Ignatius	Senior	Defensive Midfielder
Allie Wall	Saint Ignatius	Junior	Attacking Midfielder
Ella Taclas	Sacred Heart Cathedral	Junior	Forward
Lauren O'Donnell	Sacred Heart Cathedral	Senior	Midfielder
Kiera Donahue	Presentation	Junior	Defender
Vanessa Aguilar	Presentation	Sophomore	Midfielder
Grace Morton	Valley Christian	Sophomore	Midfielder
Emma Balog	Valley Christian	Senior	Midfielder

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Reilly Moore	Saint Francis	Senior	Midfielder
Megan Haniger	Archbishop Mitty	Junior	Defender
Stella Etcheverry	Saint Ignatius	Senior	Left Forward
Sophia Turnbull	Sacred Heart Cathedral	Senior	Midfielder
Gracie Vierra	Presentation	Sophomore	Defender
Mary Charlotte Peacock	Valley Christian	Senior	Midfielder

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Presentation
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2023 WCAL Baseball All League Teams

Most Valuable Player – P J Moutzouridis – Senior – Valley Christian
Pitcher of the Year – Michael Castaneda – Senior – Valley Christian

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Luka Pintar	Archbishop Mitty	Junior	Pitcher
Wade Mountz	Bellarmino	Junior	Pitcher
Archer Horn	Saint Ignatius	Freshman	Pitcher
Alec Belardes	Valley Christian	Senior	Pitcher
Jordan Ortiz	Valley Christian	Sophomore	Catcher
Jarren Advincula	Archbishop Mitty	Senior	Infield
Chase Knight	Bellarmino	Senior	Infield
Tate Medicoff	Sacred Heart Cathedral	Junior	Infield
Josiah Rodriguez	Junipero Serra	Junior	Infield
David Estrada	Archbishop Mitty	Senior	Infield
Thomas Trombatore	Bellarmino	Senior	Outfield
Tatum Marsh	Valley Christian	Junior	Outfield
Derek Gile	Saint Francis	Senior	Outfield
Barclay Ovalle	Sacred Heart Cathedral	Junior	Outfield
Hunter Fujimoto	Valley Christian	Sophomore	Designated Hitter
Quinten Marsh	Valley Christian	Sophomore	Utility

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jack Surdey	Saint Francis	Senior	Pitcher
Franco Moran	Sacred Heart Cathedral	Senior	Pitcher
Paul Montgomery	Bellarmino	Senior	Pitcher
Ned Righellis	Saint Francis	Senior	Pitcher
Matteo Blandino	Archbishop Mitty	Senior	Catcher
Evann Smith	Saint Ignatius	Junior	Infield
Carmelo Rivera	Valley Christian	Senior	Infield
Luke Devine	Saint Francis	Junior	Infield
Jack Ruegg	Sacred Heart Cathedral	Junior	Infield
Alijah Ramos	Archbishop Mitty	Senior	Infield
Gus Parker	Saint Ignatius	Senior	Outfield
Sammy Rivas	Junipero Serra	Junior	Outfield
Jacob Hudson	Valley Christian	Senior	Outfield
Aaron Louis	Sacred Heart Cathedral	Junior	Outfield
Jedd Chang	Saint Francis	Junior	Designated Hitter
Chris Rudell	Bellarmino	Senior	Utility

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kyle Scritzky	Archbishop Mitty	Senior	Pitcher
Aiden Strong	Archbishop Mitty	Senior	Pitcher
Will Bordin	Junipero Serra	Junior	Pitcher
Ian Josephson	Junipero Serra	Sophomore	Pitcher
Sebastian Elsner	Archbishop Riordan	Senior	Pitcher
Kole Laubach	Valley Christian	Sophomore	Pitcher
Paul Wheeler	Bellarmino	Junior	Pitcher
Ishaan Khambal	Bellarmino	Junior	Pitcher
Ajay Griffin	Saint Francis	Senior	Pitcher
Matthew Holcomb	Saint Francis	Sophomore	Pitcher
Jackson Short	Saint Ignatius	Senior	Pitcher
Dylan Adelman	Sacred Heart Cathedral	Junior	Pitcher
Patrick Ruane	Saint Ignatius	Junior	Catcher
Ben Cleary	Junipero Serra	Senior	Infield
Jake Downing	Junipero Serra	Junior	Infield
Brent Valentine	Saint Francis	Junior	Infield
Eli Duncan	Saint Francis	Senior	Infield
Gianni Conte	Sacred Heart Cathedral	Junior	Infield
Keaton Norris	Valley Christian	Senior	Infield
Tre Aquino	Archbishop Riordan	Senior	Infield
Len Beatie	Saint Ignatius	Senior	Infield
Niko Gomoziias	Saint Ignatius	Senior	Infield
Luka Brocilo	Archbishop Mitty	Senior	Outfield
Ethan Vargas	Archbishop Riordan	Senior	Utility
Davis Minton	Junipero Serra	Sophomore	Utility
Ronan Gilmore	Archbishop Mitty	Senior	Utility

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2023 WCAL Men's Golf All League Teams

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

WCAL Tournament Medalist – Trevor Moquin – Senior - Junipero Serra

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Eddie Zhang	Bellarmino	Senior
Trevor Moquin	Junipero Serra	Senior
Sam Baumuller	Saint Francis	Junior
Mark Zhou	Valley Christian	Freshman
Hendrix Jay-Torrez	Bellarmino	Sophomore
Enrico Diaz	Sacred Heart Cathedral	Senior
Sebi Aliaga	Bellarmino	Junior
Christian Moran	Bellarmino	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Jason Wang	Saint Francis	Senior
Andrew Callahan	Saint Ignatius	Senior
Teddy S. Gardner	Saint Ignatius	Junior
Hariel Goonetilleke	Saint Ignatius	Junior
Roshan Chandra	Saint Francis	Freshman
Pranit Gupta	Archbishop Mitty	Freshman
Roark Holstein	Junipero Serra	Junior
Michael Bourke	Bellarmino	Senior

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

<u>Name</u>	<u>School</u>	<u>Year</u>
Matthew Filice	Bellarmino	Senior
Alex Chou	Valley Christian	Freshman
Chase Hamel	Junipero Serra	Junior
Chris Zeidan	Junipero Serra	Senior
Ryan Pupach	Bellarmino	Freshman
Max Oberweis-Manion	Saint Francis	Senior
Aidan Davidson	Saint Francis	Sophomore

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2023 WCAL Men's Lacrosse All League Teams

Player of the Year – Ian Dykes – Sacred Heart Prep

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jack Porter	Saint Ignatius	Senior	ATT
Pierce St. Geme	Saint Ignatius	Junior	MID/SSDM
Atticus Oliven	Saint Ignatius	Junior	DEF
Stu Gates	Saint Ignatius	Sophomore	ATT
George Vlahos	Saint Ignatius	Junior	Goalie
Tristan Ghosh	Saint Ignatius	Senior	MID
Bruno Chapman	Saint Ignatius	Senior	MID
Johan Van Oast	Saint Ignatius	Freshman	FO
Ian Dykes	Sacred Heart Prep	Junior	ATT
Graham Kaestner	Sacred Heart Prep	Junior	DEF
Blake Hetherington	Sacred Heart Prep	Junior	MID
Cole Stayley	Sacred Heart Prep	Sophomore	SSDM
JP Underwood	Sacred Heart Prep	Senior	LSM
Bradford Tudor	Menlo	Junior	MID
Ari Krane	Menlo	Senior	DEF
Robert Atlass	Bellarmino	Senior	DEFr
Landon Zafiropoulo	Bellarmino	Senior	ATT
Jack (JT) Naylor	Saint Francis	Senior	FO

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Max Ripple	Saint Ignatius	Freshman	ATT
Tim Donnatelli	Sacred Heart Prep	Junior	DEF
Henry Rydberg	Sacred Heart Prep	Junior	Goalie
Jack Barton	Sacred Heart Prep	Sophomore	DEF
Alex Shen	Sacred Heart Prep	Junior	MID
Lucas Vogel	Menlo	Senior	LSM
Cort Halsey	Menlo	Senior	DEF
Rocco Reginelli	Bellarmino	Senior	MID
Michael Blastos	Bellarmino	Freshman	SSDM
Owen Pence	Bellarmino	Junior	ATT
Carter Friday	Saint Francis	Senior	MID
Luke Barulich	Saint Francis	Junior	SSDM
Aarush Navin Chander	Saint Francis	Freshman	ATT
Cole Kelly	Archbishop Mitty	Senior	DEF
Parker Zmijewski	Archbishop Mitty	Senior	MID
Ryan Marquardt	Archbishop Mitty	Senior	FO/SSDM
Harrison Zmijewski	Archbishop Mitty	Senior	ATT
Phoenix Kelly-Zuckerman	Junipero Serra	Sophomore	FO
Gabe Kutner	Sacred Heart Cathedral	Senior	Goalie

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Mac McAndrews	Saint Ignatius	Senior	LSM
Mitchell Taylor	Sacred Heart Prep	Senior	MID
CJ Blastos	Bellarmino	Senior	LSM
Benjamin Chock	Menlo	Freshman	Goalie
James Wernikoff	Menlo	Sophomore	ATT
Nick Scacco	Menlo	Junior	ATT
Max Kinder	Menlo	Junior	DEF
Jack Fogelberg	Saint Francis	Junior	DEF
Zach Phillips	Saint Francis	Junior	MID
Evan Guerrieri	Saint Francis	Freshman	DEF
Bridger Quarles	Saint Francis	Freshman	ATT
Kaysen Choudry	Saint Francis	Junior	MID
Caden Allard	Archbishop Mitty	Junior	MID
Charlie Butler	Archbishop Mitty	Senior	DEF
Phin Kelly-Zuckerman	Junipero Serra	Sophomore	DEF
Teddy Chung	Junipero Serra	Sophomore	MID
Justin Hollister	Junipero Serra	Sophomore	ATT
Rhys Morehead	Junipero Serra	Senior	ATT
Luke Wachowicz	Sacred Heart Cathedral	Senior	LSM
Jackson Edwards	Sacred Heart Cathedral	Senior	ATT
Jackson Irons	Sacred Heart Cathedral	Junior	MID
Frankie Spagnoli	Sacred Heart Cathedral	Senior	ATT

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2023 WCAL Softball All League Teams

Player of the Year

Jaime Oakland – Saint Francis – Freshman – Outfield

Pitcher of the Year

Shannon Keighran – Saint Francis – Junior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Carly Cummings	Saint Francis	Senior	Outfield
Alexis O’Gorman	Saint Francis	Senior	Outfield
Kate Munnerlyn	Saint Francis	Junior	Pitcher
Rebecca Quinn	Saint Francis	Junior	Infield
Mia Rodriguez	Archbishop Mitty	Junior	Outfield
McKenna Woliczko	Archbishop Mitty	Freshman	Infield
Kyleigh Mace	Archbishop Mitty	Freshman	Pitcher
Megan Sutton	Archbishop Mitty	Junior	Infield
Talia Haskins	Valley Christian	Junior	Infield
Mia Iacomini	Valley Christian	Senior	Pitcher
Julia Simon	Presentation	Freshman	Catcher/Utility
Olivia Levitt	Saint Ignatius	Senior	Infield
Gianna Galarza	Saint Ignatius	Freshman	Catcher/Infield
Danielle Cote	Sacred Heart Cathedral	Senior	Pitcher/Catcher

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chloe Cummings	Saint Francis	Senior	Infield
Hannah Cushing	Saint Francis	Senior	Infield
Alyssa Onyeagwa	Archbishop Mitty	Senior	Infield
Keira Brady	Archbishop Mitty	Junior	Outfield
Charileen Pauneto	Valley Christian	Junior	Catcher/Infield
Mackenzie Daley	Valley Christian	Junior	Outfield/Infield
Alina Sanchez	Presentation	Senior	Pitcher
Diana Borrison	Presentation	Senior	Infield
Cassidy Chew	Saint Ignatius	Sophomore	Pitcher
Delilah Berry	Saint Ignatius	Freshman	Outfield
Adriana Giomi	Sacred Heart Cathedral	Sophomore	Pitcher/Infield
Arden Walsh	Sacred Heart Cathedral	Sophomore	Infield

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Isabella Sandoval	Saint Francis	Freshman	Catcher/Infield
Corri Hicks	Archbishop Mitty	Junior	Catcher/Infield
Savannah Hernandez	Valley Christian	Junior	Catcher/Outfield
Kiley O'Shea	Presentation	Junior	Infield
Rhianna Duri	Saint Ignatius	Senior	Outfield
Sophia Turnbull	Sacred Heart Cathedral	Senior	Catcher/Infield

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2023 WCAL Men's Tennis All League Teams

Singles Player of the Year – Spencer Leung – Saint Ignatius
Doubles Team of the Year – Andrew Nguyen/Justin Peng - Bellarmine

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Anish Lolabattu	Bellarmino	Junior
Andrew Nguyen/Justin Peng	Bellarmino	Junior/Junior
Spencer Leung	Saint Ignatius	Senior
Alton Tse	Saint Ignatius	Sophomore
Kartic Govindaraju	Archbishop Mitty	Junior
Shiven Mehta	Saint Francis	Sophomore
Nathan Kuan	Valley Christian	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Alex Nguyen/Brendan Tsang	Bellarmino	Senior/Sophomore
Jacob Young	Saint Ignatius	Senior
David Jin	Archbishop Mitty	Sophomore
Alexander Simone	Saint Francis	Sophomore
Brandon Wirjadisastra	Saint Francis	Senior
Ben Lipeles	Junipero Serra	Junior
Nathan Reynolds	Junipero Serra	Senior

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Martin Dimitrov	Bellarmino	Freshman
Ewan Cortes	Bellarmino	Junior
Tomas Bruzoni	Bellarmino	Sophomore
Neel Noronha	Saint Ignatius	Junior
Devin Stuppin	Saint Ignatius	Freshman
Trent Devore	Archbishop Mitty	Senior
Roger Jin	Valley Christian	Freshman
Wesley Sun	Valley Christian	Junior
Khai Nguyen	Junipero Serra	Senior
Evan Shen	Sacred Heart Cathedral	Senior
Sebastian De Vries-Ravano	Sacred Heart Cathedral	Junior
Don Tsang	Archbishop Riordan	Senior

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2023 WCAL Men's Volleyball All League Teams

Most Valuable Player – Jack Ebertin – Senior – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jack Ebertin	Saint Francis	Senior	Outside Hitter
Tyler Alden	Valley Christian	Junior	Outside Hitter
Maxwell Tran	Archbishop Mitty	Senior	Libero/Outside Hitter
Brandt Dobson	Sacred Heart Cathedral	Senior	Setter
Greg Li	Valley Christian	Junior	Opposite
Andy Xu	Valley Christian	Sophomore	Setter
Julian Villanueva-Alonso	Bellarmino	Senior	Setter/Opposite
Daniel DeVine	Saint Francis	Sophomore	Opposite

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Zach Flynn	Archbishop Mitty	Junior	Opposite
Callum McArthur	Sacred Heart Cathedral	Junior	Opposite
Andrew Salisbury	Valley Christian	Junior	Middle Blocker
Peyton Sias	Saint Francis	Senior	Outside Hitter
Ben Alduino	Saint Francis	Senior	Setter
Max Scharpf	Archbishop Mitty	Senior	Outside Hitter
Anderson Walker	Archbishop Mitty	Senior	Setter
Logan Milestone	Sacred Heart Cathedral	Senior	Middle Blocker

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Lucas Miller	Archbishop Mitty	Senior	Middle Blocker
Steven Nip	Saint Ignatius	Senior	Setter
Mateo Soto	Junipero Serra	Sophomore	Setter
Michael Shi	Valley Christian	Senior	Outside Hitter/Libero
Carson Sias	Saint Francis	Sophomore	Middle Blocker
Kellen Bucks	Bellarmino	Senior	Outside Hitter
Ethan Arguello	Sacred Heart Cathedral	Junior	Outside Hitter
Daniel Ventura	Saint Francis	Junior	Libero

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