

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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2023 WCAL Women's Cross Country All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Evie Marheineke	Archbishop Mitty	Junior
Sabrina Zanetto	Saint Francis	Junior
Caitlin Cilley	Saint Francis	Junior
Lauren Draper	Saint Francis	Sophomore
Alex Martinez	Sacred Heart Cathedral	Junior
Charlie Hoffstetter	Saint Francis	Sophomore
Lillian Kaelber	Saint Francis	Senior

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

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Second Team

Kylie Landers	Saint Ignatius	Senior
Alisa Mucci	Archbishop Mitty	Senior
Katie Mullane	Saint Francis	Sophomore
Payton Wagner	Saint Francis	Sophomore
Siobhan Maloney	Archbishop Mitty	Junior
Rihanna Joseph	Valley Christian	Freshman
Bridget Panina	Sacred Heart Cathedral	Senior

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Miles Cook	Sacred Heart Cathedral	Junior
Luke Moore	Sacred Heart Cathedral	Senior
Liam Saxton	Archbishop Mitty	Senior
Trey Wright	Saint Ignatius	Junior
Matthew Mullane	Saint Francis	Senior
Shrey Chettiar	Bellarmino	Junior
Sanjit Borle	Saint Francis	Senior

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Second Team

Alex Manens	Bellarmino	Senior
Reed Bodnar-Cohen	Bellarmino	Senior
Justin Fann	Saint Francis	Junior
Luciano Roberts	Saint Ignatius	Senior
Tyler Craven	Bellarmino	Senior
Gianluca Carboni	Archbishop Riordan	Senior
Zander Verhoeven	Bellarmino	Junior

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2023 WCAL Football Players of the Year

Player of the Year: Jabari Mann – Junipero Serra

Running Back of the Year: Kingston Keanaaina – Saint Francis

Quarterback of the Year: Maealiuaki Smith – Junipero Serra

Tight End of the Year: Cole Harrison – Junipero Serra

Offensive Linemen of the Year: John Mills – Saint Ignatius

Wide Receiver of the Year: Chris Lawson – Archbishop Riordan

Co-Defensive Lineman of the Year: Rayne Mayo Jr. – Valley Christian & Colin Tahitua – Junipero Serra

Outside Linebacker of the Year – Marley Alapati – Junipero Serra

Linebacker of the Year: Danny Nui – Junipero Serra

Defensive Backs of the Year: Joseph Bey – Junipero Serra

Kickers of the Year: Odhran Kenny – Saint Ignatius

Utility Players of the Year: Jaden Green – Junipero Serra

Junior Player of the Year: Champ Taulealea – Valley Christian

Sophomore Player of the Year: Chase Cahoon – Saint Francis

Freshman of the Year – Isaia Vandermade – Saint Ignatius

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Jabari Mann	Junipero Serra	Senior	LB/RB
Joseph Bey	Junipero Serra	Senior	SR/Safety
Danny Niu	Junipero Serra	Senior	LB/RB
Collin Tahitua	Junipero Serra	Senior	DL/FG
Jaden Green	Junipero Serra	Senior	RB/C/KR
Maealiuaki Smith	Junipero Serra	Senior	QB
Cole Harrison	Junipero Serra	Senior	TE
Timoteo Poloka	Junipero Serra	Senior	TE
Kingston Keanaaina	Saint Francis	Junior	RB
Aaron Knapp	Saint Francis	Junior	QB
Mack Mrowka	Saint Francis	Senior	DB/WR
Asher Kolodziej	Saint Francis	Senior	DL
Chase Cahoon	Saint Francis	Sophomore	LB
Sione Netane	Saint Francis	Junior	OL/DL
Sione Tuiileila	Saint Francis	Senior	LB/RB
Losipini Tupou	Archbishop Riordan	Junior	OL/DL
Chris Lawson	Archbishop Riordan	Junior	WR/FS
Peter Langi	Archbishop Riordan	Junior	T
Tommy Tofi	Archbishop Riordan	Sophomore	T/DT
Michael Mitchell Jr.	Archbishop Riordan	Sophomore	QB
Mikatoa Scanlan	Archbishop Riordan	Senior	C/DT

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John Mills	Saint Ignatius	Junior	OT
Odhran Kenny	Saint Ignatius	Junior	Kicker
Jarious Hogan	Saint Ignatius	Junior	RB
Pierce St. Geme	Saint Ignatius	Senior	WR
Sui Gallegos-Hunkin	Saint Ignatius	Junior	LB
Rayne Mayo Jr.	Valley Christian	Senior	OL/DL
Champ Taulealea	Valley Christian	Junior	OL/DL
Lavonte Metcalfe	Valley Christian	Senior	LB
Remy Hernandez	Valley Christian	Senior	LB
Caden Allard	Archbishop Mitty	Senior	TE/LB
Tika Reed	Archbishop Mitty	Senior	RB/LB
Grant Schmidt	Archbishop Mitty	Senior	WR/DB
Talon Salehieh	Archbishop Mitty	Senior	RB/LB
Parker Threatt	Bellarmino	Senior	QB
Bennett Anderson	Bellarmino	Senior	OL
Josh Aguilar	Bellarmino	Senior	OLB
Jackson Irons	Sacred Heart Cathedral	Senior	WR
Obryan Flanigan	Sacred Heart Cathedral	Junior	RB/WR
Benjamin Hatch	Sacred Heart Cathedral	Senior	OL/DL

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<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kyon Loud	Junipero Serra	Senior	WR/Safety
Marley Alapati	Junipero Serra	Senior	OLB/RG
Teddy Chung	Junipero Serra	Senior	Safety
Perrion Williams	Saint Francis	Sophomore	WR
James Jordan	Saint Francis	Junior	TE
Siaosi Tonga	Saint Francis	Senior	OL
Michael Langi	Archbishop Riordan	Sophomore	C/DL
Kalolo Ta'aga	Archbishop Riordan	Senior	T
Tyrone Jackson	Archbishop Riordan	Senior	WR/CB
Isaia Vandermade	Saint Ignatius	Freshman	OL/DL
Mike Ryan	Saint Ignatius	Senior	LB
Mana'omia Tito	Saint Ignatius	Sophomore	TE
Joseph Stephens	Valley Christian	Senior	QB
Brandon Henderson	Valley Christian	Senior	DB
Kai Hamilton	Valley Christian	Senior	WR
Alex Bleszynski	Archbishop Mitty	Junior	OL/DL
AJ Cenizal	Archbishop Mitty	Senior	RB/LB
Toju Maku	Archbishop Mitty	Senior	WR/DB
Henry Clark	Bellarmino	Junior	DL
Joe Fuqua	Bellarmino	Senior	TE
Zayne St. Laurent	Bellarmino	Junior	WR

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Enzo Quartaroli	Sacred Heart Cathedral	Senior	WR
Mykel Patton	Sacred Heart Cathedral	Junior	DB/QB
Michael Sargent	Sacred Heart Cathedral	Sophomore	QB

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
John Holthaus	Junipero Serra	Senior	OL
Jaden Lim	Junipero Serra	Senior	WR
Gio Riviuccio	Junipero Serra	Senior	OL
Taneila Folau	Junipero Serra	Senior	DL
Jermaine Barrett	Junipero Serra	Junior	CB
Jackson Cahoon	Saint Francis	Junior	LB
Jason Benson	Saint Francis	Senior	OL
Ryan Oberweis-Manion	Saint Francis	Senior	OLB
Afoa Tuua	Saint Francis	Junior	OLB
Kieran Jenkins	Saint Francis	Senior	OL
Cynai Thomas	Archbishop Riordan	Sophomore	WR/DB
Judge Nash	Archbishop Riordan	Sophomore	WR/DB
Wesley Winn Jr.	Archbishop Riordan	Freshman	WR/CB
Moses Vaenuku	Archbishop Riordan	Junior	WR/S
Charlie Johnson	Archbishop Riordan	Senior	RB
Harrison Lunning	Saint Ignatius	Junior	DL
Junior Tutoe	Saint Ignatius	Senior	DB
Patrick Bruso	Saint Ignatius	Senior	DE/OLB
Latham Davis	Saint Ignatius	Junior	DE/OLB
Max Cluck	Valley Christian	Senior	

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Bubba Tuika	Valley Christian	Senior	OL/DL
Uchenna Eke	Valley Christian	Senior	
Marcel Leggett Jr.	Valley Christian	Junior	
Micah Mosley	Valley Christian	Junior	
Adam Carrera	Archbishop Mitty	Senior	WR/DB
Antwann dos Santos Jurado	Archbishop Mitty	Junior	TE/LB
Zach Nayal	Archbishop Mitty	Senior	RB/LB
Eric Robles	Archbishop Mitty	Senior	OL/DL
John Skeet	Archbishop Mitty	Senior	OL/DL
Connor Johnstone	Bellarmino	Junior	OL
Conner Tripp	Bellarmino	Senior	Kicker/Punter
Ben Coulter	Bellarmino	Senior	LB
Tom Reilly	Bellarmino	Senior	OL/DL
Billy Ladd	Bellarmino	Senior	DB
James Elliot	Sacred Heart Cathedral	Sophomore	LB
Jasaun Mabrey	Sacred Heart Cathedral	Junior	DB/RB
Cooper Gumina	Sacred Heart Cathedral	Senior	DE
Griffin Merritt	Sacred Heart Cathedral	Senior	WR
Alex Gilliland	Sacred Heart Cathedral	Senior	DL

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WCAL Outstanding Golfer of the Year

Joyce Zhang – Valley Christian

WCAL Tournament Champion

Varsha Ramachandran – Valley Christian

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Joyce Zhang	Valley Christian	Junior
Varsha Ramachandran	Valley Christian	Junior
Stevie Umali	Saint Ignatius	Freshman
Grace Hui	Archbishop Mitty	Senior
Karina Zeng	Saint Ignatius	Sophomore
Jiana Park	Saint Francis	Freshman
Giuliana Rovetti	Sacred Heart Cathedral	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Chelsea Kim	Valley Christian	Freshman
Toni McIntire	Presentation	Junior
Mailey Gannon	Sacred Heart Cathedral	Sophomore
Sandra Ximen	Saint Francis	Sophomore
Makenzie Eggert	Saint Ignatius	Senior
AnaRose Flenniken	Valley Christian	Freshman

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Emily Deng	Archbishop Mitty	Freshman
Ritika Arora	Saint Francis	Senior
Sophia Tang	Valley Christian	Junior
Claire Young	Sacred Heart Cathedral	Junior
Margot Rodgers	Saint Ignatius	Junior
Keira Dinh	Presentation	Senior

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2023 WCAL Tennis All League Teams

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

WCAL Doubles Team of the Year
Georgia McDougall/Emerson Howard – Saint Ignatius – Senior/Freshman

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Jolie Wang	Saint Francis	Junior
Mia Romo	Presentation	Senior
Lauren Snyder	Saint Ignatius	Senior
Emily Tan	Saint Francis	Senior
Lillian Yee	Valley Christian	Junior
Georgia McDougall	Saint Ignatius	Senior
Kennedy Hansen	Saint Ignatius	Junior

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Ruth George	Archbishop Mitty	Junior
Nabie Bertrand	Saint Ignatius	Senior
Divya Vattikonda	Valley Christian	Sophomore
Cayla Szeto	Sacred Heart Cathedral	Junior
Alma Larson	Sacred Heart Cathedral	Senior
Saanvi Bapat	Presentation	Junior
Sophia Mock	Saint Ignatius	Sophomore

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Sonya Bhagwan	Saint Francis	Senior
Alexandra Coleman	Archbishop Mitty	Senior
Isabella Froman	Saint Francis	Sophomore
Noelle Hary	Saint Francis	Senior
Emerson Howard	Saint Ignatius	Freshman
Chloe Kang	Archbishop Mitty	Junior
Chelsea Kwan/Chelsea Leung	Sacred Heart Cathedral	Senior/Sophomore
Emma Major/Francesca Rinaudo	Sacred Heart Cathedral	Senior/Freshman
Megan Smith	Saint Francis	Sophomore
Sloane Swenson	Saint Francis	Freshman
Lainey Thompson	Valley Christian	Senior

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2023 WCAL Girls Volleyball All League Teams

Co-Players of the Year

Taylor Williams – Saint Francis & Maya Baker – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Maya Baker	Archbishop Mitty	Junior	Setter
Katelyn Cook	Archbishop Mitty	Senior	Outside Hitter
Sarah Caulder	Sacred Heart Cathedral	Senior	Outside Hitter
Erin Curtis	Saint Francis	Senior	Outside Hitter
Amiya Kuchibhotla	Archbishop Mitty	Senior	Middle Blocker
Suraya Newman	Saint Ignatius	Senior	Middle Blocker
Charley Staats	Valley Christian	Senior	Outside Hitter
Whitney Wallace	Saint Francis	Senior	Libero
Taylor Williams	Saint Francis	Senior	Outside Hitter

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Makenna Crosson	Archbishop Mitty	Sophomore	Outside Hitter
Tara Hagan	Saint Ignatius	Senior	Setter
Hannah Maguire	Saint Francis	Senior	Setter
Haley Newell	Valley Christian	Senior	Setter
Isabella Romero	Archbishop Mitty	Junior	Opposite
Analee Ronas	Archbishop Riordan	Senior	Libero
Sacha Touma	Saint Francis	Senior	Middle Blocker
Meghan Williams	Sacred Heart Cathedral	Senior	Middle Blocker

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sarah Chow	Sacred Heart Cathedral	Senior	Setter
Lauren Fiock	Presentation	Senior	Middle
Ella Fulton	Saint Francis	Sophomore	Middle
Jaimie Lo	Saint Ignatius	Senior	Libero
Nicole Macalintal	Archbishop Mitty	Junior	Libero
Carol Manu	Saint Ignatius	Junior	Outside Hitter
Leyna Nguyen	Archbishop Mitty	Junior	Outside Hitter
Elizabeth Saavedra	Archbishop Riordan	Senior	Setter
Logan Stern	Saint Ignatius	Senior	Setter

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Tyler Hogan	Sacred Heart Prep	Senior	Utility
Oliver Marcin	Sacred Heart Prep	Sophomore	2 Meter
Andrew Spencer	Sacred Heart Prep	Senior	Driver
Claiborne Carrington	Sacred Heart Prep	Sophomore	Driver
Tyler Roller	Bellarmino	Senior	Attacker
Phillip Long	Bellarmino	Senior	2 Meter Defense
Razvan Alistar	Bellarmino	Senior	2 Meter
Gigo Sarimsakci	Saint Ignatius	Junior	2 Meter
Jack Rodoni	Saint Ignatius	Senior	Goalie
Carter Sayar	Saint Francis	Senior	Center
Teddy Meeks	Menlo	Senior	Center Defender
Tucker Gavin	Archbishop Mitty	Sophomore	Attacker

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Nelson Harris	Sacred Heart Prep	Junior	Utility
Murdoch Baker-Matsuoka	Sacred Heart Prep	Sophomore	Goalie
Blake Wilson	Bellarmino	Senior	Attacker
Liam Luinenburg	Bellarmino	Senior	Goalie
Brody Paine	Saint Ignatius	Junior	2 Meter Defender
Matthew Cormican	Saint Ignatius	Senior	Driver
Chase Krupitzer	Saint Francis	Junior	Attacker
Zach Ramans	Saint Francis	Senior	Attacker
Cormac Mulloy	Menlo	Senior	Goalie
Jackson Coleman	Menlo	Junior	Utility
Luke Lajeunesse	Archbishop Mitty	Junior	Attacker
John Vernooy	Archbishop Mitty	Senior	Center
Paulo Hernandez	Valley Christian	Senior	Attacker
Mattin Sarhaddi	Valley Christian	Senior	Center
Roman Brush	Junipero Serra	Senior	Utility
Zach Cain	Junipero Serra	Senior	Goalie

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Luke Kirinch	Sacred Heart Prep	Junior	Driver
Jackson Boettner	Bellarmino	Junior	Attacker
John Lally	Saint Ignatius	Senior	Driver
Reed Perkins	Saint Francis	Senior	Attacker
Nic Ekstrand	Menlo	Senior	Driver
Gordon Vernooy	Archbishop Mitty	Sophomore	Attacker
Micah Hernandez	Valley Christian	Sophomore	Attacker
David Silvestre	Junipero Serra	Senior	Set

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Natalia Szczerba	Sacred Heart Prep	Junior	Driver
Vivian Golub	Sacred Heart Prep	Junior	Utility
Margaret Brandin	Sacred Heart Prep	Senior	Driver
Megan Newby	Sacred Heart Prep	Junior	Driver
Anya Frey	Saint Ignatius	Junior	Attacker
Eliza Harlow	Saint Ignatius	Junior	Center Defender
Anna Fazioli	Saint Francis	Junior	Driver
Keira Wall	Saint Francis	Senior	Goalie
Kenya Cassidy	Menlo	Senior	Attacker
Scarlett Gamble	Menlo	Senior	Center Defender
Amelia Grace Imrisek	Archbishop Mitty	Senior	Attacker
Grace Herrin	Valley Christian	Junior	Utility

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>
Ellison Brush	Sacred Heart Prep	Sophomore	Goalie
Casey Coleman	Sacred Heart Prep	Sophomore	Center
Amelia Murphy	Saint Ignatius	Senior	Center
Lily Wall	Saint Ignatius	Senior	Attacker
Hannah Multz	Saint Francis	Senior	Driver
Lauren Davis	Saint Francis	Junior	Utility
Sofia Flierl	Menlo	Junior	Attacker
Sabina Sutaria	Menlo	Freshman	Attacker
Zuie Jog	Archbishop Mitty	Sophomore	Attacker
Madeline Caputo	Archbishop Mitty	Sophomore	Attacker
Keira Blitzer	Valley Christian	Senior	Center
Ann-Mei Sun	Valley Christian	Senior	Driver
Fritzi Warneke	Presentation	Senior	Goalie
Teaghan Kubota	Presentation	Junior	Driver

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Charlotte Summe	Sacred Heart Prep	Senior	Center
Elsa Holscher	Saint Ignatius	Senior	Attacker
Millie LeBaron	Saint Francis	Senior	Defender
Kate Hirsch	Menlo	Sophomore	Attacker
Claire Gluzman	Archbishop Mitty	Junior	Attacker
Sophia Pyper	Valley Christian	Freshman	Driver
Maya Blecher	Presentation	Senior	Driver

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2024 WCAL Men's Basketball All League Teams

Player of the Year

Gavin Ripp – Senior – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Zion Sensley	Archbishop Riordan	Senior
Jasir Rencher	Archbishop Riordan	Junior
Andrew Hilman	Archbishop Riordan	Sophomore
Gavin Ripp	Archbishop Mitty	Senior
Nathan Noronha	Archbishop Mitty	Senior
Raymond Whitley	Saint Ignatius	Sophomore
Ryan Pettis	Junipero Serra	Senior
Will Corbett	Bellarmino	Sophomore
Diego Martinez	Valley Christian	Senior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nick Corbett	Bellarmino	Senior
Tyler Jones	Archbishop Mitty	Senior
Fred Pernell	Sacred Heart Cathedral	Senior
Angelo Ghattas	Junipero Serra	Senior
Alex Naber	Junipero Serra	Senior
Mikey Ballout	Junipero Serra	Junior
Marcus Bast	Saint Ignatius	Senior
Theo Lamb	Saint Ignatius	Senior
Tzahari Trevino	Valley Christian	Senior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Caeden Hutcherson	Archbishop Mitty	Sophomore
Jordy McKenzie	Archbishop Riordan	Senior
Nes Emeneke	Archbishop Riordan	Junior
Chris Verceles	Saint Francis	Junior
Andrew McDowell	Junipero Serra	Senior
Vince Crisp	Saint Ignatius	Junior

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2024 WCAL Women's Basketball All League Teams

Co-Players of the Year

McKenna Woliczko – Sophomore – Archbishop Mitty

Morgan Cheli – Senior- Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
McKenna Woliczko	Archbishop Mitty	Sophomore
Morgan Cheli	Archbishop Mitty	Senior
Belle Bramer	Archbishop Mitty	Senior
Elana Weisman	Archbishop Mitty	Senior
Emma Cook	Archbishop Mitty	Sophomore
Reza Po	Sacred Heart Cathedral	Senior
Kiana Moniz	Sacred Heart Cathedral	Senior
Ashanti Dias	Archbishop Riordan	Senior
Sophia Sanchez	Saint Ignatius	Sophomore

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Aniyah Versosa	Sacred Heart Cathedral	Junior
Madison Eade	Sacred Heart Cathedral	Junior
Maxine Sutisna	Archbishop Riordan	Junior
Teagan Radcliffe	Archbishop Riordan	Sophomore
Zion McGuire	Archbishop Riordan	Sophomore
Hayley McGee	Saint Ignatius	Sophomore
Meaghan Manning	Saint Ignatius	Junior
Maia Jimenez	Saint Francis	Junior
Kenedi Nomura	Valley Christian	Sophomore

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Tallyah Nasol	Archbishop Riordan	Freshman
Julia Alcantara	Saint Ignatius	Sophomore
Mary Ennis	Saint Ignatius	Sophomore
Paige Spencer	Saint Francis	Sophomore
Sacha Touma	Saint Francis	Senior
Caitlin Cadigal	Saint Francis	Senior
Mia Kagita	Valley Christian	Freshman
Olivia Arellano	Valley Christian	Senior
Anaya Bannarbie	Valley Christian	Sophomore
Ana Sedic	Presentation	Junior

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2024 WCAL Men's Soccer Players of the Year

Defender of the Year

Callum Todd – Sophomore – Saint Francis

Midfielders of the Year

Manuel Portillo – Senior – Archbishop Mitty

Forward of the Year

David Hernandez-Escobar – Senior – Saint Francis

Goalkeepers of the Year

Alan Quintero – Senior – Archbishop Mitty

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2024 WCAL Men's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Nate Coughlin	Junipero Serra	Junior	Midfielder
Aydin Paz	Junipero Serra	Junior	Midfielder
Lukas Ramans	Saint Francis	Sophomore	Midfielder
Reece Wyatt	Saint Francis	Senior	Midfielder
Callum Todd	Saint Francis	Sophomore	Defender
David Hernandez-Escobar	Saint Francis	Senior	Forward
Edvin Fahlgren	Saint Ignatius	Senior	Midfielder
Walker Napoli	Valley Christian	Senior	Defender
Caleb Gutierrez	Valley Christian	Senior	Forward
Manuel Portillo	Archbishop Mitty	Senior	Midfielder
Alan Quintero	Archbishop Mitty	Senior	Goalkeeper
Giuseppe Sigala	Archbishop Mitty	Senior	Midfielder
Seunghyun Kim	Archbishop Mitty	Junior	Midfielder
Thomas Dumont	Bellarmino	Junior	Forward
Matthew Shimizu	Bellarmino	Junior	Midfielder

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Rafael Steinberger	Junipero Serra	Junior	Goalkeeper
Eddie Velazquez	Junipero Serra	Senior	Forward
William Hirsch	Junipero Serra	Junior	Defender
Kyle Miran	Junipero Serra	Junior	Midfielder
Tomas Santa Gadea	Saint Francis	Sophomore	Goalkeeper
Jaden Percy	Saint Francis	Sophomore	Midfielder
Andrew Cudden	Saint Ignatius	Senior	Defender
Jack Mitchell	Valley Christian	Sophomore	Defender
Dexter Rupnow	Archbishop Mitty	Senior	Forward
Roberto Nolasco	Archbishop Mitty	Junior	Defender
Jaxson Bettencourt	Archbishop Mitty	Senior	Defender
Luke Furtado	Bellarmino	Junior	Forward
Noah Luinenburg	Bellarmino	Sophomore	Goalkeeper
Teo Leclair	Bellarmino	Senior	Defender
Patrick Nolan	Sacred Heart Cathedral	Senior	Forward/Midfielder
Braxton Nemes	Archbishop Riordan	Sophomore	Midfielder

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Andrew Huber	Saint Francis	Junior	Midfielder
Nathaniel Villano	Bellarmino	Sophomore	Forward
Baden Smith	Junipero Serra	Senior	Midfielder
Chase Layne	Valley Christian	Senior	Goalkeeper
Daniel Mendoza	Archbishop Mitty	Senior	Forward
Aiden Higgins	Saint Ignatius	Sophomore	Forward
Logan Graves	Sacred Heart Cathedral	Senior	Midfielder
Ryan Mates	Archbishop Riordan	Junior	Defender

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2024 WCAL Women's Soccer Players of the Year

Goalkeeper of the Year

Elisabeth Bray – Archbishop Mitty

Defender of the Year

Whitney Wallace – Saint Francis

Midfielder of the Year

Charlotte Kohler – Saint Francis

Forward of the Year

Jordan Geis – Archbishop Mitty

Player of the Year

Charlotte Kohler – Saint Francis

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2024 WCAL Women's Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Whitney Wallace	Saint Francis	Senior	Defender
Caitlin Motil	Saint Francis	Sophomore	Defender
Charlotte Kohler	Saint Francis	Senior	Midfielder
Kamryn Rosa	Saint Francis	Junior	Forward
Jordan Geis	Archbishop Mitty	Senior	Forward
Elisabeth Bray	Archbishop Mitty	Senior	Goalkeeper
Megan Haniger	Archbishop Mitty	Senior	Defender
Natalie Grosse	Saint Ignatius	Senior	Forward
Daniela Aceves	Saint Ignatius	Senior	Defender
Gracie Viera	Presentation	Junior	Defender
Kiera Donohue	Presentation	Senior	Defender
Grace Morton	Valley Christian	Junior	Midfielder
Alana Giomi	Sacred Heart Cathedral	Junior	Defender

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brooklyn O'Brien	Saint Francis	Junior	Forward
Sophie McCarthy	Saint Francis	Freshman	Midfielder
Murphy Walsh	Archbishop Mitty	Junior	Midfielder
Kiki Vostermans	Archbishop Mitty	Senior	Midfielder
Allie Wall	Saint Ignatius	Senior	Midfielder
Sophie Ting	Saint Ignatius	Junior	Midfielder
Raime Ramanan	Presentation	Junior	Midfielder
Ashley Barker	Presentation	Sophomore	Forward
Maya Patience	Valley Christian	Sophomore	Defender
Macy Fricke	Valley Christian	Sophomore	Defender
Elena Shen	Sacred Heart Cathedral	Junior	Defender
Alice Foerster	Sacred Heart Cathedral	Freshman	Midfielder

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sophie Dettling	Saint Francis	Freshman	Goalkeeper
Emerson Salita	Saint Francis	Freshman	Defender
Taylor Eagleson	Archbishop Mitty	Senior	Midfielder
Tvesa Vathulya	Archbishop Mitty	Junior	Forward
Taylor Bellotti	Saint Ignatius	Sophomore	Midfielder
Ava Couden	Saint Ignatius	Junior	Defender
Alexis Barker	Presentation	Senior	Midfielder
Meredith Matsumoto	Presentation	Sophomore	Defender
Natasha Hill	Valley Christian	Junior	Goalkeeper
Shiana Samarasinghe	Valley Christian	Senior	Forward
Kylee Po	Sacred Heart Cathedral	Sophomore	Midfielder
Francesca Johnson	Sacred Heart Cathedral	Freshman	Forward

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2024 WCAL Baseball All League Teams

Most Valuable Player – Jake Downing – Senior - Junipero Serra
Pitcher of the Year – Kole Laubach – Junior – Valley Christian

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Sam Kretsch	Junipero Serra	Senior	Pitcher
Nick Chow	Saint Francis	Junior	Pitcher
Aaron Louis	Sacred Heart Cathedral	Senior	Pitcher
Will Siwinski	Saint Ignatius	Senior	Pitcher
Ian Armstrong	Junipero Serra	Senior	Catcher
Tate Medicoff	Sacred Heart Cathedral	Senior	Infield
Ian Josephson	Junipero Serra	Junior	Infield
Brent Valentine	Saint Francis	Senior	Infield
Josiah Rodriguez	Junipero Serra	Senior	Infield
Makoa Sniffen	Archbishop Mitty	Senior	Infield
Roman Trinidad	Saint Francis	Senior	Outfield
Tatum Marsh	Valley Christian	Senior	Outfield
Evan Tavarez	Bellarmino	Junior	Outfield
Tanner Kern	Archbishop Mitty	Senior	Outfield
Luke Devine	Saint Francis	Senior	Designated Hitter
Quinten Marsh	Valley Christian	Junior	Utility

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Davis Minton	Junipero Serra	Junior	Pitcher
Wade Mountz	Bellarmino	Senior	Pitcher
Mason Wehmeyer	Junipero Serra	Senior	Pitcher
Rohan Kasanagottu	Valley Christian	Junior	Pitcher
Gino Cappeallazzo	Saint Francis	Sophomore	Catcher
Waylon Walsh	Archbishop Mitty	Junior	Infield
Gianni Conte	Sacred Heart Cathedral	Senior	Infield
Nico Rodriguez	Archbishop Mitty	Senior	Infield
Michael Perazzo	Junipero Serra	Senior	Infield
Jack Ruegg	Sacred Heart Cathedral	Senior	Infield
Brock Ketelsen	Valley Christian	Junior	Outfield
Joey Damelio	Junipero Serra	Senior	Outfield
Rocco Giometti	Saint Ignatius	Senior	Outfield
Emmett Johnson	Saint Ignatius	Junior	Outfield
Evan Smith	Saint Ignatius	Senior	Designated Hitter
Archer Horn	Saint Ignatius	Sophomore	Utility
Luke Pintar	Archbishop Mitty	Senior	Utility

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Landon Kim	Saint Francis	Junior
Carson Seeger	Archbishop Mitty	Junior
Ryan Bays	Bellarmino	Senior
Jordan Ortiz	Valley Christian	Senior
Nathan Zuromski	Archbishop Riordan	Junior
Nolan Randol	Bellarmino	Senior
Barclay Ovalle	Sacred Heart Cathedral	Senior
Hunter Fujimoto	Valley Christian	Junior
Liam Kropp	Bellarmino	Senior
Chase Gordon	Saint Ignatius	Sophomore
Makai Susor	Saint Ignatius	Senior
Ishaan Khambal	Bellarmino	Senior
Rhys Appleby	Archbishop Riordan	Senior
Tysen Ellis	Saint Francis	Senior
Jedd Change	Saint Francis	Senior
Chris Han	Saint Francis	Senior
Sawyer Stout	Bellarmino	Senior
Braden Agosta	Junipero Serra	Senior
Lucas Schumaker	Junipero Serra	Senior
Justin Sechler	Junipero Serra	Senior
Colton Parenti	Archbishop Riordan	Junior
Mason Cohn	Archbishop Riordan	Sophomore
Nathan Choi	Valley Christian	Sophomore
AJ Wininger	Saint Ignatius	Sophomore
Beau Schaffer	Saint Ignatius	Junior
Grayson Munoz	Archbishop Mitty	Junior

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2024 WCAL Men's Golf All League Teams

Player of the Year – Kyler Heath – Junipero Serra
WCAL Tournament Medalist – Aiden Thai – Archbishop Riordan

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Sebi Aliaga	Bellarmino	Senior
Mark Zhou	Valley Christian	Sophomore
Hendrix Jay-Torrez	Bellarmino	Junior
Pranit Gupta	Archbishop Mitty	Sophomore
Daniel Doan	Saint Ignatius	Freshman
Jayden Jew	Saint Ignatius	Freshman
Teddy S. Gardner	Saint Ignatius	Senior
Ethan Wang	Archbishop Mitty	Freshman

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Ryan Pupach	Bellarmino	Sophomore
Sam Baumuller	Saint Francis	Senior
Lucas Houtzer	Saint Francis	Freshman
Dylan Wickum	Saint Ignatius	Junior
Alex Chou	Valley Christian	Sophomore
Hariel Goonetilleke	Saint Ignatius	Senior
Saxon McLane	Bellarmino	Junior
Roshan Chandra	Saint Francis	Sophomore

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Declan Mahoney	Saint Ignatius	Sophomore
Aiden Davidson	Saint Francis	Junior
Brady Moore	Archbishop Mitty	Junior
John "JT" Baird	Bellarmino	Junior
Christian Chacon	Valley Christian	Junior
Roark Holstein	Junipero Serra	Senior
Alden Thai	Archbishop Riordan	Junior
Takeshi Suzuki	Sacred Heart Cathedral	Senior

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2024 WCAL Men's Lacrosse All League Teams

Player of the Year – George Vlahos – Saint Ignatius

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
George Vlahos	Saint Ignatius	Senior	Goalie
Pierce St. Geme	Saint Ignatius	Senior	MiD
Atticus Oliven	Saint Ignatius	Senior	DEF
Stu Gates	Saint Ignatius	Junior	ATT
Hugh Gates	Saint Ignatius	Junior	ATT
Max Ripple	Saint Ignatius	Sophomore	ATT
Giacomo Chapman	Saint Ignatius	Junior	MID
Graham Kaestner	Sacred Heart Prep	Senior	DEF
Jack Barton	Sacred Heart Prep	Junior	DEF
Ian Dykes	Sacred Heart Prep	Senior	ATT
James Dakin	Sacred Heart Prep	Senior	FO
Blake Hetherington	Sacred Heart Prep	Senior	MID
Kaysen Choudry	Saint Francis	Senior	MID
Michael Blastos	Bellarmino	Sophomore	SSDM
Andrew Heneghan	Junipero Serra	Junior	LSM
Phinn Kelly-Zuckerman	Junipero Serra	Junior	DEF

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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>
Hunter Cristo	Saint Ignatius	Sophomore	MID
Ford Futney	Saint Ignatius	Junior	DEF
Happy Rosenberg	Saint Ignatius	Junior	DEF
Alex Shen	Sacred Heart Prep	Senior	MID
Andrew Shen	Sacred Heart Prep	Sophomore	ATT
Anthony Noto	Sacred Heart Prep	Senior	SSDM
Aarush Navin Chander	Saint Francis	Sophomore	ATT
Liam Vieceli	Bellarmino	Senior	DEF
Owen Pence	Bellarmino	Senior	ATT
Tobias Cars	Bellarmino	Senior	MID
Will Brown	Bellarmino	Sophomore	Goalie
Beckett Knuff	Menlo	Senior	LSM
Brady Jung	Menlo	Senior	MID
Jacob Chock	Menlo	Sophomore	DEF
Phoenix Kelly-Zuckerman	Junipero Serra	Junior	FO
Harrison Zmijewski	Archbishop Mitty	Senior	ATT

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Cole Stayley	Sacred Heart Prep	Junior	SSDM
John Barnds	Sacred Heart Prep	Sophomore	MID
Andrew Makris	Saint Francis	Sophomore	MID
Bridger Quarles	Saint Francis	Sophomore	ATT
Mike Nicoli	Saint Francis	Freshman	DEF
Evan Guerrieri	Saint Francis	Sophomore	DEF
Zander Elmazaj	Saint Francis	Senior	LSM
Max Lantz	Bellarmino	Sophomore	ATT
Joey Yu	Bellarmino	Junior	MID
Jackson Koberlein	Bellarmino	Senior	MID
Nolan Boynton	Bellarmino	Senior	FO
Benjamin Chock	Menlo	Sophomore	Goalie
Palmer Riley	Menlo	Sophomore	MID
Nicky Scacco	Menlo	Senior	ATT
James Wernikoff	Menlo	Junior	ATT
Tyler Fernandez	Menlo	Junior	DEF
Justin Hollister	Junipero Serra	Junior	ATT
Mac Langridge	Junipero Serra	Junior	ATT
Jack Shaugnessey	Junipero Serra	Senior	SSDM
Tanner Fast	Archbishop Mitty	Junior	ATT
Christian Fallis	Archbishop Mitty	Junior	LSM
Sam Feezor	Archbishop Mitty	Junior	MID
Shane Ryan	Sacred Heart Cathedral	Junior	Goalie
Max Castro	Sacred Heart Cathedral	Junior	ATT
Griffin Merritt	Sacred Heart Cathedral	Senior	MID
Beckett Flanagan	Sacred Heart Cathedral	Senior	LSM
Oliver Coleman	Sacred Heart Cathedral	Senior	DEF

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2024 WCAL Softball All League Teams

Player of the Year

Jaime Oakland – Saint Francis – Sophomore – Outfield
Corri Hicks – Archbishop Mitty – Senior – Catcher/Infield

Pitcher of the Year

Kate Munnerlyn – Saint Francis – Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Shannon Keighran	Saint Francis	Senior	Pitcher
Rebecca Quinn	Saint Francis	Senior	Infield
Hayden Hummel	Saint Francis	Junior	Outfield
Peyton Tsao	Saint Francis	Freshman	Infield
Mia Rodriguez	Archbishop Mitty	Senior	Outfield
Lindsey Miller	Archbishop Mitty	Senior	Infield/Catcher
Kyleigh Mace	Archbishop Mitty	Sophomore	Pitcher
Hannah Paquiz	Valley Christian	Freshman	Pitcher
Savannah Hernandez	Valley Christian	Senior	Catcher
Julia Simon	Presentation	Sophomore	Catcher/Infield
Delilah Berry	Saint Ignatius	Sophomore	Outfield
Gianna Galarza	Saint Ignatius	Sophomore	Catcher
Adriana Giomi	Sacred Heart Cathedral	Junior	Pitcher/Infield

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Maya Yumiba	Saint Francis	Junior	Outfield
Isabella Sandoval	Saint Francis	Junior	Catcher/Infield
Cara Edwards	Archbishop Mitty	Senior	Catcher/Outfield
Sara Pina	Archbishop Mitty	Senior	Infield
Lyndi Matarangas	Valley Christian	Senior	Outfield
Charileen Pauneto	Valley Christian	Senior	Infield
Ciara Donahoe	Presentation	Senior	Outfield/Utility
Kiley O'Shea	Presentation	Senior	Infield
Cassidy Chew	Saint Ignatius	Junior	Pitcher
Ceci Ryan	Saint Ignatius	Senior	Infield
Wanda Wilson	Sacred Heart Cathedral	Junior	Infield/Outfield
Arden Walsh	Sacred Heart Cathedral	Junior	Infield/Pitcher

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ava Bulanti	Saint Francis	Junior	Infield
Keira Brady	Archbishop Mitty	Senior	Outfield
Makenna Sieling	Valley Christian	Senior	Pitcher
Regan Leffler	Presentation	Senior	Infield
Kaylen Edora	Sacred Heart Cathedral	Freshman	Utility

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2024 WCAL Men's Tennis All League Teams

Singles Player of the Year – Alex Simone – Saint Francis
Doubles Team of the Year – Justin Peng/Andrew Nguyen - Bellarmine

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Anish Lolabattu	Bellarmino	Senior
Martin Dimitrov	Bellarmino	Sophomore
Ewan Cortes	Bellarmino	Senior
Alex Simone	Saint Francis	Junior
David Jin	Archbishop Mitty	Junior
Kartik Govindaraju	Archbishop Mitty	Senior
Alexander Sanford	Archbishop Mitty	Junior

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Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Justin Peng/Andrew Nguyen	Bellarmino	Senior/Senior
Derik Lien/Sean Herby	Bellarmino	Senior/Senior
Brandon Wirjadisatra	Saint Francis	Senior
Luke Choo	Valley Christian	Freshman
Devin Stuppin	Saint Ignatius	Sophomore
Marco Magnana	Saint Ignatius	Freshman
Ben Lipeles	Junipero Serra	Senior

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Akiva Goldwasser	Saint Francis	Freshman
Justin Wang/Cameron Chen	Saint Francis	Senior/Sophomore
Benjamin Jin	Archbishop Mitty	Freshman
Nicholas Qi	Valley Christian	Freshman
Neel Noronha	Saint Ignatius	Senior
Kelvin Gao	Junipero Serra	Freshman
Colten Danielson/James Urrutia	Junipero Serra	Senior/Senior
Ethan Chiang	Archbishop Riordan	Freshman
Miles Witte	Archbishop Riordan	Freshman
Raphael Stioui	Archbishop Riordan	Junior
Rowan Davin	Sacred Heart Cathedral	Freshman
Aidan Roland	Sacred Heart Cathedral	Junior
Elliot Steinhart	Sacred Heart Cathedral	Junior

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2024 WCAL Men's Volleyball All League Teams

Most Valuable Player – Tyler Alden – Valley Christian - Senior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Tyler Alden	Valley Christian	Senior	Outside Hitter
Daniel Devine	Saint Francis	Junior	Opposite
William Dryden	Archbishop Mitty	Junior	Outside Hitter
Zachary Flynn	Archbishop Mitty	Senior	Opposite
Andy Xu	Valley Christian	Junior	Setter
Tim Cho	Saint Francis	Junior	Setter
Daniel Ventura	Saint Francis	Senior	Libero
Callum McArthur	Sacred Heart Cathedral	Senior	Opposite

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Andrew Salisbury	Valley Christian	Senior	Middle Blocker
Sloan Dobson	Sacred Heart Cathedral	Junior	Setter
Holden Findley	Bellarmino	Junior	Setter
Ryan Barnes	Archbishop Mitty	Sophomore	Setter
Ahmed Khan	Saint Francis	Senior	Outside Hitter
Greg Li	Valley Christian	Senior	Opposite
Marc Gomez	Sacred Heart Cathedral	Senior	Libero
Alain Malcom	Archbishop Mitty	Senior	Middle Blocker

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Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Harry Shi	Valley Christian	Senior	Libero
Mateo Soto	Junipero Serra	Junior	Setter
Oscar Ovalle	Sacred Heart Cathedral	Senior	Outside Hitter
Martin Aquino	Saint Ignatius	Junior	Middle Blocker
Armaan Vaghode	Saint Francis	Junior	Middle Blocker
Keaton Hendry	Valley Christian	Senior	Setter
Ryan Anil	Bellarmino	Junior	Middle Blocker
Caeden Jones	Junipero Serra	Sophomore	Middle Blocker
Carson Sias	Saint Francis	Junior	Middle Blocker
Thomas Cole	Archbishop Mitty	Senior	Middle Blocker

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