

West Catholic Athletic League

Commissioner: Ed Ravenscroft
Phone: (408) 782-9212
FAX: (408) 782-9202
E-Mail: eraven@wcalsports.org

Sports Information Director: Kevin J. Donahue, CAA
Phone: (925) 487-7482
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2012 WCAL Girls Cross Country All League Teams

<u>Name</u>	<u>School</u>	<u>Year</u>
Kendall Hacker	St. Ignatius	Junior
Molly Haar	Archbishop Mitty	Senior
Hannah Wood	Presentation	Junior
Olivia Brobst	Archbishop Mitty	Junior
Olivia Rintala	Archbishop Mitty	Senior
Kellie Redmond	Sacred Heart Cathedral	Senior
Sophia Cannata-Bowman	Sacred Heart Cathedral	Senior
Gia Kim	St. Francis	Freshman
Jessica Xu	Valley Christian	Junior
Ana Duffy	St. Ignatius	Senior

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

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2012 WCAL Boys Cross Country All League Teams

<u>Name</u>	<u>School</u>	<u>Year</u>
Joseph Barriatua	Junipero Serra	Senior
Raymond Meijer	Bellarmino	Senior
Ciaran Murphy	St. Ignatius	Senior
Richard Guzikowski	Archbishop Mitty	Senior
Justin Barry	Bellarmino	Junior
Alex Sasser	Bellarmino	Freshman
Charles Deanda	Bellarmino	Senior
Miles Meijer	Bellarmino	Sophomore
Matt Seidel	Bellarmino	Junior
Gabriel McLarnan	St. Francis	Junior

Archbishop Mitty – Archbishop Riordan – Bellarmine – Junipero Serra – Notre Dame Belmont –
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2012 WCAL Football Players of the Year

Player of the Year – Kenneth Olugbode – Bellarmine

Most Valuable Running Back – Ryan Severson – Valley Christian

Most Valuable Quarterback – Jack Stinn – St. Ignatius

Most Valuable Offensive Lineman – Dominic Luca – Bellarmine

Most Valuable Wide Receiver – Andrew Vollert – St. Ignatius

Most Valuable Defensive Lineman – Shane Artim – St. Francis

Co-Most Valuable Linebackers – Noah Bull – St. Ignatius & Bobby O’Leary – Archbishop Mitty

Most Valuable Defensive Back – Landon Baty – St. Francis

Most Valuable Kicker – Anthony Toms – Junipero Serra

Most Valuable Utility Players – Joey Sanfilippo – Bellarmine

Junior Player of the Year – KJ Carta-Samuels – Bellarmine

Sophomore Player of the Year – Kirk Johnson – Valley Christian

2012 WCAL All League Football Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kenneth Olugbode	Bellarmino	Senior	Running Back/Linebacker
Dominic Luca	Bellarmino	Senior	Offensive/Defensive Line
Alex Abiog	Bellarmino	Senior	Tight End/Defensive Line
K.J. Carta-Samuels	Bellarmino	Junior	Quarterback
Joey Sanfilippo	Bellarmino	Senior	Running Back/Outside Linebacker
Jaden Sawyer	Bellarmino	Senior	Wide Receiver/Cornerback
Jared Vallner	Bellarmino	Senior	Wide Receiver/Cornerback
Eric Redwood	Junipero Serra	Senior	Running Back
Peter Tuipulotu	Junipero Serra	Senior	Linebacker/Tight End
Fia Malepeai	Junipero Serra	Senior	Linebacker/Running Back
Zack Kazakoff	Junipero Serra	Senior	Quarterback
Jon Beering	Junipero Serra	Senior	Offensive Line
Brenden Hisao	Junipero Serra	Senior	Defensive Line
Jack Stinn	Saint Ignatius	Senior	Quarterback
Noah Bull	Saint Ignatius	Senior	Linebacker
Albert Waters	Saint Ignatius	Senior	Running Back/Defensive Back/Kicker
Elijah Dale	Saint Ignatius	Junior	Running Back
Andrew Vollert	Saint Ignatius	Senior	Wide Receiver
Jack McGovern	Saint Ignatius	Senior	Defensive Back
Chandler Ramirez	Archbishop Mitty	Junior	Running Back/Linebacker
Jacob Wesson	Archbishop Mitty	Senior	Wide Receiver
Jason Sutton	Archbishop Mitty	Senior	Defensive End
Daniel Mendoza	Archbishop Mitty	Junior	Offensive Line
Bobby O'Leary	Archbishop Mitty	Senior	Linebacker

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Michael Lauck	Saint Francis	Senior	Quarterback
Shane Artim	Saint Francis	Senior	Defensive Line
Austin Woodard	Saint Francis	Senior	Wide Receiver/Safety
Grant Tinker	Saint Francis	Senior	Linebacker
Landon Baty	Saint Francis	Junior	Running Back/Safety
Ryan Severson	Valley Christian	Senior	Running Back
Bryce Novak	Valley Christian	Senior	Wide Receiver/Defensive Back
Jay MacIntyre	Valley Christian	Junior	Quarterback
Kelvin Sanders	Sacred Heart Cathedral	Senior	Outside Linebacker/Wide Receiver
Brett Rasso	Sacred Heart Cathedral	Junior	Defensive Back/Wide Receiver
Mark Mulligan	Archbishop Riordan	Senior	Running Back/Inside Linebacker
Chris Hall	Archbishop Riordan	Junior	Wide Receiver/Defensive Back

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Daniel Fields	Bellarmino	Senior	Center/Outside Linebacker
Grant Bush	Bellarmino	Junior	Kicker
Austin Changras	Bellarmino	Junior	Fullback/Outside Linebacker
Josh Cordova	Junipero Serra	Senior	Wide Receiver
Matt Jacobs	Junipero Serra	Senior	Linebacker/Tight End
Angelo Arco	Junipero Serra	Senior	Running Back/Defensive Back
Kyle Evans	Archbishop Mitty	Junior	Running Back/Defensive Back
Daniel Mosko	Archbishop Mitty	Senior	Running Back
Dakari Monroe	Archbishop Mitty	Sophomore	Defensive Back
Charley Clarke	Saint Francis	Senior	Wide Receiver
Brodie Nakama	Saint Francis	Senior	Offensive Line
Domenic Andrighetto	Saint Francis	Senior	Safety
Kirk Johnson	Valley Christian	Sophomore	Running Back/Linebacker
Charlie Nelson	Valley Christian	Junior	Offensive/Defensive Line
Cody Campbell	Valley Christian	Senior	Offensive Line
Elliot Sandvig	Sacred Heart Cathedral	Junior	Defensive End/Outside Linebacker
Dennis Light	Sacred Heart Cathedral	Senior	Outside Linebacker/Wide Receiver
Mike Wallace	Sacred Heart Cathedral	Senior	Inside Linebacker/Running Back
Matt Emery	Saint Ignatius	Senior	Defensive Back/Wide Receiver
Thomas Murphy-Piro	Saint Ignatius	Senior	Offensive Line
August Peters	Saint Ignatius	Senior	Offensive/Defensive Line
Rob Valencia	Archbishop Riordan	Junior	Tight End/Defensive Line
Tre Gunter	Archbishop Riordan	Senior	Running Back/Defensive Back
Nick Reese	Archbishop Riordan	Senior	Offensive/Defensive Line

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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Joe Castignani	Bellarmino	Junior	Tight End/Linebacker
Collin Burdsall	Bellarmino	Senior	Guard/Defensive Tackle
Curt Calomeni	Bellarmino	Sophomore	Linebacker
Isiah Lauti	Junipero Serra	Senior	Offensive Line
Matt Dickerson	Junipero Serra	Junior	Defensive Line/Tight End
Daniel Lavulo	Junipero Serra	Junior	Defensive Line
Wyatt Hansen	Archbishop Mitty	Senior	Quarterback
Andrew Scott	Archbishop Mitty	Senior	Side Receiver
Drew Mount	Archbishop Mitty	Junior	Defensive Back
Jack Casarez	Saint Francis	Junior	Defensive Line
Erik Gonzalez	Saint Francis	Senior	Offensive Line
Kamel Green	Saint Francis	Senior	Defensive Back
Byron Baker	Valley Christian	Junior	Tight End/Defensive End
Tim Ryan	Valley Christian	Junior	Offensive/Defensive Line
Garrett Gregory	Valley Christian	Senior	Tight End/Defensive End
Jerry Peralta	Sacred Heart Cathedral	Senior	Quarterback/Kicker
Steve Hisatake	Sacred Heart Cathedral	Junior	Inside Linebacker/Running Back
Dylan Cunningham	Sacred Heart Cathedral	Senior	Offensive Line
Kevin Blohm	Saint Ignatius	Senior	Offensive Line
Joe Lang	Saint Ignatius	Junior	Wide Receiver/Defensive Back
Conor Hagan	Saint Ignatius	Junior	Offensive Line
Zach Masoli	Archbishop Riordan	Junior	Quarterback
Jim Stasko	Archbishop Riordan	Senior	Running Back/Inside Linebacker
Kyle Craig	Archbishop Riordan	Senior	Tight End/Inside Linebacker

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2012 WCAL Girls Golf All League Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nancy Xu	St. Francis	Junior
Valerie Wang	St. Francis	Freshman
Samantha Gong	St. Ignatius	Freshman
Pascale Schoshinski	St. Ignatius	Senior
Christine Kim	Presentation	Junior
Sami Oliva	Presentation	Sophomore
Cristina Glebova	Valley Christian	Sophomore
Samantha Han	Valley Christian	Senior
Emily Hens	Notre Dame Belmont	Sophomore
Kyleigh Moreno	Archbishop Mitty	Junior
Elizabeth Chu	Sacred Heart Cathedral	Senior

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2012 WCAL Tennis All League Teams

WCAL Co-Players of the Year

Mary Closs – Saint Francis & Kennedy Davis – Archbishop Mitty

WCAL Doubles Team of the Year

Tanaya Puranik/Lauren To – Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Jackie Tsodikova	Saint Ignatius	Freshman
Paulina Bajet	Saint Francis	Junior
Kennedy Davis	Archbishop Mitty	Senior
Mary Closs	Saint Francis	Senior
Felicity Maltby	Archbishop Mitty	Sophomore
Kara Hinton	Valley Christian	Sophomore
Catalina Rico	Archbishop Mitty	Sophomore

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Illina Yang	Saint Francis	Sophomore
Andie Hamm/ Alexandra Miller	Saint Francis	Sophomore Senior
Alivia Horsley	Notre Dame Belmont	Sophomore
Natalie Shea	Archbishop Mitty	Sophomore
Lauren Jez/ Kiki Shanmugam	Presentation	Senior Sophomore
Erica Gustafson/ Gretchen Bahr	Saint Francis	Senior Senior
SeaJin Kim/ Emma Keuhl	Sacred Heart Cathedral	Senior Junior
Lauren To/ Tanaha Puranik	Archbishop Mitty	Sophomore Sophomore

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Nicole Del Rio/ Milan Samuel	Archbishop Mitty	Senior Junior
Catinca Negru	Saint Francis	Senior
Paige Kingery	Notre Dame Belmont	Senior
Christie Chan	Saint Ignatius	Junior
Julia Arnette/ Kelly Martin	Saint Ignatius	Junior Junior
Tina Phan	Valley Christian	Sophomore
Hannah Marsh/ Claire Perliss	Sacred Heart Cathedral	Senior Freshman
Claudia Fong	Saint Ignatius	Junior
Kelsey McKeon-Johnson	Sacred Heart Cathedral	Senior
Nina Pappas/ Hannah Turley	Saint Ignatius	Junior Senior
Jordan Barrett/ Maile Jones	Saint Francis	Sophomore Senior
Meghan Ministri	Notre Dame Belmont	Senior
Sonia Verandani	Presentation	Sophomore



**2012 Women's Volleyball
All League Team**

Player of the Year: Anne Marie Schmidt, Senior, Archbishop Mitty

First Team

Anne Marie Schmidt	Archbishop Mitty	Senior
Clare Powers	Archbishop Mitty	Junior
Allie Wheeler	Archbishop Mitty	Senior
Alex Sheredy	Presentation	Senior
Amanda Lee	Sacred Heart Cathedral	Senior
Chloe Lott	Saint Francis	Senior
Catherine Wes	Saint Francis	Senior
Madeleine Dilfer	Valley Christian	Junior

Second Team

Kelsey Crawford	Archbishop Mitty	Junior
Heather Lowell	Archbishop Mitty	Senior
Chloe Ainley	Presentation	Senior
Michelle Pagnon	Presentation	Junior
Courtney Wong	Sacred Heart Cathedral	Senior
Madison Murtagh	Sacred Heart Cathedral	Sophomore
Alexandra Espinosa	Saint Francis	Junior
Kirsten Mead	Valley Christian	Junior

Honorable Mention

Shirin Tooloee	Archbishop Mitty	Junior
Maria Santana	Notre Dame	Senior
Indira Arce	Sacred Heart Cathedral	Senior
Kaitlyn Jochum	Sacred Heart Cathedral	Sophomore
Katrina Samonte	Saint Ignatius	Sophomore
Jessica Hess	Valley Christian	Sophomore
Ronika Stone	Valley Christian	Freshman

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2012 WCAL Girls Water Polo All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Samantha Strutner	Saint Francis	Junior	Utility
Courtney Batcheller	Saint Francis	Junior	Attacker
Katherine Moore	Saint Francis	Junior	Goalie
Eela Nagaraj	Saint Francis	Senior	Driver
Caitlin Stuewe	Sacred Heart Prep	Junior	Center
Bridgette Harper	Sacred Heart Prep	Senior	Defender
Morgan McCracken	Sacred Heart Prep	Junior	Driver
Cathleen Cantoni	Archbishop Mitty	Senior	Attacker
Sabrina Sherrin	Archbishop Mitty	Junior	Center
Carla Tocchini	Saint Ignatius	Senior	Goalie
Lesley Kerley	Presentation	Senior	Attacker
Claudia Macedo	Valley Christian	Junior	Center

Second Team

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

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Tegan Stanbach	Saint Francis	Senior	Center Defender
Brittany Kirwan	Saint Francis	Senior	Center
Kate Bocci	Sacred Heart Prep	Senior	Driver
Kelly Moran	Sacred Heart Prep	Junior	Goalie
Maura Cantoni	Archbishop Mitty	Sophomore	Goalie
Orla MacLean	Archbishop Mitty	Junior	Attacker
Francesca Puccinelli	Saint Ignatius	Senior	Goalie
Susan Providenza	Saint Ignatius	Senior	Center
Emma Malysz	Presentation	Sophomore	Attacker
Josephine Andrews	Presentation	Senior	Defender
Natalie Picone	Valley Christian	Sophomore	Attacker
Brooke Tomsula	Valley Christian	Senior	2 Meter Defender
Eleni Giotinis	Notre Dame Belmont	Sophomore	2 Meter
Kirsten Brickely	Notre Dame Belmont	Sophomore	Driver

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2012 WCAL Boy's Water Polo All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Will Runkel	Sacred Heart Prep	Senior	Goalie
Harrison Enright	Sacred Heart Prep	Junior	2 Meter
Bret Hinrichs	Sacred Heart Prep	Senior	Driver
Michael Holloway	Sacred Heart Prep	Senior	2 Meter
DeMarco Orella	Bellarmino	Senior	Driver
Riley Quinlan	Bellarmino	Senior	Utility
John Raineri	Bellarmino	Senior	Driver
Cory McGee	Saint Francis	Senior	Center Defender
Brayden Curry	Saint Francis	Senior	Driver
Anthony Buljan	Junipero Serra	Senior	Center
Brian Roush	Valley Christian	Junior	Goalie
Reilley May	Saint Ignatius	Junior	2 Meter Offense

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Zach Churukian	Sacred Heart Prep	Senior	Driver
Will Conner	Sacred Heart Prep	Sophomore	Driver
Michael Blach	Bellarmino	Junior	Utility
Jack Turner	Bellarmino	Junior	Goalie
Reid Lazzarini	Saint Francis	Senior	Driver
Shawn Welch	Saint Francis	Junior	Driver
Steve Olujic	Junipero Serra	Senior	Goalie
Brandon Yee	Junipero Serra	Senior	Driver
Michael Hoefling	Valley Christian	Junior	Attacker
Ryan Wood	Valley Christian	Senior	Center
Patrick Lynch	Saint Ignatius	Senior	Goalie
Max Schaum	Saint Ignatius	Junior	2 Meter Defense
Scott Mills	Archbishop Mitty	Senior	Driver
Dustin DeFrank	Archbishop Mitty	Senior	Driver

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2013 WCAL All League Boys Basketball Teams

PLAYER OF THE YEAR – AARON GORDON – ARCHBISHOP MITTY - SENIOR

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Henry Caruso	Junipero Serra	Senior
Grant Vermeer	Bellarmino	Senior
Trevor Dunbar	Saint Ignatius	Junior
Chiefy Ugbaja	Archbishop Riordan	Junior
Khalid Johnson	Saint Francis	Senior
Herman Pratt IV	Sacred Heart Cathedral	Senior
Brandon Farrell	Archbishop Mitty	Senior
Andre Miller	Junipero Serra	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Jacqui Biggins	Junipero Serra	Senior
DeOndre Otis	Sacred Heart Cathedral	Junior
Connor Peterson	Archbishop Mitty	Junior
Khalil James	Sacred Heart Cathedral	Senior
Jackson Gion	Bellarmino	Senior
Frankie Ferrari	Archbishop Riordan	Junior
Julian Marcu	Saint Ignatius	Junior

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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Bobby Arenas	Archbishop Riordan	Junior
Jiday Ugbaja	Archbishop Riordan	Junior
Geru Mabrey	Archbishop Riordan	Senior
Matt Jajeh	Junipero Serra	Senior
Sean Watkins	Junipero Serra	Junior
Matt McAndrews	Archbishop Mitty	Junior
Khalil Johnson	Saint Francis	Senior
Blair Mendy	Bellarmino	Senior
Al Waters	Saint Ignatius	Senior
Elias Haile	Valley Christian	Sophomore

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2013 WCAL WOMEN'S ALL-LEAGUE BASKETBALL TEAM

PLAYER OF THE YEAR – KELLI HAYES – ARCHBISHOP MITTY - JUNIOR

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Geanna Summers-Luaulu	Sacred Heart Cathedral	Junior
Courtney Danna	Presentation	Senior
Briannah Smith	Sacred Heart Cathedral	Senior
Sydney Raggio	Saint Ignatius	Sophomore
Jennifer Lucian	Saint Francis	Senior
Emily Dinger	Archbishop Mitty	Senior
Shelbi Aimonetti	Saint Francis	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Quinci Mann	Saint Ignatius	Junior
Jessica Mitz	Valley Christian	Junior
Ashanti Coleman	Sacred Heart Cathedral	Sophomore
Niajai Craig	Archbishop Mitty	Sophomore
Daisha Abdelkader	Saint Francis	Sophomore
Ashley Gainer	Sacred Heart Cathedral	Senior
Brianna Beckman	Saint Ignatius	Sophomore
Akilah Jennings	Presentation	Sophomore

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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Jourdyn Patterson	Valley Christian	Junior
Jeanelle Schneider	Presentation	Senior
Jerrieza Enriquez	Sacred Heart Cathedral	Senior
Kate Hoey	Saint Francis	Senior
Crystal Sun	Saint Ignatius	Senior
Jahnay Anderson	Archbishop Mitty	Freshman
Vanessa Garner	Archbishop Mitty	Senior
Eleni Giotinis	Notre Dame Belmont	Sophomore
Monica Bodd	Valley Christian	Junior
Lauren Johnson	Saint Francis	Junior

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2013 WCAL Boys Soccer Players of the Year

Forward of the Year

Connor Kurze – Senior – Archbishop Mitty

Midfielder of the Year

Andres Ochoa – Junior – Archbishop Mitty

Defender of the Year

Matt DeQuiroz – Senior - Bellarmine

Goalkeeper of the Year

Connor Anderson – Senior – Sacred Heart Cathedral

2013 WCAL Boys Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matt DeQuiroz	Bellarmino	Senior	Defender/Midfielder
Marco Saglimbeni	Bellarmino	Senior	Midfielder
Andres Ochoa	Archbishop Mitty	Junior	Midfielder
Connor Kurze	Archbishop Mitty	Senior	Forward
Connor Anderson	Sacred Heart Cathedral	Senior	Goalkeeper
Oscar Reyes	Sacred Heart Cathedral	Senior	Defender
Andrew Corwin	Saint Ignatius	Senior	Midfielder
Adrian Gil	Saint Francis	Senior	Defender
Dhruv Patel	Saint Francis	Senior	Midfielder
James Cullinane	Archbishop Riordan	Senior	Midfielder
Robert Peardon	Junipero Serra	Senior	Midfielder
Nick Schnabel	Junipero Serra	Junior	Forward
Jacob Gronlund	Valley Christian	Senior	Midfielder/Forward

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Joseph Monteon	Bellarmino	Senior	Defender
Evan Helkowski	Bellarmino	Senior	Forward
Ryan Foo	Archbishop Mitty	Senior	Goalkeeper
Eric Espinoza	Archbishop Mitty	Junior	Midfielder
Shane Luna	Archbishop Mitty	Senior	Midfielder
Diego Martinez	Sacred Heart Cathedral	Junior	Defender
William Velasco	Sacred Heart Cathedral	Senior	Midfielder
Carl Otto	Saint Ignatius	Senior	Goalkeeper
Cullen Vincelette	Saint Ignatius	Senior	Forward
Callum Watts	Saint Ignatius	Junior	Defender
Philip Otto	Saint Ignatius	Senior	Midfielder
Kenny Kobetsky	Saint Francis	Senior	Midfielder
Francis McGloin	Archbishop Riordan	Senior	Midfielder
Zachary Epp	Valley Christian	Senior	Midfielder

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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Dominic Filice	Bellarmino	Senior	Midfielder
James Esteban	Bellarmino	Senior	Forward
Henry Lippert	Bellarmino	Senior	Defender
Willem Simpson	Sacred Heart Cathedral	Senior	Defender
Michael Wheaton	Saint Ignatius	Junior	Forward
Gabriel McLarnan	Saint Francis	Junior	Midfielder
Mathew Korpontinos	Saint Francis	Freshman	Forward
Joshua Edwards	Saint Francis	Senior	Forward
Gabe Gomez	Junipero Serra	Senior	Defender
Nathan Sun	Valley Christian	Senior	Midfielder
Cody Buchanan	Valley Christian	Sophomore	Midfielder
Kody Kroening	Valley Christian	Junior	Defender

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2013 WCAL Girls Soccer Players of the Year

Player of the Year

Annie Kingman – Junior – St. Francis

Senior of the Year

Colby Carson – Valley Christian

Junior of the Year

Annie Kingman – St. Francis

Sophomore of the Year

Gabby Sanfilippo - Presentation

2013 WCAL Girls Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Madeline Julian	Archbishop Mitty	Senior	Goalkeeper
Stephanie Regabliati	Archbishop Mitty	Senior	Defender
Hannah Vane	Archbishop Mitty	Senior	Midfielder
Alexandra Kirchick	Archbishop Mitty	Senior	Defender
Annie Kingman	Saint Francis	Junior	Midfielder
Megan Keeth	Saint Francis	Junior	Midfielder
Jacquelyn Walker-Caginia	Saint Francis	Senior	Goalkeeper
Colby Carson	Valley Christian	Senior	Forward
Brianna Visalli	Valley Christian	Junior	Midfielder
Gabby Sanfilippo	Presentation	Sophomore	Defender
Emily MacDonell	Presentation	Senior	Defender
Brooke Bruneman	Saint Ignatius	Senior	Defender
Jessica Parque	Notre Dame Belmont	Sophomore	Forward

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Gabrielle Matulich	Archbishop Mitty	Junior	Forward
Gabriela Vargas	Archbishop Mitty	Senior	Forward
Xochitl Hunter	Saint Francis	Junior	Defender
Christina Polini	Saint Francis	Senior	Forward
Alexis Smith	Valley Christian	Junior	Goalkeeper
Kendra Stewart	Valley Christian	Junior	Forward
Taylor Locke	Presentation	Senior	Forward
Maile Washington	Presentation	Junior	Midfielder
Isabella Sangiacomo	Saint Ignatius	Sophomore	Midfielder
Lindsay Bettinger	Saint Ignatius	Junior	Midfielder
Katherine Uhl	Notre Dame Belmont	Junior	Midfielder
Michaela Brady	Notre Dame Belmont	Senior	Midfielder
Erica Hipp	Sacred Heart Cathedral	Senior	Defender
Jordan Palmer	Sacred Heart Cathedral	Senior	Defender

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Hannah Reed	Archbishop Mitty	Senior	Forward
Caroline Olivero	Saint Francis	Junior	Forward
Sara Van Wagoner	Valley Christian	Junior	Forward
Sarah Lipscomb	Presentation	Junior	Defender
Soleil Brisbane	Saint Ignatius	Junior	Goalkeeper
Andy Inglis	Notre Dame Belmont	Senior	Defender
Corena Gregorio	Sacred Heart Cathedral	Sophomore	Midfielder

West Catholic Athletic League

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2013 WCAL Baseball All League Teams

Player of the Year – Jordan Paroubeck – Junipero Serra

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Justin Calomeni	Bellarmino	Senior	Pitcher
Sam Fontaine	Bellarmino	Senior	Pitcher
John Gavin	Saint Francis	Junior	Pitcher
Theron Kay	Valley Christian	Junior	Pitcher
Matt Krook	Saint Ignatius	Senior	Pitcher
Mike Wallace	Sacred Heart Cathedral	Senior	Pitcher
Chris Baker	Saint Francis	Senior	Infield
Christian Conci	Junipero Serra	Senior	Infield
Spencer Erdman	Archbishop Mitty	Senior	Infield
Mickey McDonald	Junipero Serra	Senior	Infield
Brett Rasso	Sacred Heart Cathedral	Junior	Infield
Michael Tinsley	Junipero Serra	Senior	Catcher
Austin Guibor	Saint Francis	Senior	Outfield
Andrew Mallon	Bellarmino	Senior	Outfield
Jordan Paroubeck	Junipero Serra	Senior	Outfield
Hunter Simmons	Saint Francis	Senior	Outfield
Paul Murray	Junipero Serra	Senior	Utility
Michael Strem	Saint Francis	Senior	Utility

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matt Gorgolinski	Junipero Serra	Senior	Pitcher
Chris Manderson	Valley Christian	Junior	Pitcher
Orlando Razo	Junipero Serra	Senior	Pitcher
CJ Romero	Archbishop Mitty	Junior	Pitcher
Bryson Brigman	Valley Christian	Junior	Infield
Mark Cardinali	Saint Francis	Senior	Infield
James Gaffey	Bellarmino	Junior	Infield
Austin Hatfield	Bellarmino	Senior	Infield
Luke Rasmussen	Archbishop Mitty	Junior	Infield
Jake Whipple	Bellarmino	Senior	Catcher
Brandon Aguilera	Archbishop Mitty	Senior	Outfield
James Cullinane	Archbishop Riordan	Senior	Outfield
Joey Persons	Bellarmino	Senior	Outfield
Kort Peterson	Saint Francis	Senior	Outfield
Trenton Scharrenberg	Archbishop Mitty	Junior	Outfield

Honorable Mention

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

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matt Blais	Junipero Serra	Junior	Pitcher
Kris Bubic	Archbishop Mitty	Sophomore	Pitcher
Kevin Crane	Bellarmino	Senior	Pitcher
Tyler Deason	Saint Francis	Junior	Pitcher
Jonathan Hernandez	Saint Ignatius	Junior	Pitcher
Jack Klein	Saint Ignatius	Senior	Pitcher
Tyler Martinez	Sacred Heart Cathedral	Junior	Pitcher
Jorge Navarro	Archbishop Riordan	Senior	Pitcher
Bailey Owen	Saint Francis	Senior	Pitcher
Nick Healy	Archbishop Riordan	Junior	Infield
Scott Jarvis	Bellarmino	Junior	Infield
Michael Lemus	Valley Christian	Senior	Infield
Jason Lock	Saint Ignatius	Senior	Infield
Champi Lucca	Saint Francis	Senior	Infield
Kyle Marinconz	Valley Christian	Sophomore	Infield
John Murray	Junipero Serra	Junior	Infield
Anthony Ramirez	Archbishop Riordan	Senior	Infield
Tim Susnara	Saint Francis	Junior	Catcher
Kobi Allen	Archbishop Riordan	Freshman	Outfield
Neil Sterling	Junipero Serra	Junior	Outfield
Keenan Brigman	Valley Christian	Sophomore	Utility
Anthony Ramirez	Junipero Serra	Senior	Utility
Sean Watkins	Junipero Serra	Junior	Utility
Sean O'Donnell	Sacred Heart Cathedral	Sophomore	Designated Hitter
Jack Thoreson	Bellarmino	Junior	Designated Hitter
Nick Toomey	Junipero Serra	Senior	Designated Hitter

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

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2013 WCAL Boys Golf All League Teams

Medalist – Isaiah Salinda – Junipero Serra - Sophomore

<u>Name</u>	<u>School</u>	<u>Year</u>
Shintaro Ban	Archbishop Mitty	Junior
Owen Lin	Archbishop Mitty	Senior
Jimmy Castles	Bellarmino	Junior
Ashton Silk	Junipero Serra	Junior
Max Plank	Saint Ignatius	Senior
Tharusyan Pillay	Saint Francis	Senior
Matthew Ashley	Valley Christian	Senior
Jonathan Koo	Sacred Heart Cathedral	Junior
Kevin Cassidy	Archbishop Riordan	Senior

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

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2013 WCAL Lacrosse All League Teams

Player of the Year – Joe Lang – Attack - Junior – Saint Ignatius

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matt Emery	Saint Ignatius	Senior	Midfielder
Jack McGovern	Saint Ignatius	Senior	Defender
Charlie Ford	Saint Ignatius	Senior	LSM/Defender
Cyrus Scott	Saint Ignatius	Junior	Midfielder
Chad Bell	Saint Ignatius	Senior	Midfielder
Spencer Evans	Saint Ignatius	Senior	Midfielder
Riley Burke	Saint Ignatius	Senior	Defender
Dave Fleming	Saint Ignatius	Senior	Attack
Joe Rodrigues	Bellarmino	Junior	Attack
Connor Towne	Bellarmino	Senior	Midfielder
Lawrence Zhou	Bellarmino	Senior	Goalie
Chase Bunce	Bellarmino	Sophomore	Defender
Alex Abiog	Bellarmino	Senior	Attack
Matt McGloin	Junipero Serra	Senior	Attack
Colin Richards	Saint Francis	Senior	Midfielder
Jake Kidwell	Saint Francis	Senior	Midfielder
Joseph Clevenger	Saint Francis	Junior	Defender
Milo "Sedge" Gates Jr.	Sacred Heart Cathedral	Senior	Attack
Colin Franceschini	Sacred Heart Cathedral	Senior	Midfielder
Matthew Raasch	Archbishop Mitty	Senior	Attack

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Cullen Vincelette	Saint Ignatius	Senior	Midfielder
Brendan McDermott	Saint Ignatius	Freshman	Midfield
Josh Long	Bellarmino	Senior	Defender
Garrett Chitwood	Bellarmino	Junior	Defender
Thomas Loudermilk	Bellarmino	Junior	Midfield
Henry Armistead	Bellarmino	Junior	Midfield
Weston Gatt	Junipero Serra	Senior	Defender
Sam Oliver	Junipero Serra	Senior	Midfielder
Garrett Vichot	Junipero Serra	Senior	Attack
Andrew Bowler	Junipero Serra	Senior	Midfield
Michael Cerone	Archbishop Mitty	Sophomore	Attack
Eoin Conroy	Archbishop Mitty	Junior	Defender
Stephen Heneghan	Archbishop Mitty	Senior	LSM
Conner Sexton	Archbishop Mitty	Junior	Midfield
Caleb Sexton	Archbishop Mitty	Junior	Midfield
Karl Castillo	Saint Francis	Senior	Goalie
Taylor Chadwick	Saint Francis	Senior	Defender
Austin Martin	Saint Francis	Senior	Defender
Jamie Gates	Sacred Heart Cathedral	Sophomore	Attack

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Cole Steigerwald	Saint Ignatius	Freshman	Defender
Anthony Nannini	Junipero Serra	Senior	Midfield
Tanner Haas	Archbishop Mitty	Junior	Midfield
Will Mallonee	Sacred Heart Cathedral	Junior	Attack
Chris Malmborg	Bellarmino	Junior	Midfield

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2013 WCAL Softball All League Teams

Players of the Year

Jazmyn Jackson – Archbishop Mitty – Junior

Pitcher of the Year

Desiree Severance – Archbishop Mitty - Sophomore

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Catherine Callaway	Archbishop Mitty	Senior	Infield
Danielle Bowers	Archbishop Mitty	Sophomore	Outfield
Kiersten Nordin	Archbishop Mitty	Senior	Infield
Haley Wymbs	Archbishop Mitty	Sophomore	Outfield
Carrie McKewan	Saint Ignatius	Senior	Pitcher/Outfield
Tara Fallahee	Saint Ignatius	Senior	Infield
Rachael Garrison	Saint Ignatius	Senior	Infield/Catcher
Lauren Baca-Cymrot	Valley Christian	Sophomore	Outfield
Marisa Lerma	Valley Christian	Senior	Infield
Madeline Damore	Saint Francis	Senior	Infield
Amanda Delfino	Saint Francis	Senior	Infield
Julia Gallegos	Sacred Heart Cathedral	Junior	Pitcher/Infield
Lindsey Mifsud	Notre Dame Belmont	Sophomore	Pitcher
Nina Mandracchia	Presentation	Junior	Catcher

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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Ashley Chestnut	Archbishop Mitty	Senior	Infield
Madeleine Kim	Archbishop Mitty	Sophomore	Catcher
Katie Thomson	Saint Ignatius	Junior	Infield
Jacqueline Boland	Saint Ignatius	Junior	Outfield/Infield
Brynne Fitzpatrick	Valley Christian	Sophomore	Pitcher/Infield
Kimberly Figone	Valley Christian	Junior	Outfield
Jacqueline Hinojosa	Saint Francis	Senior	Outfield
Jacqueline Palmer	Saint Francis	Senior	Catcher/Outfield
Corena Gregorio	Sacred Heart Cathedral	Sophomore	Infield/Outfield
Shanan Daly	Sacred Heart Cathedral	Senior	Outfield/Infield
Danica Kazakoff	Notre Dame Belmont	Freshman	Catcher/Utility
Megan Cosgrave	Notre Dame Belmont	Sophomore	Infield
Lauren Blach	Presentation	Freshman	Catcher/Infield
Jessica Earnshaw	Presentation	Sophomore	Catcher/Infield

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Megan Nordin	Archbishop Mitty	Sophomore	Catcher
Sarah Jensen	Saint Ignatius	Junior	Outfield
Jackie Brown	Valley Christian	Sophomore	Infield
Carolyn McGuire	Saint Francis	Senior	Catcher/Outfield
Rebecca Gisslow	Sacred Heart Cathedral	Junior	Catcher/Infield
Julia Villanueva	Notre Dame Belmont	Junior	Infield
Grace Hargadon	Presentation	Junior	Infield/Outfield

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

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2013 WCAL All League Tennis Teams

Player of the Year – Sean Talmadge – Junipero Serra

Doubles Team of the Year – Joey Simpson & Alex Frank – Junipero Serra

First Team

<u>Name</u>	<u>School</u>
Sean Talmadge	Junipero Serra
Kunal Wadwani	Bellarmino
Everett Maltby	Archbishop Mitty
Neel Ramachandran	Saint Francis
Bryce McKelvie	Valley Christian
Adrian Chamdani	Bellarmino
Rohan Shankar	Bellarmino

Second Team

<u>Name</u>	<u>School</u>
Matt Campana	Junipero Serra
Donald Hall	Sacred Heart Cathedral
Joey Simpson & Alex Frank	Junipero Serra
Leon Haneda	Archbishop Mitty
Carson Benham	Saint Ignatius
Bernardo de la Cabada	Valley Christian
Kyle Pease	Saint Francis

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

Honorable Mention

<u>Name</u>	<u>School</u>
Peter Campana	Junipero Serra
Gordon Barrows & Brendon Barrows	Junipero Serra
Andrew Dang	Archbishop Mitty
Michael Chan	Archbishop Riordan
Alex Cocoles	Sacred Heart Cathedral
Ryan Meyer	Saint Ignatius
Kevin Gao & Ryzaburo Kamiya	Archbishop Mitty
Sean McGrath & Max Heerinckx	Bellarmino
Nicholas Kuo & Zaki Akhter	Archbishop Mitty
Joseph Arra	Saint Francis
Daniel Morissette	Saint Francis
Mark Sasser	Bellarmino
Stefano Fernando	Archbishop Riordan

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2013 WCAL Volleyball All League Teams

Player of the Year – Adrian Williams – Senior - Archbishop Mitty

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Adrian Williams	Archbishop Mitty	Senior	Outside Hitter
Joshua Stewart	Bellarmino	Senior	Setter
Elliot Low	Saint Francis	Senior	Setter
Tanner Vinson	Archbishop Mitty	Senior	Outside Hitter
Matthew Larson	Saint Francis	Junior	Middle Blocker
Ian Colbert	Saint Ignatius	Senior	Outside Hitter
Joshua Nolan	Bellarmino	Senior	Opposite
Stephen Tan	Sacred Heart Cathedral	Senior	Middle Blocker

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Mark Lund	Bellarmino	Senior	Outside Hitter
Ian Aguilar	Archbishop Mitty	Junior	Middle Blocker
Evan Aylsworth	Saint Francis	Senior	Outside Hitter
Matt Aguirre	Archbishop Mitty	Senior	Libero/Middle Blocker
Kevin Korb	Bellarmino	Senior	Outside Hitter
Jeffrey Castello	Saint Francis	Senior	Outside Hitter
Eric Luong	Sacred Heart Cathedral	Senior	Middle Blocker
Trevor Del Rosario	Valley Christian	Senior	Opposite

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Jayson Pattugalan	Sacred Heart Cathedral	Senior	Libero
Brandon Farrell	Archbishop Mitty	Senior	Middle Blocker
Sean Thomas	Saint Ignatius	Senior	Setter
Shamit Bhatia	Junipero Serra	Junior	Outside Hitter
Kevin Feller	Archbishop Mitty	Senior	Setter
Avery Aylsworth	Saint Francis	Sophomore	Libero
Matt Pinheiro	Bellarmino	Senior	Libero

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