

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
E-Mail: wcalsid@comcast.net

2013 WCAL Girls Cross Country All League Teams

<u>Name</u>	<u>School</u>	<u>Yr.</u>
Julia Bounds	St. Francis	09
Brianna Bilter	St. Ignatius	09
Gia Kim	St. Francis	10
Jessica Xu	Valley Christian	12
Kailey Eddy	Valley Christian	10
Emily Skahill	St. Francis	09
Hannah Kim	St. Francis	11
Allison Le	Archbishop Mitty	11
Sara Van Wagoner	Valley Christian	12
Erin Weiner	Archbishop Mitty	10

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2013 WCAL Boys Cross Country All League Teams

<u>Name</u>	<u>School</u>	<u>Yr.</u>
Kevin Lehr	St. Ignatius	10
Alex Sasser	Bellarmino	11
Matt Seidel	Bellarmino	12
Tucker Meijer	Bellarmino	11
Justin Barry	Bellarmino	12
Miles Meijer	Bellarmino	11
Gabriel McLarnan	St. Francis	12
Marcus Avila	Bellarmino	10
Gaurav Begur	St. Francis	12
Ben Osipow	St. Ignatius	11

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2013 WCAL Football Players of the Year

**Co-Players of the Year – Hamilton Anoa'i – Junipero Serra
Chandler Ramirez – Archbishop Mitty**

Most Valuable Running Back – Elijah Dale – St. Ignatius

Most Valuable Quarterback – Trenton Scharrenberg – Archbishop Mitty

Most Valuable Offensive Lineman – Charlie Nelson – Valley Christian

Most Valuable Wide Receiver – Dakari Monroe – Archbishop Mitty

Most Valuable Defensive Lineman – Byron Baker – Valley Christian

**Co-Most Valuable Linebackers – Sean Stanelle – Archbishop Mitty
Jesse Osuna – Valley Christian**

**Co-Most Valuable Defensive Back – Drew Mount – Archbishop Mitty
Landon Baty – St. Francis**

Most Valuable Kicker – Patrick Fordham – St. Francis

Most Valuable Utility Players – Joe Lang – St. Ignatius

**Co-Junior Player of the Year – Kava Cassidy – Junipero Serra
Kirk Johnson – Valley Christian**

**Sophomore Player of the Year – Jamar Williams-Sheppard – Sacred Heart
Cathedral**

2013 WCAL All League Football Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chandler Ramirez	Archbishop Mitty	Senior	FB/DE
Dakari Monroe	Archbishop Mitty	Junior	WR/DB
Drew Mount	Archbishop Mitty	Senior	DB
Daniel Mendoza	Archbishop Mitty	Senior	OL/DL
Erik Sargis	Archbishop Mitty	Senior	LB
Sean Stanelle	Archbishop Mitty	Senior	LB
Chris Freed	Archbishop Mitty	Senior	OL/DL
Trenton Scharrenberg	Archbishop Mitty	Senior	QB
Hamilton Anoa'i	Junipero Serra	Senior	WR/S
Kavapele Maka	Junipero Serra	Senior	FS
Daniel Lavulo	Junipero Serra	Senior	DE
Ryan Rudolph	Junipero Serra	Senior	OL
Matt Fa'aita	Junipero Serra	Senior	QB
Kava Cassidy	Junipero Serra	Junior	RB
Tyson Terreros	Junipero Serra	Senior	LB
Eric Westerman	Junipero Serra	Senior	DE
Byron Baker	Valley Christian	Senior	TE/DL
Danny Ginther	Valley Christian	Senior	RB/LB
Jonah Moore	Valley Christian	Senior	TE/DL
Dan Dunham	Valley Christian	Junior	DL
Charles Nelson	Valley Christian	Senior	OL
Adam Vasquez	Valley Christian	Senior	OL
Jesse Osuna	Valley Christian	Junior	FB/LB
Landon Baty	Saint Francis	Senior	RB/S
Alexander Andrighetto	Saint Francis	Senior	RB/DB

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

Jack Casarez	Saint Francis	Senior	NG/FB
John Powers	Saint Francis	Senior	LB/TE
Brandon Retuta	Saint Francis	Senior	DT
Rad Guhit	Saint Francis	Senior	G/DE
K.J. Carta-Samuels	Bellarmino	Senior	QB
Austin Changras	Bellarmino	Senior	RB/OLB
Curt Calomeni	Bellarmino	Junior	RB/LB
Josh Bringuel	Bellarmino	Sophomore	TE/OLB
Grant Bush	Bellarmino	Senior	K/CB
Gavin Lynam	Bellarmino	Senior	RB
Joe Lang	Saint Ignatius	Senior	WR/DB
Nik Bell	Saint Ignatius	Senior	TE/DL
Elijah Dale	Saint Ignatius	Senior	RB
Connor Hagan	Saint Ignatius	Senior	OL
Stephan Ostrowski	Saint Ignatius	Senior	RB
Zach Masoli	Archbishop Riordan	Senior	QB
Riko Tamasese	Archbishop Riordan	Senior	OL/DL
Christian Hall	Archbishop Riordan	Senior	WR/FS
Andrew Jacobson	Sacred Heart Cathedral	Senior	OL/DL
Jordan Defiesta	Sacred Heart Cathedral	Junior	WR/DB
Steven Hisatake	Sacred Heart Cathedral	Senior	LB

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Matt Tofano	Archbishop Mitty	Sophomore	FB/DL
Brian Bither	Archbishop Mitty	Senior	DB
Tommy Hudson	Archbishop Mitty	Junior	TE/DE
Christian Villanueva	Junipero Serra	Junior	OL
James Outman	Junipero Serra	Junior	LB
Jericho Tufono	Junipero Serra	Senior	OL/DL
Kirk Johnson	Valley Christian	Junior	RB/DB
Tre McCloud	Valley Christian	Junior	RB/DB
Brandon Alexander	Valley Christian	Senior	WR/DB
Riley Quinn	Saint Francis	Junior	DB
Holden Mackey	Saint Francis	Senior	LB/TE
Ryan Popolizio	Saint Francis	Senior	OL
Anthony Guttaduro	Bellarmino	Junior	RB/CB
Colin Bonini	Bellarmino	Senior	OT/DT
Christian Tiscareno-Kennedy	Bellarmino	Senior	OT/DT
Pater Alimam	Saint Ignatius	Junior	RB/LB
Brent Arimoto	Saint Ignatius	Senior	DL
Dominic Burke	Saint Ignatius	Junior	DB
Joshua Christian	Archbishop Riordan	Senior	RB/DB
Angelo Novello	Archbishop Riordan	Junior	RB/LB
Robert Valencia	Archbishop Riordan	Senior	TE/DL/P
Aidan Downes	Sacred Heart Cathedral	Senior	OL/DL
Nick Mikovich	Sacred Heart Cathedral	Senior	RB/LB
Ben Malakoff	Sacred Heart Cathedral	Junior	OL/DL

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>
Luke Rasmussen	Archbishop Mitty	Senior	OL
Trevor Lewis	Archbishop Mitty	Junior	DB
Zach Seavers	Archbishop Mitty	Senior	WR
Thomas Meredith	Junipero Serra	Senior	OL
Kevin McGee	Junipero Serra	Senior	RB/S
Manu Langi	Junipero Serra	Senior	LB
Richard Salazar	Valley Christian	Senior	OL/DL
Auston Anderson	Valley Christian	Senior	OL/DL
Kody Kroening	Valley Christian	Senior	K/P
Alessandro Lenarduzzi	Saint Francis	Senior	T
Alexander Carbonel	Saint Francis	Junior	LB/TE
Patrick Fordham	Saint Francis	Senior	K
Joe Castignani	Bellarmino	Senior	T/LB
Jacob Bergstrom	Bellarmino	Sophomore	TE/LB
Kyle Macauley	Bellarmino	Sophomore	RB/LB
Rob Meagher	Saint Ignatius	Junior	LB
Wyatt Ernst	Saint Ignatius	Senior	DL
Ryan Hagfeldt	Saint Ignatius	Junior	QB
Angel Hernandez	Archbishop Riordan	Senior	K
Matt Solorio	Archbishop Riordan	Senior	OL/DL
Eduardo Vega	Archbishop Riordan	Senior	T/DE
Nick Sison-Gaut	Sacred Heart Cathedral	Junior	RB/LB
Max Tenhoff	Sacred Heart Cathedral	Junior	K/P

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2013 WCAL Girls Golf All League Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Nancy Xu	Saint Francis	Senior
Valerie Wang	Saint Francis	Sophomore
Bibilani Liu	Saint Francis	Freshman
Samantha Gong	Saint Ignatius	Sophomore
Christine Kim	Presentation	Senior
Kyleigh Moreno	Archbishop Mitty	Senior
Cristina Glebova	Valley Christian	Junior
Emily Hens	Notre Dame Belmont	Junior
Kayla Choy	Sacred Heart Cathedral	Freshman

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2013 WCAL Tennis All League Teams

WCAL Players of the Year

Katya Tabachnik (SI) – Catalino Rico (AM) – Paulina Bajet (SF)

WCAL Doubles Team of the Year

Andie Hamm/Jordan Barrett (SF)

Lauren To/Tanaya Puranik (AM)

Julia Arnett/Kelly Martin (SI)

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Catalina Rico	Archbishop Mitty	Junior
Jackie Tsodikova	Saint Ignatius	Sophomore
Katya Tabachnik	Saint Ignatius	Freshman
Paulina Bajet	Saint Francis	Senior
Natalie Shea	Archbishop Mitty	Junior
Kara Hinton	Valley Christian	Junior
Illina Yang	Saint Francis	Junior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Alex Ryan	Archbishop Mitty	Freshman
Alivia Horsley	Notre Dame Belmont	Junior
Isabelle Dinh	Valley Christian	Freshman
Alyssa Fong	Sacred Heart Cathedral	Senior
Christine McCarthy	Saint Francis	Freshman
Lauren To/Tanaya Puranik	Archbishop Mitty	Junior/Junior
Claudia Fong/Julia Roy	Saint Ignatius	Senior/Junior

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Christie Chan	Saint Ignatius	Senior
Emma Kuehl/Sophie Kuehl	Sacred Heart Cathedral	Senior/Junior
Nina Pappas/Sydney Hultman	Saint Ignatius	Senior/Senior
Aneesha Gala	Presentation	Junior
Milan Samuel/Naomi Pieczulewski	Archbishop Mitty	Senior/Freshman
Maddy Ching/Carly Baumann	Notre Dame Belmont	Senior/Senior
Andie Hamm/Jordan Barrett	Saint Francis	Junior/Junior
Julia Arnett/Kelly Martin	Saint Ignatius	Senior/Senior
Kristina Kheyfets	Presentation	Senior
Sheridan Tran/Jodi Hinojosa	Saint Francis	Senior/Senior
Priyanka Pabari	Saint Francis	Sophomore
Tina Phan	Valley Christian	Junior
Emily Rogers	Sacred Heart Cathedral	Sophomore
Hayden Geiger/Hailey Webb	Presentation	Junior/Sophomore



2013 Women's Volleyball All League Team

Player of the Year: Kirsten Mead, Senior, Valley Christian

First Team

Clare Powers	Archbishop Mitty	Senior
Kelsey Crawford	Archbishop Mitty	Senior
Dalyn Burns	Presentation	Sophomore
Madison Murtagh	Sacred Heart Cathedral	Junior
Macky Westendorf	Saint Francis	Senior
Kirsten Mead	Valley Christian	Senior
Maddie Dilfer	Valley Christian	Senior
Ronika Stone	Valley Christian	Sophomore

Second Team

Alexa Dreyer	Archbishop Mitty	Junior
Hannah Turnlund	Presentation	Sophomore
Gabriela Ruvalcaba	Sacred Heart Cathedral	Senior
Taylor Poncetta	Saint Francis	Senior
Hannah Aguirre	Saint Francis	Senior
Susan Vidalon	Saint Ignatius	Senior
Ella Lajos	Valley Christian	Junior
Jess Hess	Valley Christian	Junior

Honorable Mention

Shirin Tooloee	Archbishop Mitty	Senior
Katie Smoot	Notre Dame Belmont	Freshman
Emily Gigantino	Presentation	Senior
Alexis Dirige	Sacred Heart Cathedral	Sophomore
Abbey Santa Maria	Sacred Heart Cathedral	Junior
Kaitlyn Jochum	Sacred Heart Cathedral	Junior
Alex Espinosa	Saint Francis	Senior
Katrina Samonte	Saint Ignatius	Junior
Ashlyn Fleming	Valley Christian	Sophomore

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2013 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	Senior	Utility
Courtney Batcheller	Saint Francis	Senior	Attacker
Katherine Moore	Saint Francis	Senior	Goalie
McKenna Yates	Saint Francis	Senior	2 Meter
Caitlin Stuewe	Sacred Heart Prep	Senior	Center
Maddy Johnston	Sacred Heart Prep	Freshman	Driver
Morgan McCracken	Sacred Heart Prep	Senior	Driver
Maura Cantoni	Archbishop Mitty	Junior	Goalie
Sabrina Sherrin	Archbishop Mitty	Senior	Center
Claudia Macedo	Valley Christian	Senior	Center
Emma Malysz	Presentation	Junior	Attacker
Catherine Summa	Saint Ignatius	Senior	Utility

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>
Anna Edgington	Saint Francis	Junior	2 Meter Defense
Natalie Williams	Saint Francis	Junior	2 Meter Defense
Lauren Kerrigan	Sacred Heart Prep	Senior	Defender
Kelly Moran	Sacred Heart Prep	Senior	Goalie
Luey Maclean	Archbishop Mitty	Senior	Driver
Susan Cantoni	Archbishop Mitty	Junior	2 Meter Defense
Wynne Stagnaro	Valley Christian	Senior	Attacker
Samantha Baker	Valley Christian	Junior	Goalie
Jessica Kwok	Presentation	Senior	Utility
Sela Obot	Presentation	Senior	Attacker
Paige Waters	Saint Ignatius	Junior	Goalie
Katie French	Saint Ignatius	Junior	Utility
Eleni Giotinis	Notre Dame Belmont	Junior	2 Meter
Megan Cosgrave	Notre Dame Belmont	Junior	Utility

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2013 WCAL Boy's Water Polo All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Harrison Enright	Sacred Heart Prep	Senior	2 Meter
Nelson Perla-Ward	Sacred Heart Prep	Junior	Utility
Will Conner	Sacred Heart Prep	Junior	Driver
Michael Swart	Sacred Heart Prep	Junior	Driver
Michael Blach	Bellarmino	Senior	Left Hand Driver
Rico Burke	Bellarmino	Senior	Utility
Jack Turner	Bellarmino	Senior	Goalie
Shawn Welch	Saint Francis	Senior	Utility
Adam Antony	Saint Francis	Senior	Driver
Reilley May	Saint Ignatius	Senior	2 Meter
Max Schaum	Saint Ignatius	Senior	2 Meter Defense
Joe Kmak	Junipero Serra	Junior	Attacker
Brian Roush	Valley Christian	Senior	Goalie

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chris Hinrichs	Sacred Heart Prep	Senior	Driver
Phillipe Marco	Sacred Heart Prep	Senior	Goalie
Zack Zamecki	Junipero Serra	Senior	Attacker
Jeremy Hitchcock	Junipero Serra	Senior	Goalie
Conor Hehir	Bellarmino	Senior	2 Meter Offense
Riley Preston	Bellarmino	Senior	Driver
Kyle Phalen	Archbishop Mitty	Senior	Driver
Andrew Shao	Archbishop Mitty	Senior	Driver
Trevor Raisch	Saint Francis	Junior	Utility
Sean Elmurib	Saint Francis	Junior	Driver
Zack Lowenstein	Valley Christian	Senior	Attacker
Michael Hoefling	Valley Christian	Senior	Attacker
Charlie May	Saint Ignatius	Sophomore	Driver
Sheldon Boboff	Saint Ignatius	Sophomore	2 Meter Defense

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2014 WCAL GIRL'S ALL-LEAGUE BASKETBALL TEAM

CO-PLAYERS OF THE YEAR

KELLI HAYES – ARCHBISHOP MITTY – SENIOR

GEANNA SUMMERS-LUAULU – SACRED HEART CATHEDRAL - SENIOR

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Quinci Mann	Saint Ignatius	Senior
Ashanti Coleman	Sacred Heart Cathedral	Junior
Josie Little	Saint Ignatius	Junior
Jessica Mitz	Valley Christian	Senior
Maeve Kavanagh	Presentation	Junior
Lauren Johnson	Saint Francis	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Brianna Beckman	Saint Ignatius	Junior
Sydney Raggio	Saint Ignatius	Junior
Akilah Jennings	Presentation	Junior
Ill'mari Thomas	Sacred Heart Cathedral	Freshman
Taylor Todd	Archbishop Mitty	Junior
Kiana Tom	Saint Francis	Sophomore
Gabrielle Vigil	Sacred Heart Cathedral	Junior
Jahnay Anderson	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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Ronika Stone	Valley Christian	Sophomore
Kairee Howard	Sacred Heart Cathedral	Junior
Daisha Abdelkader	Saint Francis	Junior
Emma Pastorino	Notre Dame Belmont	Junior
Paige Marquez	Saint Ignatius	Senior
Maddie Guidoux	Presentation	Junior
Regina Chi	Archbishop Mitty	Senior

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2014 WCAL All LEAGUE BOY'S BASKETBALL TEAMS

PLAYER OF THE YEAR – TREVOR DUNBAR – SAINT IGNATIUS - SENIOR

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Danny Mahoney	Junipero Serra	Senior
Connor Peterson	Archbishop Mitty	Senior
Matt McAndrews	Archbishop Mitty	Senior
Jiday Ugbaja	Archbishop Riordan	Senior
Chiefy Ugbaja	Archbishop Riordan	Senior
Deondre Otis	Sacred Heart Cathedral	Senior
Julian Marcu	Saint Ignatius	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
JB Rindfleisch	Archbishop Mitty	Senior
Ben Kone	Archbishop Mitty	Sophomore
Liam O'Reilly	Sacred Heart Cathedral	Senior
Alex Frazier	Saint Francis	Senior
Stephen Ellis	Valley Christian	Senior
Sean Watkins	Junipero Serra	Senior
Dylan Tarpening	Bellarmino	Senior

Honorable Mention

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>
David Parsons	Sacred Heart Cathedral	Junior
Noah Stapes	Saint Francis	Sophomore
Curtis Witt	Saint Francis	Sophomore
Troy Rike	Saint Ignatius	Senior
Tristen Wentworth	Saint Ignatius	Senior
Zach Masoli	Archbishop Riordan	Senior
Jimmy Wohrer	Junipero Serra	Junior
Cory Cravalho	Junipero Serra	Senior
Masa Swain	Bellarmino	Junior

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2014 WCAL Girls Soccer Players of the Year

Player of the Year

Brianna Visalli – Senior - Valley Christian

Co-Seniors of the Year

Brianna Visalli – Valley Christian

Annie Kingman – Saint Francis

Junior of the Year

Jessica Parque – Notre Dame Belmont

Sophomore of the Year

Nicole Carson – Valley Christian

Freshman of the Year

Luca Deza – Notre Dame Belmont

2014 WCAL Girls Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brianna Visalli	Valley Christian	Senior	Midfielder
Alexis Smith	Valley Christian	Senior	Goalkeeper
Michaela Giordano	Valley Christian	Senior	Defender
Nicole Carson	Valley Christian	Sophomore	Midfielder/Forward
Mabinty Kanu	Archbishop Mitty	Senior	Defender
Marquel Love	Archbishop Mitty	Senior	Forward
Meghan Noyes	Archbishop Mitty	Senior	Midfielder
Annie Kingman	Saint Francis	Senior	Midfielder
Xochitl Hunter	Saint Francis	Senior	Defender
Megan Keeth	Saint Francis	Senior	Defender
Lindsay Bettinger	Saint Ignatius	Senior	Forward
Carly Bell	Saint Ignatius	Senior	Defender
Georgina Steigeler	Saint Ignatius	Sophomore	Forward
Sarah Lipscomb	Presentation	Senior	Defender
Jessica Parque	Notre Dame Belmont	Junior	Forward

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Kendra Stewart	Valley Christian	Senior	Forward
Sara Van Wagoner	Valley Christian	Senior	Forward/Midfielder
Ashley Kirchick	Archbishop Mitty	Junior	Forward
Kristina Sola	Archbishop Mitty	Junior	Midfielder
Madalaine Crain	Saint Francis	Senior	Defender
Kelly Park	Saint Francis	Junior	Midfielder
Lizzy Wagner	Saint Ignatius	Freshman	Midfielder
Soleil Brisbane	Saint Ignatius	Senior	Goalkeeper
Gabriella Sanfilippo	Presentation	Junior	Defender
Maile Washington	Presentation	Senior	Midfielder
Luca Deza	Notre Dame Belmont	Freshman	Midfielder
Macknezie Tong	Notre Dame Belmont	Junior	Defender
Maya Zavala	Sacred Heart Cathedral	Senior	Defender
Ellie Zavala	Sacred Heart Cathedral	Sophomore	Defender

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Brooke Zenner	Valley Christian	Sophomore	Defender
Danielle Sanchez	Archbishop Mitty	Senior	Midfielder
Peyton Cassin	Saint Francis	Senior	Forward
Maddie Long	Saint Ignatius	Junior	Defender
Micah Lownsbery	Presentation	Senior	Defender
Meaghan Uhl	Notre Dame Belmont	Sophomore	Defender
Sarah Walley	Sacred Heart Cathedral	Senior	Defender

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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2014 WCAL Boys Soccer Players of the Year

Defender of the Year

Christian Aldama – Senior – Bellarmine

Midfielder of the Year

Eric Espinoza – Senior – Archbishop Mitty

Forward of the Year

Nick Schnabel – Senior – Junipero Serra

Goalkeeper of the Year

Chris Velez – Junior – Archbishop Mitty

2014 WCAL Boys Soccer All League Teams

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Melkim Vega	Archbishop Riordan	Senior	Forward
Diego Martinez	Sacred Heart Cathedral	Senior	Defender
Richard Engelbrecht	Sacred Heart Cathedral	Senior	Forward
James (Alec) Prusa	Saint Francis	Senior	Defender
Joshua Edwards	Saint Francis	Senior	Forward
Eric Espinoza	Archbishop Mitty	Senior	Midfielder
Chris Velez	Archbishop Mitty	Junior	Goalie
Will Foxcroft	Archbishop Mitty	Junior	Midfielder
Roy Powell	Archbishop Mitty	Senior	Midfielder
Christian Aldama	Bellarmino	Senior	Defender
Elliot Jobson	Bellarmino	Senior	Defender
Andrew Saenz	Valley Christian	Senior	Forward
Cody Buchanan	Valley Christian	Junior	Midfielder
Nick Schnabel	Junipero Serra	Senior	Forward
Patrick Philpott	Junipero Serra	Senior	Midfielder
Robert Wagner	Saint Ignatius	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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Timothy Shen	Archbishop Riordan	Senior	Midfielder
Maceo Inocencio	Sacred Heart Cathedral	Junior	Midfielder
Tate Johnson	Saint Francis	Senior	Defender
Tanner Haas	Archbishop Mitty	Senior	Forward
Remy Arnold	Bellarmino	Senior	Defender
Ruben Maynes	Bellarmino	Senior	Midfielder
Alejandro Cadena	Bellarmino	Junior	Midfielder
Brian Mulcahy	Bellarmino	Senior	Forward
Cory Stryker	Valley Christian	Senior	Forward
Kody Kroening	Valley Christian	Senior	Defender
Kyle Wan	Junipero Serra	Senior	Defender
Alex Avila	Junipero Serra	Junior	Defender
Gerald Ingemansson	Junipero Serra	Senior	Forward
James Scott	Saint Ignatius	Junior	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>
Aidan Durgerian	Archbishop Riordan	Junior	Midfielder
James Brignoli	Archbishop Riordan	Junior	Goalie
Spencer Johnson	Sacred Heart Cathedral	Junior	Forward
Reilly Duran	Saint Francis	Senior	Midfielder
Dylan Neider-Perez	Archbishop Mitty	Senior	Defender
Ben Hughes	Bellarmino	Junior	Midfielder
Dylan Carrubba	Bellarmino	Sophomore	Forward
Logan Wolfe	Junipero Serra	Senior	Goalie
Callum Watts	Saint Ignatius	Senior	Defender
Billy O'Malley	Saint Ignatius	Junior	Defender

West Catholic Athletic League

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2014 WCAL Baseball All League Teams

Player of the Year – Luke Rasmussen – Archbishop Mitty

Pitcher of the Year – John Gavin – St. Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
CJ Romero	Archbishop Mitty	Senior	Pitcher
Matt Blais	Junipero Serra	Senior	Pitcher
Tyler Deason	Saint Francis	Senior	Pitcher
John Gavin	Saint Francis	Senior	Pitcher
Ben Hughes	Valley Christian	Senior	Pitcher
Bryson Brigman	Valley Christian	Senior	Infield
Angelo Bortolin	Junipero Serra	Sophomore	Infield
Sean Watkins	Junipero Serra	Senior	Infield
Dante Biagini	Archbishop Riordan	Senior	Infield
Tim Susnara	Saint Francis	Senior	Catcher
Chris Zapata	Archbishop Mitty	Senior	Catcher
Christopher Papapietro	Junipero Serra	Junior	Outfield
Luke Rasmussen	Archbishop Mitty	Senior	Outfield
Tyler Bindi	Bellarmino	Senior	Outfield
Mark Quimby	Valley Christian	Junior	Outfield
Nolan Dempsey	Junipero Serra	Senior	Outfield
Corby Punian	Bellarmino	Senior	Utility
Kris Bubic	Archbishop Mitty	Junior	Utility
Theron Kay	Valley Christian	Senior	Utility
Joe Cahn	Archbishop Mitty	Junior	Designated Hitter
John Helmers Jr.	Bellarmino	Junior	Designated Hitter
David Bustillos	Saint Ignatius	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

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Chris Manderson	Valley Christian	Senior	Pitcher
Casey Douglas	Saint Francis	Senior	Pitcher
Sid Iyer	Bellarmino	Sophomore	Pitcher
Conor Ridley	Bellarmino	Senior	Pitcher
Andrew Ferrero	Saint Ignatius	Junior	Pitcher
Blake Billinger	Saint Francis	Senior	Infield
Kyle Marinconz	Valley Christian	Junior	Infield
Nick Bellafronto	Bellarmino	Junior	Infield
Stephan Ostrowski	Saint Ignatius	Senior	Infield
Jack Thoreson	Bellarmino	Senior	Catcher
Alex Murphy	Valley Christian	Junior	Catcher
Trenton Scharrenberg	Archbishop Mitty	Senior	Outfield
James Outman	Junipero Serra	Junior	Outfield
Neil Sterling	Junipero Serra	Senior	Designated Hitter

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Andrew Carter	Saint Francis	Junior	Pitcher
Nick Simonian	Saint Ignatius	Junior	Pitcher
Patrick McMullen	Saint Francis	Senior	Pitcher
Christian Hammerich	Archbishop Riordan	Sophomore	Pitcher
Gerardo Navarro	Archbishop Riordan	Senior	Pitcher
Max Werner	Archbishop Mitty	Junior	Infield
Jeff DeAlba	Archbishop Riordan	Junior	Infield
Conor Thane	Saint Francis	Junior	Infield
Scott Jarvis	Bellarmino	Senior	Infield
Keenan Brigman	Valley Christian	Junior	Infield
Chris Edwards	Archbishop Riordan	Senior	Catcher
Felix Aberouette	Junipero Serra	Junior	Catcher
Brian Tate	Valley Christian	Junior	Outfield
Drew Mount	Archbishop Mitty	Senior	Outfield
Jeremy Ydens	Saint Francis	Sophomore	Outfield
Ryan McSwain	Saint Francis	Senior	Outfield
Justin Marquez	Sacred Heart Cathedral	Senior	Utility

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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2014 WCAL Boys Golf All League Teams

Medalist – Shintaro Ban – Archbishop Mitty - Senior

<u>Name</u>	<u>School</u>	<u>Year</u>
Shintaro Ban	Archbishop Mitty	Senior
Edd Hackett	Archbishop Mitty	Junior
Austin Lin	Archbishop Mitty	Junior
Matthew Heitel	Saint Francis	Sophomore
Isaiah Salinda	Junipero Serra	Junior
Joseph Ladd	Saint Ignatius	Junior
Jonathan Koo	Sacred Heart Cathedral	Senior
Kyle Morris	Valley Christian	Junior
Jimmy Castles	Bellarmino	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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2014 WCAL Lacrosse All League Teams

Players of the Year

Joe Lang – Saint Ignatius
Joe Rodrigues - Bellarmine

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Joe Rodrigues	Bellarmino	Senior	Attack
Joe Lang	Saint Ignatius	Senior	Attack
Cyrus Scott	Saint Ignatius	Senior	Goalie
Michael Cerone	Archbishop Mitty	Junior	Attack
Thomas Loudermilk	Bellarmino	Senior	Midfielder
Nick Stinn	Saint Ignatius	Junior	Midfielder
James Gates	Sacred Heart Cathedral	Junior	Attack
Chase Bunce	Bellarmino	Junior	Defender
Matt Klein	Saint Ignatius	Junior	Midfielder
Luke Miller	Bellarmino	Senior	Goalie
Matthew Meissner	Saint Francis	Senior	Attack

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Henry Armistead	Bellarmino	Senior	Midfield
Will Belshe	Bellarmino	Senior	Attack
Tommy Hoey	Saint Francis	Junior	Defender
Cole Steigerwald	Saint Ignatius	Senior	Defender
Logan Spalding	Archbishop Mitty	Junior	Attack
Daylen Sisneroz	Sacred Heart Cathedral	Senior	Defender/LSM
Hall Peters	Saint Ignatius	Freshman	Defender
Sean Elmurib	Saint Francis	Junior	Midfielder
Ryan Rasmussen	Saint Francis	Senior	Defender
Eoin Conroy	Archbishop Mitty	Senior	Defender

Honorable Mention

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>
Cary Goeller	Sacred Heart Cathedral	Senior	Goalie
Matt Petersen	Junipero Serra	Senior	Defender
Matt Mingrone	Bellarmino	Senior	Defender
Conner Sexton	Archbishop Mitty	Senior	Midfield
PJ McGloin	Junipero Serra	Freshman	Attack
Ian Schwaab	Junipero Serra	Freshman	Defender/Midfield
Tommy Flemming	Saint Ignatius	Sophomore	Attack
Andrew Carroll	Saint Francis	Senior	FO/DM
Caleb Sexton	Archbishop Mitty	Senior	Midfield
Tanner Haas	Archbishop Mitty	Senior	Midfield
Jonathan Keyes	Saint Francis	Junior	LSM
Tyler Mackin	Bellarmino	Junior	Midfield
Chris Malmbrog	Bellarmino	Senior	Midfield
Stephen MacLeod	Saint Ignatius	Sophomore	Defender
Thomas Francheschini	Sacred Heart Cathedral	Sophomore	Midfield
Parker Whims	Bellarmino	Junior	Midfield
Blaise Demaree	Archbishop Mitty	Junior	LSM/Defender

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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2014 WCAL Softball All League Teams

Players of the Year

Jazmyn Jackson – Archbishop Mitty – Senior

Pitcher of the Year

Brynne Fitzpatrick – Valley Christian - Junior

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Danielle Bowers	Archbishop Mitty	Junior	Outfield
Anissa Bonilla	Archbishop Mitty	Senior	Infield
Desiree Severance	Archbishop Mitty	Junior	Pitcher/Infield
Haley Wymbs	Archbishop Mitty	Junior	Outfield
Marcella Kay	Valley Christian	Junior	Catcher/Infield
Jordan Dawkins	Valley Christian	Junior	Infield
Alexis Corini	Valley Christian	Junior	Catcher/Infield
Grace Hargadon	Presentation	Senior	Infield
Lorena Ukanwa	Presentation	Junior	Pitcher
Lindsay Mifsud	Notre Dame Belmont	Junior	Pitcher
Danica Kazakoff	Notre Dame Belmont	Sophomore	Catcher/Outfield
Regan Heslop	Saint Francis	Sophomore	Pitcher/Outfield
Kelsie Barnard	Saint Ignatius	Junior	Catcher
Rebecca Gisslow	Sacred Heart Cathedral	Senior	Infield

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>
Megan Nordin	Archbishop Mitty	Junior	Catcher
Stephanie Kristo	Archbishop Mitty	Junior	Pitcher
Jessica Mitz	Valley Christian	Senior	Infield/Outfield
Jackie Brown	Valley Christian	Junior	Infield
Nina Mandracchia	Presentation	Senior	Catcher
Lauren Blach	Presentation	Sophomore	Infield
Lorin Hom	Notre Dame Belmont	Senior	Outfield
Sofia Magnani	Notre Dame Belmont	Sophomore	Infield/Outfield/Pitcher
Jodi Hinojosa	Saint Francis	Senior	Infield/Outfield
Courtney Fetter	Saint Francis	Senior	Infield/Outfield
Jackie Ocana	Saint Ignatius	Junior	Outfield
Claire Gunther	Saint Ignatius	Sophomore	Infield
Carmel Gisslow	Sacred Heart Cathedral	Freshman	Pitcher/Infield

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Amanda Shore	Archbishop Mitty	Senior	Outfield
Kimmie Figone	Valley Christian	Senior	Outfield
Elizabeth Skotz	Presentation	Freshman	Outfield
Sofia Reyes	Notre Dame Belmont	Sophomore	Infield
Tiana Yamaguchi	Saint Francis	Senior	Infield/Outfield
Michelle Larose	Saint Ignatius	Junior	Infield
Caitlin Lynch	Sacred Heart Cathedral	Senior	Pitcher/Infield

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2014 WCAL All League Tennis Teams

Player of the Year – Everett Maltby – Archbishop Mitty

Doubles Team of the Year – Erik Ratta/Daniel Morissette – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Everett Maltby	Archbishop Mitty	Senior
Jayson Fung	Saint Ignatius	Sophomore
Matt Campana	Junipero Serra	Senior
Andrew Ton	Bellarmino	Freshman
Peter Campana	Junipero Serra	Junior
Kyle Pease	Saint Francis	Sophomore
Gordon Barrows	Junipero Serra	Senior

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>
Max Heerickx	Bellarmino	Senior
Bernardo de la Cabada	Valley Christian	Junior
Andre Dang	Archbishop Mitty	Senior
Erik Ratta/Daniel Morissette	Saint Francis	Sophomore/Senior
Leon Haneda	Archbishop Mitty	Junior
Daniel Berestov	Bellarmino	Senior
Nicholas Kuo/Zaki Akhter	Archbishop Mitty	Junior/Senior

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

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>
Daniel Landa	Saint Ignatius	Freshman
Brendon Barrows	Junipero Serra	Senior
Conor O'Keefe	Sacred Heart Cathedral	Senior
Ian McGowen/Coby del Rosario	Bellarmino	Junior/Freshmen
Eric Dennis	Junipero Serra	Junior
Matt Balboni	Bellarmino	Senior
Derek Austin	Saint Ignatius	Sophomore
Allen Speers/Chris Leege	Valley Christian	Junior/
Ryan Ebner/Tommy Noonan	Bellarmino	Sophomore/Sophomore
Kyle Chin/Trent Tayrien	Valley Christian	Juniors/Juniors
Kushal Singh/Sanjay Raman	Archbishop Mitty	Sophomore/Junior
Benjamin Lewis	Saint Francis	Junior
Rob Werner	Saint Ignatius	Sophomore
Michael Chan	Archbishop Riordan	Senior
Nico Beard	Sacred Heart Cathedral	Freshman
Stefano Fernando	Archbishop Riordan	Sophomore
Matthew Liston	Saint Francis	Junior
Will Decker	Saint Ignatius	Junior

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2014 WCAL Volleyball All League Teams

Player of the Year – Mathew Larson – Saint Francis

First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Mathew Larson	Saint Francis	Senior	Outside Hitter
Ian Aguilar	Archbishop Mitty	Senior	Outside Hitter/Middle Blocker
Chris Stapleton	Bellarmino	Senior	Middle Blocker
Steven Dinneen	Saint Francis	Junior	Opposite
Nicolas Gentry	Bellarmino	Junior	Outside Hitter
Avery Aylsworth	Saint Francis	Junior	Setter
Sam Bhatia	Junipero Serra	Senior	Outside Hitter
Joseph Simmons	Saint Ignatius	Junior	Opposite

Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Austin Coon	Bellarmino	Senior	Outside Hitter
Alexander Jiminez	Saint Francis	Junior	Outside Hitter
Samuel Zaroff	Sacred Heart Cathedral	Junior	Outside Hitter
Liam O'Reilly	Sacred Heart Cathedral	Senior	Opposite
Evan Saito	Archbishop Mitty	Senior	Setter
Eric Graven	Archbishop Mitty	Senior	Outside Hitter
Cooper Diamond	Saint Francis	Junior	Middle Blocker
Justin Joseph	Bellarmino	Senior	Opposite

Honorable Mention

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Position</u>
Cameron Ponce	Valley Christian	Junior	Opposite/Setter
Martin Gouchon	Saint Ignatius	Sophomore	Middle Blocker
Brian McFadyen	Saint Francis	Senior	Libero
Tanner Fahrback	Junipero Serra	Junior	Outside Hitter
Tommy Baumel	Archbishop Mitty	Opposite	Opposite/Middle Blocker
Joey Rovetto	Bellarmino	Junior	Setter
Kishan Dahya	Junipero Serra	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