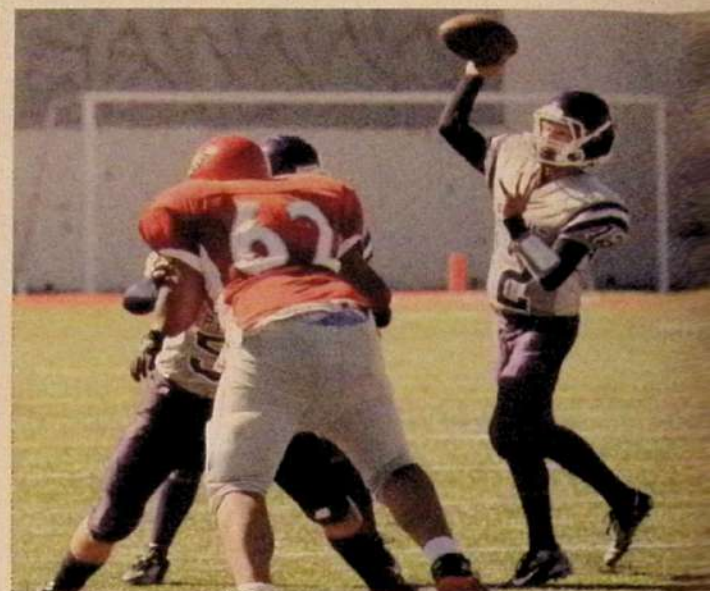


JV FOOTBALL



During John Swett's fumble, Jack Adams (10) latches on to his waist, bringing him down for a loss. As a captain and outside linebacker, Adams inspired teammates with his tenacity and hard work.



For the JV football team, the offensive unit was an absolute powerhouse. Having multiple versatile players and **Cole Gruendl** (10), who threw 18 touchdown passes, at the head as quarterback, the deadly unit capitalized in nearly every game. Together, the group only had one game where they scored less than 28 points. The team ended up pounding the competition this year with a record of 9 wins and 1 loss and in all the games combined, scoring a total of 353 points and 45 touchdowns.

"The JV team has really improved from last year because of hard work over the summer and each player's devotion to the team's success."

Ryan Castle (11)



touchdowns on touchdowns

[1] With just his fingertips, Drew Bonnin (10) manages to get his hands on the ball and bring it in for a catch. One of the team's go-to receivers, Bonnin scared other teams with his height and speed. [2] Leaving a John Swett defender on the ground with his swift jukes, Connor Garrett (10) crosses the



plane for six points. Garrett was one of the team's offensive weapons as a running back. [3] Trotting into the end zone, Tristan Gardner (10) beats George Washington's safety around the edge. Against George Washington, Gardner had 1 touchdown and 77 total yards.

leaders on each side of the ball



[1] Tracking the ball carrier, Flachra Collins (10) fills the gap with a picture perfect tackle. Collins and his defensive squad on average only let up nine points per game.

[2] Gabe Watson (9) gives the ball a boot. The only freshman called up to Varsity for playoffs, Watson impressively had two three-touchdown games against Arroyo and Healdsburg. Playing both wide receiver and safety, Watson rarely sat on the sideline.

How many Piedmont sporting events have you gone to this year?



Anjes Swann (11)



Brittany Sterling (9)



Coby Stein (9)



Lani Cook (11)



Madala Pomara (12)

VAR. FOOTBALL

points scored by the team in
the season

192

checking in

42

most points
scored in a single
game

6

fewest points
allowed by the
defense in a game

413

most total yards in
a single game

3.5

hours of practice
every day

75

most up downs
done in a single
practice

After completing the pre-second half ritual by the back goal post, the team breaks and prepares for the start of the second half. Michael Tam (11) led the pack and inspired players with his tenacity as he powered through the entire second half of the season with an excruciating sprained AC joint.



mondays: putting in work

[1] Perfecting the ab rotator workout, Jason Duecker (11) exhales as he comes back down to his resting point. As an offensive lineman, Duecker's focused on his abdominal muscles, so he could stay balanced and maintain good posture while blocking opponents.

[2] Pounding out his last rep of inclined bench presses in the circuit, Xavi Prospero (10) breathes steadily to maintain balance of the weights. Prospero, a Sophomore on Varsity, had to work extra hard during summer to fight against older players for time on the field.

[3] Pausing in between squats for a breath, Austin Sun (11) paces himself so he doesn't burnout before the 45 second interval is over. Sun, who was an instrumental cornerback for the team, suffered a devastating injury taking him out for the last three games of the season.

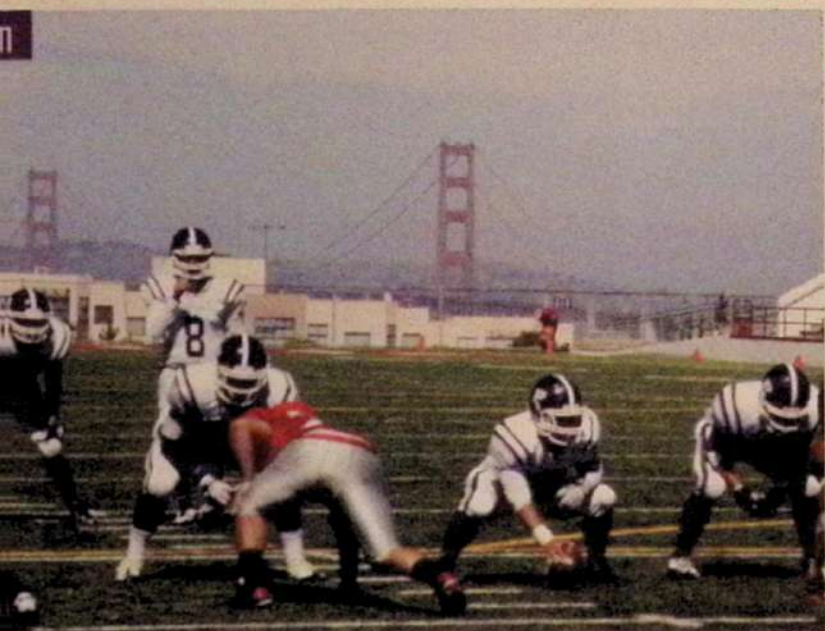
[4] Executing a lot of repetition with little weight, Gavin Moscone (12) works on his muscle definition. Moscone was known for his aggressive and fast style of play on the field.

[5] Charlie Hanf (12) works on his legs. A late addition to the team, Hanf explained, "I joined football because it was my senior year and all my friends were playing and I had never played before."

[6] Sculpting his calf muscles, Andy Slabaugh (12) works on his legs, his main focus in workouts, so he could make quick cuts on the field.

How many
football games
did you attend?





are you ready to RUMBLE?!?!?

[1] Spencer Kim (11) takes leadership of the offense against George Washington High even though that week he broke his finger. Kim was put into a tough situation after the team's former starting starting quarterback Ryan Sullivan tore a ligament in his index finger on the third day of practice. [2] Breaking a tackle after beating double coverage, William Meredith (12) crosses the plane to put the Highlanders within three points of the Moreau Catholic Mariners early in the 4th quarter. Meredith pounded in another clutch touchdown later on an 85 yard punt return to give Piedmont the lead in a 28-25 victory. [3] Dodging an Alameda tackler, Charles Tuan (12) returns a punt for 34 yards. Tuan had an outstanding Homecoming game on both offense and defense with one interception, 54 yards, and 11 tackles. [4] Evading blockers, Teddy Heafey (12) rips the quarterback to the ground. The Homecoming game against Alameda was one of Heafey's best performances throughout the year with 11 tackles and a sack. Playing on every line but the Kicking Team, it was rare to see Heafey on the sideline. [5] Hurdling one of Healdsburg's cornerbacks, Jake Pacheco (12) moves the ball up the field on a bubble screen. Running track in the off season gave Pacheco an edge against opposing teams and made him a threat on the field with his blazing speed and precise footwork.

pregame rituals



"Before every game I meditate and make hand signs with my fingers for my friends that have passed away. I also put a soda tap in my right elbow in honor of one of those friends." Chad Brame (11)



"I love listening to the National Anthem right before every game because it serves as a nice calm moment to respect those fighting for our country, and by the end I get extremely pumped and ready to cheer on my team." Ryan Sullivan (12)



"I like to look as swagged out as possible, so most of my time before games goes into looking as spiffy as possible for the crowd." Steven Tulley (9)



pros vs. joes

During the Highlander's bye week, Coach Kevin Anderson organized a fathers vs. sons game. Through a little fun and friendly competition, the game provided the players with a relaxing day off of practice and a chance to show their dads what it was like to be a part of the team, proving the amount of work necessary day in and day out. Jason Duecker (11) felt "it was cool that they could show their support for us and we could show them what we do."



MAKE IT count