



"Thank you to my family for supporting me throughout my career and to Coach Safir and Coach Holan for helping me become the man I am today."
- Matt Lichens (12)



DIVISION IV

After moving up to Division IV, the Varsity football team ended the regular season with a 8-4 winning record. Their home record was 3-3 and their away record was 3-1. Entering NCS seeded 3rd, they played 3 NCS games. They totalled 408 points for the season overall.

NCS PLAY OFFS

The team defeated Kennedy High in the quarter finals 16-8, but fell short in the semis.

16-8

JUSTIN SIENNA

Ben Wuebbens (11)
Sacked Aidan Willard from Justin Sienna

Owen Barry (12)
First catch of the season.

Gordon Faust (12)
Touchdown in the first half.

Willy Matsuno (12)
First time starting on Varsity.

Andrew Meredith (12)
Had five touchdowns and over two hundred yards receiving.

SEASON RECAP

Teamwork, strength, and honor
against new rivals.

"We went in knowing our games would be hard to win and that we would be the weaker and smaller team in most games. We had to depend on our teammates, so our strong relationships were important. Every week the night before the game we have a team dinner with all the players and coaches at one of our houses."

Jacob Prager (11)

SCOREBOARD

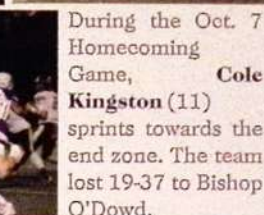
W/L	Score	Opponent
W	48 - 14	Justin-Siena
W	63 - 00	Balboa
L	24 - 21	Moreau Catholic
W	28 - 27	Salesian College Prep
L	20 - 13	Encinal
L	37 - 19	Bishop O'Dowd
W	35 - 18	Berkeley
W	35 - 21	Castro Valley
L	14 - 12	San Leandro
W	65 - 00	Tennyson

compete.





"I'd like to thank my parents for supporting me and allowing me to play football, my uncle Michael who is at every game, Coach Holan and Coach Safir for supporting me after a rough time in my life, and to all the seniors on the team who have been there for me and been some of my best friends." - Brandon Lew (12)



During the Oct. 7 Homecoming Game, **Cole Kingston (11)** sprints towards the end zone. The team lost 19-37 to Bishop O'Dowd.



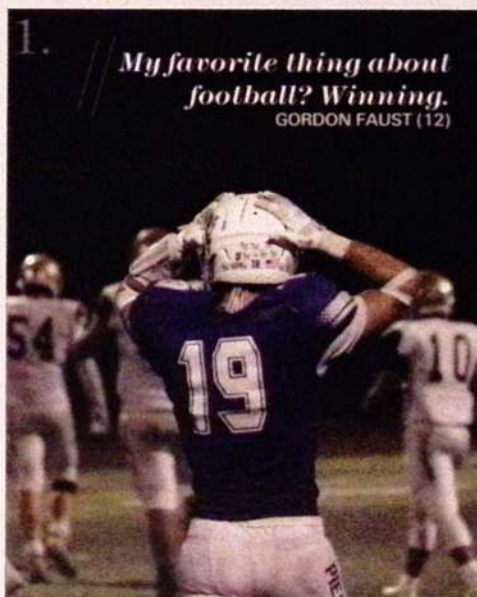
1. After the final snap of the first quarter, **Christian Turner (12)** blocks an opposing player while **Nick Pacult (12)** breaks through and runs 71 yards to score the second touchdown of the game, accompanied by a field goal.
2. During the third quarter, **Liam Zhu (11)** and **Jacob Watson (12)** block the opposing team while **Pacult** scores the final touchdown from five yards. "We were clearly the underdog against O'Dowd and we competed with them the whole game. This game was one of the best we played all year, and we have more energy to bring into the rest of our league games," said **Julien Turner (11)**, a running back and linebacker.
3. Back to playing after a broken arm earlier in the season, **Jack Elvekrog (10)** tackles an O'Dowd player during the first quarter, following the first touchdown of the game by **Andrew Meredith (12)**. At each kickoff during the game, the crowd held up shoes to bring the team good luck.

perseverance.



On Oct. 28, the team lost against San Leandro 14-12.

1. Two minutes into the fourth quarter, **Gordon Faust (12)** throws over a San Leandro defender to **Willy Matsuno (12)** to win the lead. 2. While **Andrew Meredith (12)** breaks away in the first touchdown, **Jacob Watson (12)** blocks the opposing team. 3. **Bill Whiteside (12)** and **Meredith** sprint past the 25 yard line. 4. During the fourth quarter, **Will Kalmbach (10)** turns to block for the oncoming runner. "We went in knowing it was going to rain and it was going to be a hard game to win," said **Kalmbach**.



My favorite thing about football? Winning.
GORDON FAUST (12)



strength & honor.

In the third game of the season, the Varsity Football team lost to Moreau Catholic after a double pass penalty. During the second half, the team scored two additional touchdowns, raising the score from 7-24 to 21-24. With thirty seconds left, quarterback and captain **Gordon Faust (12)** passed back to **Andrew Meredith (12)**, who then passed forward. The resulting touchdown was called back due to a penalty. 1. **Nick Pacult (12)** throws his hands up following the last call. "We are almost never going to be the bigger or stronger team, so we work harder than our opponents to get it done," said quarterback **Jacob Prager (11)**. 2. Offensive tackle **Jack Woolcott (12)** tackles a Moreau player, stopping the team's attempted first down. 3. The team huddles in the last time out of the game. "When we lose like this, it feels like the game was stolen from us. But I think, on to the next one," said **Ethan DiRienzo (10)**. 4. In the third quarter, linebackers **Bill Whiteside (12)** and **Lane Bentley (11)** charge the Moreau offense to force a fumble.



strategy.

1. During the JV Football game on Friday, Oct. 7 against San Lorenzo High School, Ian Joseph (10) blocks an opposing player. Just before half time, Joseph scored a touchdown on a 29 yard pass and later scored a 20 yard field goal. 2. Beginning a new play, quarterback Marshall Petty (10) prepares to throw the ball to wide receiver Tre Anderson (10). Following the 25 yard pass, Anderson ran 60 yards and scored the final touchdown of the game, bringing the score to 23-14. 3. Nearing the end of a quarter, Andrew Jiang (10) makes a dash for the end zone before passing to another player. 4. During the fourth down, Myles Smith (10) breaks away. The team won the game, with touchdowns by Joseph, Anderson, and Will Wolfe (10), who scored on a 19 yard screen pass during the first quarter. "It was probably one of our most stressful games and winning it really boosted our confidence," said Daryl Tjogas (10).

determined.

1. Working on his kicks, Nino Manolis (9) lines up a row of footballs and kicks to receivers, Ian Joseph, Tre Anderson, and Will Wolfe (10), in preparation for the Homecoming Game against O'Dowd. 2. During a scrimmaging session, Rex Peters (10) blocks his teammate. "In the first game season our team came out and upset our rival, Justin Sienna. I remember a big third down play where Hunter Settlemier and I both rushed around the edge of the offensive line and simultaneously sandwiched the quarterback really hard," said Peters. 3. Attempting to stop his teammate from scoring, Will Baum (9) blocks another player and prepares to tackle him. 4. While practicing their "perfect plays", Tre Anderson (10) makes a dash to get away from the other players and into the end zone.

5. While working on "perfect plays", Ben Williamson (10) catches the ball and runs to pass it on to a teammate.



philosophy //
"We all rely on each other to get our jobs done and come home with a win in the end."

- Patch Selna (9)



Varsity Football



Top: Gordon Frost, Jacob Prager, Kameron Smith, Goyo Prospero, Geoffrey Burge, Bill Whiteside, Owen Barry, Cole Kingston, Jonas Rappert, Liam Zhu.
Middle: Jack Woodcott, Jacob Watson, Brandon Lew, Andrew Meredith, Julian Turner, Jonathan Dinets, Ethan DiRusso, Will Kalmbach, Christopher Floyd, Trent Schlemmer, Matthew Luchens, Ivan Lopez Cortez.
Bottom: Ben Wuebbers, Dillon Heller, Willy Mateno, Jack Ebrekrug, Lane Beuthe, Nick Facult, Jacob Mura.

Cheerleading



Top: Ella Phillips, Sophia Lincoln, Mia Gifford, Madeleine Lincoln, Sydney Tay.
Bottom: Dolma Lhamo, Kelsey So, Shannon Yan, Tenzin Dadon.

Women's Varsity Tennis



Top: Angela Huang, Ella Lee, Kiana Kasrovi, Sophia Landes, Madeline Wolfe, Megan Aikawa, Sara Zukerman, Madison Aikawa.
Bottom: Hanna Marcus, Emily Becker, Elise Retherford, Lauren Young, Cara Possusiti, Noreen AuYoung, Megan Chueh.

Men's Varsity Water Polo



Left to right: Brock Settemier, Carson Gilliland, Jackson Bocheff, Henry Saunders, Taggard Walter, Max Manalo-Le Clair, Lane Manalo-LeClair, Benjamin Stormer, Adam Low, Blake Meyers, Patrick Conn, Royden Connors, Kieran Linnane.



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Women's Varsity Golf



Top: Anna Smegal, Maxine McCarty, Minnie Cooper, Cerina Smit, Margi Brayer
Bottom: Virginia Tuan, Sarah Ramsdell, Madeline Malan

JV Football



Top: Coach Jon DiRienzo, Coach Lucas Detman, Christopher Crowell, Darryl Tjogas, Jackson Peterson, Jeremy Baker, Ben Williamson, Paul Woolcott, Hunter Settlemier, Marshall Petty, Patrick Selna, Tre Anderson, Dash Patterson, Rex Peters, Georgie Brayer
Middle: James Sharman, Ian Joseph, Aidan Dixon, Sachiel Newbrun, Paul Pappas, William Robison, Will Wolfe, Andrew Jiang, Burke St. Clair, Ryan Eyre, Hunter Disco, Will Baum
Bottom: Mikey Goody, Judge Williams, Will Peterson, EJ Chung, Sam Reynolds, Myles Smith, Francisco Chung, Noah Rosenbaum, Billy McNeill

Women's JV Tennis



Top: Austen Elvekrog, Tessa Blum, Lily Orta, Halle White, Paige Avagliano, Alex Lopez, Christine Zhou, Susan Kuroda
Bottom: Auden Walter, Esme Kalbag, Gabrielle Cota, Madeline Young, Hanna Pham, Morgan Bouch, Hadley Breault, Ashley Nelson, Campbell Lawson

Men's JV Water Polo



Top: Ethan Drake, Ryan Parikhurst, Tag Walter
Bottom: Cutter Mitchell, Evan Eldridge, Luke Kennedy, Sheldon Ewing, Thomas Wilson, Lucas Derr

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