

WOODSIDE HIGH SCHOOL'S FALL SEASON SPORTS AWARDS 2019-20



CROSS COUNTRY

GIRLS

Jordan Demer – Most Improved V
Elise Arana – Coaches Award V
Sarah Perry - Most Valuable Runner V

BOYS

Kai Steiner – Most Valuable Runner F/S
Connor Herson – Most Improved F/S
Tal Dickman - Coaches Award F/S
Quentin Verkler – Most Valuable Runner JV
Daniel Sochoux – Most Improved JV
Kawika Tu - Coaches Award JV
Nathan Bowman – Most Valuable Runner V
Taylor Roe – Most Improved V
Zephyr Granger - Coaches Award V



VOLLEYBALL

FROSH

Nicole Fajardo – Coaches Award
Madi Escobar, Natalie Melgar – Co-MVP

JV

Cienna Cattaneo – Coaches Award
Erika Rohlfes – Most Improved
Caroline Rankin – MVP

VARSITY

Molly Buddie – Coaches Award
Krista Opp – Most Improved
Elena Campbell – MVP



TENNIS, GIRLS

JV

Naomi Komadina – MVP/Coaches Award
Elise Hadidi – Most Inspirational
Sara Typrin – Most Improved

VARSITY

Rebecca Rodriguez, Caroline Daniher –
Coaches Award, Doubles
Carmen Bechtel, Amanda Wong – MVP
Doubles
Daisy Koch – Player Award, Singles



WATER POLO

JV GIRLS

Lizzi Warren – Most Improved
Colette Akemann – MVP
Tara Perkins – MVP

VARSITY GIRLS

Lily Mein – Most Inspirational
Sophia Simpson – Most Improved
Lucy Worden – MVP

JV BOYS

Charles Connolly – Most Improved
Jack Land McGowen – Coaches Award
Andre Kalberer - MVP

VARSITY BOYS

Jake Anderson – Coaches Award
Kai Seed – Most...
Duncan Vaughan – MVP



FOOTBALL

JV

Cole Bowers, Andrew Nordgren – Most
Improved
Nick Jeong – Player of the Year
Isaac Torres – MVP

VARSITY

Sean Sheffield, Adam Ajroudi – Most
Improved
Josh Peterson, Cody Bowers – Players of the
Year
Tommy Person, Ethan Mooney – MVPs

WOODSIDE HIGH SCHOOL'S FALL SEASON SPORTS AWARDS 2019-20



SCHOLAR ATHLETES

3.0-3.49

Anderson, Jake
Andrade, Christopher
Butler, Addison
Carlsmith, Jennifer
Caviglia, Gianna
Connolly, Charles
Crowley, Brody
Cullen, Reese
Deaser, Piper
Dohrmann, Avery
Donovan, John Patrick
Fajardo, Nicole
Greene, Joseph
Holthaus, William
Jackson, Jakob
Johnson, Bryce
Knudson, Kyle
Land McGowen, Jack
Latu, Taulua
Mein, Lily
Mills, Ryan
Molloy, Ava
Mooney, Ethan
Moore, Mason
Nordgren, Andrew
Osterhaus, Jared
Pai, Avantika
Pedrin, Rockford
Pedrin, Rhett
Perkins, Tara
Person, Tommy
Polati, William
Presotto, Giordano
Ray, Theodore
Risley, Dillon
Rocklin, Natalie
Rodriguez Stangle, Alexander
Rohlfes, Robert
Sadie, Miguel
Scardino, Amanda
Scher, Zachary
Seed, Aidan
Sheffield, Sean
Smith, Dylan
Steinmetz, Sarah
Stirling, Maxwell
Strus, Sarah
Sullivan, Matthew
Torres Anzaldo, Isaac
Tripp, Christopher
Usher, Nathan

Work hard; study hard; play hard!

Vasquez, Cristian
Verdusco, Avel

3.5 - 3.99+

Abdysamatova, Aibiike
Batista, Joseph
Benkard, Charles
Bertine, Owen
Bowers, Colton
Brook, Georgia
Brooks, Ethan
Buddie, Molly
Buhr, Hans
Cook, Claire
Davis, Erin
Deal, Tyler
Escobar, Madeline
Farber, Zara
Gonzales, Nicolas
Gosling, Justin
Green, Corynne
Greenberg, Catherine
Hasan, Aasia
Helfand, Morgan
Hohendorf, Maximilian
Hornstein, Jacob
Jeong, Nicholas
Jeong, Peter
Jerng, Elliot
Kavanaugh, Katherine
Koch, Daisy
Kretschmer, Alyssa
Marcos, Amanda
McDonough, Lena
Melgar, Natalie
Montalbano, Emma
Morhenn, Natalie
Murray, Gabrielle
Nicolosi, Sofia
Odenwald, Yannick
Orton, Matthew
Perez, Olivia
Pirir Uyu, Cesar
Raab, Sophia
Reo, Jennifer
Rodriguez Stangle, Chloe
Roe, Taylor
Shepard, Benjamin
Single, Andrew
Torres, Marissa
Triolo, Marcus
Triveno, Daniel
Typrin, Sara
Urbina, Josue

Whiting, Julia
Williams, Connor
Yepez, Jessalyn

4.0+

Ajrouti, Adam
Akemann, Colette
Arana, Elise
Ashworth, Thomas
Bechtel, Carmen
Bellomo, Riley
Bonner, Elena
Borg, Dominic
Bowers, Cody
Bowman, Nathan
Brosius, Noah
Calcagno, Isabella
Campell, Elena
Carreon, Otoniel
Constantz, Dominic
Cordero, Olivia
Cortez, Alejandra
Crouse, Sophia
Daniher, Caroline
Daniher, Mary
De Leon, Amelie
Deemer, Jordan
Delfs, Kaitlyn
Dickman, Uri
Dickman, Tal
Fabian, Jason
Fogelberg, Alison
Francis, Aria
Franco, Oliver
Gastinel, Sky
Gemello, Delilah
Gerson, Stephanie
Granger, Zephyr
Gutierrez, Miguel
Gutierrez, Marisa
Hadidi, Elise
Harshman, Anna
Helfand, Adin
Herson, Connor
Hespelt, Mandi
Janzen, Annika
Jau, Grace
Kapral, Maxwell
King, Maxwell
Komadina, Naomi
4.0+ (CONTINUED)
Kreidler, William
Longo, Daniel

Compiled by WHS Athletic Director Tim Faulkner

WOODSIDE HIGH SCHOOL'S FALL SEASON SPORTS AWARDS 2019-20

Lubitz, Nicholson
Manuel, Claire
Marsyla, Elle
McCullen, Katharine
McLean, Courtne
Merwin, Maeve
Mills, Andrew
Morrill, Ronan
OBrien, Bridget
OConnor, Cameron
Olson, Zachary
Opp, Krista
Ortega, Adriana
Orton, Casey
Patton, Paige
Perry, Sarah
Pestoni, Sierra
Peterson, Joshua
Pistilli, Virginia

Politi, Judith
Rankin, Caroline
Rodriguez-Soto, Rebecca
Rohlfes, Erika
Sabel, Snowden
Sampson, Eloise
Schmidt, Janet
Schmitz, Emily
Shade, Kaylinn
Shiple, Haley
Sigel, Jaan
Simpson, Sophia
Skrabo, Lindsay
Smith, Brendan
Smuek, Nayan
Sochoux, Daniel
Spangner, Eric
Steiner, Kai
Tu, Kawika

Untrecht, Joseph
Vaughan, Duncan
Velleno, Michaela
Verkler, Quentin
Warren, Elizabeth
Wong, Amanda
Worden, Lucy

ALL LEAGUE RECOGNITION

HONORABLE MENTION

Courtney McLean - Girls Water Polo

Aidan Seed - Boys Water Polo

SECOND TEAM ALL LEAGUE

Lucy Worden - Girls Water Polo

Molly Buddie - Volleyball

Rebecca Rodriguez - Girls Tennis

Caroline Daniher - Girls Tennis

Daisy Koch - Girls Tennis

Snowy Sabel - Girls Tennis

Josh Peterson - Football

Cody Bowers - Football

Chris Andrade - Football

Jakob Jackson - Football

Kyle Knudson - Football

FIRST TEAM ALL LEAGUE

Joe Untrecht - Boys Water Polo

Andrew Mills - Boys Water Polo

Jake Anderson - Boys Water Polo

FIRST TEAM ALL LEAGUE

(CONTINUED)

Work hard; study hard; play hard!

Ethan Brooks - Cross Country

Casey Orton - Cross Country

Taylor Roe - Cross Country

Elise Arana - Cross Country

Sarah Perry - Cross Country

Elle Marsyla - Cross Country

Sarah Strus - Volleyball

Carmen Bechtel - Girls Tennis

Amanda Wong - Girls Tennis

Ethan Mooney - Football

Tau Latu - Football

SPECIAL RECOGNITION

Duncan Vaughan - PAL Player of the Year

Boys Water Polo

Kai Seed - PAL Goalie of the Year Boys Water

Polo



THANK YOU!

Dan Peterson - Strength and Conditioning
Coach

Andrew La - Athletic Trainer

Athletic Booster Organization (ABO)