

2010 ALL-CIF

FOOTBALL

First Team Offense

QB--Chase Knox	Madison	6-1	175	Jr.
QB--Evan Crower	St. Augustine	6-5	205	Sr.
QB--Hunter Moore	Mission Hills	6-3	190	Sr.
RB--Travis Bernard	Valley Center	5-9	185	Sr.
RB--Diego Rodriguez	Montgomery	5-8	175	Sr.
RB--Shakeel Marshall	Vista	5-9	175	Sr.
WR--Chris Fletcher	Eastlake	5-10	180	Sr.
WR--Jimmy Pruitt	Helix	5-10	175	Jr.
TE--Akeem Woodson	Madison	6-3	185	Sr.
TE--Robert Craighead	El Capitan	6-5	245	Sr.
OL--Alex Kelley	Vista	6-2	290	Sr.
OL--Daniel Murray	Torrey Pines	6-3	295	Sr.
OL--Stehly Reden	Valley Center	6-5	225	Sr.
OL--David Nieblas	Olympian	6-2	290	Sr.
OL--Troy Tarr	Rancho Bernardo	6-1	185	Sr.
K--David Last	Valley Center	5-10	180	Sr.

First Team Defense

DL--Sam Meredith	Helix	6-3	255	Sr.
DL--Nathan Castro	Mira Mesa	6-0	325	Sr.
DL--Christian Heyward	Point Loma	6-3	270	Sr.
DL--William Milo	Helix	5-9	265	So.
DL--Aaron Leuma	Mission Hills	6-0	265	Jr.
LB--Kevin Cuff	Torrey Pines	6-0	215	Sr.
LB--T.J. Sunia	Oceanside	5-8	180	Sr.
LB--Kacy Smith	Helix	5-8	175	Jr.
LB--Karl Mickelson	Morse	6-1	215	Sr.
LB--Jeremiah Kose	Vista	6-1	215	Sr.
LB--Tyrone Sauls	Christian	6-2	225	Sr.
DB--Stefan McClure	Vista	5-11	173	Sr.
DB--Fernando Cabico	Eastlake	5-9	160	Sr.
DB--Jeremy Hutchison	Madison	5-10	171	Sr.
DB--Tyree Robinson	Lincoln	6-4	190	So.

Second Team Offense

QB--Christian Gallardi	Vista	6-3	195	Sr.
QB--Desean Waters	Grossmont	5-9	165	Sr.
QB--Dominic Richardson	Mira Mesa	6-1	160	Jr.
RB--Alec Fisher	Bishop's	5-9	185	Sr.
RB--Jonny Martin	Cathedral Catholic	5-10	190	Sr.
RB--John Wilson	Torrey Pines	6-0	182	Sr.
RB--Jude Isbell	Eastlake	6-0	180	Jr.

WR--Chance Early	Cathedral Catholic	6-1	180	Sr.
WR--Anthony Mount	Oceanside	5-6	155	Sr.
TE--Evan Critchlow	St. Augustine	6-4	230	Sr.
OL--Eduardo Middleton	Oceanside	6-4	270	Jr.
OL--Jared Fuller	San Pasqual	6-1	235	Jr.
OL--Nikko Sanchez	Eastlake	6-0	220	Sr.
OL--B.J. Dioquino	Montgomery	6-3	360	Sr.
OL--Erik Magnuson	La Costa Canyon	6-7	280	Jr.
K--Matt Wile	Parker	6-3	215	Sr.

Second Team Defense

DL--Keanu Johnson	Madison	5-10	225	Jr.
DL--Joey McFadden	Vista	5-10	220	Sr.
DL--Kenny Thomas	Valley Center	6-2	240	Sr.
DL--Dame Ndiaye	Hoover	6-5	215	Sr.
DL--Jon Lee	Parker	6-0	200	Sr.
DL--Harry Wilburn	Torrey Pines	5-11	260	Sr.
LB--David Atoe	Rancho Bernardo	6-0	186	Sr.
LB--Collis Hunt	Lincoln	6-1	205	Sr.
LB--Roderick Castillo	Olympian	5-10	180	Sr.
LB--Tyler Lehrke	Mira Mesa	6-1	190	Sr.
DB--Eric Sapp	Cathedral Catholic	6-3	190	Sr.
DB--Jason Floyd	Carlsbad	6-1	190	Sr.
DB--Armani Aburto	Carlsbad	5-10	180	Sr.
DB--Brandon Watson	Steele Canyon	5-10	207	Sr.
DB--Cruz Navarro	Escondido	5-10	188	Sr.

Offensive Player of the Year: Travis Bernard, Valley Center

Defensive Player of the Year: Stefan McClure, Vista

Coach of the Year: Rick Jackson, Madison

GIRLS VOLLEYBALL

First team

Chloe Mathis	La Jolla Country Day	Sr.
Mollie Rogers	La Jolla Country Day	Sr.
Samantha Cash	Canyon Crest	Sr.
Taylor Milton	Cathedral Catholic	Sr.
Maddie Rudnick	La Costa Canyon	Sr.
Karsta Lowe	La Costa Canyon	Sr.
Mackenzie Gilbert	Santa Fe Christian	Sr.
Natalie Bausback	La Costa Canyon	Jr.
Gillian Howard	La Jolla Country Day	Sr.
Sam Podraza	Scripps Ranch	Sr.

Second team

Lauren Hays	Patrick Henry	Sr.
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Jaelyn Williamson	Cathedral Catholic	Jr.
Claire Shannon	Poway	Sr.
Jennie Frager	Torrey Pines	So.
Kendal Peterkin	La Jolla Country Day	Jr.
Halle Aiken	Steele Canyon	Sr.
Sarah Meister	Scripps Ranch	Sr.
Chloe Buckendahl	Rancho Buena Vista	Sr.
Lacey Fuller	Torrey Pines	Sr.
Annie Francis	Santa Fe Christian	Sr.

Player of the Year: Chloe Mathis, La Jolla Country Day

Coach of the Year: Peter Ogle, La Jolla Country Day

BOYS WATER POLO

First team

Alex Bowen	Santana	Sr.
Drew Hoffenberg	Bishop's	Sr.
Matt Michalko	Bishop's	Sr.
Bryan Cook	Cathedral Catholic	Sr.
Rainer Sherwood	Carlsbad	Jr.
Van Burgess	Coronado	Jr.
Patrick Geer	Coronado	Sr.
Stephen Bilz	Cathedral Catholic	Sr.
Peter O'Laughlin	Carlsbad	Jr.
Eric Chasse	Vista	Jr.

Second team

Christian Clark	La Jolla	Sr.
David Higginson	Bishop's	Sr.
Ryder Roberts	Vista	So.
J.P. Engh	Bishop's	Sr.
Denis Vaisberg	Torrey Pines	Sr.
Stephen Vint	Granite Hills	Sr.
Weston Paulson	Cathedral Catholic	Sr.
Blake Lee	Bishop's	Jr.
Thomas Krueger	Granite Hills	So.
James Hixson	La Jolla	Sr.

Player of the Year: Alex Bowen, Santana

Coach of the Year: J.B. Feaster, Carlsbad

FIELD HOCKEY

First team

Maggie Sevilla	Scripps Ranch	Sr.
Corie Karch	Scripps Ranch	Sr.
Nikki Wallstedt	Scripps Ranch	Sr.
Kelsey Harbin	San Pasqual	Sr.
Sophie Edelman	Torrey Pines	Sr.
Heather Schlesier	Torrey Pines	Sr.
Lauren Hughey	Fallbrook	Sr.
Jahna Jordan	Fallbrook	Sr.
Kelsey Woldt	Serra	Jr.
Raquel Rodgers	Serra	Sr.
Kelly Hagadorn	Valley Center	Sr.

Second team

Dominique Leyva	Serra	Jr.
Nicole Southwood	Serra	Sr.
Dana Manheim	Torrey Pines	Sr.
Jessica Nguyen	Scripps Ranch	Sr.
Kayley Brown	Scripps Ranch	Sr.
Caelyn Hartley	San Pasqual	Sr.
Katey Haus	Vista	Sr.
Katey Ford	San Dieguito Academy	Sr.
Shelby Sellers	Fallbrook	Sr.
Lucy Busby	Torrey Pines	Sr.
Sandy Kramer	Rancho Buena Vista	Sr.

Player of the Year: Maggie Sevilla, Scripps Ranch

Coach of the Year: Jane Morrill, Scripps Ranch

BOYS CROSS COUNTRY

First Team

Ryan Urie	Patrick Henry	Sr.
Chris Brewer	Rancho Buena Vista	Jr.
Darren Fahy	La Costa Canyon	So.
Cameron Barela	Mission Hills	Sr.
Dylan Blankenbaker	Ramona	Jr.
Matt Carpowich	Torrey Pines	Sr.
Alex Eve	La Jolla	Sr.
Nicasio Westlund	Valley Center	Sr.
Chance Varnardo-Richardson	Ramona	Sr.
Forest Riley	Ramona	So.

Second Team

Eric Causey	La Costa Canyon	Jr.
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Daniel Gomez	El Capitan	So.
Brandon Lafiti	Mt. Carmel	Sr.
Eric Sindel	Mt. Carmel	So.
Shyan Vaziri	Scripps Ranch	Sr.
Michael Froboese	Fallbrook	Sr.
Andrew Farkas	La Jolla	Sr.
Andrew Richardson	Carlsbad	Sr.
Brad Littooy	Scripps Ranch	Jr.
Namer Yousif	El Cajon Valley	Sr.

Runner of the Year: Ryan Urie, Patrick Henry

GIRLS CROSS COUNTRY

First Team

Molly Grabill	Rancho Bernardo	Sr.
Alli Billmeyer	Torrey Pines	Sr.
Kelly Lawson	La Costa Canyon	Jr.
Emma Abrahamson	La Costa Canyon	Fr.
Ashlyn Dadkhah	Torrey Pines	Jr.
Aimee Trujillo	Poway	Sr.
Shanna St. Laurent	Rancho Buena Vista	Sr.
Caitlin Krol	Cathedral Catholic	Jr.
Shanoah Souza	La Costa Canyon	Jr.
Ellie Abrahamson	La Costa Canyon	So.

Second Team

Anne Charles	Canyon Crest	Fr.
Brianna Miller	Carlsbad	So.
Meghan Breadmore	Point Loma	Sr.
Sarah Heisner	Rancho Buena Vista	So.
Ashley Cope	Vista	Fr.
Marlene Estell	Mission Hills	Sr.
Michelle Read	Clairemont	Sr.
Savannah Roberts	Clairemont	Jr.
Carina Gillespie	Otay Ranch	So.
Marina Kemper	Torrey Pines	Fr.

Runner of the Year: Molly Grabill, Rancho Bernardo

GIRLS TENNIS

Karen Forman	Torrey Pines	Sr.
Tory Parravi	Torrey Pines	Sr.
Bella Genkina	Mt. Carmel	Sr.
Hailey Johnson	Fallbrook	Sr.
Alison Klein	La Jolla	Jr.
Holly Verner	Torrey Pines	Sr.

Gabby Velasco	San Pasqual	Jr.
Carley Cooke	Point Loma	Sr.
Bryn Rashcke	Torrey Pines	Sr.
Diane Ji	Torrey Pines	Sr.
Melinda Chu	Rancho Bernardo	Sr.
Sophia Costes	Rancho Bernardo	Sr.

Player of the Year: Karen Forman, Torrey Pines

GIRLS GOLF

First Team

Minjia Luo	Torrey Pines	So.
Hee-Wook Choi	Torrey Pines	So.
Marissa Borja	Steele Canyon	Jr.
Sarah Baek	Torrey Pines	Sr.
Spenser Krut	Bishop's	Jr.
Kassidy Teare	Rancho Buena Vista	Jr.
Hannah Kim	Otay Ranch	Fr.
Courtney Hooton	Bishop's	Jr.
Taylor Crandall	West Hills	Sr.
Sarah Cho	Torrey Pines	Fr.
Madi Mediola	Rancho Bernardo	Sr.
Crystal Wang	University City	So.

Second Team

Kathleen Crossley	Helix	Sr.
Arianna Gastelum	Francis Parker	So.
Joyce Kim	Cathedral Catholic	Sr.
Aliea Clark	Our Lady of Peace	Fr.
Jennifer Peng	Torrey Pines	Fr.
Alyssa Waite	El Camino	Jr.
Alana Uriell	Carlsbad	Fr.
Paris Griffith	Del Norte	So.
Angelica Rodriguez	Sweetwater	So.

Player of the Year; Minjia Luo, Torrey Pines