

RELEASE DATE: Saturday, Dec. 12

2015 ALL-CIF

FOOTBALL

First Team Offense

QB—Michael Austin	Helix	Sr.
QB—Lucas Johnson	Mt. Carmel	Sr.
QB—Takoda Browne	Kearny	Sr.
RB—Nathan Stinson	Helix	Sr.
RB—Greg Bell	Bonita Vista	Sr.
RB—Elijah Preston	St. Augustine	Sr.
RB—C.J. Verdell	Mater Dei Catholic	Jr.
RB—Nehemiah McFarlin	Mission Hills	Sr.
WR—Terrell Burgess	San Marcos	Sr.
WR—Khaleed Davis	Grossmont	Sr.
OL—Michael Alves	St. Augustine	Sr.
OL—Blayne De La Rosa	Helix	Jr.
OL—David Viena-Falo	Madison	Sr.
OL—Zach Thomas	Carlsbad	Sr.
OL—Graham Valentine	Cathedral Catholic	Jr.

Second team Offense

QB—Bryson Bolin	San Marcos	Jr.
QB—Rodney Thompson	St. Augustine	Jr.
QB—Terrell Carter	Madison	Jr.
RB—Erick Buchanan	Madison	Jr.
RB—Milan Grice	Rancho Bernardo	Jr.
RB—Derrick Clark	Mission Bay	Sr.
WR—Rashid Shaheed	Mt. Carmel	Sr.
WR—Nick Sexton	Christian	Sr.
WR—Mekhi Stevenson	Helix	Sr.
WR—Mozes Mooney	Bishop's	So.
OL—Michael Liuchan	Mission Hills	Sr.
OL—Jake Kitten	Santana	Sr.
OL—J.B. Hunter	Oceanside	Sr.
OL—Jojo Falo	Madison	Jr.
OL—Kaydence Jackson	Mission Bay	Jr.

First Team Defense

DL—Nate Sweat	Eastlake	Sr.
DL—Nick Zimmerman	Oceanside	Sr.
DL—Daniel Bender	Valhalla	Sr.
DL—Forrest Hanlon	Helix	Sr.
LB—Ezekiel Noa	Helix	Jr.
LB—Jihad Woods	Helix	Sr.

LB—Troy Cassidy	Carlsbad	Sr.
LB—Sampson Niu	Madison	Jr.
LB—Justus Te'i	Mission Hills	Sr.
LB—Niko Mageo	Oceanside	Sr.
LB—Tyson Maeva	Cathedral Catholic	Sr.
DB—Troy Warner	Mission Hills	Sr.
DB—La'Tre Jacquess	Lincoln	Sr.
DB—Atoa Fox	Bonita Vista	Sr.
DB—Scotty Young	Helix	Jr.

Second team

DL—Moli Fa'alogo	Bonita Vista	Sr.
DL—Jacob Burton	Granite Hills	Sr.
DL—Eligha Lewis	Mission Bay	Sr.
DL—Joah Robinett	San Marcos	Sr.
DL—Sefa Tauanu'u	Helix	Sr.
DL—Mitchell Lindgren	Rancho Bernardo	Sr.
LB—Devin Dunn	Rancho Bernardo	Sr.
LB—Grant Ruthenberg	University City	Sr.
LB—Francoise Sims II	St. Augustine	Sr.
LB—Riley Reyes	Granite Hills	Sr.
DB—Ethan Williams	Bonita Vista	Sr.
DB—Tariq Thompson	St. Augustine	Jr.
DB—Caleb Johnson	Point Loma	Sr.
DB—Will Stricklin	Mission Hills	Sr.
DB—Adrian Rodriguez	Otay Ranch	Sr.

Offensive player of the Year: Nate Stinson, Helix

Defensive player of the year: Ezekiel Noa, Helix

Kicker of the year: Matt Araiza, Rancho Bernardo

Coach of the year: Chris Thompson, Bonita Vista

GIRLS VOLLEYBALL

First team

Savvy Simo	Torrey Pines	Sr.
Jolie Rasmussen	Canyon Crest	Sr.
Lexi Dorn	Cathedral Catholic	Sr.
Lauren Woodard	Cathedral Catholic	Sr.
Jenn Wineholt	Francis Parker	Sr.
Madeleine Gates	La Jolla	Sr.
Jessica McRoskey	Our Lady of Peace	Sr.
Bronte Zlomek	La Costa Canyon	Jr.
Devon Peterkin	La Jolla Country Day	Sr.
Jillian Strockis	Torrey Pines	Sr.

Second team

Lauren Appelman	Olympian	Jr.
-----------------	----------	-----

Kristen Abels	Eastlake	Jr.
Natalie Seol	Ramona	Jr.
Madilyn Yeomans	Point Loma	Sr.
Cassidy Ceriani	Scripps Ranch	Sr.
Sien Gallop	Francis Parker	Sr.
Sammy Shupe	Ramona	Jr.
Pearl Escobar	Calexico	Sr.
Jayda Howard	Bishop's	Sr.
Brynn Chandler	Torrey Pines	Jr.

Player of the Year: Savvy Simo, Torrey Pines

Libero: Cailin Onosko, Torrey Pines

Coach of the Year: Steve Lamb, Olympian

GIRLS GOLF

First Team

Brooke Seay	Francis Parker	Fr.
Calista Reyes	Rancho Bernardo	So.
Annika Chickering	Del Norte	Sr.
Jessica Mangrobang	Mater Dei Catholic	Sr.
Christina Park	Torrey Pines	Sr.
Yubin Huh	Canyon Crest	Sr.
Jung Min Park	Torrey Pines	Sr.
Waverly Whiston	La Jolla	Jr.
Samantha Yi	Rancho Bernardo	So.
April Ranches	Serra	So.

Second Team

Carolyn Zhao	Torrey Pines	Jr.
Grace Fitzgerald	Poway	Jr.
Breann Horn	El Capitan	So.
Catalin Yturralde	Our Lady of Peace	Fr.
Hanna Matileonen	Del Norte	Sr.
Jaime Jacob	La Costa Canyon	Sr.
Savannah Magallon	La Jolla Country Day	Sr.
Nicole Whiston	La Jolla	Fr.
Cece De Matteo	Rancho Bernardo	Jr.
Madeleine Garay	La Jolla	Sr.

Player of the Year: Brooke Seay, Francis Parker

Coach of the Year: Don Hartley, Torrey Pines

BOYS CROSS COUNTRY

First Team

Joshua Litwiller	La Costa Canyon	Sr.
------------------	-----------------	-----

Simeon Paul	Mt. Carmel	Jr.
Samuel Boone	Mt. Carmel	So.
Joaquin Martinez	Cathedral Catholic	So.
Beau Prince	Sage Creek	Jr.
Hank Tadeusiak	Cathedral Catholic	Jr.
Gabe Plencio	Ramona	Sr.
Charlie Pope	Torrey Pines	Sr.
Anthony Benitez	Serra	So.
Carlos Aviles-Sullivan	Sweetwater	Sr.

Second Team

Alex Egan	San Pasqual	Jr.
Cameron Tomlinson	Del Norte	Sr.
Allen Siegler	University City	Sr.
Stefen Rasmuson	Mira Mesa	So.
Jarett Chinn	Poway	Jr.
Adrian Monzon	Valley Center	Sr.
Kibrom Elias	Santana	Sr.
Bryan Johnson	La Costa Canyon	Sr.
Niko Chapman	University City	Sr.
Luis Pina	Steele Canyon	Jr.

Runner of the Year: Joshua Litwiller, La Costa Canyon

Coach of the Year: Jacob Feiring, Sage Creek

GIRLS CROSS COUNTRY

First Team

McKenna Brown	La Costa Canyon	So.
Nia Akins	Rancho Bernardo	Sr.
Kristin Fahy	La Costa Canyon	Fr.
Alex Calegari	Poway	Jr.
Carlene Masar	Steele Canyon	So.
Courtney Clifford	Grossmont	Sr.
Elise Boisvert	University City	So.
Renee Phillips	Coronado	Jr.
Giovanna Da Silva	Scripps Ranch	Fr.
Jasmine Rippey	Coronado	Jr.

Second Team

Michaela Fromme	La Costa Canyon	Jr.
Claire Swafford	Cathedral Catholic	Sr.
Laura Moran	Mt. Carmel	Jr.
Keely Boyd	La Costa Canyon	Sr.
Sienna Santiago	SD High Tech	Jr.
Sarah Abrahamson	La Costa Canyon	Sr.
Rachel Ereso	La Costa Canyon	Sr.

Kerenza Robinson	Mt. Carmel	Sr.
Paige Carter	San Marcos	Jr.
Savannah Boyd	La Costa Canyon	Sr.

Runner of the Year: Nia Akins, Rancho Bernardo
 Coach of the Year: Matt Schellenberg, Francis Parker

GIRLS TENNIS

Jennifer Kerr	San Dieguito	Jr.
Paulina Ferrari	La Jolla Country Day	Jr.
Julia Haynes	Rancho Bernardo	Fr.
Britt Purcell	El Camino	Fr.
Jennifer Richards	La Jolla Country Day	Jr.
Gillian Parker	Mission Hills	Sr.
Valerie Valencia	Bonita Vista	Sr.
Britney Pellouchoud	Westview	Fr.
Tasia Mochernak	Torrey Pines	Sr.
Agostina Waisfeld	Torrey Pines	Sr.
Michelle Hao	Torrey Pines	Sr.
Megan Tran	Torrey Pines	So.

Player of the Year: Jenifer Kerr, San Dieguito
 Coach of the Year: Jennifer Dawson, Pacific Ridge

BOYS WATER POLO

First team

Spencer Nelson	Cathedral Catholic	Jr.
Daniel Dedina	Coronado	Sr.
Dennis Blyashov	Cathedral Catholic	Jr.
Andrew Chun	Bishop's	Sr.
Riad Hallal	Coronado	Jr.
Cooper Milton	Cathedral Catholic	Sr.
Evan Elig	Bishop's	Sr.
Marko Vukojevic	Cathedral Catholic	Sr.
Mason Farley	Coronado	So.
Erik Siegel	Cathedral Catholic	Sr.
Zack Lagrange	Bishop's	Sr.

Second team

Riley Ferguson	Coronado	Sr.
Daniel Norman	Carlsbad	Jr.
Myles Martinez	La Jolla	Sr.
Tony Murphy	Grossmont	Sr.
Joshua Spence	Vista	Jr.
Esteban Vasquez	Bishop's	Sr.
Noah Martin	Carlsbad	Sr.

Noah Tiu	Cathedral Catholic	Sr.
Nico Ivanov	La Jolla	Jr.
Trevor Smith	San Marcos	Sr.
Noah Fales	Bishop's	Jr.

Player of the Year: Spencer Nelson, Cathedral Catholic
 Coach of the Year: Randy Burgess, Coronado

FIELD HOCKEY

First Team

Megan Rodgers	Serra	Jr.
Gabi Jimenez	Torrey Pines	Sr.
Sara Janetzky	San Pasqual	Sr.
Nina Randolph	La Costa Canyon	Sr.
Kyra Kent	Scripps Ranch	Sr.
Tatiana Arias	Fallbrook	Sr.
Meghan Schneider	Serra	Jr.
Christie Hansen	Scripps Ranch	Sr.
Hannah Loos	Serra	Sr.
Rylie Pope	Torrey Pines	Sr.
Jessica Loos	Serra	Sr.

Second Team

Brynn Zorilla	Rancho Buena Vista	So.
Jenna Tampon	Vista	Jr.
Emily Mosler	Serra	Jr.
Sammy Cirino	Torrey Pines	Sr.
Bridget Kelleher	Scripps Ranch	Sr.
Mackenzie Peterson	La Costa Canyon	Sr.
Kathryn Peterson	Serra	So.
Daniella Schoenfeld	Serra	Jr.
Alex Hammonds	Scripps Ranch	Sr.
Madeline Stehly	Valley Center	Sr.
Veronica Romero	Hilltop	Jr.

Player of the Year: Megan Rodgers, Serra
 Coach of the Year: Laurie Berger, Serra