

RELEASE DATE: Dec. 7

2019 ALL-CIF

FOOTBALL

First Team Offense

QB—Tyler Buchner	Bishop's	Jr.
QB—Jaime Odom	Grossmont	Sr.
RB—Kavika Tua	Oceanside	Jr.
RB—Ke'ontae Springs	Madison	Sr.
RB—David Flores	Vista	Sr.
RB—Elelyon Noa	Helix	Sr.
RB—Zavien Watson	Cathedral Catholic	Sr.
RB—Robert Tucker	Grossmont	Jr.
WR—Cole Wright	Carlsbad	Sr.
WR—Keyshawn Smith	Lincoln	Sr.
WR—Jaheim Allen-Pompey	Mount. Miguel	Sr.
OL—Shawn Martinez	Helix	Jr.
OL—Logan Berzins	Cathedral Catholic	Sr.
OL—Holden Brosnan	Cathedral Catholic	Sr.
OL—Chris Hunter	Oceanside	Sr.
OL—Michael Malauulu	Morse	Sr.

Second team Offense

QB—EJ Kreutzmann	La Jolla Country Day	Sr.
QB—DJ Ralph	Cathedral Catholic	Sr.
QB---Nathan Temple	Santana	Sr.
RB—Cael Patterson	Orange Glen	Sr.
RB—Josh Butler	Poway	Sr.
RB—Aiden Calvert	Mater Dei Catholic	Sr.
RB—Elijah Thomas	Mira Mesa	Sr.
RB—Evan Aguon	Mission Bay	Sr.
WR—Clarence Freeman	Bishop's	Sr.
WR—Benjo O'Brien	Lincoln	Sr.
WR—Clay Petry	Bishop's	Jr.
OL—Noah Arce	Mission Hills	Sr.
OL—Jonathan Tuitasi	El Camino	Sr.
OL—Ulolo Samoata	Steele Canyon	Sr.
OL—Noah Viloría	Helix	Jr.
OL—Jackson Daley	Eastlake	Sr.

First Team Defense

DL—Charlie Mossy	Bishop's	Sr.
DL—Kiki Laie	Oceanside	Sr.
DL—Anthony Lombardo	Helix	Sr.
DL—Shiloh Seau	Mission Hills	Sr.

LB—John Carroll	Helix	Sr.
LB—Kyle Vassau	Carlsbad	Sr.
LB—Jordan Allen	Cathedral Catholic	Sr.
LB—Max Smith	La Jolla	Sr.
LB—Johnny Vega	San Pasqual	Sr.
LB—Connor Heffler	St. Augustine	Sr.
LB—Jalen Ramsey	Oceanside	Sr.
LB—Marquese Allen-Patmon	Lincoln	Sr.
DB—Delshawn Traylor	Helix	Sr.
DB—Keionte Scott	Helix	Sr.
DB—Antoine Walker	Steele Canyon	Sr.
DB—Trejan Apodaca	Oceanside	Sr.

Second team

DL—Chad Nuschy	La Costa Canyon	Sr.
DL—Nathan Meyers	Serra	Jr.
DL—Michael Richter	Santana	Jr.
LB—Julien Lesa	Orange Glen	Sr.
LB—Jeremiah Fletcher	Helix	Sr.
LB—McKYLE So'oto	Mission Hills	Sr.
LB—Nick Blanchard	Rancho Bernardo	Sr.
LB—Deandre Patterson-Forte	Lincoln	Sr.
LB—Fa'avae Leomiti	Mira Mesa	Sr.
DB—Broock Desta	Serra	Sr.
DB—D.J. Young	Carlsbad	Sr.
DB—Maximus Susi	Eastlake	Sr.
DB—Eavan Gibbons	St. Augustine	Sr.
DB—Jalil Tucker	St. Augustine	So.
DB—Anthony Gilpin	Olympian	Sr.
DB—Dee'shon Swafford	Cathedral Catholic	Jr.

Offensive player of the Year: Tyler Buchner, Bishop's

Defensive player of the year: John Carroll, Helix

Kicker of the year: Wyatt Hawkins, Carlsbad

Coach of the year: Chris Livesay, Castle Park

GIRLS VOLLEYBALL

First team

Leyla Blackwell	La Jolla	Sr.
Madison Bogle	Eastlake	Sr.
Carly Diehl	Torrey Pines	Sr.
Madison Endsley	Cathedral Catholic	Sr.
Brynne Faltinsky	Bishop's	So.
Samantha Francis	La Jolla Country Day	Jr.
Megan Kraft	Torrey Pines	Sr.
Delaynie Maple	Torrey Pines	Sr.

Lindsey Miller	Cathedral Catholic	Sr.
Sophia Tulino	La Costa Canyon	Sr.

Second team

Raquel Aguirre	Bishop's	Jr.
Allyson Alden	San Marcos	Sr.
Julia Blyashov	Cathedral Catholic	Fr.
Lauren Clifton	Eastlake	Sr.
Noelle Elkington	Del Norte	Jr.
Mackenzie Karnig	Carlsbad	Sr.
Kate Phillips	Santa Fe Christian	Jr.
Nicole Prescott	La Jolla Country Day	Sr.
Mia Schafer	La Costa Canyon	Sr.
Brianna Young	Maranatha Christian	Jr.

Player of the Year: Carly Diehl, Torrey Pines

Coach of the Year: Brennan Dean, Torrey Pines

GIRLS GOLF

First Team

Vanessa Ho	Rancho Bernardo	Jr.
Libby Fleming	Torrey Pines	Jr.
Janae Leovao	El Camino	So.
Jasmine Leovao	El Camino	So.
Estibaly Garcia	Mater Dei Catholic	Jr.
Taylor Riley	Point Loma	So.
Meghan Royal	Carlsbad	So.
Olivia Yun	Torrey Pines	Sr.
Crista Izuzquiza	Coronado	Sr.
Sofina Firouzi	Canyon Crest Academy	So.

Second Team

Lynn Pham	University City	So.
Mary Damian	Coronado	Jr.
Kathleen Keomahavong	Scripps Ranch	Sr.
Montserrat Ramirez	Mater Dei Catholic	Jr.
Ruhee Pandit	Scripps Ranch	Jr.
Ivanna Montemayor	Mater Dei Catholic	Sr.
Napua Glossner	Scripps Ranch	Sr.
Annika Yturralde	Steele Canyon	So.
Brooke Ryback	Our Lady of Peace	Jr.
Sriya Mupparaju	Del Norte	Jr.

Player of the Year: Libby Fleming, Torrey Pines

Coach of the Year: Alex Valenzuela, Mater Dei Catholic

BOYS CROSS COUNTRY

First Team

Henry McClish	San Diego	Sr.
Andy Pueschel	La Costa Canyon	Sr.
Antonio Dinis	El Camino	Sr.
Zak Beckwith	Poway	Sr.
Jyden Schmid	Mira Mesa	Jr.
Jake Richardson	Point Loma	Jr.
Rohan Dahlke	Del Norte	Sr.
Jose Galvan	Sweetwater	Sr.
Jimmy Byland	Hilltop	So.
Kenan Pala	Francis Parker	So.

Second Team

Giancarlo da Silva	Scripps Ranch	Jr.
Aiden Davis	Patrick Henry	Jr.
Sebastian Barclay	Torrey Pines	Jr.
Devin Provence	Grossmont	Sr.
Reed Harris	SD High Tech High	Sr.
Max Wilson	Cathedral Catholic	Sr.
Aiden Factor	Westview	Sr.
Jaden Forester	Helix	Sr.
Riley Burns	Maranatha Christian	Sr.
Blake Levy	Cathedral Catholic	So.

Runner of the Year: Henry McClish, San Diego

Coach of the Year: Kyle Goodenough, Torrey Pines

GIRLS CROSS COUNTRY

First Team

Carlie Dorostkar	Canyon Crest	Sr.
Skyler Wallace	Sage Creek	Sr.
Bella Longo	Mission Vista	Jr.
Sydney Weaber	La Costa Canyon	Jr.
Navaya Zales	Mt. Carmel	So.
Elizabeth Emberger	Canyon Crest	Jr.
Stormy Wallace	Sage Creek	So.
Mackenzie Rogers	Poway	So.
Hannah Riggins	Del Norte	Fr.
Sydney Paul	Mt. Carmel	So.

Second Team

Eva Rethmeier	Poway	Sr.
Alexandra Boyle	El Camino	Jr.
Amber Chase	El Capitan	Fr.
Alaina Zamorano	Christian	Jr.
Ashley Learn	Rancho Bernardo	Jr.
Madeline Minutelli	Grossmont	Jr.
Amy Brown	Ramona	Sr.
Trang Woolridge	Cathedral Catholic	Jr.
Annika Salz	Torrey Pines	So.
Trinity Birdwell	Steele Canyon	Sr.

Runner of the Year: Carlie Dorostkar, Canyon Crest

Coach of the Year: Jacob Feiring, Sage Creek

GIRLS TENNIS

Kaila Bardsdale	Westview	So.
Thelma Sepulveda	San Ysidro	Sr.
Arianne Pepa	Otay Ranch	Fr.
Elina Shalaev	Canyon Crest	Fr.
Jolie Morgan	Our Lady of Peace	Jr.
Asha Gidwani	Canyon Crest	So.
Niki Shabazi	Eastlake	Jr.
Amanda Letzring	Mt. Carmel	Sr.
Carolyna Fowler	Canyon Crest Academy	So.
Emily Fowler	Canyon Crest Academy	Sr.
Jane Wang	Westview	Sr.
Livia Speir	Westview	Sr.

Player of the Year: Kaila Bardsdale, Westview

Coach of the Year: Christopher Black, Canyon Crest Academy

BOYS WATER POLO

First team

Jack Martin	Bishop's	Jr.
Trevor Moore	Steele Canyon	Sr.
Hayden Nightingale	Vista	Sr.
Jake Howerton	Cathedral Catholic	Sr.
Max Keck	Bishop's	Sr.
Sam De La Cruz	Bishop's	Sr.
Rhys Bugelli	La Jolla	Jr.
Zach Fales	Bishop's	Jr.
Matt Somers	Cathedral Catholic	Sr.
John MacDonald	Vista	Sr.

Second Team

Riley Kraatz	Carlsbad	Sr.
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Perry Mikic	Bishop's	Sr.
Matt Stone	Cathedral Catholic	Sr.
Noah Baird	Canyon Crest Academy	Sr.
Henry Williams	Steele Canyon	Jr.
Marton Szatmary	Cathedral Catholic	So.
Levi Lentin	La Jolla	Jr.
Kyler Calder	Vista	Sr.
Joshua Fraley	Bishop's	Jr.
Erik Nordquist	Valhalla	Sr.

Player of the Year: Jack Martin, Bishop's

Co-Coaches of the Year: Doug Peabody-Ian Davidson, Bishop's

FIELD HOCKEY

First Team

Adah Anderson	Scripps Ranch	Sr.
Gracie Jimenez	Torrey Pines	Jr.
Erin Burgess	Scripps Ranch	Sr.
Abbey Frame	Rancho Buena Vista	Sr.
Zoe Mohrman	Mission Vista	Jr.
Hailey Brigger	Scripps Ranch	Sr.
Molly Kirkpatrick	Serra	Sr.
Phoebe Lemm	Serra	Sr.
Lila Browne	Bishop's	Sr.
Serene Liu	La Jolla	Sr.
Ashley Cogger	Del Norte	Jr.

Second Team

Jessica Ebert	Scripps Ranch	Sr.
Sophie Gomez	Scripps Ranch	Sr.
Addy Rodriguez	Serra	Jr.
Sophie Everett	Serra	Jr.
Sara Stone	Westview	Sr.
Claire Telford	La Jolla	Jr.
Stella Neville	Helix	So.
Annie Daruwala	Canyon Crest	Sr.
Regina Luna	Bonita Vista	So.
Erin Murray	Fallbrook	Sr.
Gianna Picone	Eastlake	Sr.

Player of the Year: Adah Anderson, Scripps Ranch

Coach of the Year: Heidi Harris, San Marcos