



# 2022 ALL LEAGUE CROSS COUNTRY - BOYS

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,  
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,  
Mt. Diablo, Northgate, Ygnacio Valley

	NAME	YEAR	SCHOOL
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FIRST TEAM	ALEXANDER LODEWICK	SENIOR	CAMPOLINDO
FIRST TEAM	JACK RATTARY	SOPHOMORE	COLLEGE PARK
FIRST TEAM	CONNOR MCGHEE	SENIOR	CAMPOLINDO
FIRST TEAM	DANIEL MESSER	JUNIOR	CLAYTON VALLEY
FIRST TEAM	BLAKE WEBSTER	SENIOR	CAMPOLINDO
FIRST TEAM	ALEX LAMOUREUX	SENIOR	COLLEGE PARK
FIRST TEAM	BARON WALSH	JUNIOR	CAMPOLINDO

SECOND TEAM	DANIEL MARTINEZ	JUNIOR	CLAYTON VALLEY
SECOND TEAM	TYLER HUNT	SENIOR	ACALANES
SECOND TEAM	ASHER PATEL	JUNIOR	MIRAMONTE
SECOND TEAM	LOGAN LETULLE	FRESHMEN	MIRAMONTE
SECOND TEAM	JACOB FIPPIN	SENIOR	LAS LOMAS
SECOND TEAM	NATE GRIFFIN-YEH	SOPHOMORE	LAS LOMAS
SECOND TEAM	LOGAN FARZAN	JUNIOR	ACALANES

HONORABLE MENTION	ALEX THOMASSON	JUNIOR	CAMPOLINDO
HONORABLE MENTION	ALEX WALKER	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	PAULO TRENTO	JUNIOR	CAMPOLINDO
HONORABLE MENTION	JAMES JENKINS	SOPHOMORE	MIRAMONTE
HONORABLE MENTION	ROBERT BENARD	JUNIOR	NORTHGATE
HONORABLE MENTION	TYLER ALLAN	SENIOR	ALHAMBRA
HONORABLE MENTION	BLAKE LEUNG	SOPHOMORE	COLLEGE PARK



# 2022 ALL LEAGUE CROSS COUNTRY - GIRLS

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,  
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,  
Mt. Diablo, Northgate, Ygnacio Valley

	NAME	YEAR	SCHOOL
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FIRST TEAM	ELLIE BUCKLEY	SENIOR	CAMPOLINDO
FIRST TEAM	SHEA VOLKMER	JUNIOR	CAMPOLINDO
FIRST TEAM	RENAE SEARLS	JUNIOR	ALHAMBRA
FIRST TEAM	MAKENA WEBERSKI	JUNIOR	CAMPOLINDO
FIRST TEAM	ISABELLE RUFF	SENIOR	CLAYTON VALLEY
FIRST TEAM	RACHEL MOEN	JUNIOR	CAMPOLINDO
FIRST TEAM	KATE KABENINA	JUNIOR	CAMPOLINDO

SECOND TEAM	GRACE REED	SENIOR	COLLEGE PARK
SECOND TEAM	ANYA HOUSTON	FRESHMEN	CAMPOLINDO
SECOND TEAM	MEGAN MALLOY	SENIOR	NORTHGATE
SECOND TEAM	GRACE BELL	JUNIOR	MIRAMONTE
SECOND TEAM	NEVIS MURPHY	FRESHMEN	ACALANES
SECOND TEAM	LILY MONTILLA	SOPHOMORE	LAS LOMAS
SECOND TEAM	GABRIELA MANNING	JUNIOR	NORTHGATE

HONORABLE MENTION	GENEVIEVE MADIGAN	JUNIOR	LAS LOMAS
HONORABLE MENTION	AVA WILSON	JUNIOR	LAS LOMAS
HONORABLE MENTION	MEGAN YEE	JUNIOR	ACALANES
HONORABLE MENTION	MISSY LECLAIRE	JUNIOR	COLLEGE PARK
HONORABLE MENTION	SKYLAR BENNETT	JUNIOR	CLAYTON VALLEY
HONORABLE MENTION	MACEY HARLOW	SENIOR	NORTHGATE
HONORABLE MENTION	ELLA KOPPER	JUNIOR	NORTHGATE



# 2022 ALL LEAGUE FOOTBALL VALLEY DIVISION

Alhambra, Berean Christian, College Park, Concord, Mt. Diablo, Ygnacio Valley

OFFENSE	NAME	YEAR	POSITION	SCHOOL
MVP OFFENSE	GAVIN O'LEARY	SENIOR	WR	COLLEGE PARK

FIRST TEAM OFFENSE	MONTE BEAM	JUNIOR	RB	CONCORD
FIRST TEAM OFFENSE	FREDRIKO NARANJO	SENIOR	G	CONCORD
FIRST TEAM OFFENSE	QUENTIN ARTIS	SENIOR	C	CONCORD
FIRST TEAM OFFENSE	FABIAN LOPEZ	SENIOR	T	CONCORD
FIRST TEAM OFFENSE	PHILLIP REN	SENIOR	T	BEREAN CHRISTIAN
FIRST TEAM OFFENSE	DILLON DALEY	SENIOR	T	COLLEGE PARK
FIRST TEAM OFFENSE	TONY KECK	SOPHOMORE	WR	COLLEGE PARK
FIRST TEAM OFFENSE	JAKE SILVA	JUNIOR	WR	BEREAN CHRISTIAN
FIRST TEAM OFFENSE	JIMMY VOORHIES	SOPHOMORE	QB	COLLEGE PARK
FIRST TEAM OFFENSE	JAKE ALDERMAN	SENIOR	WR	ALHAMBRA
FIRST TEAM OFFENSE	NASSIR PITTERS	SENIOR		BEREAN CHRISTIAN

SECOND TEAM OFFENSE	JOSH GREER	SENIOR	WR	COLLEGE PARK
SECOND TEAM OFFENSE	JOSH WERNER	SOPHOMORE	QB	BEREAN CHRISTIAN
SECOND TEAM OFFENSE	DALTON BONNINGTON	JUNIOR	WR	COLLEGE PARK
SECOND TEAM OFFENSE	ASHTEN ADKINS	JUNIOR	RB	MT. DIABLO
SECOND TEAM OFFENSE	MANUEL ZUNIGA	SOPHOMORE	QB	MT. DIABLO
SECOND TEAM OFFENSE	SEAN MURPHY	SENIOR	TE	CONCORD
SECOND TEAM OFFENSE	HUNTER PELAYO	JUNIOR	RB	COLLEGE PARK
SECOND TEAM OFFENSE	DOMINIC TRAPANI	JUNIOR	RB	ALHAMBRA
SECOND TEAM OFFENSE	LUKE BEATY	JUNIOR	WR	ALHAMBRA
SECOND TEAM OFFENSE	HUNTER INKSTER	JUNIOR	RB	BEREAN CHRISTIAN
SECOND TEAM OFFENSE	DA'ION KENDRICKS	SENIOR		YGNACIO VALLEY

DEFENSE	NAME	YEAR	POSITION	SCHOOL
MVP DEFENSE	KEITH BROWN	SENIOR	DE	COLLEGE PARK

FIRST TEAM DEFENSE	ENZO GIANNINI	SENIOR	DE	COLLEGE PARK
FIRST TEAM DEFENSE	MASON KERN	FRESHMEN	ILB	COLLEGE PARK
FIRST TEAM DEFENSE	SEAN MURPHY	SENIOR	MLB	CONCORD
FIRST TEAM DEFENSE	JAKE CLIATT	SENIOR	LB	BEREAN CHRISTIAN
FIRST TEAM DEFENSE	JOSE ORTIZ	SENIOR	NT	CONCORD
FIRST TEAM DEFENSE	NIGEL PITTERS	SENIOR	DT	BEREAN CHRISTIAN
FIRST TEAM DEFENSE	NOAH PETERSON	SENIOR	DT	BEREAN CHRISTIAN
FIRST TEAM DEFENSE	KEONI CABAN	SENIOR	DE	CONCORD
FIRST TEAM DEFENSE	JAXSON ALLRED	JUNIOR	LB	ALHAMBRA
FIRST TEAM DEFENSE	ANGELO ABELLA	SENIOR	CB	COLLEGE PARK
FIRST TEAM DEFENSE	COLBY TAUL	SENIOR	DT	COLLEGE PARK

SECOND TEAM DEFENSE	JAYDEN REGER	SOPHOMORE	LB	CONCORD
SECOND TEAM DEFENSE	FREDRIKO NARANJO	SENIOR	LB	CONCORD
SECOND TEAM DEFENSE	EVAN BROWNE	SENIOR	DE	ALHAMBRA
SECOND TEAM DEFENSE	EMMETT GARGARO	SENIOR	S	ALHAMBRA
SECOND TEAM DEFENSE	TAYSHAWN GLOVER	JUNIOR	DB	MT. DIABLO
SECOND TEAM DEFENSE	JALEN DOWNS	JUNIOR	DT	MT. DIABLO
SECOND TEAM DEFENSE	LANGSTON COOK	JUNIOR	LB	COLLEGE PARK
SECOND TEAM DEFENSE	MOZELL WILSON	SENIOR	DB	YGNACIO VALLEY
SECOND TEAM DEFENSE	NASSIR PITTERS	SENIOR	CB	BEREAN CHRISTIAN
SECOND TEAM DEFENSE	DONOVAN KHATAMI	SENIOR	K	COLLEGE PARK
SECOND TEAM DEFENSE	COLTER SEIDENSPINNER	SENIOR	FS	COLLEGE PARK



# 2022 ALL LEAGUE GIRLS GOLF VALLEY DIVISION

Acalanes, Campolindo, Las Lomas, Miramonte, Northgate

MVP	FAITH ESPINOSA	JUNIOR	COLLEGE PARK
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FIRST TEAM	CHRISTINA LEVENHAGEN	SOPHOMORE	BENICIA
FIRST TEAM	ERIN HURLEY	SENIOR	COLLEGE PARK
FIRST TEAM	ASHTYN HOSLER	JUNIOR	CLAYTON VALLEY CHARTER
FIRST TEAM	AAILYAH DACASIN	JUNIOR	CLAYTON VALLEY CHARTER

SECOND TEAM	CIERA ALKHOURY	SOPHOMORE	COLLEGE PARK
SECOND TEAM	TORI POLLICINO	JUNIOR	COLLEGE PARK
SECOND TEAM	OLIVIA DIVERS	SOPHOMORE	COLLEGE PARK
SECOND TEAM	SYDNEY LENTZ	SENIOR	BENICIA

HONORABLE MENTION	KAITLYN SAKURAI	SOPHOMORE	CONCORD
HONORABLE MENTION	HALEY BOLDT	SENIOR	BENICIA
HONORABLE MENTION	ATHENA ALKOURY	SOPHOMORE	COLLEGE PARK
HONORABLE MENTION	KEYLI FLAMENCO	JUNIOR	CLAYTON VALLEY



# 2022 ALL LEAGUE GIRLS TENNIS VALLEY DIVISION

Alhambra, Benicia, Berean Christian, Clayton Valley Charter, Concord, Mt. Diablo, Ygnacio Valley

	NAME(S)	YEAR	SCHOOL
FIRST TEAM SINGLES	NATALIE ANAYA	FRESHMAN	BENICIA
FIRST TEAM SINGLES	VIVIAN GALLOWAY	SOPHOMORE	BEREAN CHRISTIAN
FIRST TEAM SINGLES	AVA EDWARDS	SENIOR	ALHAMBRA
FIRST TEAM SINGLES	ARLEN VENEGAS RIVERA	SENIOR	CONCORD
FIRST TEAM SINGLES	ADRIANA ALCASABAS	SENIOR	CLAYTON VALLEY
FIRST TEAM SINGLES	MIA MELERO	SOPHOMORE	BEREAN CHRISTIAN

FIRST TEAM DOUBLES	ASHLEE PILON GRACE DESEELHORST	JUNIOR JUNIOR	CLAYTON VALLEY
FIRST TEAM DOUBLES	LAUREN KIMURA HOPE O'BRIEN	SOPHOMORE SENIOR	BEREAN CHRISTIAN
FIRST TEAM DOUBLES	MEGAN FOON MANDI LUELLEN	JUNIOR SENIOR	BENICIA

SECOND TEAM SINGLES	AUBREY BOWN	JUNIOR	BENICIA
SECOND TEAM SINGLES	MONICA MORRISON	JUNIOR	ALHAMBRA
SECOND TEAM SINGLES	LEAH LOPEZ	SENIOR	CLAYTON VALLEY
SECOND TEAM SINGLES	CHLOE LARNER	SENIOR	BEREAN CHRISTIAN
SECOND TEAM SINGLES	JAQUELIN FERNANDEZ	SENIOR	CONCORD
SECOND TEAM SINGLES	JORDAN SEVIER	SOPHOMORE	BENICIA

SECOND TEAM DOUBLES	MARIELA RIOS CRYSTAL GOMEZ	SENIOR SENIOR	YGNACIO VALLEY
SECOND TEAM DOUBLES	AVALYN PHAN IMARA ARAKAWA	JUNIOR JUNIOR	BENICIA
SECOND TEAM DOUBLES	BROOKE MANLEY AVA MENTOSA	JUNIOR SENIOR	ALHAMBRA

HONORABLE MENTION	SAMANTHA PADILLA	FRESHMAN	BEREAN CHRISTIAN
HONORABLE MENTION	ELLE BADAVINAC	JUNIOR	ALHAMBRA
HONORABLE MENTION	LESLIE MENDOZA	JUNIOR	YGNACIO VALLEY
HONORABLE MENTION	RUMA PIERRE	JUNIOR	CLAYTON VALLEY
HONORABLE MENTION	KAI MURILLO	SENIOR	CONCORD



# 2022 ALL LEAGUE GIRLS VOLLEYBALL VALLEY DIVISION

Alhambra, Berean Christian, Clayton Valley Charter, College Park,  
Concord, Mt. Diablo, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP	AUNYKA URESTI	SENIOR	BEREAN CHRISTIAN

FIRST TEAM	SHELBY JAMES	JUNIOR	ALHAMBRA
FIRST TEAM	REBECA FREITAS	SENIOR	BEREAN CHRISTIAN
FIRST TEAM	SOPHIE HALL	JUNIOR	BEREAN CHRISTIAN
FIRST TEAM	LEILA GARCIA	JUNIOR	CLAYTON VALLEY
FIRST TEAM	ANNIKA SCHEAFER	JUNIOR	CLAYTON VALLEY
FIRST TEAM	HANNAH HETRICK	JUNIOR	COLLEGE PARK
FIRST TEAM	ABBY WOOD	JUNIOR	COLLEGE PARK
FIRST TEAM	AVA DAVIS	JUNIOR	COLLEGE PARK

SECOND TEAM	LAYNA PANAGUITON	SENIOR	ALHAMBRA
SECOND TEAM	GRACIE PENMAN	SENIOR	ALHAMBRA
SECOND TEAM	ANNASOPHIA VRANJES	SOPHOMORE	BEREAN CHRISTIAN
SECOND TEAM	MARLEY SEELYE	FRESHMEN	BEREAN CHRISTIAN
SECOND TEAM	AVA SALAMASIDIS	FRESHMEN	CLAYTON VALLEY
SECOND TEAM	EMMA WOOD	SENIOR	COLLEGE PARK
SECOND TEAM	GABRIELLA GUZMAN HERNANDEZ	SENIOR	YGNACIO VALLEY

HONORABLE MENTION	SARA PARRISH	SENIOR	ALHAMBRA
HONORABLE MENTION	ALEXIS SUNIA	SOPHOMORE	BEREAN CHRISTIAN
HONORABLE MENTION	EMMA KING	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	SOPHIE PENCE	JUNIOR	COLLEGE PARK
HONORABLE MENTION	SOPHIE RAMOS	SOPHOMORE	MT. DIABLO
HONORABLE MENTION	CHRISTINA NOONAN	JUNIOR	YGNACIO VALLEY





# 2022 ALL LEAGUE BOYS WATER POLO VALLEY DIVISION

Alhambra, Benicia, College Park, Clayton Valley Charter, Concord, Northgate

	NAME	YEAR	SCHOOL
MVP	BEN FORER	JUNIOR	NORTHGATE
OUTSTANDING GOALIE	CAL ALBRIGHT	SENIOR	NORTHGATE

FIRST TEAM	COLIN PARKER	SENIOR	NORTHGATE
FIRST TEAM	TOMMY MARTIN	SENIOR	NORTHGATE
FIRST TEAM	MISHA POPOV	SOPHOMORE	COLLEGE PARK
FIRST TEAM	JACKSON BARNACAL	SENIOR	COLLEGE PARK
FIRST TEAM	DOMINIC VINES	SENIOR	CLAYTON VALLEY
FIRST TEAM	KYLE STILLINOVICH	FRESHMAN	CLAYTON VALLEY
FIRST TEAM	JACK KEIFER	SENIOR	ALHAMBRA
FIRST TEAM	JACKSON FAULKNER	JUNIOR	CONCORD
FIRST TEAM	EISHAR SEKHON	SENIOR	BENICIA

SECOND TEAM	TATE STEIN	SENIOR	NORTHGATE
SECOND TEAM	JACK EMELSON	SENIOR	NORTHGATE
SECOND TEAM	NIC AUSTEN	FRESHMAN	COLLEGE PARK
SECOND TEAM	CONNOR GLASGOW	SENIOR	COLLEGE PARK
SECOND TEAM	KYLE HETHERTON	SENIOR	CLAYTON VALLEY
SECOND TEAM	CALEB GUTIERREZ	SENIOR	ALHAMBRA
SECOND TEAM	MAXWELL SCHULZE	FRESHMAN	ALHAMBRA
SECOND TEAM	MATTHEW DAVID	JUNIOR	CONCORD
SECOND TEAM	QARAM SAID	SENIOR	BENICIA
SECOND TEAM	RYLAND PIERCE	SOPHOMORE	COLLEGE PARK

HONORABLE MENTION	AIDEN CHENAULT	SENIOR	NORTHGATE
HONORABLE MENTION	SAM HARPER	SENIOR	COLLEGE PARK
HONORABLE MENTION	JACK PARKER	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	LIAM MORABE	SOPHOMORE	ALHAMBRA
HONORABLE MENTION	HUDSON FREITAS	SOPHOMORE	CONCORD
HONORABLE MENTION	BRYCE MINCY	SOPHOMORE	BENICIA



# 2022 ALL LEAGUE GIRLS WATER POLO VALLEY DIVISION

Alhambra, Benicia, College Park, Clayton Valley Charter, Concord, Northgate

	NAME	YEAR	SCHOOL
MVP	EVALINNE VECCHIO	SENIOR	NORTHGATE
OUTSTANDING GOALIE	OLIVIA KELLY	SENIOR	BENICIA

FIRST TEAM	SOPHIA WEISE	JUNIOR	NORTHGATE
FIRST TEAM	RACHEL TUCKER	FRESHMAN	NORTHGATE
FIRST TEAM	KENZIE KIRSHEN	SENIOR	ALHAMBRA
FIRST TEAM	JULIA ARRIZON	JUNIOR	ALHAMBRA
FIRST TEAM	SARA MEADORS	SENIOR	ALHAMBRA
FIRST TEAM	LUCY GALBRAITH	JUNIOR	COLLEGE PARK
FIRST TEAM	KALENA KARDELL	JUNIOR	COLLEGE PARK
FIRST TEAM	MIKAYLA BROWN	SENIOR	CLAYTON VALLEY
FIRST TEAM	EIREINI PRIFTIS	SENIOR	CONCORD

SECOND TEAM	CHLOE PAPPAS	JUNIOR	NORTHGATE
SECOND TEAM	AINSLEY CASTILLO	JUNIOR	NORTHGATE
SECOND TEAM	CLAIRE MOHRLAND	SOPHOMORE	NORTHGATE
SECOND TEAM	GEETHA CHANDRASEKARAN	SOPHOMORE	NORTHGATE
SECOND TEAM	JOSIE CROY	JUNIOR	NORTHGATE
SECOND TEAM	IZZY COOLEY	JUNIOR	ALHAMBRA
SECOND TEAM	ELLA THORSEN	SENIOR	COLLEGE PARK
SECOND TEAM	ELISA THORSEN	SENIOR	COLLEGE PARK
SECOND TEAM	SAVANNAH FREITAS	SENIOR	CONCORD
SECOND TEAM	ASPEN DEXTER	SENIOR	ALHAMBRA

HONORABLE MENTION	PIPER WHITTY	SOPHOMORE	BENICIA
HONORABLE MENTION	ADRIAHNA SHIRLEY	SENIOR	COLLEGE PARK
HONORABLE MENTION	MAKENA COOPER	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	FRANKIE SCHULZE	JUNIOR	ALHAMBRA
HONORABLE MENTION	MADDIE ROHRLICK	JUNIOR	NORTHGATE
HONORABLE MENTION	RILEY BOWEN	SENIOR	CONCORD



# 2022-2023 ALL LEAGUE BOYS BASKETBALL VALLEY DIVISION

Alhambra, Benicia, Berean Christian, Concord, Mt. Diablo, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP	DARRELL HURD	SOPHOMORE	BENICIA
FIRST TEAM	JAMES WONG	SENIOR	BENICIA
FIRST TEAM	DESHAWN WILLIAMS	SENIOR	MT. DIABLO
FIRST TEAM	AUSTIN DEWES	SENIOR	ALHAMBRA
FIRST TEAM	JERMAINE PATTON	SENIOR	YGNACIO VALLEY
FIRST TEAM	LOYAL MORRIS	JUNIOR	YGNACIO VALLEY
SECOND TEAM	JAKE MATTESON	SENIOR	BENICIA
SECOND TEAM	TODD TATUM JR	SOPHOMORE	MT. DIABLO
SECOND TEAM	GEO ALBER	JUNIOR	ALHAMBRA
SECOND TEAM	ANTHONY FOSTER	SENIOR	CONCORD
SECOND TEAM	ANTONIO KELLOGG JR.	SOPHOMORE	YGNACIO VALLEY
HONORABLE MENTION	JACOB FRENCH	SENIOR	BENICIA
HONORABLE MENTION	CHARLES MATHIS III	JUNIOR	MT. DIABLO
HONORABLE MENTION	WYATT CARNEY	SENIOR	ALHAMBRA
HONORABLE MENTION	EVAN MCKNIGHT	JUNIOR	YGNACIO VALLEY
HONORABLE MENTION	ELIAN MEDRANO	JUNIOR	BEREAN CHRISTIAN



# 2022-2023 ALL LEAGUE GIRLS BASKETBALL VALLEY DIVISION

Benicia, Berean Christian, Concord, College Park, Mt. Diablo, Ygnacio Valley

	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
CO-MVP	GABRIELLE ABIGOR	JUNIOR	BEREAN CHRISTIAN
CO-MVP	LENIYAH FULSOM	SENIOR	YGNACIO VALLEY
FIRST TEAM	NYELA PETE	JUNIOR	COLLEGE PARK
FIRST TEAM	TAYLOR RICE	SENIOR	BENICIA
FIRST TEAM	NATALIE DANCE	SOPHOMORE	MT. DIABLO
FIRST TEAM	MAKAYLA POWELL	JUNIOR	MT. DIABLO
FIRST TEAM	JADEE SALVADOR	SOPHOMORE	BEREAN CHRISTIAN
SECOND TEAM	SABRINA STRODE	JUNIOR	COLLEGE PARK
SECOND TEAM	MISA LE	SENIOR	COLLEGE PARK
SECOND TEAM	JAEDYN PRINCE	SENIOR	BENICIA
SECOND TEAM	JAYLA SMITH	SOPHOMORE	BEREAN CHRISTIAN
SECOND TEAM	SA'RYE STARKS	SOPHOMORE	YGNACIO VALLEY
SECOND TEAM	K'SI BROOKS	SOPHOMORE	YGNACIO VALLEY
HONORABLE MENTION	TAYLOR OCHOA	FRESHMEN	COLLEGE PARK
HONORABLE MENTION	JORENA OLIVAR	JUNIOR	MT. DIABLO
HONORABLE MENTION	LAUREN KIMURA	SOPHOMORE	BEREAN CHRISTIAN
HONORABLE MENTION	CIARA QUESADA	SENIOR	CONCORD



# 2022-2023 ALL LEAGUE BOYS SOCCER VALLEY DIVISION

Alhambra, Benicia, Berean Christian, College Park, Concord, Mt. Diablo

	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
MVP DEFENSIVE	ANGEL DIAZ	SENIOR	CONCORD
MVP OFFENSIVE	NICHOLAS RUIZ	SENIOR	BENICIA
FIRST TEAM	DANIEL POLASEK	JUNIOR	ALHAMBRA
FIRST TEAM	SANTIAGO HERNANDEZ	SENIOR	ALHAMBRA
FIRST TEAM	CADEN KEFFER	SENIOR	BENICIA
FIRST TEAM	CAMERON FINCH	SENIOR	BENICIA
FIRST TEAM	OWEN SHERRY	SENIOR	BENICIA
FIRST TEAM	ISAAC JENSEN	SENIOR	BEREAN CHRISTIAN
FIRST TEAM	NICHOLAS SILVA	SENIOR	COLLEGE PARK
FIRST TEAM	LEO GRUBESIC	SOPHOMORE	COLLEGE PARK
FIRST TEAM	DANIEL GUERRA	SENIOR	CONCORD
FIRST TEAM	JARED GALLEGOS	JUNIOR	MT. DIABLO
SECOND TEAM	ANTHONY BOWER	SENIOR	ALHAMBRA
SECOND TEAM	ANTHONY VERA	SENIOR	ALHAMBRA
SECOND TEAM	JOSE VALENCIA	JUNIOR	BENICIA
SECOND TEAM	ROMAN HAMED	SENIOR	BENICIA
SECOND TEAM	SAM JAUREGUI	SENIOR	BEREAN CHRISTIAN
SECOND TEAM	JACK FOX	SENIOR	COLLEGE PARK
SECOND TEAM	GABO SEKEL	SENIOR	COLLEGE PARK
SECOND TEAM	JAIRO GUTIERREZ	JUNIOR	CONCORD
SECOND TEAM	CRISTOFER CABRERA	JUNIOR	CONCORD
SECOND TEAM	FERNANDO PIÑA HERNANDEZ	SOPHOMORE	CONCORD
SECOND TEAM	ALEJANDRO SANCHEZ	SENIOR	MT. DIABLO
HONORABLE MENTION	ELIAS ALEMAN	JUNIOR	ALHAMBRA
HONORABLE MENTION	MAX YASUL	JUNIOR	ALHAMBRA
HONORABLE MENTION	EDUARDO CHAVARRIA	SENIOR	BENICIA

HONORABLE MENTION	MARCO SOTO	FRESHMEN	BENICIA
HONORABLE MENTION	PETER HOLLISTER	SOPHOMORE	BEREAN CHRISTIAN
HONORABLE MENTION	MOISES ACEVEDO	SENIOR	COLLEGE PARK
HONORABLE MENTION	CARTER EMERICK	JUNIOR	COLLEGE PARK
HONORABLE MENTION	OSMAR HERNANDEZ	FRESHMEN	CONCORD
HONORABLE MENTION	ARMANDO BANALES	SENIOR	MT. DIABLO





# 2022-2023 ALL LEAGUE GIRLS SOCCER VALLEY DIVISION

Benicia, Berean Christian, Concord, Miramonte, Mt. Diablo, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP DEFENSIVE	STACY WHITWELL	SENIOR	BEREAN CHRISTIAN
CO-MVP OFFENSIVE	DANIELA OSEJO	JUNIOR	BENICIA
CO-MVP OFFENSIVE	OLIVIA PENNEY	SOPHOMORE	MIRAMONTE
FIRST TEAM	REAGAN WICKLOW	JUNIOR	BENICIA
FIRST TEAM	GRETA HENNING	SENIOR	BENICIA
FIRST TEAM	MORGAN PHALEN	SOPHOMORE	BEREAN CHRISTIAN
FIRST TEAM	JOSEPHINE KREMIN	SENIOR	CONCORD
FIRST TEAM	SAMANTHA CHECKE	SENIOR	CONCORD
FIRST TEAM	JADA DEITRICK	SENIOR	MIRAMONTE
FIRST TEAM	ADDISON CRESON	SENIOR	MIRAMONTE
FIRST TEAM	TAHRA MINOWADA	SENIOR	MIRAMONTE
FIRST TEAM	PAOLA CASTRO	FRESHMEN	MT. DIABLO
FIRST TEAM	KIMBERLY RUBIO	FRESHMEN	YGNACIO VALLEY
FIRST TEAM	INDIGO WHITELEY	SENIOR	YGNACIO VALLEY
SECOND TEAM	VERONICA OSEJO	FRESHMEN	BENICIA
SECOND TEAM	TESS MANNING	SOPHOMORE	BENICIA
SECOND TEAM	ALYSSA PRINGLE	SENIOR	BEREAN CHRISTIAN
SECOND TEAM	HANNAH MORRELL	SOPHOMORE	CONCORD
SECOND TEAM	MIKAYLA MCKENZIE	JUNIOR	CONCORD
SECOND TEAM	ZOE ROSSITER	JUNIOR	MIRAMONTE
SECOND TEAM	INARA INESI	FRESHMEN	MIRAMONTE
SECOND TEAM	CAMILLA WHITE	FRESHMEN	MIRAMONTE
SECOND TEAM	MIRANDA SERNA	JUNIOR	MT. DIABLO
SECOND TEAM	NANCI GARCIA	JUNIOR	YGNACIO VALLEY
SECOND TEAM	DULCE ISIDRO	SENIOR	YGNACIO VALLEY
HONORABLE MENTION	EMILIE CAMPBELL	JUNIOR	BENICIA

HONORABLE MENTION	ELIZABETH LAFORTE	SOPHOMORE	BENICIA
HONORABLE MENTION	ISABELLA MERIC	FRESHMEN	BENICIA
HONORABLE MENTION	GIA BESSOLO	JUNIOR	BEREAN CHRISTIAN
HONORABLE MENTION	NOELLE GUERRA	FRESHMEN	BEREAN CHRISTIAN
HONORABLE MENTION	ANDREA MEZA	SOPHOMORE	BEREAN CHRISTIAN
HONORABLE MENTION	SOFIA LOPEZ	SENIOR	CONCORD
HONORABLE MENTION	YARINET MUNOZ	JUNIOR	CONCORD
HONORABLE MENTION	DAYANA RAMIREZ LOPEZ	JUNIOR	CONCORD
HONORABLE MENTION	LOLA KASSELLA	SENIOR	MIRAMONTE
HONORABLE MENTION	TAYLOR STEVENS	FRESHMEN	MIRAMONTE
HONORABLE MENTION	DELISMAR COLMENARES	JUNIOR	MT. DIABLO
HONORABLE MENTION	ALINA MARTINEZ	FRESHMEN	MT. DIABLO
HONORABLE MENTION	KATIE STEINDORF	SENIOR	YGNACIO VALLEY
HONORABLE MENTION	KAREN BONIFACIO	JUNIOR	YGNACIO VALLEY
HONORABLE MENTION	HIRANA CHAVEZ	FRESHMEN	YGNACIO VALLEY



# 2022-2023 ALL LEAGUE BOYS WRESTLING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,  
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,  
Mt. Diablo, Northgate, Ygnacio Valley

	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
FIRST TEAM	108	DAKOTA BUELNA	SOPHOMORE	COLLEGE PARK
FIRST TEAM	115	NICOLAS TRUJILLO	SOPHOMORE	BENICIA
FIRST TEAM	122	WILLIAM GILMORE	SOPHOMORE	MIRAMONTE
FIRST TEAM	128	RYAN ESPIRITU	SOPHOMORE	BENICIA
FIRST TEAM	134	VINCENTE RODARTE	JUNIOR	BENICIA
FIRST TEAM	140	HUNTER GOYERT	SENIOR	ACALANES
FIRST TEAM	147	CHASE YANG	SENIOR	CAMPOLINDO
FIRST TEAM	154	MIGUEL RUIZ-DARE	JUNIOR	COLLEGE PARK
FIRST TEAM	160	MAX BANTIUC	SENIOR	LAS LOMAS
FIRST TEAM	172	RYLAND DORAMUS	JUNIOR	BEREAN CHRISTIAN
FIRST TEAM	184	MATT NORTHRUP	JUNIOR	COLLEGE PARK
FIRST TEAM	197	LUKAS HINES	SENIOR	BEREAN CHRISTIAN
FIRST TEAM	222	GIO NAVARRO	SOPHOMORE	LAS LOMAS
FIRST TEAM	287	PHILLIP REN	SENIOR	BEREAN CHRISTIAN
	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
SECOND TEAM	108	ADAM BARASH	SOPHOMORE	CAMPOLINDO
SECOND TEAM	115	ZACH MARSHALL	SENIOR	COLLEGE PARK
SECOND TEAM	122	MATEO SAIN VALDEZ	SOPHOMORE	LAS LOMAS
SECOND TEAM	128	WILL JORGANSON	SENIOR	LAS LOMAS
SECOND TEAM	134	JOHN PAUL SCHMILINSKY	SENIOR	LAS LOMAS
SECOND TEAM	140	OLIVER SAELAO	SOPHOMORE	COLLEGE PARK
SECOND TEAM	147	ANDREW CARMONA	SENIOR	ALHAMBRA
SECOND TEAM	154	AYDIN BAGLEY	JUNIOR	NORTHGATE
SECOND TEAM	160	SEIICHI NADDY	SENIOR	CONCORD
SECOND TEAM	172	CALIN CAPRA	JUNIOR	COLLEGE PARK
SECOND TEAM	184	GAVIN JUNI	JUNIOR	CAMPOLINDO

SECOND TEAM	197	REYES RUIZ	JUNIOR	COLLEGE PARK
SECOND TEAM	222	QUENTIN ARTIS	SENIOR	CONCORD
SECOND TEAM	287	JOSE ORTIZ	SENIOR	CONCORD
	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
HONORABLE MENTION	108	YANI AKSOUM	JUNIOR	LAS LOMAS
HONORABLE MENTION	115	WILLIAM CARLSON	SENIOR	CONCORD
HONORABLE MENTION	122	SRIVANTH CHENNUPATTI	JUNIOR	COLLEGE PARK
HONORABLE MENTION	128	CHARLES TROTMAN	JUNIOR	ALHAMBRA
HONORABLE MENTION	134	STEVEN MARIN	JUNIOR	CLAYTON VALLEY CHARTER
HONORABLE MENTION	140	ERICKSON EDPAO	JUNIOR	BENICIA
HONORABLE MENTION	147	JOSHUA SIM	SENIOR	BEREAN CHRISTIAN
HONORABLE MENTION	154	JACOB LEDESMA	SENIOR	BEREAN CHRISTIAN
HONORABLE MENTION	160	DEVIN MALLORY	JUNIOR	COLLEGE PARK
HONORABLE MENTION	172	AIDAN HAYNES	JUNIOR	BENICIA
HONORABLE MENTION	184	ANTONIO PUCCI	JUNIOR	NORTHGATE
HONORABLE MENTION	197	JAKOREY ROBINSON	SOPHOMORE	MT. DIABLO
HONORABLE MENTION	222	SAM WHIPPLE	SOPHOMORE	ACALANES
HONORABLE MENTION	287	SHANE HARRIS	JUNIOR	ACALANES



# 2022-2023 ALL LEAGUE GIRLS WRESTLING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,  
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,  
Mt. Diablo, Northgate, Ygnacio Valley

	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
FIRST TEAM	103	SAVANNAH TALMADGE	SOPHOMORE	NORTHGATE
FIRST TEAM	108	ABBI COOPER	SOPHOMORE	CLAYTON VALLEY CHARTER
FIRST TEAM	113	SVEA GONZALEZ	SOPHOMORE	BENICIA
FIRST TEAM	118	CHLOE SOLLA	JUNIOR	BENICIA
FIRST TEAM	123	AYAKA NADDY	FRESHMEN	CONCORD
FIRST TEAM	128	EMMA DIAZ	SOPHOMORE	COLLEGE PARK
FIRST TEAM	133	HANNAH RIPPER	SENIOR	MIRAMONTE
FIRST TEAM	139	SONOMA ARCILLA	SENIOR	BENICIA
FIRST TEAM	145	ISABEL ZABRONSKY	SOPHOMORE	CAMPOLINDO
FIRST TEAM	152	PIPER LALLI	JUNIOR	CAMPOLINDO
FIRST TEAM	162	OLIVIA BANKS	SENIOR	ACALANES
FIRST TEAM	172	ATLAS BENKO	JUNIOR	CAMPOLINDO
FIRST TEAM	191	SARA BOLCEREK	FRESHMEN	CLAYTON VALLEY CHARTER
	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
SECOND TEAM	103	DAKOTA GOYERTR	JUNIOR	ACALANES
SECOND TEAM	108	AVERY SEIDENSPINNER	SOPHOMORE	COLLEGE PARK
SECOND TEAM	113	DANICA HEINE	SOPHOMORE	NORTHGATE
SECOND TEAM	118	REBECCA FLETCHER	JUNIOR	NORTHGATE
SECOND TEAM	123	HAILEY LIU	FRESHMEN	NORTHGATE
SECOND TEAM	128	JULIA SOVAK	JUNIOR	BENICIA
SECOND TEAM	133	JAELENE IBAY	FRESHMEN	MT. DIABLO
SECOND TEAM	139	SAMANTHA SALCEDO	JUNIOR	YGNACIO VALLEY
SECOND TEAM	145	MADISON WANG	SENIOR	BENICIA
SECOND TEAM	152	LORELI LABAO	JUNIOR	COLLEGE PARK
SECOND TEAM	162	ORI ROGERS	FRESHMEN	CAMPOLINDO
SECOND TEAM	172			
SECOND TEAM	191	AAIMYA BROWN-WEBSTER	SOPHOMORE	CONCORD

	<b>CLASS</b>	<b>NAME</b>	<b>GRADE</b>	<b>SCHOOL</b>
HONORABLE MENTION	103	YOSHIYE LONGLEY	JUNIOR	CLAYTON VALLEY CHARTER
HONORABLE MENTION	108	NATALIA KALAS	JUNIOR	CAMPOLINDO
HONORABLE MENTION	113	KATIE LUM	JUNIOR	LAS LOMAS
HONORABLE MENTION	118	MYIA WEILER	SENIOR	COLLEGE PARK
HONORABLE MENTION	123	KT THOMPSON	SOPHOMORE	CAMPOLINDO
HONORABLE MENTION	128	PATRICIA DAVILA GIL	FRESHMEN	CAMPOLINDO
HONORABLE MENTION	133	VIOLET SHEEHAN	JUNIOR	COLLEGE PARK
HONORABLE MENTION	139	CAMILA BAXTER	SOPHOMORE	CAMPOLINDO
HONORABLE MENTION	145	SARA GOMEZ	FRESHMEN	CLAYTON VALLEY CHARTER
HONORABLE MENTION	152			
HONORABLE MENTION	162			
HONORABLE MENTION	172			
HONORABLE MENTION	191	BLAKE POWERS	SOPHOMORE	NORTHGATE



# 2023 ALL LEAGUE BASEBALL VALLEY DIVISION

Alhambra, Berean Christian, Concord, Las Lomas, Miramonte

	NAME	GRADE	SCHOOL
MVP	DANIEL POLASEK	JUNIOR	ALHAMBRA
MVP PITCHER	JAKOB POOLE	JUNIOR	ALHAMBRA

FIRST TEAM	NICK GEORGE	SENIOR	ALHAMBRA
FIRST TEAM	NOAH PETERSON	SENIOR	BEREAN CHRISTIAN
FIRST TEAM	JOSH WERNER	SOPHOMORE	BEREAN CHRISTIAN
FIRST TEAM	COLLIN GAYRARD	SENIOR	BEREAN CHRISTIAN
FIRST TEAM	CHASE TAYLOR	SENIOR	CONCORD
FIRST TEAM	ELIJAH SCOTT	SENIOR	CONCORD
FIRST TEAM	MATT DASHNER	SENIOR	CONCORD
FIRST TEAM	JUSTIN JONES	SENIOR	LAS LOMAS
FIRST TEAM	SAM MIESZKOWSKI-LAPPING	SENIOR	LAS LOMAS
FIRST TEAM	NOAH LATHROP	JUNIOR	LAS LOMAS
FIRST TEAM	MICHAEL BOHM	SENIOR	MIRAMONTE
FIRST TEAM	JUSTIN BELLAMY	SENIOR	MIRAMONTE
FIRST TEAM	CAMERON MILLAR	SOPHOMORE	ALHAMBRA

SECOND TEAM	DOMINICK AZEVEDO	JUNIOR	ALHAMBRA
SECOND TEAM	JADEN LACK	JUNIOR	ALHAMBRA
SECOND TEAM	JAKE ALDERMAN	SENIOR	ALHAMBRA
SECOND TEAM	BENNET WILSON	JUNIOR	BEREAN CHRISTIAN
SECOND TEAM	MAX MCTIGHE	SOPHOMORE	BEREAN CHRISTIAN
SECOND TEAM	JARED BENNETT	JUNIOR	CONCORD
SECOND TEAM	SEAN MURPHY	SENIOR	CONCORD
SECOND TEAM	SKYLAR JUAREZ	SENIOR	CONCORD
SECOND TEAM	BRADY WRIGHT	JUNIOR	LAS LOMAS
SECOND TEAM	ALESSANDRO MARTINEZ-CABRERA	SOPHOMORE	LAS LOMAS
SECOND TEAM	DANIEL DOWNES	SOPHOMORE	LAS LOMAS
SECOND TEAM	JOE SHALLAT	JUNIOR	MIRAMONTE

SECOND TEAM	JOHN PEARCE	JUNIOR	MIRAMONTE
SECOND TEAM	LUCA GAMBOA	SENIOR	MIRAMONTE

HONORABLE MENTION	JOHN DAVIDSON	JUNIOR	ALHAMBRA
HONORABLE MENTION	LUCAS PIEPER	JUNIOR	ALHAMBRA
HONORABLE MENTION	COOPER BOHLIG	SENIOR	MIRAMONTE
HONORABLE MENTION	JOHN WILLIAMS	SENIOR	MIRAMONTE
HONORABLE MENTION	AARON HUNT	SOPHOMORE	CONCORD
HONORABLE MENTION	TIM GOLDEN	JUNIOR	CONCORD
HONORABLE MENTION	CHARLIE PENTLAND	SENIOR	LAS LOMAS
HONORABLE MENTION	JONAH SIMKIN-ENGLAND	SENIOR	LAS LOMAS
HONORABLE MENTION	DAMON NEU	SOPHOMORE	BEREAN CHRISTIAN





# 2023 ALL LEAGUE STUNT

Acalanes, Alhambra, Clayton Valley, College Park, Concord, Las Lomas, Miramonte,

	NAME	GRADE	SCHOOL
MVP	GABBY CHERWIN	SENIOR	CLAYTON VALLEY

FIRST TEAM	VIOLETTA SANTOS	SENIOR	CLAYTON VALLEY
FIRST TEAM	ASHLEY SPENCER	SOPHOMORE	ALHAMBRA
FIRST TEAM	DELANEY BADER	SENIOR	LAS LOMAS
FIRST TEAM	LILA NIKOLICH	SOPHOMORE	COLLEGE PARK
FIRST TEAM	CORAL PHILLIPS	SOPHOMORE	COLLEGE PARK
FIRST TEAM	GISELLE VAZQUEZ	SOPHOMORE	CONCORD
FIRST TEAM	GABBY CHERWIN	SENIOR	CLAYTON VALLEY

SECOND TEAM	KATIE DARGANI	JUNIOR	CLAYTON VALLEY
SECOND TEAM	STEPHANIE CASTELLANOS	SOPHOMORE	CLAYTON VALLEY
SECOND TEAM	ELIZABETH BENNETT	SENIOR	ALHAMBRA
SECOND TEAM	IZABELLA VIGARE	SENIOR	LAS LOMAS
SECOND TEAM	ANIE HEFFERNAN	SENIOR	ACALANES
SECOND TEAM	LIZETH DE LA CRUZ	SENIOR	CONCORD
SECOND TEAM	ALICE BALL	SENIOR	MIRAMONTE

HONORABLE MENTION	CHYANN VALDEHUEZA	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	KAYLA KELLER	SENIOR	ALHAMBRA
HONORABLE MENTION	JENNA PAYNE	JUNIOR	ALHAMBRA
HONORABLE MENTION	YETUNDE AJAYI	SOPHOMORE	LAS LOMAS
HONORABLE MENTION	ISABELLE QUINN	JUNIOR	ACALANES

HONORABLE MENTION	MARA HILL	SOPHOMORE	COLLEGE PARK
HONORABLE MENTION	CHLOE MERCER	JUNIOR	COLLEGE PARK
HONORABLE MENTION	NATALIA ARREOLA	JUNIOR	CONCORD
HONORABLE MENTION	AVA KIM	SOPHOMORE	MIRAMONTE



# 2023 ALL LEAGUE BOYS GOLF VALLEY DIVISION

Alhambra, Benicia, Berean Christian, Clayton Valley Charter, Concord, Mt. Diablo, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP	CARSON LIMPUS	FRESHMEN	BEREAN CHRISTIAN

FIRST TEAM	NICKY CONTI	JUNIOR	CLAYTON VALLEY
FIRST TEAM	LAWRENCE COLLINS	SOPHOMORE	BENICIA
FIRST TEAM	PETER HOLLISTER	SOPHOMORE	BEREAN CHRISTIAN
FIRST TEAM	GEORGE SIMPKIN	JUNIOR	CLAYTON VALLEY
FIRST TEAM	PETER CAMPORA	JUNIOR	CLAYTON VALLEY
FIRST TEAM	PETER CAMPORA	SENIOR	BEREAN CHRISTIAN

SECOND TEAM	CHRISTOPHER BROWN	SENIOR	COLLEGE PARK
SECOND TEAM	ISAAC APGER	SENIOR	BEREAN CHRISTIAN
SECOND TEAM	DYLAN THOMAS	SENIOR	COLLEGE PARK
SECOND TEAM	JOSH HULL	JUNIOR	BENICIA
SECOND TEAM	JOSH OCHOA	JUNIOR	COLLEGE PARK
SECOND TEAM	ROBERT ST. JACQUES	SENIOR	BENICIA

HONORABLE MENTION	BRADLEY SEALANDER	SOPHOMORE	ALHAMBRA
HONORABLE MENTION	JOSHUA LINGLEY	JUNIOR	BEREAN CHRISTIAN
HONORABLE MENTION	ETHAN SAMPANES	JUNIOR	CONCORD
HONORABLE MENTION	JP BARNABA	JUNIOR	COLLEGE PARK
HONORABLE MENTION	MATTHEW SELMAN	SENIOR	BENICIA
HONORABLE MENTION	DREW BRENNAN	SENIOR	CLAYTON VALLEY



# 2023 ALL LEAGUE BOYS LACROSSE

Acalanes, Alhambra, Campolindo, Clayton Valley, College Park, Las Lomas, Miramonte, Northgate

	NAME	GRADE	SCHOOL
MVP	OWEN ESTEE	SENIOR	ACALANES

FIRST TEAM-Defense	GEORGE CHURCHILL	SENIOR	ACALANES
FIRST TEAM-Defense	LUKE FOSTER	JUNIOR	NORTHGATE
FIRST TEAM-Defense	JACK SPENCER	SENIOR	MIRAMONTE
FIRST TEAM-Midfield	HARRISON LEENHOUTS	SENIOR	CAMPOLINDO
FIRST TEAM-Midfield	JACK HALPIN	SENIOR	LAS LOMAS
FIRST TEAM-Attack	TIM FENSTERMACHER	JUNIOR	NORTHGATE
FIRST TEAM-Attack	DYLAN OLSON	SENIOR	ACALANES
FIRST TEAM-Attack	COOPER OLSON	SENIOR	ACALANES
FIRST TEAM-Goalie	DANTE AVICOLLI	JUNIOR	CAMPOLINDO
FIRST TEAM-Specialty	BEN FOOX	SENIOR	ACALANES

SECOND TEAM-Defense	JACK ALCALAY	SENIOR	CAMPOLINDO
SECOND TEAM-Defense	DOUGIE SILVA	SENIOR	LAS LOMAS
SECOND TEAM-Defense	JACK AUZENNE	SENIOR	COLLEGE PARK
SECOND TEAM-Midfield	HENRY MORSE	JUNIOR	CLAYTON VALLEY
SECOND TEAM-Midfield	PATRICK SEBREE	SENIOR	CAMPOLINDO
SECOND TEAM-Midfield	CHASE BLISS	SENIOR	MIRAMONTE
SECOND TEAM-Attack	JAKE DISSTON	SENIOR	MIRAMONTE
SECOND TEAM-Attack	GAETAN AVICOLLI	SOPHOMORE	CAMPOLINDO
SECOND TEAM-Attack	JONAH AZEVEDO	SENIOR	MIRAMONTE
SECOND TEAM-Goalie	COLLIN CABAUTAN	JUNIOR	CLAYTON VALLEY

SECOND TEAM-Specialty	JOHN CAIN	SENIOR	ACALANES
SECOND TEAM-Specialty	TONY PUCCI	JUNIOR	NORTHGATE

HONORABLE MENTION	ZACH APPEL	SENIOR	ACALANES
HONORABLE MENTION	JACK JENSEN	SENIOR	NORTHGATE
HONORABLE MENTION	JACK RICHARDSON	SOPHOMORE	NORTHGATE
HONORABLE MENTION	CONNOR HYDE	JUNIOR	LAS LOMAS
HONORABLE MENTION	RODRICK WILLIAMS	JUNIOR	ALHAMBRA



# 2023 ALL LEAGUE GIRLS LACROSSE

Acalanes, Alhambra, Campolindo, Clayton Valley, College Park, Las Lomas, Miramonte, Northgate, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP	CATIE MCCAULEY	SENIOR	CAMPOLINDO

FIRST TEAM	HALEY RURKA	SENIOR	ACALANES
FIRST TEAM	GRACE IMRIE	JUNIOR	ACALANES
FIRST TEAM	PAIGE DAVIS	SENIOR	CAMPOLINDO
FIRST TEAM	HALEY RICHARDS	JUNIOR	CAMPOLINDO
FIRST TEAM	SADIE GEENTY	JUNIOR	CAMPOLINDO
FIRST TEAM	HANA RAUSCHMEIER	SENIOR	COLLEGE PARK
FIRST TEAM	KATHERINE ISHERWOOD	JUNIOR	COLLEGE PARK
FIRST TEAM	KATE DIFRANCO	SENIOR	MIRAMONTE
FIRST TEAM	SAWYER BOHLIG	FRESHMEN	MIRAMONTE
FIRST TEAM	LINDSAY FRENCH	SENIOR	MIRAMONTE
FIRST TEAM	TADE SCHEID	SENIOR	NORTHGATE
FIRST TEAM	GIULIA PADOAN	SENIOR	NORTHGATE

SECOND TEAM	MAYA WANG	SENIOR	ACALANES
SECOND TEAM	AVERY IVES	JUNIOR	ACALANES
SECOND TEAM	ADDIE MARTIN	JUNIOR	ACALANES
SECOND TEAM	MAE CLELAND	SENIOR	ALHAMBRA
SECOND TEAM	AVA MARTINEZ	SENIOR	CAMPOLINDO
SECOND TEAM	BRIDGETTE LANE	SENIOR	CAMPOLINDO
SECOND TEAM	CARLEY HUDSON	JUNIOR	CAMPOLINDO
SECOND TEAM	GIANNA CANESA	SENIOR	CLAYTON VALLEY

SECOND TEAM	MACKENZIE PEARCE	FRESHMEN	MIRAMONTE
SECOND TEAM	TARYN PEARCE	SENIOR	MIRAMONTE
SECOND TEAM	KELSEY SHAFFER	JUNIOR	NORTHGATE
SECOND TEAM	JOCELYN VANDERBEEK	JUNIOR	NORTHGATE

HONORABLE MENTION	ALEXANDRA WILLIAMS	SENIOR	LAS LOMAS
HONORABLE MENTION	SADIE MONTILLA	SENIOR	LAS LOMAS
HONORABLE MENTION	CAITLYN ELLIS	SENIOR	LAS LOMAS
HONORABLE MENTION	ASHLYN BROWNING	SOPHOMORE	MIRAMONTE
HONORABLE MENTION	MEGAN CHURCHILL	SOPHOMORE	ACALANES
HONORABLE MENTION	ALLISON PON	SENIOR	COLLEGE PARK
HONORABLE MENTION	NATALIA OLDS	JUNIOR	NORTHGATE
HONORABLE MENTION	GRACE THOMACK	JUNIOR	NORTHGATE







# 2023 ALL LEAGUE BOYS SWIMMING VALLEY DIVISION

Alhambra, Benicia, Berean Christian, Clayton Valley, College Park, Concord, Mt. Diablo

	NAME	GRADE	SCHOOL
FIRST TEAM	ADEN LI		BENICIA
FIRST TEAM	BRYCE MINCY		BENICIA
FIRST TEAM	DAMIK VAN FANOS		CLAYTON VALLEY
FIRST TEAM	DIEGO CASTANEDA		CLAYTON VALLEY
FIRST TEAM	DEVIN PUREWAL		COLLEGE PARK
FIRST TEAM	JACKSON BARNACAL		COLLEGE PARK
FIRST TEAM	JAMES MARIOLLE		COLLEGE PARK
FIRST TEAM	NATE WENDLING		COLLEGE PARK
FIRST TEAM	NIC AUSTEN		COLLEGE PARK
FIRST TEAM	ZAC GARTNER		COLLEGE PARK

SECOND TEAM	DYLAN ASHE		ALHAMBRA
SECOND TEAM	DAVID GIORDANO		CLAYTON VALLEY
SECOND TEAM	DOMINIC VINES		CLAYTON VALLEY
SECOND TEAM	FINN CLEARY		CLAYTON VALLEY
SECOND TEAM	JACK PARKER		CLAYTON VALLEY
SECOND TEAM	KYLE STILINOVICH		CLAYTON VALLEY
SECOND TEAM	NICO BUSHNELL		CLAYTON VALLEY
SECOND TEAM	SHAWN CANADA		CLAYTON VALLEY

HONORABLE MENTION	MAC KIRSHEN		ALHAMBRA
HONORABLE MENTION	MATT WELCH		ALHAMBRA
HONORABLE MENTION	NOAH GUTIERREZ		ALHAMBRA
HONORABLE MENTION	XAVIER POYADUE		ALHAMBRA
HONORABLE MENTION	LUCAS CAGNON		BENICIA
HONORABLE MENTION	GRANT WHITTLINGER		CLAYTON VALLEY
HONORABLE MENTION	MISHA POPOV		COLLEGE PARK



# 2023 ALL LEAGUE GIRLS SWIMMING VALLEY DIVISION

Alhambra, Benicia, Bering Christian, Clayton Valley, College Park, Concord, Mt. Diablo

	NAME	GRADE	SCHOOL
FIRST TEAM	ALEXANDRA GRANT		BENICIA
FIRST TEAM	MACKENZIE MINCY		BENICIA
FIRST TEAM	OLIVIA PETTIT		BENICIA
FIRST TEAM	PIPER WHITTY		BENICIA
FIRST TEAM	ALLISON FUENTES		CLAYTON VALLEY
FIRST TEAM	HAYLEE WONG		CLAYTON VALLEY
FIRST TEAM	MADISON BAUTISTA		CLAYTON VALLEY
FIRST TEAM	MAYA CANADA		CLAYTON VALLEY
FIRST TEAM	AMARA MARTINEZ		COLLEGE PARK
FIRST TEAM	ANNA GORNYITZKI		COLLEGE PARK
FIRST TEAM	EVA GORNYITZKI		COLLEGE PARK
FIRST TEAM	LUCY GALBRAITH		COLLEGE PARK

SECOND TEAM	CHIARA KE		ALHAMBRA
SECOND TEAM	IZZY COOLEY		ALHAMBRA
SECOND TEAM	JULIA ARRIZON		ALHAMBRA
SECOND TEAM	LAYNA PANAGUITON		ALHAMBRA
SECOND TEAM	VANESSA SANDOVAL		BENICIA
SECOND TEAM	GRACE CLEARY		CLAYTON VALLEY

HONORABLE MENTION	CHARLOTTE BOGARD		BENICIA
HONORABLE MENTION	GRACE BARNES		BENICIA
HONORABLE MENTION	SOPHIA ROTH		BENICIA
HONORABLE MENTION	ABIGAIL ADENT		CLAYTON VALLEY
HONORABLE MENTION	GIANNA KOUGIOS		CLAYTON VALLEY
HONORABLE MENTION	ANDREA GARCIA		COLLEGE PARK
HONORABLE MENTION	AUDREY HOOVER		COLLEGE PARK
HONORABLE MENTION	JESS STAUFFER		COLLEGE PARK
HONORABLE MENTION	ROXY TILLBERG		COLLEGE PARK
HONORABLE MENTION	ADDISON FAULKNER		CONCORD



# 2023 ALL LEAGUE DIVING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

GIRLS	NAME	GRADE	SCHOOL
FIRST TEAM	MOLLY GRAY		CLAYTON VALLEY CHARTER
SECOND TEAM	DAKOTA GOYERT		ACALANES
HONORABLE MENTION	MADISON TURNER		COLLEGE PARK

BOYS	NAME	GRADE	SCHOOL
FIRST TEAM	LIAM HARJU		CAMPOLINDO



# 2023 ALL LEAGUE BOYS TENNIS VALLEY DIVISION

Alhambra, Benicia, Clayton Valley Charter, Concord, Mt. Diablo, Ygnacio Valley

	NAME(S)	YEAR	SCHOOL
FIRST TEAM SINGLES	JOE GALETTI	SOPHOMORE	ALHAMBRA
FIRST TEAM SINGLES	IAN ZAMBRANO	SOPHOMORE	BENICIA
FIRST TEAM SINGLES	SURAJ SOMASKANDAN	SOPHOMORE	BENICIA
FIRST TEAM SINGLES	NICHOLAS ASHLEY	JUNIOR	CLAYTON VALLEY CHARTER
FIRST TEAM SINGLES	FRANCIS ORTALIZ	JUNIOR	CLAYTON VALLEY CHARTER
FIRST TEAM SINGLES	MAURICE STRAUBHAAR	SENIOR	YGNACIO VALLEY

FIRST TEAM DOUBLES	MATT TURNQUIST WYATT CARNEY	SENIOR SENIOR	ALHAMBRA
FIRST TEAM DOUBLES	ARMAN BANCE DANIEL LEE	SENIOR JUNIOR	BENICIA
FIRST TEAM DOUBLES	ETHAN MARQUEZ ERIC CATLANO	SENIOR SENIOR	CLAYTON VALLEY CHARTER

SECOND TEAM SINGLES	JAKE VAIRETTA	SENIOR	ALHAMBRA
SECOND TEAM SINGLES	ADRIAN HANFORD	SENIOR	BENICIA
SECOND TEAM SINGLES	AIDAN CHEN	SOPHOMORE	BENICIA
SECOND TEAM SINGLES	SEBASTIAN BALMACEDA	SOPHOMORE	CLAYTON VALLEY CHARTER
SECOND TEAM SINGLES	ALEX MIHAYLOV	SOPHOMORE	CLAYTON VALLEY CHARTER
SECOND TEAM SINGLES	ARMAN MIRZA	JUNIOR	MT. DIABLO

SECOND TEAM DOUBLES	COLTON MESONES TYLER HOLMES	SENIOR SENIOR	ALHAMBRA
SECOND TEAM DOUBLES	NOAH CILLO AIDAN LEE	JUNIOR FRESHMAN	BENICIA
SECOND TEAM DOUBLES	RAFAEL TOLENTO DOMINIC PADILLA	JUNIOR JUNIOR	MT. DIABLO

HONORABLE MENTION	DILLON SPENCER	SENIOR	ALHAMBRA
HONORABLE MENTION	ADACUS ANDERSON	FRESHMAN	BENICIA
HONORABLE MENTION	NAVODIT PILLALA	SENIOR	CLAYTON VALLEY CHARTER
HONORABLE MENTION	JARED TUMAY	SOPHOMORE	CONCORD
HONORABLE MENTION	ISAC RIVERA	JUNIOR	MT. DIABLO
HONORABLE MENTION	ARSLAN ADIL	SENIOR	YGNACIO VALLEY



# 2023 ALL LEAGUE BOYS TRACK & FIELD

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

	NAME	YEAR	SCHOOL
FIRST TEAM	ETHAN TORRES	SENIOR	ACALANES
FIRST TEAM	KYLE BIELAWSKI	SENIOR	ACALANES
FIRST TEAM	PAUL KUHNER	JUNIOR	ACALANES
FIRST TEAM	TREVOR ROGERS	JUNIOR	ACALANES
FIRST TEAM	DONAVAN LEE	SENIOR	BENICIA
FIRST TEAM	GRADY WACHOB	SOPHOMORE	BENICIA
FIRST TEAM	HARRISON HUBBARD	SENIOR	BENICIA
FIRST TEAM	LOGAN ESPEJO	SOPHOMORE	BENICIA
FIRST TEAM	TRUEDELL MINNIEWEATHER JR	JUNIOR	BENICIA
FIRST TEAM	ALEXANDER LODEWICK	SENIOR	CAMPOLINDO
FIRST TEAM	BRYCE McLAVERTY	JUNIOR	CAMPOLINDO
FIRST TEAM	GARRETT NELSON	SENIOR	CAMPOLINDO
FIRST TEAM	QUINN AHEARN	SENIOR	CAMPOLINDO
FIRST TEAM	ALAN SOLARI	SENIOR	CLAYTON VALLEY
FIRST TEAM	ALEX WALKER	SENIOR	CLAYTON VALLEY
FIRST TEAM	DANIEL MARTINEZ	JUNIOR	CLAYTON VALLEY
FIRST TEAM	DANIEL MESSER	JUNIOR	CLAYTON VALLEY
FIRST TEAM	LOGAN REMINGTON	SOPHOMORE	CLAYTON VALLEY
FIRST TEAM	ALEX LAMOUREUX	SENIOR	COLLEGE PARK
FIRST TEAM	MAVERICK WILSON	JUNIOR	LAS LOMAS
FIRST TEAM	ASHER PATEL	JUNIOR	MIRAMONTE
FIRST TEAM	RAVI SANDHU	JUNIOR	MIRAMONTE

SECOND TEAM	JACK BAYLESS	SENIOR	ACALANES
SECOND TEAM	RIVER LOCKWOOD	FRESHMEN	ACALANES
SECOND TEAM	ALEX THOMASSON	JUNIOR	CAMPOLINDO
SECOND TEAM	BLAKE WEBSTER	SENIOR	CAMPOLINDO
SECOND TEAM	BRENDAN COMERFORD	SENIOR	CAMPOLINDO
SECOND TEAM	CONNOR McGHEE	SENIOR	CAMPOLINDO

SECOND TEAM	DA YUE NG WU	JUNIOR	CAMPOLINDO
SECOND TEAM	JOSH MYERS	SENIOR	CAMPOLINDO
SECOND TEAM	KYLE FOSSEN	JUNIOR	CAMPOLINDO
SECOND TEAM	MAX MARINO	JUNIOR	CAMPOLINDO
SECOND TEAM	FERNANDO PEREZ	JUNIOR	CLAYTON VALLEY
SECOND TEAM	RYAN CHRISTY	JUNIOR	CLAYTON VALLEY
SECOND TEAM	GEORGE KARATHANOS	JUNIOR	LAS LOMAS
SECOND TEAM	ALEXANDER McMANAMON	SOPHOMORE	MIRAMONTE

HONORABLE MENTION	ANDREW McKENZIE	SOPHOMORE	ACALANES
HONORABLE MENTION	TYLER HUNT	SENIOR	ACALANES
HONORABLE MENTION	SERGIO TAPIA	JUNIOR	ALHAMBRA
HONORABLE MENTION	BENJAMIN AXELROD	SOPHOMORE	CAMPOLINDO
HONORABLE MENTION	ANGEL GONZALEZ	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	CHARLES COX III	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	KAI WILSON	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	ELIAS LONG	JUNIOR	COLLEGE PARK
HONORABLE MENTION	ANDREW BAXTER	JUNIOR	LAS LOMAS
HONORABLE MENTION	ANDREW SHARGEL	JUNIOR	LAS LOMAS
HONORABLE MENTION	JACOB FIPPIN	SENIOR	LAS LOMAS
HONORABLE MENTION	KEVIN LIN	SOPHOMORE	LAS LOMAS
HONORABLE MENTION	NATE GRIFFIN-YEH	SOPHOMORE	LAS LOMAS
HONORABLE MENTION	ZACK SPRINGER	SOPHOMORE	LAS LOMAS



# 2023 ALL LEAGUE GIRLS TRACK & FIELD

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

	NAME	YEAR	SCHOOL
FIRST TEAM	DULCINEA VAIL	SOPHOMORE	ACALANES
FIRST TEAM	NATALIE LYONS	JUNIOR	ACALANES
FIRST TEAM	PORTIA SEYMOUR	SENIOR	ACALANES
FIRST TEAM	SOPHIA CHINN	SOPHOMORE	ACALANES
FIRST TEAM	VITORIA HIATT	FRESHMEN	ACALANES
FIRST TEAM	JEAN IKENAGA	SENIOR	BENICIA
FIRST TEAM	ANNELIESE MCKENZIE	SENIOR	CAMPOLINDO
FIRST TEAM	ELLIE BUCKLEY	SENIOR	CAMPOLINDO
FIRST TEAM	MARI TESTA	SENIOR	CAMPOLINDO
FIRST TEAM	MEAGAN KENNEDY	SENIOR	CAMPOLINDO
FIRST TEAM	PINKIE SCHNAYER	JUNIOR	CAMPOLINDO
FIRST TEAM	QUINN GUTHRIE	SENIOR	CAMPOLINDO
FIRST TEAM	SHEA VOLKMER	JUNIOR	CAMPOLINDO
FIRST TEAM	KIMORA McDONALD	JUNIOR	CLAYTON VALLEY
FIRST TEAM	SHANTIA ALI	SOPHOMORE	CLAYTON VALLEY
FIRST TEAM	JESSICA CHISAR	SENIOR	COLLEGE PARK
FIRST TEAM	JESSICA YOUN	JUNIOR	MIRAMONTE

SECOND TEAM	CARLY YOUNG HARRIMAN	SENIOR	ACALANES
SECOND TEAM	ANNA STUBBINGTON	SENIOR	CAMPOLINDO
SECOND TEAM	CHARLOTTE ARNSWALD	SENIOR	CAMPOLINDO
SECOND TEAM	SIDNEY ROSS	JUNIOR	CAMPOLINDO
SECOND TEAM	KELLSEY OGU	SENIOR	CLAYTON VALLEY
SECOND TEAM	KATARINA MUELLERLEILE	JUNIOR	COLLEGE PARK
SECOND TEAM	ANNABEL SHIC	JUNIOR	LAS LOMAS
SECOND TEAM	AVA WILSON	JUNIOR	LAS LOMAS
SECOND TEAM	CHARLOTTE ORR	SOPHOMORE	LAS LOMAS
SECOND TEAM	ISABELLA PELLETIER	JUNIOR	LAS LOMAS
SECOND TEAM	JORDAN BARNES	SENIOR	LAS LOMAS



SECOND TEAM	LILY MONTILLA	SOPHOMORE	LAS LOMAS
SECOND TEAM	MORGAN CASEY	JUNIOR	LAS LOMAS
SECOND TEAM	VICTORIA CHATTER	SOPHOMORE	MIRAMONTE

HONORABLE MENTION	HALEY CHELEMEDOS	SOPHOMORE	ACALANES
HONORABLE MENTION	CORINA JONES	JUNIOR	ALHAMBRA
HONORABLE MENTION	RANAE SEARLS	JUNIOR	ALHAMBRA
HONORABLE MENTION	SADIE PARKER	SENIOR	ALHAMBRA
HONORABLE MENTION	GABRIELA LUNA	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	ISABELLE RUFF	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	THEA JEFFRESS	SOPHOMORE	CLAYTON VALLEY
HONORABLE MENTION	KIMIKO HIRAHARA	SOPHOMORE	LAS LOMAS
HONORABLE MENTION	NINNA ONSAGA	SENIOR	LAS LOMAS
HONORABLE MENTION	ADDISON BRAITBERG	JUNIOR	MIRAMONTE
HONORABLE MENTION	ADDISON BYRNE	JUNIOR	MIRAMONTE
HONORABLE MENTION	INARA INESI	FRESHMEN	MIRAMONTE
HONORABLE MENTION	ELLA KOPPER	JUNIOR	NORTHGATE
HONORABLE MENTION	GABRIELA MANNING	JUNIOR	NORTHGATE
HONORABLE MENTION	MEGAN MALLOY	SENIOR	NORTHGATE
HONORABLE MENTION	REAGAN THOMAS	JUNIOR	NORTHGATE



# 2023 ALL LEAGUE BOYS VOLLEYBALL VALLEY DIVISION

Alhambra, Benicia, Clayton Valley Charter, Concord, Miramonte,  
Mt. Diablo, Ygnacio Valley

	NAME	GRADE	SCHOOL
MVP	CHARLES BULATAO	SENIOR	ALHAMBRA

FIRST TEAM	NICO PALOMINO	SENIOR	ALHAMBRA
FIRST TEAM	BRENT PEARSON	SENIOR	ALHAMBRA
FIRST TEAM	KEANU VILLANUEVA	SENIOR	BENICIA
FIRST TEAM	ADRIAN SALAMASIDIS	SENIOR	CLAYTON VALLEY
FIRST TEAM	JOEY POSTLETHWAITE	JUNIOR	CLAYTON VALLEY
FIRST TEAM	JON MARC MOSHER	SENIOR	MIRAMONTE
FIRST TEAM	EVAN MCKNIGHT	JUNIOR	YGNACIO VALLEY

SECOND TEAM	JACK KEIFER	SENIOR	ALHAMBRA
SECOND TEAM	BROCK SLOCUM	SENIOR	ALHAMBRA
SECOND TEAM	OWEN SHERRY	SENIOR	BENICIA
SECOND TEAM	MIGUEL FIGUEROA	SENIOR	BENICIA
SECOND TEAM	KADEN ESTRADA	JUNIOR	BENICIA
SECOND TEAM	CODY LIMING	JUNIOR	CLAYTON VALLEY
SECOND TEAM	JORISH JAVIER	SENIOR	CONCORD
SECOND TEAM	DORIAN BYRD	SENIOR	MIRAMONTE

HONORABLE MENTION	ARSLAN ADIL	SENIOR	CLAYTON VALLEY
HONORABLE MENTION	HUGO AVALOS	JUNIOR	CLAYTON VALLEY
HONORABLE MENTION	JUMAIYA TABAYOYONG	SOPHOMORE	CONCORD
HONORABLE MENTION	NELSON LUNA	SOPHOMORE	MT. DIABLO
HONORABLE MENTION	MINAMBA SEMBELE	FRESHMEN	MT. DIABLO
HONORABLE MENTION	ZACHARI MODINA	SOPHOMORE	MT. DIABLO
HONORABLE MENTION	ZACH BERG	SENIOR	YGNACIO VALLEY