THE TUSTIN UNIFIED SCHOOL DISTRICT AND
THE IRVINE UNIFIED SCHOOL DISTRICT

present:

2019-2020 PACIFIC COAST LEAGUE
SENIOR STUDENT ATHLETE
AWARDS CEREMONY

Wednesday, May 20, 2020
PROGRAM

PRESENTATION OF AWARDS

Senior Scholar Athlete Awards
Sportsmanship Awards

Beckman High School
Steve Fischel, Athletics Director
Monica Salas, Athletics Director

Irvine High School
Gabe Cota, Athletics Director
Travis Haynes, Athletics Director
Kris Klamberg, Athletics Director

Northwood High School
Brandon Emery, Co-Athletics Director
Sierra Wang, Co-Athletics Director

Portola High School
Katie Levensailor, Athletics Director

University High School
Tom Shlake, Athletics Director

Woodbridge High School
Rick Gibson, Co-Athletics Director
Matt Campbell, Co-Athletics Director
Award Descriptions:

The Senior Scholar Athlete Award recognizes seniors who have maintained a cumulative GPA of 3.5 or higher over the course of their high school careers and have made significant contributions on the Varsity level for their respective sports.

The Sportsmanship Award recognizes two senior student athletes (one female, one male) per school site who exhibit the following qualities: trustworthiness, respect, responsibility, fairness, caring, and citizenship. This award is unique to the PCL in that it celebrates those student athletes who serve as role models and outstanding citizens both in and out of the fields of play.

The Athlete of the Year Award recognizes two senior scholar athletes from each school site who exemplify the vision and mission of the Pacific Coast League and the California Interscholastic Federation (CIF).
SALONI KHANDHADIA: Saloni has been a major contributor to Beckman Track and Field. She has broken school records in both shotput and discus numerous times since freshman year. As well as three straight appearances in Winter State Championships, third place at the Arcadia Invitational, and 3 straight CIF appearances. She has also been to CIF finals twice and was the first Beckman track and field athlete to compete at the State meet. She has also been awarded the Most Valuable Player award three years in a row. Saloni has a 3.83 GPA and is planning on attending the University of California Santa Barbara where she will compete on the track and field team and pursue a data science major.

HALEY SCHROEDER: Haley Schroeder is a four year varsity athlete for the Beckman Girls Volleyball program. She was team captain for her junior and senior seasons. Haley has been on the starting lineup since her sophomore season and participated in four CIF postseason appearances throughout her time at Beckman. She received two First Team All-League honors her sophomore and junior seasons, while concluding her high school career with an All-League MVP title and breaking the BHS Girls Volleyball single-season block record. Schroeder will be continuing on to the University of California, Santa Barbara where she will play volleyball for the Gauchos.

ISHA SHAH: Isha is a three-year varsity player and starter for the Beckman Girls tennis team, including playing #1 Doubles during 2018. She participated in the CIF postseason three times, and played a crucial role in Beckman winning its only CIF tennis championship in 2017. She also made it to the quarterfinals of the PCL Doubles Tournament with her partner in her junior year. Her awards include Newcomer of the Year and Most Inspirational Player. She has had the privilege of serving as varsity co-captain for her final year on the team. To close off her high school tennis career, Isha was able to achieve the third-most doubles wins in girls’ tennis at Beckman. Isha has a 4.72 GPA and will be studying Mathematics at UC Los Angeles this fall.

MARCI YANAGAWA: Marci Yanagawa has been a dedicated club swimmer since she was six years old. She is a four-year varsity swimmer for the Beckman Girls Swim Team and was nominated as team captain for her junior and senior years. In addition, she has won the Most Valuable Swimmer Award every year of her high school career. Marci specializes in the 100 backstroke and 200 IM, which have led her to be a four-time CIF Division I finalist. In addition, she placed 2nd in the 100 backstroke at Pacific Coast League Finals as a junior, and 3rd in the same event the previous year. Outside of the pool, she is a hard-working student who has maintained a 4.49 GPA. She is Vice President for National Honors Society (NHS) and a member of College Scholarship Federation (CSF). She has also received the Scholar-Athlete Award ever since freshman year. This fall, Marci will be continuing her academic and athletic career at Azusa Pacific University, where she will major in Psychology.
ELIJAH CLARK: Elijah competed four years on Beckman varsity water polo and received three varsity letters. He was a two-year starter, one year captain, and competed in three CIF postseasons. As a captain, Elijah set a team high in assists and lead Beckman water polo to the program’s furthest CIF run into Division 3 Semifinals. Elijah was awarded Second Team All-Pacific Coast League, Offensive Player of the Year, and USA Water Polo Academic All American with a weighted GPA of 4.63. Elijah played club water polo since the age of nine and has won a national title in Junior Olympics Championship division and two Cal Cup state championships over his career. Academically, he is a four-time honor roll, four-time scholar athlete, and an AP Scholar award recipient. Elijah will be studying political science and signed to play NCAA D3 water polo at Chapman University off of a 4-year academic, merit-based scholarship.

TRISTAN DUPONT: Tristan Dupont was a two year varsity player. He was a one time Pacific Coast League champion while playing baseball. He was awarded pitcher of the year for his Freshman and Junior Varsity Years. He participated in the division 1 CIF playoffs one time during his Junior year. His Senior year, he was one of the starting pitchers for Beckman’s baseball team. His plan after high school is to attend Cal Lutheran University to study Business Administration and to play baseball at the Division 3 level.

ELI SCHWARZ: Eli earned 7 varsity letters between water polo and swimming, playing three years varsity water polo and swimming four years varsity. He was a center defender and utility player for the water polo team, and a freestyle sprinter for the swim team. His awards in water polo include Defensive Player of the Year, First Team All-League, Second Team All-League, and Third Team All-CIF. Eli has a 4.68 GPA and will be attending Harvey Mudd College. He will be continuing his water polo and swimming career with the intercollegiate Claremont-Mudd-Scripps Stags.

KENTON WILSON: Kenton Wilson was a 3 year varsity lacrosse player for Beckman Boys lacrosse. Kenton was a Team Captain his senior year. He has participated in the CIF postseason since his sophomore year. He was a 2 time Pacific Coast League Champion and was awarded 1st Team All-League Honors his Junior year. He has also been a Team Captain for the Beckman Club Hockey team since his Junior year. He won the Division 3 Championship, placed second in the Division 2 Championship, and was awarded “Defensive Player of the Year” his Senior year. He also serves as Beckman High School’s ASB and FCA President. He has a 4.67 GPA and plans to pursue the Trojan Transfer Plan at UCSB or John Cabot University.
CANDANCE AN: Candace An was a three year starter and made 2nd team all league in 2018, 2019, 2020. She was the only Irvine qualifier this year to go into CIF. She showed wonderful leadership for the program and was voted by the players as Most Outstanding and Coaches Award. Candace is also a lead editor on Irvine High’s El Vaquero, the State Champion School Newspaper.

SABRINA LOMRI: Sabrina has only been playing basketball for four years. She worked hard everyday to become the best student-athlete she could be. This year the hard work resulted in her being captain of the team. She also was named to the 1st Team-All League Team. In addition to being a leader on the court, Sabrina is also co-captain of her Lacrosse team and has earned a 3.7 GPA over her high school career enjoying Advanced Journalism and British Literature. Next year, Sabrina will be attending and playing basketball at Fullerton College.

CHLOE MACVICAR: Chloe has been swimming competitively since she was six years old, and continued in high school with three years on varsity. Her main events were the 200 freestyle and 500 freestyle. Freshman year I started playing water polo and played all four years with one year starting varsity. She was also one of the co-captains this year for both the water polo and swim teams. While Chloe started out as a swimmer, water polo is what she enjoyed most and her love for the sport inspired her to play in college as well. Other than athletics, Chloe was a member of marching band, Wind Symphony, and Jazz throughout my whole high school career, including being both a section leader and drum major for marching band. Since she was in athletics and performing arts, it was sometimes hard to balance the two but I’m passionate about both so it was worth the time commitment for her. Next year Chloe will be at University of Toronto in the Faculty of Arts and Sciences, studying Environmental Studies as well as playing water polo for the university’s Varsity Blues.

ASHLEE PARK: As the Head Coach, I was proud to have Ashlee leading the program because future captains will follow her lead in advancing the program. Team chemistry is the most important part of a team, and Ashlee established that for our team. She valued all players for their abilities and as individuals. Ashlee performed beyond our expectations by supporting her teammates outside the field with school and personal problems. To add to her accomplishments Ashlee played the most minutes this season with a total of 1,410 minutes. As a captain, she led the varsity team to win the Westminster Classic Tournament. Ashlee was also awarded Varsity’s MVP and PCL First Team with seven goals and five assist this season. The team set a program single-season record of 3-5-2 in league and 9-5-6 overall. Ashlee’s leadership in the past years has improved the program’s chemistry, increasing all-around player’s commitment and expectations.
IRVINE HIGH SCHOOL
SCHOLAR ATHLETES

RYAN BARLOW: Ryan Barlow was one of the biggest reasons IHS went 19-9 last year, finished in second place and went to the quarter finals for the first time since 2001. Ryan's season last year earned him 2nd team All-CIF honors and first team all-league in the PCL. His career numbers include 135.1 innings pitched, 2.8 ERA, 87 strikeouts, ten wins and 30 games pitched. Although his season was cut short he was on track to have a tremendous year having started out with two wins and .808 ERA. On top of what he has accomplished on the field he was an even better leader off of it. Ryan was a huge piece to the turnaround IHS had and he will not be easily replaced.

LUCAS GRAHAM: In his time at Irvine High School, Lucas Graham played as a lineman on the football team and a thrower in track and field since his freshman year. His favorite subjects are History, English, French, and Economics. Lucas really enjoys weightlifting, studying French, reading, and playing bass guitar in his free time. His plans for the coming year are to attend California State University, Fullerton and to study business administration and international business. Lucas would also like to study abroad in France or Sweden and continue mastering the French language.

WILL NOMURA: Will Nomura is an Elite Water polo player and swimmer. He's a three year Varsity polo player and a three year varsity swimmer. Will was 2nd team All-league as a Sophomore, 1st team All-league as a Junior. Will led the team in goals with 131, which breaks down to over 5 per game as a senior and had 43 drawn ejections this year. As a swimmer, Will Nomura has achieved C.I.F individual time standards in 100 Fly and 200 Free as a Junior and would have surpassed those times and added more events this senior swim season. He is well respected among his teachers and teammates. Academically, Will has above a 3.5 GPA. Will is attending the UC Davis in the fall and will continue to play water polo.

DANIEL WEI: Daniel Wei is a four year starter on the varsity tennis team and has played at the #1 singles for three years, and was also the team co-captain. During Daniel’s junior year, he was 1st team PCL all-league, league individual singles champion, and earned his way to the CIF-SS quarter-finals, Daniel also made 2nd team all league as a sophomore. Before the abrupt end to the season, Daniel was one of the favorites to win the PCL singles title again. Daniel played on the varsity soccer team during his senior year, and he is also a highly accomplished musician in the orchestra. Daniel Wei currently has a 3.8 GPA and will play tennis and serve his country at the Air Force Academy next year majoring in Computer Science or Cybersecurity.
ASTRITI DIHINGIA: Astriti Dihingia has been a part of the NHS varsity tennis team since her freshman year, earned four varsity letters in tennis, and participated in the CIF postseason three times. This year she had the honor of being Tennis Captain. In her sophomore year, Astriti was ranked in the top 100 players in her USTA division. She’s earned the “Most Inspirational Award” as well as the “Coach’s Award” for her enthusiasm during matches and her ability to persevere. Her passion for tennis extends off the court as well, as she partnered with her tennis academy to create a community outreach group that tutored at underprivileged elementary schools. In response to her efforts towards her community, she was awarded the Presidential Volunteer Service Bronze Award. She has been a Scholar Athlete for all four seasons, with a cumulative GPA of 4.2. Astriti is a National Merit Fina list and will be pursuing a combined major in Health Sciences and Psychology at Northeastern this fall with a National Merit Scholarship.

MARY KING: Throughout Mary King’s time in high school she has earned seven varsity letters in cross country and track and field. She has participated in the CIF postseason three times, making it to CIF finals every time, been a Pacific Coast League Cross Country All-League runner three times. Mary was awarded the coach’s award in ninth grade, the outstanding dedication award, and the most valuable player award. She has been a scoring varsity runner all four years and was the cross country captain senior year. She was the frosh-soph PCL champion in the 3200 her sophomore year, as well as PCL co-champion the next. In track, she was awarded distance rookie of the year, frosh-soph girls distance athlete of the year, and the coach’s award. She also served as the distance track captain her senior season. Additionally, she was the top female Northwood high student in the 2017 Timberwolf 5K. Mary has made the principal’s honor roll every year. Mary is honored to be attending New York University to pursue her academic and athletic careers this fall.

KATHLEEN OVERBAUGH: Kathleen Overbaugh has earned six varsity letters in soccer, cross country, and track and field. She has participated in the CIF postseason three times. After two ACL knee surgeries while playing soccer at West Coast Fútbol Club, she found her passion in running. In track and field, Kathleen was a varsity team member for four years, and team captain for the past two years. Her awards include Sprinter/Hurdler Athlete of the Year. Kathleen ran in the CA Winter State Track and Field Championships for the past three years. She has represented Northwood at the OC Championships and the Arcadia Invitational. Kathleen is a school record holder for the individual 200 meters, the 1600 meter sprint medley relay, the 4x200 meter relay, the freshman all time record for the 200 meters, the junior all time record in the 200 meters, the fourth fastest 100 meter time in NHS school history, and the fifth fastest time in the 400 meters in NHS school history. She has a total weighted GPA of 4.16. Kathleen will be studying Business Administration and Management and running track at Boston University in the fall.

ASHLEY PETERS: Ashley earned three varsity letters in girls lacrosse while playing her sophomore, junior, and senior year. She developed her love for lacrosse at OC United, SoCal Express, Ladies of the North and NOC. In lacrosse, she was awarded First Team All-League and won the team MVP offensive player in 2019. At the UCLA women’s lacrosse camp she was awarded the Head, Heart and Hustle award by her role model Trenna Hill. Her junior and senior year, she was honored to serve as the varsity girls lacrosse captain. Ashley has a 4.14 GPA and will study at Irvine Valley College for two years and hopefully transfer to UCI from the honors to honors program to study Business Administration. While at IVC, she wants to start a local women’s club team so she can pursue playing and coaching lacrosse in college.
NORTHWOOD HIGH SCHOOL
SCHOLAR ATHLETES

ETHAN DUONG: Ethan Duong earned five varsity letters in football and volleyball. He participated in the CIF postseason three times, including a CIF semi-finals appearance for football and a CIF second-round appearance for volleyball. In football, Ethan played quarterback and defensive back and was presented the Coach’s Award as a freshman. He capped off his senior year with the Most Outstanding Defensive Back Award and a selection as First Team All-League. In volleyball, he played opposite and libero and was awarded Most Improved his sophomore year. In addition to his athletics at school, he played club volleyball and served as a head coach for his former middle school’s flag football team. Ethan is involved in a number of various clubs and organizations at school, including Link Crew and co-president of the Business, Finance, and Investment Club. He has a 4.24 GPA and will attend Cornell University studying Economics.

CHRIS PUkszta: Chris Pukszta has totaled ten Varsity letters across his time in both water polo and swimming. He was a part of the CIF Southern Section winning swim team in 2018 as well as competing in one other Swimming CIF and four water polo CIF tournaments. He led the Water Polo team as a Co-captain his senior year to a D3 semi-final finish and was a Co-captain his senior year for the Boys swim team. Chris has been in the water almost his whole life, learning to swim at age six and joining the NOVA Aquatics swim team. He played for the Northwood water polo club team from age ten to fourteen and had multiple top-ten finishes during his time there. He returned to NOVA in the past few years to resume his swimming career. Outside of Northwood athletics, Chris is an avid triathlete, competing in USAT High school nationals as well as other nationally ranked events. Chris has a total GPA of 4.21 and will be majoring in Bioengineering at The California Institute of Technology (Caltech).

NIKHIL RAJAGOPA: Since freshman year, Nikhil Rajagopal has been a starting Varsity athlete for Northwood High School’s boys tennis team, where he has to-date received three Varsity letters. Nikhil has participated in the CIF postseason three times, and during his junior year, his team was ranked second in league, with a record of 15-2. This enabled the team to qualify and rank third in the highest open division of CIF, where they reached the quarterfinals. Nikhil has served as a captain of the Varsity team for the past two years and played in the #1 doubles position for the 2019 season. During his junior year, Nikhil won the PCL doubles tennis tournament and advanced to the round of sixteen of the CIF Individual Doubles Tennis Championships. Additionally, he was selected as part of the First Team All County Boys Tennis team. Nikhil has a 4.30 GPA and will study Computer Science at UC Berkeley this fall.

CORY STONE: Cory Stone earned six letters in varsity cross country and track, and served as team captain for five seasons. His junior year, he led the boys’ cross country team to their first ever placement at the CIF-SS Finals meet in Division 2. He set school records at the Woodbridge-Northwood Classic and Dana Hills Invitational and was honored as "Most Dedicated" this year, and "Rookie of the Year" and "Coach's Award" recipient in previous years. Cory has a 3.89 GPA and will study Chemical Engineering while continuing to run cross country and track at the South Dakota School of Mines and Technology.
PORTOLA HIGH SCHOOL
SCHOLAR ATHLETES

SHAIVI BANDATMAKUR: Shaivi Bandatmakur has earned two varsity letters in water polo. She fell in love with water polo after her first high school practice and stuck with it for four years. Her awards for water polo include Top Dog, Most Dedicated Female Athlete, and MVP (Freshmen to Senior year). She has been given the honor of serving as captain for four years and received the honor of Second Team after her junior and senior seasons. She has also served on leadership boards for the Second Harvest, Wounded Warrior, and Make-a-Wish clubs at Portola. Shaivi Bandatmakur has achieved a 4.48 weighted GPA (4.0 unweighted) and will study Human Biology at UC San Diego this fall in hopes of becoming a pediatrician in the future.

DONIA MAYMOUN: Donia Maymoun earned three varsity letters across both basketball and track and field. She participated in the second round of CIF her senior year. For track and field she earned a top dog award recognizing her PRIDE values and athletic seasons. For basketball, she won best defensive player across all sports at Portola and was a 4 year captain. She was also ranked as first for rebounds in all of orange county with an average of 19.7 rebounds per game and a total of 493 rebounds, cumulatively, her senior season. She was also honored to be part of the first team all league this year as well as received a top dog award. Donia has a 4.25 gpa and will study Biology at UC Irvine this fall.

MADDY NOH: Madelyn Noh earned three varsity letters in volleyball and basketball. Her basketball team advanced to the second round of CIF this season. Maddy developed her love for volleyball through playing with her family at Mile Square Park and decided to continue her developed passion by playing in high school. A friend encouraged her to tryout for basketball freshman year and Maddy was immediately hooked. Maddy served as a team captain in both sports. She was named Top Dog for basketball in 2019 and awarded Best On and Off the Field Athlete at the Portola ESPY awards. Maddy served as the photo editor and co-editor-in-chief of the school yearbook. She also received the Bulldogs Excellence Award for Service. Maddy has a 4.10 GPA and will be studying biology at Marquette University this fall.

ALLISON SHI: Allison Shi is a founding member of Portola’s girls’ tennis team and has been a part of the team for four years, two of those years being varsity. She started playing tennis through her local team tennis program and quickly developed a love for the sport. Throughout her four years, she has played in both singles and doubles. During her senior year, she participated in the CIF postseason and with her team, clinched the CIF-SS Division III championship title. She received the Top Dog award from her coach in 2017 and 2019, and she was nominated for the Best Female Scholar Athlete ESPY award. In high school, she was involved in multiple clubs, ASB, the IUSD Student Board, and Portola Singers. Allison has a 4.43 GPA and will study psychology and linguistics at Duke University this fall.
Jeffrey Chen: Jeffrey Chen was part of both varsity basketball and volleyball programs. For basketball, he received the PCL Second Team All League Award in both his junior and senior years. He was also co-captain in his senior year and helped lead the team to Portola High School Basketball’s first PCL League Championship. For volleyball, he was Most Valuable Player in both freshman and sophomore year and served as co-captain in freshman and senior year. In junior year, he received a Pacific Coast League All-League Honorable mention. In his sophomore year, he was nominated by the school to represent Portola at the Orange County Athletic Directors Association ceremony and received the Student Athlete of Character Award. In his junior year, he also received the Bulldog All Sport Booster ESPY Award for Best Male Scholar Athlete. He was heavily involved in student government. Jeffrey will study Electrical Engineering and Computer Science at the University of California at Berkeley in the fall.

Alex Cherry: Alex Cherry earned two varsity letters for water polo, one each from junior and senior year. He has also received two Portola Top Dog awards, was the water polo team Most Valuable Player his freshman year, and has also received the scholar-athlete patch. Alex was the captain of the varsity water polo team in his junior year. Alex has a 4.21 GPA and will study microbiology at Brigham Young University this fall.

Jamison King: As a two year varsity letterman and team captain, Jamison King is one of 6 Bulldogs who anchored the Portola Baseball program from its inception in 2017. As a starting pitcher, infielder and outfielder, Jamison’s other baseball accolades include: 2019 Cy Young Award, First Team All-League PCL, and CBCA All Southern Section Senior. Jamison was the PCL Strikeout leader in 2019 and was on the pitching stat leaderboards again in 2020. He also holds Portola’s record for single game strikeouts with 16. Jamison has been recognized by his teachers with several Bulldog PRIDE value awards over the years for both Respect and Integrity. He received Genius Project Awards in both 2018 and 2019 and was a member of the team that won the 10th grade Pehrson Innovation Award in 2018. He is a member of the Saddleback High School Ministry where he has served as a Youth Leader for the Irvine South Campus Main Events during the summers, an Eagle Scout, and a member of the Irvine North Chapter of the National League of Young Men, earning several philanthropic awards including the 2018 Gold Presidential Volunteer Service Award. Jamison has a 4.20 GPA and will be continuing his academics and baseball career at Concordia University, Irvine in the fall.

Kaveh Wojtowich: Kaveh has played football and soccer for all four years, while also playing volleyball and track and field for three years. Kaveh was the first four-sport athlete at PHS, and earned the PHS Male Athlete of the Year award last year at the 2019 ESPY Awards. Kaveh held a leadership role on the 2019 football league championship team while earning 1st Team All-League Football in both 2018 and 2019 in two positions, as well as 1st Team All-City both years. Kaveh was the team MVP in 2018, was the defensive player of the year for the league champion 2019 team, and has been the offensive player of the year. He also was a recipient of the NFF and College Hall of Fame Scholar-Athlete Award this year. In volleyball, Kaveh earned an All-League Honorable Mention. Kaveh is also on the 4x100 school record holding team in track and field. Kaveh served two years in ASB, was the vice president of the Indoor Soccer Club, and participated in many clubs and community service activities. He has a 4.28 academic GPA and 1510 SAT and will be playing football while studying mechanical engineering at Carnegie Mellon University this fall.
UNIVERSITY HIGH SCHOOL
SCHOLAR ATHLETES

CLAIRED KAWATA: Claire Kawata earned four varsity letters in basketball. She participated in CIF postseason 4 times. She developed her love for basketball at OC Rhythm Basketball Club (two years) and SEYO basketball club (eleven years). In basketball, her awards include team Most Improved Player (2017-2018), All-Tournament WYBT, All-League Honorable Mention (2017-2018), Norco All-Tournament Award (2018-2019), team Offensive Player of the Year (2018-2019), First Team All-League (2018-2019), North South All Star Team (2019), Norco All-Tournament Award (2019-2020), First Team All-League (2019-2020), team MVP (2019-2020), and North South Orange County All Star Team (2020). This year she was honored to serve as Basketball Captain. She holds the University Girls basketball school record for Most Three Pointers made in a career at 165 total made. Claire Kawata has a 3.65 and will study Nursing at Point Loma Nazarene University this fall.

ALEXIS KIM: Alexis Kim earned 4 varsity letters as part of the University High School Girls’ Golf Team, and served as co-captain during her senior season. During her high school career, Alexis helped University High School win 4 Pacific Coast League Titles, 2 CIF Southern Section Titles, and win the 2017 CIF State Team Championship. During her senior season, Alexis was named the Pacific Coast League MVP and won the individual league title. Alexis has been named a Scholastic Junior All-American by the American Junior Golf Association and a National Merit Finalist and scholarship recipient. She also loves to play viola as a member of her high school orchestra and the Pacific Symphony Youth Orchestra. Alexis plans to study biology at Brown University, where she will also continue her golf career as a member of the Brown Women’s Golf Team.

avery klaude: avery klaude has been a varsity cross country and track runner for her entire four years at university high school and was honored to be elected captain for both teams during her last two years. she earned MVP for cross country in her senior year. avery was awarded Most Improved Runner three years in a row for cross country and back-to-back All-League and CIF qualifier her final two years. She finished her cross country career as one of the top 15 fastest cross country runners in University High’s 50-year history. Outside of school, she enjoys hiking and long-distance running— including a 3rd place age group finish at the 2017 Woodbridge Half Marathon. During the summers, Avery swims for the Turtle Rock Tidal Waves and has been a coach for the past three summers. Avery is finishing her senior year at University High School with a 4.4 GPA and is a Commended National Merit and California Scholarship Federation (CSF) scholar. She was chosen to attend the 2019 summer leadership experience for the United States Military Academy at West Point. She plans to attend UC Berkeley studying Applied Math/Statistics.

HANNAH WOO: Hannah Woo has been part of University High School’s Girls’ Tennis for the past four years. Alongside this, she has maintained her commitment to various organizations such as volunteering at St.Joseph Hospital this past year, Discovery Science Cube the last two years, and Mariners Church the last eight years, each on a weekly basis. Off campus she spent her past year as the Irvine Talks President, where she helped organize interactive student art exhibits and delivered a Talk about vulnerability and confrontation among an audience of nearly 600 people, which is now up on Youtube. On campus she spent her past four years as part of ASB, which has been her favorite experience. This year she has been serving as the ASB President, with the pandemic throwing her many curveballs. But being given the opportunity to adapt and continue to lead has only made her more grateful to have the position. With these past four years and her 3.97 GPA, she will be committing to UC Santa Barbara this fall, majoring in Psychology and Brain Sciences.
**UNIVERSITY HIGH SCHOOL**

**SCHOLAR ATHLETES**

**BRIAN LOU:** Brian received varsity letters in swimming all four years of high school. He is a ten time NISCA All-American and a 7 time CIF Southern Section D1 Finalist. In 2019, he was named an OC Register All-County Swimmer. He holds the school record in 3 events and was named MVP during his Sophomore and Junior year. His 50 yard free time ranks 2nd fastest all time in Orange County history, with his 50 meter free ranking 59th in the world for 18 unders in 2019. The last two years he has served as a team captain and led the team to a PCL Championship victory in his Junior year. He is a five time PCL Champion, a CIF-SS D1 Champion, as well as a USA Swimming Junior National Champion (relay). He had hoped to break multiple PCL and CIF records this season before it was abruptly cut short. He maintains a 4.6 weighted academic GPA and is a National Merit Scholar. He will be swimming for Princeton University in the fall.

**SIDNEY MILLER:** Sidney Miller earned four varsity letters in swimming. Sidney was a varsity team captain his junior year, and participated in CIF SS swim championships sophomore and junior year, and CIF state championships freshman year. Since third grade, Sidney has been a club swimmer year-round. His awards and achievements include: Junior Varsity Most Valuable Player freshman year, Junior Varsity league champion 100 fly and 200 IM freshman year, Varsity league finalist 200 IM and 100 back sophomore year, Varsity league finalist 100 Fly and 100 Back junior year, and Outstanding Leadership Award junior year. Sidney has a 4.11 GPA, and will study Psychology and swim for the Yellowjackets at the University of Rochester this fall.

**WILL STENTA:** Will Stenta played all four years on University High School’s varsity basketball team. In his sophomore year, he earned Defensive Player of the Year, Max Preps Player of the Year, as well as All-League honors. He was a team captain for his junior and senior seasons and helped the team make it to the CIF postseason three of his four years on the team. After his senior season, he was awarded the Coaches Award and recognized by his teammates with the Hustle Award. Will also played one year of Uni baseball as a freshman and earned MVP honors on the JV team that season. Will started playing IYBL/So Cal Elite basketball in second grade and was a member of the OC Rain travel basketball club from 4th-12th grade. Outside of athletics, Will was an active member of the Uni CubeSat team that manages the payload for the Irvine STEM program that launches satellites into low Earth orbit. Will is graduating Magna Cum Laude with a 4.2 GPA and will study aerospace engineering and computer science at Case Western Reserve University in the fall.

**PAYA VATANSHENAS:** Paya Vatanshenas was a starter for varsity volleyball all four years. He participated in the CIF postseason his freshman year. He developed his love for volleyball at Orange Coast Volleyball Club (4 years), Balboa Bay Volleyball Club (1 year), and Pinnacle Athletic Club (2 years). He earned one gold medal, two bronze medals, and two 5th place finishes at Junior Nationals throughout his club volleyball career. In high school volleyball, he earned team’s most defensive player once and team MVP twice. He has also been the Volleyball Captain for his last two years of high school. Paya Vatanshenas has a 4.24 GPA and intends on studying Bioengineering and playing D1 volleyball at University of California San Diego this fall.
WOODBRIDGE HIGH SCHOOL
SCHOLAR ATHLETES

JAYLA LAND: Jayla Land participated in varsity soccer and track and field for four years, qualifying for CIF in both. She was All League for the 800 meters and 1600 meters in track and field. She has captained the varsity soccer team since her sophomore year and has been awarded with all-league honors all four years, along with team MVP twice, and PCL MVP her senior season. She was awarded All Southern Section, after Jayla and her team made it to the quarter finals of CIF. Woodbridge High school girls soccer won the Pacific Coast League title for the first time in over ten years. She has played club soccer at Slammers FC where she captained her team for an additional four years. Jayla is committed to play division one college soccer in the PAC 12 conference at Washington State University in the fall, and plans to study sports medicine.

ERIKA MAGGARD: Erika Maggard has played on the Varsity Girls Basketball Team all four years and has participated in CIF each year. She was a part of the starting lineup since her freshman year where she was recognized as a PCL 2nd Team All League player followed by 1st Team All-League honors her sophomore and junior years. Erika was a team captain and reached a thousand point benchmark as a Warrior. In her senior year, Erika surpassed 1,700 career points making her one of the highest scoring players in Woodbridge basketball history. This year she was selected as the League MVP, made the All Orange County Teams list for a second year and was asked to represent Woodbridge in the Orange County All-Star game. Erika began her journey in basketball in SEYO Basketball and several club teams including Fusion, Irvine Flames and OC Rhythm Basketball. Erika participated in the Fellowship of Christian Athletes, Yell Crew and the Senior Homecoming Skit. She is active in her church and is a youth leader. She will continue playing basketball at the Division II level at Concordia University and will begin studying Kinesiology in the Fall.

COLLEEN MCCARTY: Colleen McCarty has played for the Girl’s Lacrosse team all four years, earning a Varsity letter each year. She was a starting defender each year, and led the defense as Captain her senior year. She was named Honorable Mention All-County as well as First Team All-League in her junior season. She also earned the Coach’s award during her sophomore season. Colleen also developed her game outside of Woodbridge at OC United Club Lacrosse, where she played with girls all across Southern California. Outside of Lacrosse, Colleen was involved with various clubs, like Junior Classical League, which she served as the President for her Senior Year. She also served as the Clubs Commissioner on ASB this year. She maintained a 4.25 GPA throughout high school, and will be attending the University of Wisconsin to study political science next year.

SARA OLDHAM: Sara Oldham played on Varsity 2018, 2019, 2020, and varsity team captain in 2020 when the team went undefeated. She was awarded Woodbridge High School Lacrosse MVP 2019, Pacific League Goalie of the Year 2019, and 2nd All County Team Goalie 2019. Sara holds two of the school’s top five performances for Saves in a Game including the school record of 23 saves with a game save percentage of .767. She set the school record for overall save percentage in a season (0.589) in 2019 and had another record-breaking season in progress with a save percentage of 0.602 in 2020 before the season was cut short. Sara also holds the school record for save percentage over career. She was on pace to set the school record for interceptions in a career before senior season cut short.
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OWEN MANCHESTER: Owen Manchester earned four varsity letters for all four years of Varsity Golf. He participated in the CIF postseason three times. He earned First Team All-League sophomore year, and League MVP junior year. He was Captain of the team his senior year, until the season shut down. Owen first started playing golf when he was eight years old, and overtime he found a passion for it. He quit the other sports he was playing to focus on golf when he was twelve, and since then has progressed up the junior and high school ranks. Owen had a 3.81 GPA and will be playing golf at the University of Delaware, where he is planning to study history.

BEN MONTPLASIR: Ben Montplaisir is a four year varsity volleyball athlete from Woodbridge High School. He received second and first team all league his sophomore and junior season respectively. Ben helped to lead the Woodbridge team to the semi-finals in CIF last year. He plays on the OCVC club team where he first started playing volleyball in 8th grade. Ben has been the captain of both his high school and club teams the past two years. Ben looks forward to attending Loyola Chicago University in the fall where he will also play volleyball.

RILEY PITTMAN: Riley Pittman has earned eight varsity letters in water polo and swim. He was a captain for the swim team and competed in CIF twice. Riley was the captain of the water polo team senior year and helped the team win its first ever league title in the 2018 season and again in the 2019 season. In the PCL, he earned the title of league MVP in 2018 and 2019, as well as the Second Team All-League in 2016 and First Team in 2017. In CIF, Riley was awarded 2017 First Team All CIF Division 3, 2018 Second Team All CIF Division 2, and 2019 First Team All CIF Division 2. Riley played with the SoCal Water Polo each year in high school. In 2018, Riley helped his club team win first place in the 16u division in Junior Olympics and he won MVP of the tournament as well. For USA Water Polo, Riley has been a member of the 2017 Cadet National Team and the 2019 Youth National Team. He has traveled to Serbia and Trinidad and Tobago and won gold medals in both of the international tournaments. Riley has earned the scholar athlete award each semester in high school and his cumulative GPA is 4.3. Riley also served as the ASB Secretary his senior year and was the president of the club Warrior Nation as well. Riley will be continuing his studies and water polo career at Stanford this fall.

JAKOB TRESTIK: Jakob Trestik earned eight varsity letters in football, soccer and baseball, and participated in CIF postseason four times. Jakob developed his love for baseball and soccer at Irvine Colts (3 years) and Strikers FC (5 years) respectively. In football, Jakob has been awarded Second Team All-League as a junior and First Team All-League senior year as well as Third Team All-Orange County as a senior. In soccer, Jakob has been awarded Second Team-All League as a senior. Jakob maintained a 3.9 GPA during high school, and will attend Lafayette College this fall to study electrical and computer engineering and play football.
PACIFIC COAST LEAGUE
SPORTSMANSHIP RECIPIENTS

Alyssa Braunstein
Mohammad Mohseni
Haley Tran
Gregory Cordilian
Malak Hassouna
Jaden Piazza
PACIFIC COAST LEAGUE
SPORTSMANSHIP RECIPIENTS

Lauren Hwang

Kai Horn

Jackie Diaz

Caedon Ng

Brielle Higa

William Talbert
PACIFIC COAST LEAGUE
SPORTSMANSHIP RECIPIENTS BIOS

Alyssa Braunstein: Alyssa Braunstein was the type of captain that led by example. First one in the gym, the first one on the line for sprints, and always in the front of the pack leading the sprints. And if Alyssa saw a teammate struggling to finish their sprints or laps, without hesitation she would run back and help them finish. Alyssa always found ways to give back to her teammates in a positive way. In games, she would fly in for rebounds, knock her opponents down, outlet the ball and then help her opponents up. True sportsmanship at its finest. Alyssa definitely put in the work to earn this award.

Mohammad Mohseni: Mohammad is a two-time league champion and CIF-qualifier, has earned medals from multiple Varsity tournaments, and was instrumental in leading the team to our first-ever league championship in school history. When he first began wrestling his freshman year, he did not start as the best wrestler; yet, he has matured into a positive leader and encouraging role model with a mean streak for pinning his opponents. He inspires many of our younger wrestlers on the team to follow in his footsteps. In addition to his accomplishments in wrestling, Mohammad has been honored as Athlete of the Week, Weightroom Athlete of the Week, and Beckman Honor Roll recipient (GPA 3.71). Through his transformation, accomplishments, and leadership, Mohammad has definitely left his mark on Beckman Wrestling. After high school, Mohammad will study in the IVC Honors program for two years before transferring to Cal Poly Pomona for Civil Engineering.

Haley Tran: Haley embodies all IHS values and holds herself accountable. She is not only respectful towards all those she encounters but, she also views every player as her equal despite her captain status and years of expertise in the sport. She is very humble, shows a great deal of compassion, is dedicated to developing her skills and the skills of others, and has been a light to the team throughout EDL. Haley also has provided outstanding leadership as Irvine High’s ASB President and a leader on the city of Irvine’s Youth Action Team. She unifies student efforts to guide students toward action that brings our whole student body together.

Gregory Cordilian: Gregory was a team captain of our 2020 League Championship Team, and the Most Inspirational Wrestler. He finished as a Pacific Coast League Champion, and one match victory away from placing in CIF. More importantly, his integrity and character is what shines. Gregory had two knee surgeries for torn meniscus in the off seasons following his sophomore and junior years. The second injury during the Orange County Summer League tournament prior to his senior season was especially disappointing and a huge challenge to overcome. Nonetheless, he fought back in his recovery and wrestled in 12th grade, never complaining about his setbacks. Gregory wrestled all four years; he definitely represents what we expect from an IHS athlete.

Malak Hassouna: Malak Hassouna earned six varsity letters in swim, participated in three CIF post seasons, and five top lady Timberwolf times. Malak started swimming at the age of nine competitively and later qualified for the Egyptian national team, holding the thirteen and under 50 backstroke regional record. Malak developed her love for swimming as a toddler as she enjoyed being in the water. Malak will be studying women’s studies (pre-law) and swimming D1 at American University next fall.

Jaden Piazza: Jaden Piazza played football and baseball at NHS where he earned letters in both sports. He most loved his position as Quarterback which gave him the opportunity to shine as a Christian Leader on and off the field. Jaden is a fierce competitor who always treats his coaches and teammates with deep respect. Even his opponents were recipients of his positive influence in the game. In his senior year he was honored to serve as one of the four Team Captains. Some of his football accomplishments include: 2018 Season First Team All-League, 2018 Northwood Best Offensive Back, 2019 Season First Team All-League, 2019 Northwood Co-Offensive Player of the Year, 2019 Season All CIF Division 12, and a school record of the most passing touchdowns in a season with 28 TD passes. Jaden will continue his football career at Fullerton College while studying business. His goal is to transfer to a four year university.
William Talbert: William Talbert earned his Cross Country Varsity letter his sophomore year and his Track letter his junior year. As a member of the Varsity Cross Country team William contributed towards winning two Pacific League Championships. He also raced in CIF Prelims and CIF Finals his sophomore through senior years. In his junior year, William and his teammates proudly achieved a spot at the Cross Country California State Championships placing 6th overall in Division 2. William received multiple awards including Most Improved Runner in 2017, Most Dedicated Runner in 2018 and 2019, Scholar Athlete in 2018 and 2019, and placed All League in 2019. His senior year, William served as Captain of the Cross Country team and Distance Captain for the Track team. His personal record for the 3 mile is 15:13 achieved in his senior year and 4:32 for the mile during his junior year. William also played on the JV tennis team as a freshman and served on the Country team and Distance Captain for the Track team. His personal record for the 3 mile is 15:13 achieved in his senior year.

Kai Horn: Kai earned varsity letters in football and track. He was a team captain on his football team for four years in a row and served as a team captain for one year. He participated in the CIF post season, once in football which included a run to the quarterfinals of CIF and once in track and field. In football, he was awarded the PTP Coaches awards signifying good leadership three times, Defensive MVP, as well as earning Second Team All-League. Kai has received several PHS Pride awards and is also involved in Portola’s music department where he participates in a school rock band as a lead singer. Kai has donated his time in several capacities throughout Irvine including serving at the OC Rescue Mission, reading to preschoolers, volunteering at the Lupus Race for Life and working for an annual box meals service project for needy families and been a Boys Youth Group Leader for the Church of Jesus Christ of Latter-Day Saints as well. Kai also coached the 5th grade Beacon Park Winter Bowl team for 2 years in a row. Kai has a 3.42 GPA and will be studying construction management at Northern Arizona University.

Jackie Diaz: Jackie has played the past four years on varsity softball as a pitcher. During her freshman year, Jackie received the Most Inspirational Athlete Award. During her junior year she was on the leaderboard for MaxPreps as a top pitcher and had the most strikeouts in all of the Pacific Coast League. In 2019, she was the MVP and received Second-Team All League. Jackie was selected by her teammates to serve as team Captain for the past two years. Her extraordinary knowledge of the game was cultivated at the age of 10, where she played club softball for OC Elite Fastpitch. At OC Elite, she won the 2017 USA Softball Western National Championship and the 2019 TCS Memorial Day Classic Championship. Jackie also serves as a sports photographer and Sports Editor for the yearbook. Jackie also served the Girl Scouts and in 2016, she received her Silver Award. Jackie will be furthering her education and softball career at California Lutheran University while majoring in Biology.

Caedon Ng: Caedon Ng has competed on the varsity level for four years. He competed at CIF his freshman, sophomore, and junior year, making it to CIF Finals during his junior year. He received Rookie of the Year his freshman year. In addition, at PCL Finals, he placed first in the 100 Backstroke his sophomore and junior year, and first in the 200 Freestyle his junior year. He was really looking forward to finishing off his 10 year long club career with Novaquatics and his high school season during his senior year. Caedon was able to serve as swim captain his junior and senior year. This gave him the opportunity to make the same lasting impact that his captains made on him years prior, the one that made him fall in love with the swim team in the first place. Ending with a 4.18 GPA, Caedon will be moving on to study Psychology at Boston University, hopefully, by this upcoming fall.

Brielle Higa: Brielle Higa was part of Woodbridge Cheer (3 years) including 2 years on Varsity. She competed in local, regional, state and national competitions. While she was a part of Woodbridge Cheer, her team earned 4th place at the USA National High School Cheerleading Competition in Anaheim and her team was also a finalist at the UCA National High School Cheerleading Competition in Florida. She was honored to earn the Scholar Athlete Award (3 times) for a GPA of 4.0 or higher. Her awards include, Most Spirited, Most Improved, and Best Performer. Outside of Cheer, she also received a Sentinel Award for her academic excellence and perseverance. She was also Co-President of Woodbridge FCA and was part of Class Council (2 years). Brielle has a 4.0 GPA and will be studying Business Administration at Biola University this fall.

Lauren Hwang: Lauren Hwang has earned 2 varsity letters in tennis. She participated in the CIF postseason once and has won the CIF-SS Division III championship title with her team. Her awards include Top Dog and ESPY Best Humanitarian Athlete Award. She was a founding member of Portola’s Girls Tennis Team and served as Captain for all 4 of her high school career. She also served as ASB Vice President and Spirit and Rally Commissioner, was the President of her club Create The Change, and was a founding member of PHS Ambassadors. Lauren has a 4.48 GPA and will study Neuroscience at Dartmouth College this fall.

PACIFIC COAST LEAGUE
SPORTSMANSHIP RECIPIENTS BIOS

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Congratulations again to all of the recipients.