

2019 SFL Fall Sport All League

Football

MVP—CJ Hutton	Folsom
Offensive MVP—Elijan Badger	Folsom
Defensive MVP—Chrisitan Awwad	Rocklin
Lineman of the Year—Isaiah Tupou	Grant
Lineman of the Year—DeShawn Lynch	Folsom
Coach of the Year—Paul Doherty	Folsom

Offense

QB Justin Lamson	Oak Ridge
QB Jake Reithmeier	Folsom
RB Daniel Ngata	Folsom
RB Dylan Warfield	Oak Ridge
RB Sheldon Conde	Del Oro
WR Brandon Barthel	Oak Ridge
WR Cameron Broussard	Folsom
WR Jaylon Pickens	Rocklin
OT Colby Christierson	Folsom
OT Kevin Good	Whitney
OT Nick Scalise	Oak Ridge
OG Bobby Piland	Rocklin
OG David Veske	Del Oro
OG JJ McMahon	Folsom
C Tucker Black	Del Oro
U Avant Jacobs	Oak Ridge
U Tanner Gomes	Rocklin

Defense

DL Anthony Whiting	Oak Ridge
DL Ben Newman	Granite Bay
DL Brody Stone	Whitney
DL Jake Melander	Folsom
DL Jared Hill	Del Oro
DL Lucas Springer	Folsom
ILB Aiden Foster	Del Oro
ILB Austin Hauptman	Whitney
ILB Conner Sloan	Granite Bay
ILB Dylan Richard	Folsom
ILB Ryan Enney	Oak Ridge
OLB Davion Blackwell	Folsom
OLB Alex Wong	Folsom
OLB Jacob Birch	Del Oro
DB Kal Lunders	Del Oro
DB Kaleb Higgins	Folsom
DB Mujahid Samad	Oak Ridge
DB Ty Peterson	Granite Bay
P Woody Brennan	Rocklin
K Cole Becker	Rocklin
K Jordan Davis	Grant

Girls Water Polo

MVP—Rachel Kowalachick Oak Ridge

Goalie MVP—May Lin Granite Bay

Malia Greenwald Granite Bay

Natalie Quilala Granite Bay

Hannah Thrash Granite Bay

Katherine Hampton Oak Ridge

Amelia Otero Oak Ridge

Mackenzie Buehler Oak Ridge

Sadie Smurthwaite Rocklin

Kathryn Chappell Rocklin

Lilli Dyer Rocklin

Rachelle Karunanayake Rocklin

Mikayla Manley Del Oro

Marena Feickert Del Oro

Madison McAdams Whitney

Boys Water Polo

MVP--Filip Crnogorac Rocklin

Goalie MVP—Jack McGarty GB

Anthony Gross Granite Bay

Chris McCarron Granite Bay

Troy Hubiak Granite Bay

Ryan Barton Granite Bay

Lathan Skeeahan Granite Bay

Aidan Rich Granite Bay

Garret Paxton Granite Bay

Johnny Frink Rocklin

Matt DeLucchi Rocklin

Mike Alexander Rocklin

Nick O'Shea Del Oro

Landon McIntire Del Oro

Eneko Basa Whitney

Girls Volleyball

MVP—Aubrey Miller Whitney

Katie Barr Del Oro

Ella Gimenez Del Oro

Hannah Traynor Del Oro

Allie Hakes Folsom

Mikayla Nichols Granite Bay

Maddie Miller Whitney

Raley Gilmore Whitney

Kealani Kuykendell Oak Ridge

Claire Kuykendell Oak Ridge

Kennedy Crane Rocklin

Lindsey Leppek Rocklin

Ivana Erlandsen Rocklin

Coach of the Year—Dave Muscarella

Rocklin

Girls Tennis

MVP—Roxana Shahi

MVP—Alison Isaac

Hailey Montgomery

Kat Tianpothong

Asrthi Sridhar

Paloma Garcia

Ashley Ryder

Emma Dobson

Alison Isaac

Roxana Shahi

Maiah White

Clara Hill-Gaston

Nikala Tuffanelli

Alice Gao

Rocklin

Del Oro

Granite Bay

Granite Bay

Granite Bay

Granite Bay

Granite Bay

Del Oro

Del Oro

Rocklin

Rocklin

Oak Ridge

Whitney

Folsom

Girls Cross Country

MVP—Riley Chamberlain

Ava Maier

Abigail Fletcher

Tiana Oliver

Kayla Rutz

Quinn Walker

Katie Kopec

Brooke Giorgi

Sanya Gowda

Annalise Gonzales

Boys Cross Country

Del Oro

Oak Ridge

Oak Ridge

Oak Ridge

Oak Ridge

Oak Ridge

Whitney

Whitney

Folsom

Rocklin

MVP—Austin Vasquez

Ethan Dodge

Jason Finta

Jacob Polivka

Daniel McEhinney

Troy Esparza

Bryan Stafford

Eric Anderson

Zachary Graeber

Michael Zagaynov

Whitney

Whitney

Whitney

Rocklin

Rocklin

Oak Ridge

Del Oro

Folsom

Folsom

Granite Bay

Girls Golf

MVP—Kaylyn Noh

Ellie Bushnell

Yewon Jang

Hanna Montgomery

Celine Sanne

Haley Wong

Ellie Sand

Elli Gordon

Lauren Millard

Tess Fernandez

Sganvi Kotti

Rocklin

Granite Bay

Granite Bay

Granite Bay

Oak Ridge

Oak Ridge

Oak Ridge

Rocklin

Rocklin

Whitney

Folsom