

2019 SFL Winter Sport All League Teams

Boys Basketball

MVP- Drake Middleton	Oak Ridge
Jake Welty	Del Oro
Adam Honer	Granite Bay
Cory Gohl	Rocklin
Darrius Kendall	Rocklin
Henry Strecker	Rocklin
Jacob Brown	Oak Ridge
Ethan Nisbet	Oak Ridge
Ryan King	Whitney
Jake Fink	Whitney
DeShawn Lynch	Folsom
Tiler Fears	Folsom
Jalen Scott	Folsom

Girls Basketball

MVP- Madison Parry	Del Oro
Jenna Duley	Del Oro
Hanna Beckman	Folsom
Charity Beckman	Folsom
Brianna Lambey	Granite Bay
Peyton Mitcheom	Granite Bay
Teagan Brown	Oak Ridge
Erica Ingram	Oak Ridge
Jessie Ruffner	Rocklin
Jada Lewis	Whitney
Makenzie Macfarlane	Whitney

Boys Soccer

MVP- Zackary Mason	Whitney		
Bradán Baker	Folsom	Anthony Baglietto	Whitney
Kyle May	Folsom	Marcus Tovar	Whitney
Nathan Gosal	Folsom	Andrew Duff	Whitney
Kevin Grewel	Folsom	Ryan King	Whitney
Cole Phillips	Granite Bay	Miguel Saavedra	Whitney
Ryan Nolan	Granite Bay	Kyle Reilly	Whitney
Ryan Rosnack	Granite Bay	Jake Sieber	Rocklin
Shane Konig	Oak Ridge	Kody Green	Del Oro
Alex Carpignano	Oak Ridge	Kyle Weslowski	Del Oro
Giovanni Marsh	Oak Ridge		
Tyler Trusner	Oak Ridge		
Jaden Obrochta	Oak Ridge		
Dominick Paeilli	Oak Ridge		

Girls Soccer

MVP- Keira Utush	Whitney		
MVP- Alyssa Caranza	Oak Ridge		
Madison Ayson	Rocklin	Summer Holt	Granite Bay
Lainey Paduveris	Whitney	Kelli Litchfield	Granite Bay
Grace McDaonald	Whitney	Tori Sullivan	Granite Bay
Sydney Johnson	Whitney	Hanna Rosenblatt	Granite Bay
Laily Begovic	Whitney	Emma Broers	Granite Bay
Cambria Kingman	Del Oro	Aleah Treiterer	Granite Bay
Kylie Garcia	Del Oro	Kaylee Gillepie	Folsom
Skylar Golding	Del Oro	Audrey Salvador	Folsom
Emily Lieber	Oak Ridge	Amber Liston	Folsom
Maddie Wright	Oak Ridge	Izzy Palmatier	Folsom
Sophia Barden	Oak Ridge		
Danezza Graellos	Oak Ridge		

Wrestling

MVP- Noah Blake	Del Oro
Daniel Lopez	Folsom
Kyle Richards	Folsom
Isaiah Schanapp	Whitney
Grant Anderson	Oak Ridge
Gabe Guzman	Oak Ridge
Bobby Piland	Rocklin
Elias Mendoza	Granite Bay
Damion Elliot	Del Oro
Evan Ivaldi	Del Oro
Jed Campos	Del Oro
Adam Lowe	Del Oro
Brenden Johnson	Del Oro
Elijah Blake	Del Oro

