

2022 Sierra Foothill League Fall Sports All League Teams

Football

Final League Standings

Folsom	5-0
Rocklin	3-2
Oak Ridge	3-2
Del Oro	3-2
Granite Bay	1-4
Whitney	0-5

Most Valuable Player—Rico Flores—Folsom

Offensive Player of the Year—Caiden Pinnick—Del Oro

Defensive Player of the Year—Conner Dasmann—Oak Ridge

Lineman of the Year—Akio Martinson—Del Oro

Folsom

Austin Mack QB
Diallo Washington DE
Mason Norberg TE
Onterrio Smith WR
Greco Carrillo DB
Slade Wilson S
Theo Greule DL
DJ Brown DB

Granite Bay

Carter Jackson RB
Frank Cusano LB
Isaiah Ene S
Zaire Collier OG

Del Oro

Kainoa Acia RB
Thomas Graham DB
Brandon Hill OL
Trae Huber LB

Rocklin

Mason Silva RB
Tom Sackinsky DL
Koen Bell DL
Austin Adams DB
Eli Hardy DB
Kale Larson DL

Oak Ridge

Maddox Varella
Jake Hall
Markus Hoffman
Carson Nichols
Ethan Dasmann

Whitney

Jackson Ly OL
Isaiah Bickham RB
Bryce Kilkenny OL
Phoenix Rose DB

**Water Polo
Girls
Final Standings**

- 1. Granite Bay**
- 2. Del Oro**
- 3. Oak Ridge**
- 4. Rocklin**
- 5. Whitney**

Most Valuable Player—Heidi Green—Del Oro

Lola Engel	Granite Bay	Carson Zerwas	Del Oro
Avery Moll	Granite Bay	Jane Lubiens	Del Oro
Noelani Gardner	Granite Bay	McKenna Michelin	Oak Ridge
Maddie Myers	Granite Bay	Drake Chompff	Oak Ridge
Audrey Quilala	Granite Bay	Ryan Wallace	Oak Ridge
Allie Nihart	Granite Bay	Kaiden Comer	Rocklin
Makena Lendahl	Whitney	Makenna Perez	Rocklin

**Boys
Final Standings**

- 1. Rocklin**
- 2. Granite Bay**
- 3. Del Oro**
- 4. Oak Ridge**
- 5. Whitney**

Most Valuable Player—Morgan Madrill---Rocklin

Jack Kimmel	Rocklin	Troy Barker	Granite Bay
Kale Irby	Rocklin	Carmelo Bangs	Granite Bay
Dallin Poduska	Rocklin	Seth Bousfield	Granite Bay
Cameron Reed	Rocklin	Cayden Williams	Granite Bay
Eddie Hill	Rocklin	Tim Zhuchenko	Granite Bay
Jack Mangelsdorf	Rocklin	Bode Farren	Del Oro
Woden Chompff	Oak Ridge	Cayden Pitzer	Del Oro
		Joey O'Shay	Del Oro

Girls Volleyball
Final Standings
Oak Ridge 9-1
Whitney 8-2
Rocklin 5-5
Folsom 5-5
Del Oro 3-7
Granite Bay 0-10

Most Valuable Player—Katelyn Cochran—Whitney

Allie Chandler	Del Oro	Alyssa Eimer	Whitney
Francesca Rossi	Del Oro	Elle Weaver	Oak Ridge
Abby Haas	Granite Bay	Emily Childs	Oak Ridge
Addie Kannegeisser	Folsom	Kate Fagundes	Oak Ridge
Evelyn Hendrix	Whitney	Maddie Papia	Rocklin
Jenna Kraft	Whitney	Cassidy Guevara	Rocklin
		Avery Gottschalk	Rocklin

Cross Country

Boys

Final Standings

- 1. Whitney**
- 2. Folsom**
- 3. Rocklin**
- 4. Oak Ridge**
- 5. Del Oro**
- 6. Granite Bay**

Girls

Final Standings

- 1. Granite Bay**
- 2. Whitney**
- 3. Oak Ridge**
- 4. Del Oro**
- 5. Folsom**
- 6. Rocklin**

MVP—Nathan Short—Folsom

Devin Pereira	Rocklin
Ethan Smith	Folsom
Nick Herman	Whitney
Noah Lopez	Whitney
Troy Esparza	Oak Ridge
Mateo Delgadillo	Whitney
Callum Turner	Whitney
David Hurren	Whitney
Quintin Hardy	Oak Ridge

MVP—Katie Kopec—Whitney

Brooke Butler	Oak Ridge
Carly Foster	Granite Bay
Grace Baxter	Granite Bay
Emily Allison	Granite Bay
Ava Kopec	Whitney
Adriana Ingargiola	Oak Ridge
Jane Landon	Whitney
Lizzy Hansen	Granite Bay
Angeline Gutierrez	Del Oro

Girls Tennis

Final Standings

1. Oak Ridge 10-0
2. Rocklin 7-3
3. Granite Bay 6-4
4. Del Oro 5-5
5. Whitney 2-8
6. Folsom 0-10

Most Valuable Player—Jayani Duggirala—Folsom

Nica Sobrepena---Rocklin

Lila Bromfield	Granite Bay	Erin Johnson	Rocklin
Elena Kugley	Granite Bay	Lia Savage	Rocklin
Ella Edwards	Del Oro	Ria Gandhi	Oak Ridge
Avery Phillips	Del Oro	Emma Crookham	Oak Ridge
Ashley Rowland	Del Oro	Alexandra Nguyen	Whitney
Neeka Abadi	Del Oro	Anannya Gairola	Whitney

Girls Golf

Final Standings

1. Granite Bay
2. Folsom
2. Oak Ridge
4. Rocklin
5. Del Oro
5. Whitney

Most Valuable Player—Lexi Booras--Rocklin

Tavia Burgess	Granite Bay	Saanvi Kotti	Folsom
Ellie Bushnell	Granite Bay	Ameila Karnbanjong	Folsom
Lauren Pierce	Granite Bay	Ashley Benedict	Folsom
Taylor Peterson	Granite Bay	Haley Wong	Oak Ridge
		Liana Rubio	Oak Ridge