



2023 Sierra Foothill League Fall Sport All-League Teams

Football

Final 2023 SFL Varsity Standings

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

League MVP—Ryder Lyons, QB Folsom

Offensive MVP—Caden Pinnick, QB Del Oro

Defensive MVP---Frank Cusano, LB Granite Bay

Lineman of the Year—Theo Greule, DL Folsom

Lineman of the Year---John Correa, DL Rocklin

Lineman of the Year---Kaleb Edwards, OL Oak Ridge

Folsom

Brian Ray WR
RJ Whitten DB
Elijah Gulewich DL
Luke Sorensen OL
Lucas Hardeman DL
Jameson Powell WR
Richard Semenza OL

Rocklin

Reeve Slone QB
Gavin Correia TE
Henry Hatada OL
Koen Bell DL
Spenser Patton DL
Derek Keeley LB
Brody DeSario DB

Oak Ridge

Jadon Anderson
Nolan King
Markus Hoffmann
Jasen Womack
Ethan Dasmann
Gavin Malloy

Granite Bay

Carter Jackson RB
Isaiah Ene RB
Carson Perry-Smith DB
Joseph Cattolico WR
Jason Hill DB

Del Oro

Talan Jewett LB
Beaux Sauve WR

Whitney

Ryan Eisert K
Keane Frank WR

Cross Country

Final Girls League Standings

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

Final Boys League Standings

1. Whitney
2. Rocklin
3. Oak Ridge
4. Granite bay
5. Folsom
6. Del Oro

MVP---Karissa Chamberlain, Whitney

MVP---Carson Carr, Oak Ridge

All- League Selections

Girls

Emily Allison	Granite Bay
Grace Baxter	Granite Bay
Addison Clinton	Oak Ridge
Adriana Ingargiola	Oak Ridge
Fiona Gordon	Oak Ridge
Ava Kopec	Whitney
Lane Landon	Whitney
Sophie Hutchinson	Whitney
Allie Hartmon	Rocklin

Boys

Robert Ward	Granite Bay
Conner Bilodeau	Granite Bay
Leo Lomugdang	Rocklin
Sam Vellutini	Rocklin
Kameron Fudenna	Rocklin
David Hurren	Whitney
Noah Lopez	Whitney
Jackson Geiselman	Whitney
Jeffery Deacon	Folsom

Girls Volleyball

Final League Standings

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

MVP—Elle Weaver, Oak Ridge

All-League Selections

Bella Rasi	Del Oro	Addie Kannegeisser	Folsom
Evelyn Hendrix	Whitney	Khloe Wong	Folsom
Mia Urosevic	Granite Bay	Kelly Wong	Folsom
Malia Pilimai	Granite Bay	Kate Fagundes	Oak Ridge
Macie Kniesel	Granite Bay	Avery Towne	Oak Ridge
Gianna Bogan	Rocklin	Addie Scheitlin	Rocklin
		Mackenzie Murphy	Rocklin

Girls Tennis

Final Girls Tennis Standings

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

MVP---Alexandra Nguyen, Whitney

All-League Singles

Lila Bromfield	Granite Bay
Elena Kugley	Granite Bay
Ella Edwards	Del Oro
Avery Phillips	Del Oro
Ashley Rowland	Del Oro
Nica Sobrepena	Rocklin
Ria Gandhi	Oak Ridge
Sophia Hammond	Oak Ridge
Jayani Duggirala	Folsom
Emily Yang	Folsom

All-League Doubles

Jessica Wagner	Rocklin
Anika Madan	Rocklin
Maya Camber	Rocklin
Rianna Dhillon	Oak Ridge
Amishi Tewari	Oak Ridge
Bella Widrin	Whitney

Girls Golf

Final League Standings

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

MVP---Bella Ransibrahmanakul, Oak Ridge

All-League Selections

Lexi Booras	Rocklin
Charlie Phelan	Rocklin
Khloe Chao	Granite Bay
Lauren Pierce	Granite Bay
Sakura Watanabe	Granite Bay
Serene Kim	Granite Bay
Emily Guan	Oak Ridge
Paavni Behl	Oak Ridge
Amelia Kambanjong	Folsom
Nailah Jackson	Whitney

Water Polo

Girls

Final Standings

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

Boys

Final Standings

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

MVP---Heidi Sherman, Granite Bay

MVP---Seth Bousfield, Granite Bay

All League Selections

Girls

Lola Engel	Granite Bay
Audrey Quilala	Granite Bay
Brooke Boyer	Granite Bay
Lucy Nihart	Granite Bay
Allie Nihart	Granite Bay
Jane Lubiens	Del Oro
Simone Shepard	Del Oro
Carson Zerwas	Del Oro
Suzie Chappuie	Oak Ridge
Ava Western	Oak Ridge
Mckenna Michelin	Oak Ridge
Makenna Perez	Rocklin
Mckenzie Wright	Rocklin
Sophia Jahn	Whitney

Boys

Brody Redline	Granite Bay
Cayden Williams	Granite Bay
Tim Zhuchenko	Granite Bay
Chase Deblaquiere	Granite Bay
Joch Reo	Granite Bay
Rhett Wildenradt	Rocklin
Micah Anderson	Rocklin
Aaron Ryu	Rocklin
Mason McKenzie	Rocklin
Charlie Even	Rocklin
Bode Farren	Del Oro
Cole Brown	Del Oro
Jacob DeJong	Del Oro
Woden Chomppff	Oak Ridge

Flag Football

Final League Standings

1. Del Oro
2. Rocklin
3. Granite Bay
4. Davis
5. St. Francis
6. Whitney
7. Folsom

SFL MVP---Megan Matthews, WR/RB/LB, Del Oro

Offensive MVP---Bella Von Seipler, WR Del Oro

Offensive MVP---Skyler Linehan, RB Rocklin

Offensive MVP---Avery Wu, WR Granite Bay

Defensive MVP---Livy Maeyama, S Rocklin

All-League Selections

Izzy Scott LB/C	Del Oro
Cali Boehrer WR/LB	Del Oro
Sam Pitzer RB/DB	Del Oro
Payton Hyde WR/DB	Del Oro
Caroline Wuelfing LB	Rocklin
Abigail Schrader WR	Rocklin
Robyn Nguyen QB	Rocklin
Kylee Flores DB	Granite Bay
Lillian McDaniel QB	Granite Bay
Alyssa Poehlman WR	Granite Bay
Elizabeth Barger DB	St. Francis
Caitlin Hafenstein WR	St. Francis
Keira La Comb WR	Folsom

