



2024 Sierra Foothill League Fall Sport All-League Teams

Football

Final 2024 SFL Varsity Standings

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

League MVP—Ryder Lyons, QB Folsom

Offensive MVP—Jameson Powell, WR Folsom

CO-Defensive MVP---Theo Greule, DL Folsom

CO-Defensive MVP---Kaleb Edwards, OL Oak Ridge

Lineman of the Year—Vlad Dyakonov, DL Folsom

Folsom

Nela Tupou TE
Daymion Rivera RB
Elijah Gulewich DL
Carter Jackson RB
Luke Sorensen OL
Kam Totten DB

Rocklin

Reeve Slone QB
Josiah Andrews DB
Henry Hatada OL
Mikey Cunningham WR
Alex Durham LB
Derek Keeley RB
Garrison Blank OL

Oak Ridge

Isaac Pierce
Logan Justrich
Justen Womack
Jasen Womack
Jack Spero
Kyle Boeker
Dean Davis

Granite Bay

Nick Harris QB
Isaiah Ene RB/DB
Keith Tapuosi OL/DL
Joseph Cattolico WR
Darnell Turner WR/DB

Jesuit

Michael Bratset OL
Tristen McLoughlin OL
John Patock LB
Ryan Reeves WR
Duncan Broughton OL

Whitney

Carson Floyd UT
Gettis Rose WR
Joey Houck OL
Kaleo Latu TE

Del Oro

Jackson Malbrough WR
Brock Sherman RB
Lucas Wilson OL

Davis

Andrew Pike
Ray Keeper

Cross Country

Final Girls League Standings

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

Final Boys League Standings

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

MVP---Sophie Hutchinson, Whitney

MVP---Mathew Ogilvie, Jesuit

All- League Selections

Girls

Grace Baxter	Granite Bay
Addison Clinton	Oak Ridge
Eva Soto	Whitney
Norah Feldt	Davis
Jane Landon	Whitney
Claire Lewis	Del Oro
Giuliana Martino	Oak Ridge
Allie Hartman	Rocklin
Avery Wolk	Davis

Boys

Isaac Abbott	Jesuit
Kyle Jakary	Jesuit
Connor Bilodeau	Granite Bay
Elias Thronson	Davis
Drake Hoferer	Jesuit
Navin Kadel	Jesuit
Jackson Geiselman	Whitney
Sam Vellutini	Rocklin
Nicolas Duquette	Davis

Girls Volleyball

Final League Standings

1. Rocklin 14-0
2. Folsom 11-3
3. Oak Ridge 10-4
4. Del Oro 8-6
5. St. Francis 7-7
6. Granite Bay 4-10
7. Davis 1-13
8. Whitney 1-13

MVP—Rylee Heinz, Rocklin

All-League Selections

Bella Rasi	Del Oro	Gianna Bogan	Rocklin
Grace Kool	Del Oro	Mackenzie Murphy	Rocklin
Sophia Palmeri	St. Francis	Ava Pabalate	Rocklin
Gilly Glikman	St. Francis	Abby Scheitlin	Rocklin
Abigayle Gotwals	Granite Bay	Devon Schwitzer	Rocklin
Alli Powell	Granite Bay	Khloe Wong	Folsom
Riley Elliott	Oak Ridge	Maddie Seabury	Folsom
Avery Towne	Oak Ridge	Avery Masters	Folsom

Girls Tennis

Final Girls Tennis Standings

1. Granite Bay	13-1
2. Davis	10-4
2. Oak Ridge	10-4
4. Del Oro	8-6
5. St. Francis	7-7
6. Folsom	4-10
7. Whitney	3-11
8. Rocklin	1-13

MVP---Jayani Duggirala, Folsom

All-League Singles

Lila Bromfield	Granite Bay
Christi Tolson	Granite Bay
Sophia Han	Granite Bay
Avery Phillips	Del Oro
Ashley Rowland	Del Oro
Aarya Sharma Vats	Rocklin
Maria McDougall	St, Francis
Alexandra Wallace	St. Francis
Hannah Proctor	Davis
Alexandra Nguyen	Whitney

All-League Doubles

Molly Newlin	Granite Bay
Kate Regnier	Granite Bay
Morgan Laugenour	Del Oro
Elena Burke	Del Oro
Lea Lamoureux	Davis
Ana Palmbaum	Davis

Girls Golf

Final League Standings

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

MVP---Emily Guan, Oak Ridge

All-League Selections

Arden Han-Wei	St. Francis
Cali Knutson	Del Oro
Emerson Kim	Granite Bay
Sakura Watanabe	Granite Bay
Serene Kim	Granite Bay
Bella Ransibrahmanakul	Oak Ridge
Paavni Behl	Oak Ridge
Amelia Karnbanjong	Folsom
Nailah Jackson	Whitney
Stella Kim	Whiney

Water Polo

Girls

Final Standings

1. Davis	11-1
1. Granite Bay	11-1
3. St. Francis	7-5
4. Rocklin	5-7
5. Del Oro	4-8
5. Oak Ridge	4-8
7. Whitney	0-12

Boys

Final Standings

1. Davis	10-2
1. Rocklin	10-2
3. Jesuit	9-3
4. Granite Bay	7-5
5. Del Oro	3-9
5. Oak Ridge	3-9
7. Whitney	0-12

MVP---Hazel Beatty, Davis

MVP---Rowan Taggatz, Jesuit

All League Selections

Girls

Lucy Nihart	Granite Bay
Audrey Quilala	Granite Bay
Brooke Boyer	Granite Bay
Aiva Mann	Davis
Jessie Walker	Davis
Addie Sinclair	Davis
Simone Shepard	Del Oro
Helen Foucek	Del Oro
Sophia Santsche-Chavez	St. Francis
Miranda Ferguson	St. Francis
Mckenna Michelin	Oak Ridge
Liz Rhodes	Rocklin
Olivia Madril	Rocklin
Roxie Jahn	Whitney

Boys

Blake Fuchslin	Davis
Alex Erickson	Davis
Will Cutler	Davis
Sam Branco	Jesuit
Patrick Bratset	Jesuit
Damon Winton	Rocklin
Joshua Duffin	Rocklin
Joshua Alexander	Rocklin
Tristan Popp	Granite Bay
Caleb Luby	Granite Bay
Oliver Cockcroft	Del Oro
Conner Sharman	Del Oro
Jaden Arnold	Whitney
Dominic Esparza	Oak Ridge

Flag Football

Final League Standings

1. Del Oro 12-2
1. Oak Ridge 12-2
3. Rocklin 10-4
4. Granite Bay 9-5
5. St. Francis 6-8
5. Whitney 6-8
7. Davis 2-12
8. Folsom 0-14

CO-MVP—Sam Pitzer, Del Oro

Ava Edwards, Oak Ridge

Co- Defensive MVP—Hallie Tapuosi, Granite Bay

Bella Von Seipler, Del Oro

Co-Offensive MVP---Sofia Williams, Oak Ridge

Skyler Linehan, Rocklin

Tayli Peau-Lindgren, St. Francis

Del Oro

Delaney Osborne
Fallen Strohm
Payton Hyde
Chloe Champas
Cece Campos

Oak Ridge

Annika Tanner
Ava Melton
Natalia Pyle
Laurel Smart
Ilyana Lampe

Granite Bay

Lillian McDaniel
Alyssa Poehlman
Anna Craven

Rocklin

Livy Maeyama
Abigail Schrader
Megan Williamson

Whitney

Gianna De Santis
Alex Maday

St. Francis

Lola Fox
Monet Zauner

Folsom

Tea Liberman

Davis

Sonia Clayton