



2025 Sierra Foothill League Fall Sport All-League Teams

Football

Final 2025 SFL Varsity Standings

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

League MVP—Ryder Lyons, QB Folsom

Offensive POY—Jameson Powell, WR Folsom

Lineman of the Year—Vlad Dyakonov, DL Folsom

Co-Defensive POY—Jasen Womack, Oak Ridge

Co-Defensive POY—Isaiah Ene, Granite Bay

Folsom

Jason Hill DB
Lua DeBerry DT
Malachi Coleman OL
Zach Ramirez OL
Isaiah Williams WR
Matsen Wurm WR
EJ Coleman LB
Robbie Larson WR
Nick Wegner LB

Del Oro

Nolen Sauve QB
Luke Galer TE
Landen Parry LB
Finn Burth OT
Brock Sherman RB
Ashton Greenhalgh SS

Oak Ridge

Ben Rivas LB
Troy Fleming OL
Justen Womack OLB
Nick Hunt OL
Braxton Martinez WR
Kyle Boeker K
Blake Meggers DL

Granite Bay

Trey Conner OL/DL
Elijah Paul OL/DL
Paul Esquivel OL
Joseph Cattolico QB
Darnell Turner WR/DB
Joseph Fales OL
Christopher Ledell DL

Whitney

Carson Floyd Utility
Cash Stevens RB

Rocklin

Reeve Slone QB
Dominic Coehlo DL
Asher Runnion DL

Jesuit

Luke De Lyser TE
Alex Dewar DB
Stevie Hughes WR
Demare Morangne DL
Duncan Broughton OL
Brayden Quinn LB

Cross Country

Final Girls League Standings

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

Final Boys League Standings

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

MVP---Alyssa Gutierrez, St. Francis

MVP---Connor Bilodeau, Jesuit

All- League Selections

Girls

Sophie Hutchinson	Whitney
Avery Wolk	Davis
Eva Soto	Whitney
Adriana Ingargiola	Oak Ridge
Addison Ewers	Whitney
Jane Landon	Whitney
Guiliana Martino	Oak Ridge
Lilian Hales-Yang	Davis
Katelyn Secrest	Davis

Boys

Elias Thronson	Davis
Kyle Jakary	Jesuit
Isaac Abbott	Jesuit
Matthew Ogilvie	Jesuit
Roman Zamora	Oak Ridge
Nicolas Duquette	Davis
Lucas Alberts	Jesuit
Josh Landon	Whitney
Zev Fox	Davis

Girls Volleyball

Final League Standings

1. Rocklin	13-1
1. Folsom	13-1
3. St. Francis	8-6
3. Oak Ridge	8-6
3. Del Oro	8-6
6. Davis	2-12
6. Granite Bay	2-12
6. Whitney	2-1

MVP—Jazmin Ojo, Folsom

All-League Selections

Bella Rasi	Del Oro	Gianna Bogan	Rocklin
Sophia Sampson	Del Oro	Rylee Heinz	Rocklin
Juliana van Boxtel	Davis	Ava Pabalate	Rocklin
Hailey Sutton	St. Francis	Addy Scheitlin	Rocklin
Allison Powell	Granite Bay	Sidney Jones	Rocklin
Londyn Welcher	Oak Ridge	Addi Smith	Folsom
Madi Snyder	Oak Ridge	Khloe Wong	Folsom
Ella Hieb	Oak Ridge		

Girls Tennis

Final Girls Tennis Standings

1. Oak Ridge	14-0
2 Del Oro	13-1
3. Granite Bay	9-5
3. Davis	9-5
5. St. Francis	7-7
6. Folsom	3-11
7. Whitney	2-12
8. Rocklin	1-13

MVP—Maria McDougall, St. Francis

All-League Singles

Mikalina Vykhrestova	Granite Bay
Katie Smith	Granite Bay
Ashley Rowland	Del Oro
Avery Phillips	Del Oro
Jayden Hill	Folsom
Gianna Ji	Davis
Sandra Wallace	St. Francis
Alexa Osen	Oak Ridge
Elisa Aubin	Oak Ridge
Alexandra Nguyen	Whitney

All-League Doubles

Molly Newlin	Granite Bay
Kate Regnier	Granite Bay
Aubrie Holthaus	Del Oro
Elena Burke	Del Oro
Natalie Mulert	Oak Ridge
Emerson Bickel	Oak Ridge

Girls Golf

Final League Standings

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

MVP---Nailah Jackson, Whitney

All-League Selections

Arden Han-Wei	St. Francis
Keerit Basra	Rocklin
Emerson Kim	Granite Bay
Hailey Peterson	Granite Bay
Serene Kim	Granite Bay
Medha Kotti	Granite Bay
Paavni Behl	Oak Ridge
Emily Guan	Oak Ridge
Amelia Karnbanjong	Folsom
Peyton Chan	Whitney

Water Polo

Girls

Final Standings

1. Davis	12-0
2. Granite Bay	10-2
3. Oak Ridge	8-4
4. Whitney	6-6
5. Del Oro	4-8
6. Rocklin	1-11
6. St. Francis	1-11

Boys

Final Standings

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

MVP---Mckenna Michelin, Oak Ridge

MVP---Parker Knowlton, Rocklin

All League Selections

Girls

Lucy Nihart	Granite Bay
Bridget Manke	Granite Bay
Lucy Arbuckle	Granite Bay
Katie Tapio	Davis
Jessie Walker	Davis
Addie Sinclair	Davis
Hazel Beatty	Davis
Reese Gage	Del Oro
Maddie Whitely	Del Oro
Maya Wenceslao	St. Francis
Drake Chomppf	Oak Ridge
Elli Wines	Rocklin
Sophia Jahn	Whitney
Roxie Jahn	Whitney

Boys

Luke Wright	Davis
Eamon Butler	Davis
Will Cutler	Davis
Ryan Turner	Jesuit
Ethan Kemp	Jesuit
Cooper Teuton	Rocklin
Nash Van Wagenen	Rocklin
Crew Jamieson	Rocklin
Hunter Moll	Granite Bay
Caleb Luby	Granite Bay
Gavin Roenspie	Del Oro
Joe Ligas	Whitney
Jaden Arnold	Whitney
Aidan Crabtree	Oak Ridge

Flag Football

Final League Standings

1. Granite Bay 11-3
1. Oak Ridge 11-3
3. Whitney 9-5
4. Del Oro 8-6
4. St. Francis 8-6
6. Rocklin 7-7
7. Davis 2-12
8. Folsom 0-14

MVP—Laurel Smart, Oak Ridge

Defensive MVP—Hallie Tapuosi, Granite Bay

Offensive MVP---Lulu Im, Whitney

Del Oro

Madeline Poe
Grace Sjolie
Peyton Udoffia
Heidi Herrberger

Oak Ridge

Sienna Maher
Maya Scipio
Becca Platt
Ilyana Lampe
Ryley Tibon

Granite Bay

Becca Wilson
Olivia Noel
Can Savig
Maddie Benedyuk

Rocklin

Skyler Linehan
Kendal Linehan

Whitney

Kayla Mougeotte
Elyse Sutton
Sofia George
Gianna De Santis

St. Francis

Monet Zauner
Tayli Paeu-Lindgren

Folsom

Jazelle Reed-Johnson

Davis

Sonia Clayton

