

2022-2023 SFL Winter Sports All League

Girls Basketball

Final Standings

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

Boys Basketball

Final Standing

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

First Team All SFL

MVP—Kamryn Mafua	Folsom
Ella Uriarte	Folsom
Charlotte Climenhage	Folsom
Sophia Menderman	Folsom
Hunter Gordon	Del Oro
Jessica Crannell	Oak Ridge
Liv Yergensen	Oak Ridge
Bianca Slone	Rocklin
Harper Peterson	Whitney
Sammy Schuler	Whitney
Kendall Dykstra	Whitney

First Team All SFL

MVP—Yaqub Mir	Granite Bay
Micah Johnson	Folsom
David Young	Folsom
Justin Ard	Folsom
Caden Pinnick	Del Oro
Brandon Hill	Del Oro
Jacob Olsen	Oak Ridge
Kaleb Edwards	Oak Ridge
Matt Schroeder	Whitney
Ely Willis	Whitney
Mark Lavrenov	Rocklin
McCade Long	Granite Bay

Boys Soccer

Final Standings

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

First Team All SFL

MVP—Ryan McAdams Whitney

Thualfikar Alsakati	Granite Bay	Darius Dukes	Whitney
Jacopo Maddalon	Granite Bay	Ruben Ramirez	Whitney
Talan Rochelle	Granite Bay	Everett Shanklin	Whitney
Danny Tejada	Granite Bay	Jake Tyberg	Whitney
Giovanni Brunolli	Oak Ridge	Cody Wagner	Whitney
Isaac Carranza	Oak Ridge	Danny Yoon	Whitney
Tag Chalmers	Oak Ridge	Blake Garcia	Folsom
Brady Hofacre	Oak Ridge	Hunter Wexler	Folsom
Zach Ryan	Oak Ridge	Nate Gutenberger	Del Oro
Ruban Ramirez	Oak Ridge	Beckham Pointer	Del Oro
Blake Coursey	Rocklin	Damien Valeriano Perez	Del Oro

Girls Soccer

Final Standings

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

First Team All SFL

MVP—Hannah Johnson Rocklin

Gray Willson	Del Oro	Abby Caoile	Oak Ridge
Koko Harris	Del Oro	Hannah Heinlein	Oak Ridge
Izzy Scott	Del Oro	Tara Johnson	Oak Ridge
Kiana Faucette	Del Oro	Samantha Liaty	Oak Ridge
Sofia Birch	Granite Bay	Savanah Miller	Oak Ridge
Courtney Wagner	Whitney	Shanon Porubski	Rocklin
Gabby Starr	Whitney	Caitlyn Winter	Rocklin
Gianna Gallo	Whitney	Addy Norman	Rocklin
Lauren Hunter	Whitney	Kailey Vu	Rocklin
Angelina Kazinec	Folsom	Nalani Damacion	Rocklin
Madi Stroth	Folsom	Haley Simmons	Rocklin

Wrestling

Final League Standings

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

Individual League Champions/All League

108—Siraj Sidhu	Del Oro
115—Elias Rivera	Folsom
122—Chase Manski	Folsom
128—Issac Herrera	Del Oro
134—Jagger French	Del Oro
140—Ryland Smith	Folsom
147—Anthony Berg	Whitney
154—Shane Davenport	Whitney
162—Shaiden Carr	Oak Ridge
170—Brayden Rush	Del Oro
184—Levi Bussey	Granite Bay
197—Kainoa Acia	Del Oro
222—Jake Hall	Oak Ridge
287—Bryce Meggers	Oak Ridge