



## Fall Sports ReCap

Congratulations to our fall sports teams on their amazing seasons. Remember to subscribe to [AHS Athletic Boosters](#) and the student newspaper, [Blueprint](#), for all the latest news each season.

**Cheer** Sideline Cheer had its strongest performance season to date and celebrated its entire Freshman line-up being former Mini Dons. Eleven Seniors, Captains and/or All-American Squad members closed out the Fall Season on the Disneyworld Varsity Spirit Spectacular Team as pre-parade entertainment to open Disneyworld's holiday season.

**Cross-Country** Boys varsity CC finished 2nd at NCS qualifying for the state meet for the first time since 2014. The team finished 13th overall at the CIF State meet with Sam Roth finishing 36th in the state. The boys also took 1st place at the prestigious Capital Cross Invitational in Sacramento, and Boys and Girls combined won the small school Sweepstakes at the Rough Rider Invitational in Fresno.

**Girls Golf** The girls golf team concluded their season with the all day DAL tournament held at Diablo Creek golf course in Concord, playing 18 holes for the first time all season. The team was led by two outstanding freshman, Makena Chelemados, who shot a 92, and Kendal Geddes, who shot 93. Both girls qualified for NCS. Coach Tim Scott, in his 18th year coaching the girls, remarked on the strong performances of the two freshman, the exceptional camaraderie of the team and optimism for next year's team

**Football** With a combined program record of 24-6, a DAL-Foothill League Varsity title, and wins over rivals Campolindo and Miramonte, the Acalanes Dons' 2019 Football Season was an unmitigated success. Highlighted by explosive offenses, the Frosh, JV, and Varsity Dons accumulated over 1,000 points, while remaining stingy on defense by holding opponents to 13 points

per game. The future continues to look bright for 2020 when 42 sophomores from the undefeated JV squad will combine with 21 returning juniors to look to go even further in the playoffs and continue 2019's Lamorinda dominance.

**Girls Tennis** The team won the DAL league championship and went to the NCS semi-finals for the first time ever for girls tennis! Eliza Bates won both the DAL and NCS singles championships. Jasmine Toni took 3rd place singles at DAL, and Zoe Cate and Martha Burns took 2nd at DAL in doubles. It was a very exciting season and with three 3 freshman playing Varsity singles this year there is more success to come next year.

**Girls Volleyball** The Girls Varsity volleyball team finished a very successful campaign with an overall record of 19-8, culminating in a trip to the NCS Finals for the first time since 1979. The new coaching staff of Haley Glass, Alan Go and Roman Seguerre led the Dons to a 2<sup>nd</sup> place finish in the tough Diablo Athletic League – Foothill Division, a 2<sup>nd</sup> place finish in NCS Division III, and a trip to the CIF Division II State playoffs. The entire roster contributed to the team's success. The JV and Freshman teams were also very competitive, and the future of the program looks bright.

**Girls Water Polo** It was a truly perfect season for the Lady Dons, who won the North State Championship (the highest you can go because SoCal plays in the winter), won NCS Open Division for the second year in a row and finished 27-0 (54-0 dating back to last season). Of particular note was the way they won, posting a convincing 10-2 victory in their final championship game. Coach Misha Buchel put it best. "I'd say it was a completely suffocating and dominant performance. To only give up two goals in a final is just unbelievable. The girls executed the game plan perfectly and never let their control of the game slip for a second. And yes, I think we've got the best team in the country. No one was beating us last night." As for JV Girls, their overall record was 20-8, won Western States, 2nd in NorCal Invitational, 2nd DAL Championship and they beat Campo three times!

**Boys Water Polo** The Boys Varsity Water Polo Team had one of the most successful seasons in the history of the program. In the second season under coach Robert Arroyo, the DONS won their 1st CIF-NCS Division 1 championship since 2010 (2nd since 1988). This season also marked the 1st time they advanced to the NORCAL Regional Championships and won the Pleasanton Invitational. The team was lead by Mac Darin (going to play at LB State, 1st Team All-League, 1st on team with 134 goals), Charlie Bettencourt (going to play at UOP, 2nd Team All-League, 3rd on the team with 39 goals), and Jay Mills (Jr, 2nd Team All-League, 1st on the team with 56 steals and 38 assists).