



TIMEOUT

for Saratoga High Athletics News & Events

June 2013 ISSUE 3

Dear Sports Boosters Members,

We would like to end this school year with a giant thank you to all of the families, student athletes, and school administrators who have contributed to the success of Sports Boosters this year.

In many ways it has been a year of change. Our principal, Paul Robinson, brought with him a new era of leadership, and some innovative ideas and resources that have us now looking at a new sports plaza and renovated fields. Our athletic teams produced some amazing personal and team bests that continue to make us proud of their achievements and dedication. We introduced new events including the RED PRIDE Tailgate, Alumni Night, and 8th Grade Sports Night where we came together as a community to celebrate our RED PRIDE.

With your continued support, Sports Boosters made significant financial contributions to the school including \$50,000 towards completion of the Pool Lights, a \$30,000 donation to the Red Pride Campaign for new turf, new team uniforms, golf shirts, water polo caps, an Eagle Scout Project related to sports facility improvements, and many other projects. We could not have achieved such great success without your continued support.

Looking to the 2013 – 2014 school year, we have new leadership with Tom Alexander as our organization's president, and several new board members that will continue to bring their passion and commitment to our organization.

We want you to know that your donations and support matter. Your investment in Sports Boosters continues to make our school a better place for everyone.

We look forward to continued success next year!

Tina Johnson & Francesca Ruff
SHS Sports Boosters Co-Presidents

SAVE THE DATE!
FRIDAY, SEPTEMBER 6TH



TIME TO GET
YOUR RED PRIDE ON!
DETAILS TO COME!

Are you interested in helping to plan this spectacular community event?

Contact Dianne Stokes ~ distokes@comcast.net
or Sarah Rothenberg ~ serothenberg@yahoo.com

Congratulations!

Team League Champions

Girls Golf
Boys Golf

Softball
Baseball

More Awards Information inside.

Liz Gilmore Alves, MA, ATC

An Interview With Our Much-Loved Athletic Trainer

Q: Where did you go to school and what sports did you play?

I went to Sequoia High School in Redwood City. I was actually better at academics and music than sports, although I did do varsity swimming all four years. I also did competitive dance, martial arts, choir, math club, and ... cheerleading. Didn't see that one coming did you?

My senior year I helped the Athletic Trainer at Sequoia High School, and that experience confirmed my decision to be an Athletic Trainer. I studied Sports Science at University of the Pacific and did my Masters in Kinesiology at San Jose State.



Q: How did you decide to pursue a career in Athletic Training?

Growing up, I wanted to be a doctor, a teacher, or an engineer. I like solving puzzles, helping people, and building things. I am a very hands-on person. Like most people, I didn't know Athletic Trainers existed until high school. I spent a lot of time in the Athletic Training room doing rehab exercises and receiving treatment for various injuries. I realized Athletic Training was the perfect blend of careers.

Q: Describe some of your experiences at Saratoga High:

Every day is interesting at SHS. You never know what is going to happen or who is going to walk through the door. It's never boring. It's also never hard to get things done. The support system at SHS is great. I'm grateful to have such wonderful parents, coaches, staff, students and administrators.

My favorite part of working at SHS is the students. They are hilarious, ridiculous, courageous, caring and appreciative. I love seeing recovered athletes successfully return to their sports. The best reward is knowing that you have helped someone and that they are genuinely grateful for the time you have spent on them.

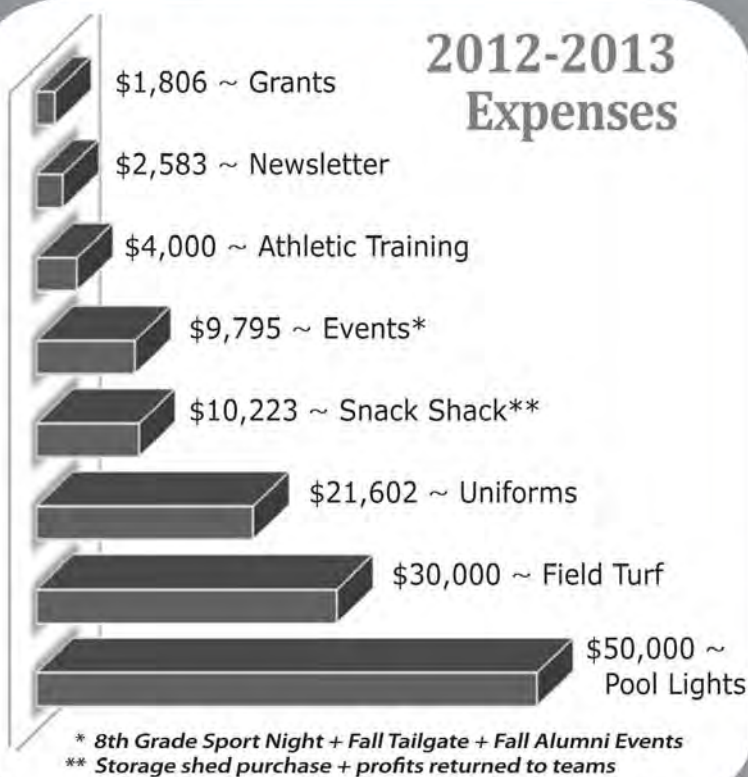
Q: Describe a funny anecdote from the 2012-2013 school year:

The general rule in the Athletic Training room (ATR) is "What happens in the ATR stays in the ATR", so I can't say too much here but most of the funnier anecdotes involve . . .

- People saying silly things ... "Did you just call me mom?"
- Mixing up body parts ... "Wait, you injured what?"
- Getting ridiculous injuries ... "You got a concussion dancing in the shower?"

Sports Boosters

2012-2013 Expenses



SHS Is Lucky to Have Water Polo & Swimming Coach Courtney Crase

Did You Know?



Courtney Crase was a synchronized swimmer and swam for the Santa Clara Aquamaids. She had never played water polo before attending SHS but all that conditioning paid off and she made Saratoga High's Varsity Water Polo team. After that she committed herself to playing every chance she could – regular season, club teams, and overseas.

Courtney was recruited and offered scholarships by several colleges to play water polo and chose to go to Wagner College to play NCAA Division 1 water polo for 4 years.

She still holds records in college and won awards at Wagner and in the MAAC Conference.

She now works full-time at her alma mater Saratoga High School, teaching in the special education program, and coaching Water Polo and Swimming.

Courtney loves her Saratoga community and feels very fortunate to live and work here.

Fall & Winter League Awards 2012

Fall Sports

Varsity Football

MVP: Kyle Dozier
Outstanding Quarterback:
 Jonathan Walters

First Team:	Second Team:
Grant Faylor	Zachary Hansen
Stephen Ruff	Eric Castronovo
Davis Berryhill	Michael
Clark Rothenberg	Fitzsimmons
Jonathan Olsen	Daniel Castronovo
Henry Wei	Oliver Parr
Christian Lee	Nicolas Delfino

JV Football

First Team:	Second Team:
Vincent Kung	Addison Polcyn
Austin Bakke	Adam Camp
Jonathan Vita	Jordan Vogel
	Alex Hansen
	Jackson Williams
	Vincent Faylor
	Kenneth Wu

Girls Varsity Volleyball

Outstanding Junior:
 Katelyn Mollahan

Outstanding Sophomore:
 Sara Parden

First Team:	Second Team:
Bianca Zakerani	Adriana Ivanko
Tivoli Sisco	Julia Lee
Katelyn Mollahan	Sara Parden

Boys Varsity Water Polo

First Team:
 Sean Lee
 Stephen Cho
 Cameron Borch

Honorable Mention:
 Tyler Tanaka

Girls Varsity Water Polo

First Team:
 Nikki de Roos
 Mackenzie Rosenthal
 Puck de Roos

Honorable Mention:
 Madison Gress

JV Field Hockey

First Team:	Second Team:
Christina Crolla	Bianca Oliveri
Danielle Bruno	

Girls JV Volleyball

First Team:

Eleni Spirakis	Alex Ferrari
Nicole Chiou	Tanuja Mohan
Rebecca Lee	

Girls JV Water Polo

First Team:	Second Team:
Jace Welton	Emily Penuen
Delaney Milton	
Haley Rositano	

Winter Sports

Boys Varsity Basketball

First Team:
 Stevie Berman

Second Team:
 Kyle Dozier
 Alex Wang

Honorable Mention:
 Jonathan Boldt

Boys JV Basketball

First Team:
 Michael Cole

Second Team:
 Gino Caloiaro
 Brian Chun
 Joey Medeiros

Honorable Mention:
 Kevin Y. Lee

Boys Varsity Soccer

First Team:
 Keaton Matusich
 William Guy
 Samuel Guy

Boys JV Soccer

First Team:
 Matt Van den Berg
 Jesus Chiprez

MVP Goalie:
 Sandeep Suresh

Girls Varsity Soccer

First Team:
 Lauren Plesse
 Taylor Moran
 Stephanie Ho

Freshman MVP:
 Lauren Plesse

Girls Varsity Basketball

First Team:
 Hannah Johnson

Honorable Mention:
 Kimberly Chou

Girls JV Basketball

First Team:
 Analisa Ruff

Honorable Mention:
 Sara Parden
 Jennifer McAfee

Winter Team Awards 2012-2013

Boys F/S Basketball

Most Valuable	Michael Cole
Most Improved	Kevin Lee
Most Inspirational	Joey Medeiros
F/S Captain	Gino Caloiaro, Michael Cole, Joey Medeiros

Boys Varsity Basketball

Most Valuable	Steven Berman
Most Improved	Jonathan Boldt
Most Inspirational	Kyle Dozier
Scholar Athlete (Roger Sutter)	Brian Kim
Varsity Captain	Stevie Berman, Kyle Dozier, Alex Wang

Girls JV Basketball

Most Valuable	Analisa Ruff
Most Improved	Madison Gress
JV Captain	Sophia Ajanee
Most Inspirational	Samantha Davey, Christina Chin

Girls Varsity Basketball

Most Valuable	Hannah Johnson
Outstanding Defensive	Neha Vellanki
Most Improved	Eleni Spirakis
Varsity Captain	Dharini Ramaswamy
Most Inspirational	Michelle Won

Boys JV Soccer

Most Valuable	Matthew Van den Berg
Most Improved	Sandeep Suresh
JV Captain	Kushol Bhattacharjee, Jesus Chiprez
Coaches Award	Abhiram Yellamilli

Boys Varsity Soccer

Most Valuable	William Guy
Most Outstanding Defensive	Nikhil Goel
Most Valuable Offensive	Keaton Matusich
Coaches Award	Komdean Masoumi
Most Improved	Rohan Rajeev

Girls JV Soccer

Most Valuable	Saja Ghelichkhani & Sarah Price
Most Improved	Adrienne Kim
Most Inspirational (E. Patrick)	Shiva Djabbari & Talia Clement

Girls Varsity Soccer

Most Valuable (Draeger)	Lauren Plesse & Stephanie Ho
Most Valuable Defensive (M L Butera)	Anisha Nagarajan
Most Valuable Offensive (Krapata)	Taylor Moran
Most Inspirational (Matteoni)	Amanda Schwartz
Varsity Captain	Taylor Moran
Most Improved	Isa Berardo

JV Wrestling

Most Valuable	Nicolas Rios
Most Valuable 1 st Year	Jason Tsai
Coaches' Award	Andrew Klamecki

Varsity Wrestling

Outstanding Heavyweight	Graham Grant
Outstanding Lightweight	Christian Murabito
Most Improved	Araad Sarrami
Coaches' Award	Henry Wei
Varsity Captain	Henry Wei

Spring Team Awards 2013

These awards will be announced in June 2013 and posted on the SportsBoosters website, www.falconsportsboosters.com as soon as they are available.

As the school year winds down,

I look back on the year we have had athletically and all I can do is smile with pride. The success this year by our winter and spring sports teams have brought back glimpses of what this school was like when it was dominating the Santa Clara Valley sports scene in the 70's and 80's.

Let's start with our Winter Sports Teams.

Our BOYS & GIRLS BASKETBALL teams both qualified for CCS with strong seasons in the DeAnza division. BOYS BASKETBALL was the number 4 seed in the playoffs and finished in 2nd place in the division. They also thrilled us by sweeping the season series with Los Gatos. BOYS & GIRLS SOCCER also both qualified for the CCS playoffs. The girls couldn't have made the playoff deciding game any more memorable by beating Los Gatos in the final game to earn a berth in the playoffs.

Saratoga's WRESTLING team showed its dominance by producing more league champions than any other school at the SCVAL tournament. **Graham Grant, Henry Wei, Christian Murabito & Araad Sarrami** all won league championships at their weight class and represented us at CCS with an 8th place team finish. The highlight of the CCS tournament was Grant bringing home a CCS Championship at 220 lbs weight class. Wei placed 3rd earning both of them a trip to the CIF state tournament.

Our Spring Teams did their best not to be outdone by their winter counterparts.

Our BOYS & GIRLS SWIM team sent 20 swimmers to CCS with a strong showing at league finals. GIRLS LACROSSE earned their first playoff berth in the 5-year history of the sport by finishing 4th in league, but beating Los Gatos twice this year was definitely a highlight! BOYS TENNIS reached the CCS semifinals by defeating their nemesis Monta Vista in the quarterfinals. I don't think I've seen Coach Marica that excited in a long time! Our TRACK and BADMINTON teams are preparing for CCS as of this writing. Our SOFTBALL program dominated the El Camino division this year winning league championships at both the varsity and JV levels. Not to be outdone by the girls, the VARSITY BASEBALL team shared the DeAnza division championship by winning the league tournament. Great effort by our boys and coaching staff!

We had phenomenal success this year on the court, pool, field as well as in the classroom!

Five of our teams also won CCS academic awards. Congratulations are in order for BOYS CROSS-COUNTRY, BOYS WATER POLO, GIRLS TENNIS, WRESTLING, and BOYS BASKETBALL. The spring awards have not been announced as of this writing.

The athletic department has come a long way in the five years I have been at the school. No one is saying, "We're an academic school" anymore. While we will always strive for academic excellence, we're also learning we can compete at a high level in the athletic realm as well. As proud as I am of our athletes and coaches, I know our best days are still ahead of us!



GO FALCONS!!

CONGRATULATIONS Class of 2013

**College-Bound
& Olympics/
Jr. Olympics-Bound
ATHLETES**

Student	Sport	College
Stevie Berman	Baseball	Santa Clara University
Stephanie Chen	Swimming	University of Rochester
Chance Cox	Lacrosse	University of Mississippi
Megan Doles	Field Hockey	U.C. Davis
Kyle Dozier	Baseball	Loyola Marymount University
Hannah Johnson	Basketball	U.C. San Diego
Brynn Littlehale	Equestrian - 3 Day Eventing	Olympic Aspirations
Elizabeth McAfee	Equestrian Jumping	Olympic Aspirations
Alyson Nilan-Axline	Soccer	University of Oregon
Robbie Parden	Golf	Sacramento State University
Pablo Parker	Lacrosse	University of Nevada Reno
Neha Vellanki	Field Hockey	Wellesley University
Henry Wei	Football	Claremont McKenna College

Saratoga High School Sports

Team Gallery

Girls JV Soccer



Girls Varsity Softball



Baseball Seniors



Girls Varsity Swim Team



Girls JV Swim Team



Boys Varsity Swim Team



Boys JV Swim Team



Varsity Basketball



JV Basketball



Los Gatos-Saratoga Union High School District
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Girls' Varsity Lacrosse



Baseball Opening Day



Badminton