

# Sonoma County

## Elsie Allen High Lobos Santa Rosa (estab. 1994)

### Tyler Ahlborn

Rugby Flanker/Coach  
(UC Davis); Founding co-captain  
of EA rugby club 97; Prep AA 97;  
College AA; Head Coach Lobo girls  
Team; State Champs (girls) twice;  
Elsie Allen Lobo Rugby HOF

### Beau Bergstrom

Rugby  
Founding co-captain of EAH's  
rugby club 97; Elsie Allen Lobo  
Rugby HOF

### John Buchholz

Soccer/Rugby Defender/FB  
(Univ of California); PD All-Empire  
95 & 96 (soc); NCAA Champs  
98-2001 (rugby); Member National  
Under-19 Team 98; Member National  
Team 2001-04; Member National 7s  
Team 02-04; Elsie Allen Lobo Rugby  
HOF

### Greg Caruso

Football Linebacker  
(Humboldt St); PD All-Empire 98

### Kylie Donaghy

Volleyball OH/Setter  
(Santa Rosa JC); PD All-Empire  
2003

### Genevieve Faria

"Genny"  
Softball Outfielder  
PD All-Empire 98

### Haley French

Rugby Flyhalf  
(Humboldt St); Member National  
Under-19 Women's Team 2002-04;  
Elsie Allen Lobo Rugby HOF

### Jared Giammona

Basketball Guard  
(Mendocino JC, Univ of  
Colorado-Colorado Springs &  
Lewis & Clark-Idaho); PD All-Empire  
2004 & 05; LC ldr 2009 ft pct (76.5),  
stls (37); son of Frank Giammona, see  
Calistoga High (N); nephew of Louis  
Giammona, Al Vermeil & Dick  
Vermeil, see Calistoga High (N);  
brother of Tessa Giammona, bk player  
Kansas Wesleyan Univ

### Jerome Godsey

Baseball OF/Pitcher  
(Santa Rosa JC & Univ of  
Oklahoma); PD All-Empire 97; JC  
AA 99; UO ldr season 2000 walks  
(35)

### Antonio Guidino

"Tony"  
Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2002

### Enrique Gutierrez

"Scorpion"  
Boxing 147lbs/LtMdw  
USA Junior Olympics Champ 2000;  
Member Pan American Gms Team  
01; pro boxer 04-09 (10-4-0)

### Miranda Holder

Gymnastics All Around  
(UC Davis); MPSF Champs 2015

### Jenny Howell

Soccer Forward  
PD All-Empire 95 & 96

### Angelo Huerta

Soccer Forward  
PD All-Empire 2006 & 07

### Lisa Kaufman

Rugby Fullback  
(Santa Rosa JC); Member National  
Under-19 Women's Team 2002-04;  
Elsie Allen Lobo Rugby HOF

### Eric Keithley

Baseball SS/Pitcher  
(Santa Rosa JC & San Francisco  
St); PD All-Empire 2004; JC State  
Champs 05; SRJC ldr season 06  
losses (6), hbp (9)

### Jason Kelly

Rugby  
(Santa Rosa JC); Founding co-captain  
of EAH's rugby club 97; Elsie Allen  
Lobo Rugby HOF

### Whitney Leachman

BK/Track Gd/100/200mtrs  
(UC Riverside); PD All-Empire  
04 (bk); Empire ldr season 2002  
(12.40); Empire rcd 04 (12.17);  
AH ldr season 03 (12.20), (25.52);  
UCR rcd 06 (24.38)

### Marcus Leavey

Basketball Guard  
PD All-Empire 2005

### Jared Lunardi

Baseball Pitcher/Utility  
(Santa Rosa JC & Campbellsville  
Univ); PD All-Empire 2006 (p) &  
07 (both); Mid-South Conf  
Champs 10; SRJC ldr season 09  
era (1.87), gms (16), saves (4); CU  
ldr season 10 ip (84), hits (71),  
walks (34), so (88)

### Joseph McDevitt

Rugby Prop  
(Univ of California); NCAA

Champs 2001, 02 & 04

### Hector Morales

Soccer Defender  
PD All-Empire 2008

### Jacob Noisat

Basketball Center  
(Cal St East Bay, Chabot JC &  
Dominican Univ); PD All-Empire  
2007; CSEB ldr season 10 reb ave  
(4.2)

### Gary Parseghian

Rugby Flanker  
(Santa Rosa JC & Univ Nevada-  
Reno); Elsie Allen Lobo Rugby  
HOF

### Ashley Peoples

Basketball  
PD All-Empire 2006; daughter of  
Donald Peoples, head coach women  
Elsie Allen High

### Donald Peoples

Basketball Guard  
PD All-Empire 2007; brother of  
Ashley Peoples, see above; son of  
Donald Peoples, Head Coach bk  
Elsie Allen High (Son)

### Celedonio Rodriguez

CC/Track 5000/10000mtrs  
(Adams St); State Div 3 Champ 98  
(15:25); NCAA Div 2 Champ 2003  
(30.25.6); Rocky Mountain  
Athletic Champ 04 (14:50.87),  
(30:36.50); NCAA Div 2 Champ  
05 10000mtrs (NR)

### Mike Salvage

Football Defensive Back  
(Santa Rosa JC & TCU); PD All-  
Empire 2001

### Tama Samoa Sega

Football Defensive Line  
PD All-Empire 2005

### Elvis Shipman

Rugby Flanker  
(Santa Rosa JC); Elsie Allen Lobo  
Rugby HOF; brother-in-law of Gary  
Parseghian, see above

### Juan Sosa

Soccer Goalkeeper  
(Sonoma St); CCAA Champs 2007,  
08 & 10

### Daniel Soto

Wrestling 132lbs  
NCS Champ 98

### Michael Sturgeon

Track 110mtrHH  
NCS Champ 96 (14.84); EAH rcd 97  
(14.40)

# Sonoma County

Andrew Suesue

Football Linebacker  
(Kansas St); PD All-Empire 2003

Christina Traugher

Softball Shortstop  
(Purdue Univ); PD All-Empire 2005

Bobby Wilfong

Baseball Catcher  
PD All-Empire 98

**Analy High Tigers**

**Sebastopol**

**(estab. 1908)**

Briana Adviento

Volleyball Outside Hitter  
(Santa Rosa JC); PD All-Empire 2010

Isias Alcantar

Baseball Pitcher/SS  
(Laney JC & Univ of Arkansas-Pine Bluff); PD All-Empire 2009 & 10; All-SWAC 13; SWAC POTY 13; UAPB 14 ldr avg, hr, xtra bases, rbi; played minor lg baseball

Dana Amundsen

Soccer Defender  
PD All-Empire 2005

Calvin Arnold

“Cal”  
Basketball Center  
(Hun School & Dartmouth College); PD All-Empire 2000; PD Empire POTY 2000; All-Mid Atlantic Prep Lg 02; Ivy Lg Co-Champs 05 & 06; son of Fred Arnold, Kansas St bk player

Kevin Aronise

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2009 & 10; AH rcd season 3pt 2009 (85)

Jesse Atkinson

Football Offensive Line  
PD All-Empire 92; Cal-Hi All-State (medium schools) 92; North-South Prep All-Star Gm 93

Estevan Avila

Football OL/DL  
(Stanford Univ); PD All-Empire 87; All-Nor Cal 87 (dl)

Ramon Avila

Soccer Forward/MF  
PD All-Empire 91-93

Gino Balistreri

Football Wide Receiver  
PD All-Empire 98

John Balletto

Football Halfback  
PD All-Empire 76; Empire rcd sp 77 (59-10)

Margaret Barnes

Volleyball Middle Blocker  
(Santa Rosa JC); PD All-Empire 2009

Jay Bartholomew

“The Bird”  
Basketball Center  
(Santa Rosa JC & Univ Hawaii-Hilo); PD All-Empire 74; NAIA AA 77; NAIA All-Dist. 2 77-78; Head Coach Waiakea, Hawaii, High; UHH rcd gm fg 77 (16), season 77 pts avg (21.7), 78 pts (573), fg (246), career 77-78 pts avg (20.3), fg (491); Hawaii-Hilo HOF; father of Kyle Bartholomew, Univ Hawaii-Hilo bk player

Billy Bauman

Football Running Back  
(Santa Rosa JC & St Mary’s College); PD All-Empire 96; SRJC rcd ko returns season 99 (31), yds (1,008), career 98-99 (44), yds (1,270)

Doug Bauman

Baseball Catcher  
(UOP & Sonoma St); PD All-Empire 2000

Michael Bauman

Football Utility/QB  
(St. Mary’s College); PD All-Empire 99 (util) & 2001 (qb/util)

Robert Bialkin

Football Offensive Line  
PD All-Empire 99

Stanley Blank

“Chub”  
Track 440yds  
NCS Champ 33 (51.7); Analy High HOF

Eric Bolen

Soccer Midfielder  
PD All-Empire 2008

Marcus Bolivar

Football Defensive End  
(Sacramento St); PD All-Empire 87; Memphis Pharos 96, Port Fire Dragons 97 (AFBL)

Chris Bostock

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 2009

Ross Bostock

Football Wide Receiver

(Univ of California); PD All-Empire 2007; AH AOTY 2007; AH rcd season recep yds 2007 (1,179); brother of Chris Bostock, see above

Dan Bourdon

Football Quarterback  
(Santa Rosa JC & West Virginia Wesleyan Univ); PD All-Empire 98; Head Coach Analy High 08-

Tyler Boyd

Basketball Guard  
(UC Davis); PD All-Empire 97; PD Empire POTY 97; AH rcd pts gm 96 (42), season 97 (749), career 94-97 (1,370), asst season 96 (148), career 94-97 (401)

Eddie Breeden

Soccer Forward  
(Sonoma St); PD All-Empire 92 & 93; SS career rcd 94-95, 2000 goals per gm avg (0.55), pts per gm avg (1.40)

Aaron Brewer

Soccer Forward  
PD All-Empire 93

Kory Briggs

Softball Pitcher  
(Concordia Univ); PD All-Empire 2004 & 05; PD Co-POTY 05

Angela Briones

Soccer Forward  
(William Jessup Univ); Cal Pac Co-Champs 2011

Brittany Briones

Soccer Defender  
(Santa Rosa JC & Upstate College); PD All-Empire 2002; All-Peach Belt Conference 06

Matt Brodsky

Soccer Midfielder  
PD All-Empire 95

Russ Brown

Football WR/DB  
PD All-Empire 78; All-Nor Cal 78 (wr)

Bruce

Track High Jump  
NCS Champ 20 (5-8 1/2-tie)

Robert Brasil

FB/Baseball DL/Catcher  
PD All-Empire 2001 (fb & bb)

Brandon Burgess

Baseball Pitcher/SS/OF  
(Sonoma St); PD All-Empire 2000; PD Co-POTY 2000; CCAA Champs 03; All-CCAA 04; BB America Small College AA 04; SS Co-

# Sonoma County

MVP 04; SS Male AOTY 04; West Region POTY 04; signed by Az Diamondbacks for reported \$140,000 bonus 04; played minor league baseball; Calif Lg-North Div Champs 07; SS ldr season 04 BAvg (.357), runs (71-tie), hits (86), hr (20), tb (164)

## Ariana Canova

Rowing 8/4-Oar Crew (Univ of California); All-Pac-10 2001 & 03 (8s); Member National Under-23 Team 02 (4s); All-West Region 02 (8s)

## Todd Carey

BK/Baseball Infielder  
PD All-Empire 98 (bk & bb)

## Ron Carpenter

Basketball  
All-Nor Cal 83; AH red pts season 83 (499), career 80-83 (1,369), asst career 80-83 (366)

## Bob Carrillo

Track Pole Vault  
NCS Champ 42 (11-9-tie)

## James Castleberry

“Chip”  
Football Back/Coach  
PD All-Empire 64; Head Coach Analy High 85-94, 2005-08; AD Analy High; Redwood Empire track meet named in his honor

## Zach Cohan

Soccer Goalkeeper  
(Pacific Univ-Oregon); Northwest Conf. Champs 2011

## Ciara Collins

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 2001

## Cameron Cook

Baseball Pitcher/3B/Inf  
(Sonoma St); PD All-Empire 2006 (p/3b) & 07 (inf); CCAA Champs 08

## Kenny Cook

Baseball Pitcher  
(Sonoma St); PD All-Empire 2003 & 05; CCAA Champs 07 & 08; brother of Cameron Cook, see above

## Becky Cooter

Volleyball Middle Blocker  
PD All-Empire 2015

## Omar Coronel

Soccer Goalkeeper  
PD All-Empire 2014

## Orlando Cortez

Soccer Midfielder  
(Socera Rosa JC); PD All-Empire 2004

## Travis Curtis

Soccer Goalkeeper  
PD All-Empire 94

## Andy Davis

Soccer Defender  
PD All-Empire 95

## Amanda Davison

Softball Catcher  
(Greenville College); PD All-Empire 2006 & 07

## Bennett Davison

Basketball Forward  
(West Valley JC & Univ of Arizona); NCAA Champs 98; Galatasaray (Turkey) 99, Melbourne Tigers (Australia) 2000, Krka Telecom Novo Mesto (Slovakia) 01-02, Pompea Napoli 03, Bologna Virtus 04, Caffè Maxim Bologna 05, Vidi Vici Bologna 07, Armani Jeanis Milano 07, Harem Scafati 09 (Italy); Ciboma VIP Zagreb 06 (Croatia); Ago Rethimno 08 (Greece); Huracanes de Tampico 10 (Mexico); Head Men's Basketball Advisor NationWide Student Athletes; AH red reb season 94 (318)

## Aaron DeBucher

Football Running Back  
PD All-Empire 92

## Jenny Dempsey

Cross Country  
NCS Div 2A Champ 88 (18:24)

## Jessica Doohan

Basketball Forward  
PD All-Empire 2009

## Margie Dorr

Volleyball Middle Blocker  
PD All-Empire 2007

## Grant Dubois

Soccer Midfielder  
(Humboldt St); PD All-Empire 99

## Jaime Duddleston

Softball Catcher  
(Sonoma St); PD All-Empire 89

## Dirkje Dunham

Basketball Guard  
(Harvard Univ); PD All-Empire 97-2000; PD Co-POTY 99; PD Empire Co-AOTY 98; Cal-Hi All-State (junior) 99; Cal-Hi Div 3

All-State 99 & 2000; Empire red freshman pts 97 (529); AH red career pts (2,349)

## Hilary Dunham

Soccer Goalkeeper  
(Biola Univ); All-GSAC 2004 & 05; NAIA AA; GSAC Champs 2004

## Sarah Eastland

Swimming Butterfly  
(Santa Rosa JC); State JC Champs 2009

## Caina Field

Soccer Defender  
(Santa Rosa JC & Academy of Art Univ); PD All-Empire 2010; JC State Champs 11; father Kevin Field played soccer Santa Rosa JC

## Bryan Fikes

Football Offensive Line  
(Santa Rosa JC & Black Hills St); PD All-Empire 93

## George Fiori

Football Defensive Line  
PD All-Empire 63

## Jason Fiori

Soccer Defender  
(Santa Rosa JC & San Diego St); PD All-Empire 2003

## Chuck Fomasi

Football Tackle  
(Santa Rosa JC & UC Davis); JC All-State 72; FWC Cham ps 76 & 77; All-FWC 77; AA 77; UCD All-Decade FB Team 70s; SRJC HOF; UC Davis HOF

## Jack Fore

Track High Jump  
(Santa Rosa JC); NCS Champ 34 (5-10 1/4-tie)

## Bob Foster

Track Pole Vault  
NCS Champ 51 (12-6); 2nd State Meet 51 (12-9-tie)

## Walt Foster

FB/BK/Track  
Analy High HOF; earned 16 letters

## Mike Franci

Football Tight End  
PD All-Empire 88

## Karl Franci

Football Linebacker  
(Santa Rosa JC & Benedictine College); PD All-Empire 2004

## Katie Franci

VB/Basketball MB/Forward  
(Santa Rosa JC & Humboldt St);

# Sonoma County

PD All-Empire 2003 (vb); PD All-Empire 04 & 05 (bk); PD Female AOTY 05; JC All-State 06 (bk); All-CCAA 08 & 09; CCAA Newcomer of the Year 08; AH ldr season 300mtrLH (46.37); niece of Karen Franci, Head Coach women's bk SRJC; twin sister of Karl Franci, see above

(Santa Rosa JC); PD All-Empire 2005 & 06

Football Linebacker  
PD All-Empire 78

## Shawn Freitas

Football Running Back  
PD All-Empire 93

## Max Fujii

Basketball Point Guard  
(Santa Rosa JC); PD All-Empire 2009-11; Empire POTY 10 & 11; Empire rcd career 2009-11 3pt fg (267); AH rcd season 3pt 10 (87), ldr season pts avg (23.2)

## Ivan Galvan

Soccer Forward  
PD All-Empire 2014

## Todd Gardner

Football Running Back  
(Santa Rosa JC); PD All-Empire 93

## Ellen Gazdowicz

Volleyball Middle Hitter  
(Duquesne Univ & William & Mary College); PD All-Empire 96

## Vince Gray

Football Running Back  
PD All-Empire 78

## Mark Grech

Basketball  
PD All-Empire 87; AH rcd season asst 86 (145), pts 87 (608)

## Donny Guerinoni

Basketball Guard  
(West Valley JC & Univ of Nevada-Reno); PD All-Empire 95 & 96; JC All-State 97; AH rcd season 96 pts (640), pts avg (22.1); Director of BK Operations Stanford 04-06

## Greyson Gunheim

Football RB/DL/Utility  
(Univ of Washington); PD All-Empire 2002 (rb) & 03 (rb/dl); PD DPOTY 03; Chron All-Metro 03 (util); Cal-Hi All-State 03 (medium schools); Pac-10 All-Freshman Team 04; Oakl Raiders 08-10

## Diana Gustafson

Volleyball Libero  
(UC Davis); PD All-Empire 2005 & 06; PD Co-POTY 2006

## Mitch Hackwood

Baseball 1B/Outfielder

## Alicia Hagen

Volleyball Setter  
PD All-Empire 91

## Jim Hall

Football Running Back  
PD POTY 61

## Jack Hayes

Football Linebacker  
PD All-Empire 2003

## Dan Healy

Basketball  
(Santa Rosa JC); PD All-Empire 75

## Deanna Heintz

Soccer Midfielder  
PD All-Empire 96

## Tyanna Helton

Softball Catcher/1B  
(Palomar JC & William Penn Univ); PD All-Empire 2005; Midwest Collegiate Conf 07-10; MCC POTY 09 & 10; All-Midwest Region 08-10; AA 08 & 10 (AA in 08 1st in WPU history); WPU ldr season 08 BAvg (.456), hits (83), hr (13), rbi (65), slug avg (.769), 09 BAvg (.412), hr (12), rbi (61), slug avg (.714), 10 BAvg (.458), runs (46), hits (77), dbls (19), hr (14), walks (29), slug avg (.829)

## Juan Carlos Hernandez

Soccer Midfielder  
PD All-Empire 2005

## Garrett Hill

Baseball Pitcher/3B  
(Santa Rosa JC); PD All-Empire 2013 & 14

## Cary Hiner

Football Offensive Line  
PD All-Empire 85; fitness trainer

## Tiffany Holder

Volleyball Middle Hitter  
(St. John's Univ); PD All-Empire 98

## Garrett Hoppe

Baseball Pitcher  
PD All-Empire 2001

## Max Horrell

Swimming Butterfly  
(UC Santa Barbara); NCS Champ 2009 100 bf (48.38); Empire SOTY 2009

## Dave Houlemard

Football Defensive Line  
(Santa Rose JC); PD All-Empire 76

## Syl Houlemard

## Vernal Howard

Track High Jump  
NCS Champ 34 (5-10 1/4-tie)

## Blake Hudelson

Soccer Forward  
(Cal Poly-SLO); All-Empire 2003; PD Co-POTY 2003

## Robyn Hurst

"Birdie"  
Softball 3B/Shortstop  
PD All-Empire 2004

## Jackie Hurt

Track High Jump  
NCS Champ 89 (5-7)

## Danny Hutten

Baseball Shortstop  
PD All-Empire 2002

## Zack Hyde

Soccer/BB Defender/Utility  
PD All-Empire 93 (soc) & 94 (bb)

## Ja'Narrick James

Football RB/Safety  
Chron All-Metro 2014; Chron North Bay POTY 2014; ld AH 2014 atts (171), yds (1,455), avg (8.5), td (24)

## Robert Johnson

Basketball Forward  
(Santa Rosa JC & Univ of Oregon); PD All-Empire 99; Pac-10 Champs 2002; AH rcd reb gm 98 (26), season 98 (402), career 97-99 (758)

## Ryan Johnson

Soccer Forward  
PD All-Empire 98

## Zak Kahane

Soccer Forward  
All-Empire 2003

## Ed Keegan

Track 120HH/220ydLH  
NCS Champ 35 (15.8), (25.6)

## Dan Kida

Football/BK Defensive Back  
PD All-Empire 87 (fb); PD All-Empire 88 (bk)

## Jon Knox

Swimming Back/Free  
(USC); PD Empire SOTY 2013 & 14; NCS Champ 100 bs 14 (48.82); Pac-12 Champs 2015; Empire rcd 200 fs 14 (1:37.07) father Ken member of Univ of Tennessee NCAA relay champs, mother Linda Stimpson

# Sonoma County

USC first ever NCAA Champ 75  
(50/100yd back)

Adam Krist

Basketball Forward  
PD All-Empire 86

Katie Krone

Soccer Forward  
(Westminster College); PD All-Empire 97 & 98

Sandy Krone

Volleyball Outside Hitter  
(Loyola Marymount Univ); PD All-Empire 2000-02; sister of Katie Krone, see above

Mike LaBue

Football Defensive Back  
PD All-Empire 93

Mike Lamb

Basketball Guard  
PD All-Empire 2007

Skye Landeri

Baseball 1B  
PD All-Empire 2000

Jason Larin

Soccer Forward  
(Santa Rosa JC & Humboldt St); PD All-Empire 97

Mike Larsen

Soccer Forward  
(Santa Rosa JC & Texas Tech Univ); PD All-Empire 95; played bb in college

Kathryn Lawrence

“Kat”  
Softball Pitcher  
(St. John’s University); PD All-Empire 2006 & 07; PD Co-POTY 07; SJU ldr season 08 wins (16), gms (30), gm start (28), cg (18), ho (4), ip (164 1/3), so (163); 09 wins (13), gms (31-tie), Sho (5-tie), gm start (28), ip (175 1/3), so (199), 10 wins (11), Sho (4)

Lara LeDonna

Softball Pitcher  
PD All-Empire 89

Brendan Lee

Football Wide Receiver  
PD All-Empire 2005

Luke Lehman

Soccer Defender  
(Santa Rosa JC); PD All-Empire 2002

Dan Lester

Football End  
PD All-Empire 67

Sam Levy

Soccer Midfielder  
(UC Santa Cruz); PD All-Empire 2000

Chad Lowe

Football Linebacker  
PD All-Empire 93

Katy Lowery

Basketball Guard  
PD All-Empire 2011

Sarah Lowry

Volleyball Setter  
(Cal Poly-SLO); PD All-Empire 97

Ben Lynch

Football Center  
(Univ of California); All-Pac-10 95; SF 49ers 99-2002, Hou Texans 03; Frankfurt Galaxy 98 (NFLE); All-NFLE 98

Lindsay Lytle

Volleyball Outside Hitter  
(Univ of Rhode Island & Sonoma St); PD All-Empire 2004-06; SS ldr 10 kills (477)

Jeff Maddocks

Football Wide Receiver  
PD All-Empire 89 & 90

Cooper Maloney

Football Defensive Back  
PD All-Empire 2010

Nicholas Maloney

Rugby Wing  
(Univ of California); NCAA Champs 2008 & 10; brother of Cooper Maloney, see above, & Joey Maloney, Occidental College football (back) player; father Joe HC frosh fb Analy High

Lauren Martin

Volleyball Setter  
(Univ of Alabama); PD All-Empire 2004-06; PD Empire POTY 05; PD Co-POTY 06

Ray Martinelli

Auto Racing Driver/Mechanic  
Formula Car West Coast Champ 65; foreign & European car mechanic; owner Autohaus Foreign & Race Car Repair

Pete Masuoka

Track Pole Vault  
NCS Champ 40 (12-11 1/8-tie)

Casey McLaughlin

Soccer Midfielder  
PD All-Empire 2003

Riley Ping Medvigy

Soccer Midfielder  
(U.S. Military Academy); PD All-Empire 2012

Ryan Meechan

Soccer Forward  
PD All-Empire 91

Marre Merrick

Soccer Midfielder  
PD All-Empire 94 & 95

Aubree Miller

Softball Infielder  
PD All-Empire 98

Canyon Miller

Basketball Guard  
(Mendocino JC & Chico St); PD All-Empire 2006

Kendra Miller

Volleyball Middle Blocker  
(Cal St Monterey Bay); PD All-Empire 2003

Nikko Miller

Football Offensive Line  
PD All-Empire 2005

Sherri Minkler

Track/CC 3200mtrs  
(Cal Poly-SLO); NCS Champ 84 (11:03.5); prep pr 85 (10:37.78); NCAA Div 2 CC Champs 85-87

Rich Mohr

Football Defensive Line  
(UC Davis); Tor Argonauts, Sak Rough Riders (CFL); Oak Invaders (USFL); also played track in college (sp/discus); Analy High HOF

Jason Moore

Baseball Pitcher  
(Santa Rosa JC & Univ of Nevada-Reno); PD All-Empire 90

Virgil Mudd

Track 220ydLH  
NCS Champ 24 (26.8)

Nick Mutz

Baseball Pitcher/1B  
(CCSF & Dakota St); PD All-Empire 2008; All-Dakota Conf 10; CCSF ldr season 09 losses (9), starts (13), cg (1-tie), ip (78 2/3), hits (88), runs (83), er (52), walks (52), so (70), hbp (14)

Gary Neely

Football Guard  
PD All-Empire 68

Joe Negri

Football Running Back  
PD All-Empire 75; PD BOTY 75

# Sonoma County

Joanna Nelson

Softball Pitcher  
(Humboldt St); PD All-Empire 96,  
98 & 99; PD Co-POTY 99; Cal-Hi  
All-State 99 (medium schools)

Gary Neville

Football Quarterback  
(Santa Rosa JC); PD All-Empire 68

Darin Newman

Baseball Shortstop  
PD All-Empire 2013; Cal-Hi All State  
(medium schools) 2013

Phil Nichols

Soccer Midfielder  
PD All-Empire 94

Craig Nordby

Football Offensive Line  
PD All-Empire 88

Robert Nordby

Football Center  
(Oregon Tech); All-Columbia FB  
Assoc 89; All-NAIA Div 2 89

Mike Nott

Football Quarterback  
(Santa Clara Univ); played bb in  
college; KC Chiefs 76; Sask Rough  
Riders 77, BC Lions 79-80 (CFL)

Wes Nott

Track Pole Vault  
NCS Champ 50 (12-3)

Norris Noyd

Football Running Back  
PD All-Empire 79; PD Empire  
POTY 79

Erin O'Brien

Basketball Guard  
PD All-Empire 2002

Nicole Ochoa

Softball Pitcher/OF  
(Holy Names Univ); PD All-  
Empire 2010 (p), 11 (p/of); led HNU  
14 wins, inns, era

Ian Olds

Soccer Fullback  
PD All-Empire 92

Jenny O'Leary

Softball/VB Catcher/MH  
(Sacramento St); PD All-Empire  
93, 95 & 96 (sb); PD Co-POTY  
96; Cal-Hi All-State 94 (medium  
schools); PD All-Empire 94 & 95  
(vb); Analy HOF

Patrick O'Leary

Baseball 1B  
PD All- Empire 95

Kaname Ono

Track Pole Vault  
NCS Champ 36 (12-7 1/2) & 37  
(12-9); 2nd State Meet 36 (NR);  
2nd State Meet 37 (12-6-tie); Empire  
red 37 (12-9)

Sam Ono

Track Pole Vault  
(Santa Rosa JC); NCS Champ  
32 (11-10-tie); brother of Kaname  
Ono, see above

Rosanna Parizek

Volleyball Middle Hitter  
(UC Riverside); PD All-Empire 99

Keith Pastorino

Soccer Defender  
(UC Irvine); PD All-Empire 2010

Rae Paulson

Softball Pitcher  
(St. Mary's College); PD All-  
Empire 94 & 95

Sarah Payette

Swimming Breaststroke  
(Univ of Tennessee); NCS Champ  
93 100 bs (1:05.72); PD SOTY 93  
& 94

Ashley Perlman

Soccer/Track MF/400mtrs  
(Chico St); CCAA-North Champs  
09 (soc); AH ldr season 2004 (57.38)

Jason Perry

Rugby Hooker  
(Univ of California); NCAA Champs  
97-99

Bob Petersen

Football Quarterback  
PD All-Empire 78

Doug Petersen

Football Defensive Line  
PD All-Empire 78 & 79

Keala Peterson

Volleyball Outside Hitter  
(UC Davis & Sonoma St); PD All-  
Empire 2005-07; PD Empire POTY  
07; Big West All-Freshman 08; All-  
CCAA 09-11; AA 09; All-West  
Region 09-11; SS red career kills  
per set (3.72), pts per set (4.27)

Marla Petrucci

Volleyball Setter  
PD All-Empire 2010

Christine Pirinoli

"Tantarelli" (married name)  
SB/Soccer Infielder/Fwd

(Santa Rosa JC & Univ of South  
Carolina-Spartanburg); PD All-  
Empire 99 (sb); All-Peach Belt  
Conf 02 (soc); played soccer in  
JC & college; USC red soc career  
2001-02 asst (14), shots (104); ldr  
season 2001 pts (17), asst (9),  
shots (39), 02 pts (21), goals (8),  
asst (5)

Jamie Pirinoli

Softball Infielder  
(Santa Rosa JC & Univ of South  
Carolina-Spartanburg); PD All-  
Empire 99; played soccer in jc &  
college; twin sister of Christine  
Pirinoli, see above

Thomas Pirinoli

Football Defensive Line  
(Santa Rosa JC & Tennessee Tech);  
PD All-Empire 96 & 97

Kasey Poet

Softball Infielder  
(Cal Poly-SLO); PD All-Empire  
95-97; All-Big West 99, 2001 & 02

Marty Ponzio

Football Running Back  
(Santa Rosa JC & Northern St); PD  
All-Empire 2003; also atnd Cardinal  
Newman High (Son) in senior year 04  
when NCS declared him ineligible for  
recruiting violation

Jennifer Price

Softball Outfielder  
(St. Mary's College); All-Dist 8  
2000; SMC ldr season BAvG 2000  
(.416); SMC red season 2000 hits  
(79), runs (43), sb (28); SMC red  
career 97-2000 runs (118), sb  
(58-tie)

Emily Pringle

Volleyball Setter  
PD All-Empire 91

Laurence Proctor

Track High Jump  
NCS Champ 21 (5-9 3/8)

Evan Putnam

Soccer Defender  
PD All-Empire 96

Nate Ran

Soccer Midfielder  
PD All-Empire 95

Damon Rance

Football Wide Receiver  
PD All-Empire 77

Bruce Rhode

Football Wide Receiver  
(St. Mary's College); PD All-Empire  
95

# Sonoma County

Chris Rhode

Football                      Defensive Line  
PD All-Empire 2002

Andy Rich

Soccer                      Forward  
(Santa Rosa JC); PD All-Empire  
2000

Thomas Rich

Soccer                      Defender  
PD All-Empire 2007

Melvin Ristau

“Lefty”  
Baseball                      Pitcher  
PCL SF Seals 37

Leah Rosser

Softball                      Outfield  
PD All-Empire 2003

Teresa Rucinski

Softball                      Infielder  
PD All-Empire 89

Nate Rust

Underwater Hcky      Midfielder  
(Cal St Northridge); Member L.A.  
Underwater Hockey Club; “A” Div.  
National Champs 2011

Grant St. Martin

Baseball                      Catcher  
PD All-Empire 2014

Dillon Sanchez

Soccer                      Defender  
PD All-Empire 2009

Michael Schmidt

Soccer                      Midfielder  
(Ohio St & Humboldt St); PD All-  
Empire 2006 & 07; PD Empire  
POTY 07

Jason Schmuhl

Golf  
(USF); Nor Cal PGA POTY 2008 &  
10; PGA Tour; pro Windsor Golf  
Club; course rcds Windsor Golf Club  
(62), Fountaingrove (66), Silverado  
(63-tie); father of Kristina Scmuhl,  
see Maria Carrillo High (Son)

Jenny Sheldon

Softball                      Infielder  
(Chico St); PD All-Empire 89

Kristen Shultz

Volleyball                      Outside Hitter  
(Pepperdine Univ); PD All-Empire  
98-2000

Samantha Siebert

Volleyball                      Setter  
(Santa Rosa JC); PD All-Empire  
2008 & 09

George Silva

Football                      Tackle  
(Santa Rosa JC); PD All-Empire 66

Sierra Simmons

Soccer                      MF/Defender  
(Cal Poly-SLO); PD All-Empire 99  
& 2000; All-Big West 03-05; Big  
West DPOTY 03 & 04 (def); Big  
West Champs 03-05

Fred Simpson

Football                      Halfback  
PD All-Empire 72; PD OBOTY 72

Jim Simpson

Track                      Mile  
(Santa Rosa JC); NCS Champ 49  
(4:38.5); State JC Champ 51 (4:27.9)

Carrie Sloat

Soccer                      Forward  
PD All-Empire 92

Matt Sloat

Wrestling                      140lbs  
NCS Champ 91

Brent Smith

Baseball                      Outfielder  
(Scottsdale JC & Sonoma St); CCAA  
Champs 2001; Head Coach Analy  
High

Sean Smith

Baseball                      Catcher  
(Santa Rosa JC); PD All-Empire 96

Kelly Sparks

Softball                      Pitcher  
PD All-Empire 97

Mike Spedick

Football                      Defensive End  
(Santa Rosa JC); PD All-Empire 64

Scott Stanley

Football                      Linebacker  
PD All-Empire 85

Stacy Stevens

Softball                      Outfielder  
PD All-Empire 88

Ben Stogner

Baseball                      Catcher  
PD All-Empire 99

Jackson Stogner

Baseball                      Pitcher/Infielder  
(Sonoma St); PD All-Empire 2009;  
SSU ldr dbls 14 (12)

Josh Stogner

Football                      Defensive Back  
PD All-Empire 99

Matt Stone

Football                      OL/DL  
PD All-Empire 2003 ( both)

Michael Stone

Football                      Offensive Line  
PD All-Empire 2006

Jonah Stuart

Baseball                      Outfielder  
PD All-Empire 2001

David Swanson

Track                      High Jump  
NCS Champ 82 (6-10 1/4); Empire  
rcd 82 (6-10 1/2)

Floyd Talbot

Track                      120ydHH  
NCS Champ 24 (16.3), 25 (16 1/5);  
2nd State Meet 25 (NR)

Wilburn Talbot

“Shorty” (nickname)  
Track                      440yds  
(Univ of California); NCS Champ  
23 (52.6), 24 (51.4); State Champ  
24 (51.6); Cal track team captain 28;  
Analy High HOF

Brian Taylor

Football                      Offensive Line  
PD All-Empire 79

Becca Thomas

Softball                      Pitcher  
PD All-Empire 2003

James Thornton

“Robo Cop”  
Football                      Tight End  
(Cal St Fullerton); Chi Bears 88-91,  
NY Jets 93-94, Hou Oilers 95

Amy Tresdenrider

Swimming                      Backstroke  
(Claremont-Mudd-Scripps  
College); SCIAC Champs 2011

Jen Tsurumoto

Basketball                      Point Guard  
(Santa Rosa JC); PD All-Empire  
2009 & 10; Empire POTY 10; State  
JC Champs 11

Breanna Varnadore

Softball                      Outfielder  
(Santa Rosa JC); PD All-Empire  
2007

Brooklyn Varnadore

Soccer  
(Univ of Colorado); PD All-Empire  
2014

Taylor Varnadore

Soccer                      Forward  
(Sonoma St); PD All-Empire 2009;  
CCAA Champs 10; All-CCAA 11-13;  
All-West Region 11-13; CCAA Most

# Sonoma County

Valuable Offensive Player 13; West Region POTY 13; SS ldr season 11 goals (12), pts (25), 12 (9), (21); brother of Brooklyn Varnadore, see above

PD All-Empire 2007

## Heather von Hemert

Water Polo  
(Santa Rosa JC); JC AA 2002

## Tom Walker

Baseball Shortstop  
PD All-Empire 2007

## Ed Wallen

Football Tackle  
PD All-Empire 63

## Kimmy Warne

Basketball Guard  
PD All-Empire 2005

## Donna Wasson

“White” (married name)  
Softball 3B  
(Santa Rosa JC & Chico St); Head Coach bk, sb, tennis Butte JC; Butte JC HOF; Chico St HOF

## Tracy Webster

Soccer Def/100mtrs  
(Sonoma St); PD All-Empire 2005; SSU Female Freshman of the Year (soc); AH rcd 06 (12.21); AH ldr season 2005 100mts HH (15.74)

## Henry Weinberger

“Hank”  
Underwater Hcky Forward  
(Cal St Northridge); Member LA Underwater Hockey Club; “A” Div. National Champs 2011; grandson of John E. Spalding, research chief, Bay Area Sports Stars; sister of Hannah Weinberger, Analy High swimmer

## Chris Wheeler

Baseball Pitcher  
PD All-Empire 2002

## Hannah Whiteside

Soccer Defender  
PD All-Empire 2006

## Roy Williamson

Track 880yds  
NCS Champ 17 (2:06)

## Brian Willison

Football Defensive Line  
PD All-Empire 2000

## Brian Wilson

Football Defensive Line  
PD All-Empire 92

## Cory Winter

Football Linebacker

## Gavin Winter

Basketball Guard  
PD All-Empire 2009

## Alex Winters

Softball 2B  
(Sonoma St); PD All-Empire 2004 & 05

## Megan Winters

Softball Shortstop/P  
(Santa Rosa JC); PD All-Empire 2010 (ss), 11 (p/ss) & 12; PD Co-POTY 12; sister of Alex Winters, see above, sister of Hannah Winters, Sonoma St sb player

## Brittany Yolo

Softball Catcher  
(Palomar JC & Univ of Nebraska); PD All-Empire 99

## Devon Young

Soccer Defender  
PD All-Empire 2000

## Jared Young

Soccer Defender  
PD All-Empire 97

## Laura Young

Volleyball Outside Hitter  
(Santa Rosa JC); PD All-Empire 2008

## Colette Zepponi

Soccer Midfielder  
(UC San Diego); PD All-Empire 2012; brother Anthony plays club rugby at Occidental College

## Sami Zepponi

Soccer  
PD All-Empire 2014; sister of Colette Zepponi, see above

## Andrew Ziemer

Soccer Forward/Coach  
(Fresno St, Santa Rosa JC & Sonoma St); NCAC POTY 90 & 91; NCAA Div 2 AA 90 & 91; SSU Co-Male AOTY 91 & 92; DJK Frans Alles Haus 88, F. C. Recklinn 89, (Germany), Quick Den Haag 94 (Holland); pro trainer; SSU ldr career goals & pts (NR); Sonoma St HOF

## Chris Ziemer

Soccer Coach  
(Sonoma St); played pro Germany 3rd Div; Co-Head Coach Sonoma Academy (Son); PD Co-COTY (small) 2006; PD COTY (small) 07 & 09; NCS Div 3 Champs 13 & 14 (24-0-1); AD Sonoma St; Sonoma St HOF

## Marcus Ziemer

Soccer Coach  
(Santa Rosa JC & Sonoma St); Head Coach Sonoma St 90- (244-107-33 through 08); NCAC Champs 91, 93, 95-97; CCAA Champs 2000, 02, 04-08; CCAA Co-Champs 01 & 09; NCAA Div 2 Champs 2002; NCSCC Div 2 COTY 2002; CCAA COTY 07; Far West COTY 07; brother of Andrew & Chris Ziemer, see above; husband of Trish Gretton, see Ursuline High (Son)

## Matt Zigulis

Soccer Defender  
(Western Washington Univ); PD All-Empire 2004

## Maria Carrillo High Pumas Santa Rosa (estab. 1996)

## Alex Abrios

Swimming Freestyle  
NCS Champ 2005 500 fs (4:35.89)

## Sara Albritton

Soccer Goalkeeper  
(UC Davis); PD All-Empire 99 & 2000

## Jenny Aldridge

CC/Track 1600mtrs  
(Santa Rosa JC & Sonoma St); NCS Div 3 Champ 99 (19:02), 2000 (19:42), Div 2 Champ 01 (17:48); 3rd State Meet 99 Div 3 (18:13) & 3rd 2000 (18:13); State Champ 2000 (4:49.63); NCS Champ 02 (4:50.18); 2nd State Meet 02 (4:55.94); Empire ldr season 01 800mtrs (2:16.46), 02 (2:14.24) 1600mtrs (4:50.18); National Prep rcd 3000mtr steeplechase (10.47.63) 02; daughter of Dan Aldridge, see Petaluma High (Son)

## Devin Andrews-Lyssy

Volleyball Outside Hitter  
(William & Mary College); PD All-Empire 2008 & 09; daughter of Layne Lyssy, San Jose St & ATP Tour tennis player

## Jake Arnold

Track Decathlon  
(Univ of Arizona); Pac-10 Champ 06 (7,691) & 07 (7,755); NCAA Champ 06 (7,870) & 07 (8,215); NCAA Outdoor Track AOTY 07; pro competitor for ASICS 09; USATF Indoor Heptathlon Champ 09 (5,748 pts); Empire ldr season 2002 (38.82), PV (15-0)



# Sonoma County

## Ruth Atkins

Softball                      Infielder  
(Univ of Arkansas & Point Loma Nazarene Univ); PD All-Empire 2001 & 02; All-GSAC 04; All-Region 2 04; GSAC Champs 04; PLNU MVP 04; PLNU ldr 04 dbls (17), 06 rbi (49), walks (20); sister of Rosalie Atkins, sb player Univ of Hawaii

## Sam Atoe

Football                      Linebacker  
(San Mateo JC & Univ of California); PD All-Empire 2009 & 10; Chron All-Metro 10; Polynesian All-American Classic Gm 11

## Frankie Ausiello

Baseball                      Outfielder  
PD All-Empire 99

## Brandon Baggett

Soccer                      Midfielder  
(Sacramento St); PD All-Empire 2002; Member State Club Champs 99-2002

## Adam Beene

Football                      OL/Linebacker  
(San Francisco St); PD All-Empire 98 & 99

## Hailey Begert-Hellings

Golf  
PD Empire GOTY 2013 & 14

## Jesse Bland

Football                      Tight End  
(Santa Rosa JC); PD All-Empire 98

## Robbie Bloyd

Football                      Running Back  
PD All-Empire 2005

## Jameson Bonner

Football                      Running Back  
PD All-Empire 2003

## Kayla Boyce

Volleyball  
PD All-Empire 2011

## Jordan Boyce

Baseball                      Outfielder  
(Santa Rosa JC); PD All-Empire 2010; swam in college (butterfly)

## Julianna Bratsberg

Soccer                      Midfielder  
(Dominican Univ); PD All-Empire 2007; All-Cal-Pac 08; Cal-Pac Freshman of the Year 08; All-Pac West 10

## Amanda Briara

Soccer                      Defender  
PD All-Empire 2004

## Taylor Brownlee

Volleyball                      Outside Hitter  
(Wichita St)PD All-Empire 2010-11;  
PD Empire MVP 2011

## Sam Bruno

Baseball                      Catcher  
(Shasta JC); PD All-Empire 2004;  
played ss in jc

## Alex Conner

Soccer                      Forward  
(USF & Santa Rosa JC); PD All-Empire 99 & 2000

## Andrew Corsberg

Basketball                      Guard  
(Santa Rosa JC); PD All-Empire 2008

## Kendra Corsberg

Soccer                      Defender  
(Dominican Univ); PD All-Empire 2010 ; sister of Andrew Corsberg, see above

## Marvin Coulter

Football                      Defensive Line  
PD All-Empire 99

## Cara Curtin

Soccer                      Forward  
(Santa Rosa JC & Sonoma St); JC AA 2011; JC State Champs 2011; NSCAA JR College D3 All-West 10-11; NCAA Div 2 All-West 13; JC National POTY 11; CCAA newcomer of the Year 12; scored 4 goals in Championship Gm and earned tournament MVP; National JC ldr season 11 goals (38); SRJC career red goals (65) 10-11; 1st National POTY in any sport from Sonoma County

## Lauren Curtin

CC/Soccer                      Midfielder  
(Santa Rosa JC & Sonoma St); NCS Div 3 Champ 2007 (18:11); NSCAA JR College D3 All-West 10-11; JC AA 11; JC State Champs (soc) 11; CCAA Newcomer of the Year 13; All-CCAA 13; All- West Region 13; Div 2 AA 13; SST ldr 13 goals (9); did not play soccer in high school; twin sister of Cara Curtin, see above

## Wesley Deal

Baseball                      Pitcher/SS  
(Santa Rosa JC); PD All-Empire 2009; SRJC ldr season 11 gms (13), starts (11), er (21), walks (24), wp (5), hbp (11)

## Maya DiRado

Swimming                      Mdly/Free/Back  
(Stanford Univ); NCS Champ 2008 200 IM (2:00.54), 09 200 IM (1:57.08); 10 (1:56.17-U.S. red),10 100yds fs (49.82); Empire red 10 (49.82), 200yds fs (1:50.44), 500yds

fs (4:55.45); Member National Jr. Team; PD AOTY 09 & 10; Pac-10 FOTY 11; Pac-12 SOTY 14; Gold Medal World Univ Gms 11 400 IM (4:40.79); 2nd place NCAA Championships 12 200 bs (1:51.42- SU red) Pac-12 Champ 12 200 bs (1:52.77); Pac-12 Champs 13; Age Group red (U19) 400IM 11 (3:59.88). member U.S. FINA World Championship Team 13

## Ashley Drady

Cross Country  
(UC Santa Barbara); Big West Champs 2004

## Brooke Dunbar

Soccer  
PD All-Empire 2014

## Kathleen Durand

Track                      Discus  
(Sacramento St); NCS Champ 2013 (140-04); PD AOTY 2013; Empire red 2013 (144-3); niece of Joy Durand, see Ursuline High (Son); daughter of Alycia Yacoboski, discus red Rancho Cotate, niece of Christa Durand, discus red Ursuline High (Son)

## Dan Farris

Football                      Offensive Line  
(Santa Rosa JC); PD All-Empire 2009

## Beth Fernland

Soccer                      Forward  
PD All-Empire 99

## Michelle Flores

Soccer                      Midfielder  
PD All-Empire 2008

## Jim Fong

Swimming                      Backstroke  
(UC Davis); NCS Champ 2007 100 bs (51.32); PD Empire SOTY 2007; Big West Champs 10

## Cortland Forsyth

Soccer                      Forward  
(Cal Poly-SLO); Big West Champs 2009

## Mikaela Francis

VB/SB                      MB/SS  
(Cal St Fullerton); PD All-Empire 2012 (vb & sb); played sb in college

## Adam Froman

Football                      Quarterback  
(Santa Rosa JC & Univ of Louisville); PD All-Empire 2005; JC AA 08; JC AA OPOTY 08; SRJC red gm td pass 08 (7); State JC ldr season 08 pass yds (3,876), td pass (40)

# Sonoma County

## Ricky Garcia

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2007

## Rich Gardner

Baseball Pitcher  
(Santa Rosa JC & Univ of Arizona);  
PD All-Empire 99 & 2000; played  
minor league baseball; Southern  
Lg-East Div Champs 04; SRJC ldr  
season 01 gs (13), wins (7), ip  
(91 1/3), runs (39), er (27), hits  
(81), walks (22), so (63)

## Sal Gebre

Soccer Midfielder  
(Santa Rosa JC & Univ of Texas-  
Permian Basin); JC State Champs  
2011

## Maddy Gonzalez

Soccer  
PD All-Empire 2013 & 14; PD POTY  
2013 & 14; MCH ldr 14 goals (23),  
assts (21)

## Christine Graham

Swimming Breast/Fly  
(San Diego St & Santa Rosa JC);  
State JC Champs 2005

## Tess Granath

Softball Pitcher/Inf  
(UC San Diego); PD All-Empire  
2008; CCAA Champs 11; NCAA  
Div. 2 Champs 11; Member Sweden  
National Team 11; daughter of  
Oloph Granath, Olympic speed  
skater

## Alia Gray

Cross Country  
(Chico St); CCAA Champs 2010

## Katelyn Hackett

Swimming Freestyle  
(Santa Rosa JC); State JC Champs  
2009

## John Harris

Soccer Midfielder  
PD All-Empire 2006 & 07

## Trevor Harris

Soccer Midfielder  
(San Jose St & UNLV); PD All-  
Empire 2000

## Shawn Hausknecht

Baseball 2B  
(Santa Rosa JC); PD All-Empire  
2006

## Aly Henington

Basketball Forward  
(Santa Rosa JC & Sonoma St);  
CCAA Newcomer of the Year 2011;  
SS ldr season 2011 fg (93), ft pct

(.865)

## Justin Herrold

Basketball Center  
(Cal Poly-Pomona, Santa Rosa JC &  
Sonoma St); PD All-Empire 2008; PD  
Co-POTY 2008; All-CCAA 12;  
CCAA Newcomer of the Year 12; SS  
ldr reb 12 (5.6), blks (2.1), fg pct  
(61.6), avg (14.8); MCH career ldr  
pts, reb, blks; did play at first two  
colleges

## Alita Hill

Soccer Forward  
(Humboldt St); PD All-Empire 98

## Darrin Hill

Football Tight End/LB  
(Santa Rosa JC); PD All-Empire  
2004

## Will Hinkle

Football Linebacker  
PD All-Empire 2005; PD Co-  
DPOTY 2005

## Keith Hitman

Baseball 1B  
(Sonoma St); PD All-Empire 2003

## Peter Hoge

Baseball Pitcher  
PD-All Empire 2014; PD POTY  
2014; ld MC wins 14 (10)

## Claire Howard

Soccer  
PD All-Empire 2014

## Amanda Johnson

BK/Soccer Midfielder  
(Univ of Oregon); Cal-Hi All-State  
(bk-sophomore) 2006; PD All-Empire  
2006-08 (bk); PD Empire POTY  
2006-08 (bk); Cal-Hi Div 2 All-State  
08 (bk); PD All-Empire 07 (soc); All-  
PAC-12 12; OU OPOTY 11; MCH ldr  
season 09 reb (163), stls (42), 10 reb  
(290), blk (45); ld MCHS scoring  
(24.0) & reb (10.5) 08, scored over  
2,000 pts MCHS

## Carli Johnson

Soccer Midfielder  
(San Diego St); Member National  
Club Champs 2005; PD All-Empire  
08 & 09; Empire MVP 09; All-  
Mountain West 12, MW Conf  
Championship MVP 12; played MF in  
college

## Brian Johnson

Basketball Forward  
(Santa Rosa JC); State JC Champs  
2014

## Hayley Johnson

Soccer Defender  
(UC San Diego); PD All-Empire  
2008; CCAA-South Co-Champs  
11; All-CCAA 11-12; NCAA Div. 2  
All-West 11-12; ld CCAA assts 11  
(13)

## Raena Jones

Soccer/Softball Fwd/Infielder  
(Univ of North Carolina-  
Wilmington); PD All- 97 & 98 (soc);  
PD All-Empire 98 & 99 (sb); PD  
Empire Co-AOTY 98 & 99; also  
All-Empire 97 at Casa Grande High  
(Son)

## Lynsey Keith

Softball Shortstop  
(Mid-America Nazarene Univ); PD  
All-Empire 2009 & 10; PD Empire  
POTY 10; Heart of America Athletic  
Conf Co-Champs 11; All-Heart of  
America Athletic Conf 12-14

## Riley Kovatch

Soccer Defender  
(Univ of California); PD All-Empire  
06-08; Member California Cup  
Champs 2001, 02, 04 & 06

## Victoria Kovatch

Soccer Midfielder  
(Azusa Pacific Univ); PD A;;-Empire  
2011; National Christian College  
Athletics Assoc. Champs 13; sister of  
Riley Kovatch, see above & Keaton  
Kovatch Univ San Diego rugby  
player, daughter of Mike Kovatch,  
Santa Clara Univ soccer player

## Scott Lacy

Football Offensive Line  
PD All-Empire 2008

## Matt Larson

Football Wide Receiver  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 2005

## Steve Laurie

Track/CC 3200mtrs  
(UC Davis); NCS Div 4 CC Champ  
(17:32); NCS Champ 99 (9:16.31);  
PD Empire AOTY 99

## Justin Leggins

Basketball Guard/Fwd  
(American River JC); PD All-  
Empire 2005

## Richard Leslie

Football/BB Guard/Catcher  
PD All-Empire 2003 (fb); PD All-  
Empire 04 (bb)

## Cody Levar

Soccer Forward  
(Chico St); PD All-Empire 2008;  
CCAA-North Champs 11

# Sonoma County

## Beau Levesque

Soccer Midfielder  
PD All-Empire 2000

## Kyle Lew

Wrestling 149lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Jean Lightfoot

VB/Track OH/SP/Disc/Ham  
(UC Santa Barbara); PD All-Empire  
2004 & 05 (vb); MCH red sp  
(42-9 1/2), disc (129-10); MCH ldr  
season 05 (39-4 1/2), (123-10);  
UCSB pr sp (43-8 1/4), disc  
(153-8), ham (175-0)

## Jenna Lowder

Soccer Def/100/200/400  
(BYU); PD All-Empire 05 (soc);  
Empire red 06 (12.14); MCH red  
06 (25.04), (56.73); Empire ldr  
season 2003 (57.80), 05 (12.43),  
(25.18), (56.85)

## Ashley Lowery

Soccer Defender  
(Univ of New Mexico); PD All-  
Empire 2002

## Daniela Loyola

Volleyball Middle Blocker  
(Santa Rosa JC); PD All-Empire  
2006

## Jesse Ma

Badminton  
PD Empire POTY 2008

## Tyler Malone

Football Running Back  
PD All-Empire 2006

## Melissa Matulich

Soccer MF/Defender  
(Dartmouth College); PD All-  
Empire 2002; PD Co-POTY 2002

## Travis Menke

Football Quarterback  
(Santa Rosa JC & St Mary's  
College); PD All-Empire 98

## Natalie Messina

Soccer Defender  
(Long Beach St); Big West Co-  
Champs 2006

## Yvonne Metz

Soccer Defender  
(Valparaiso Univ); PD All-Empire  
2009 & 10

## Austin Meyer

Soccer Midfielder  
(Stanford Univ); PD All-Empire  
2008 & 09

## Mike Miller

Baseball Pitcher  
PD All-Empire 2002

## Haley Mills

Softball 2B  
(Santa Rosa JC); PD All-Empire  
2008-10

## James Moberg

Soccer Midfielder  
(Univ of Washington); PD All-Empire  
2010; Pac-12 Champs 13; cousin Alex  
Todd, bb player Sonoma St

## Danny Mocny

Baseball 3B/OF/SS  
(Univ of Hawaii, Santa Rosa JC &  
Long Beach St); PD All-Empire  
2000 (3b & of) & 01 (ss); PD  
Empire POTY 02; PD Empire Co-  
AOTY 01; SRJC ldr season 03 runs  
(64), hr (12), walks (25), hbp (22),  
sb (11), slug pct (.630)

## Katie Mohr

Soccer Forward  
(Arizona St); Member U. S. Under-15  
National Team 2010; PD All-Empire  
11 & 12, PD POTY 12; CYSA State  
Champs; Prep AA 12

## Joey Monize

Football Running Back  
(Arizona Western JC & Dakota St);  
PD All-Empire 2004; played db in  
college

## Ashley Morgan

Basketball Guard  
(Santa Rosa JC); State JC Champs  
2011

## Chris Murphy

Soccer Forward  
(Fresno St & Oregon St); PD All-  
Empire 2002; PD Empire POTY  
2002

## Jared Nelson

Football Defensive End  
PD All-Empire 98

## Steven Nguyen

Tennis  
PD Empire POTY 2008

## Danielle Nieto

Soccer Forward  
(Chico St); PD All-Empire 2002

## Vanessa Nieto

Soccer Defender  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 2005 & 06

## Lizzie Novak

Softball Outfielder

(Cal Lutheran Univ); PD All-Empire  
2007

## Derek Odom

Football Defensive Line  
(Santa Rosa JC); PD All-Empire  
2003

## Zac Olson

Soccer Midfielder  
(Sonoma St); PD All-Empire 2008;  
PD MVP 2008; CCAA-North  
Champs 09

## Brianne Parson

Soccer Defender  
(Univ of Oregon); PD All-Empire  
2014

## Shannon Peters

Soccer Midfielder  
PD All-Empire 2000

## Forest Podva

Football Offensive Line  
(Santa Rosa JC & Sacramento St); PD  
All-Empire 2006

## Herbie Polk

Track Sprinter  
(Santa Rosa JC); PD AOTY 2013;  
MCH red (47.21), 200mtrs (22.05).  
100mtrs (10.83)

## Elaine Polson

Volleyball Outside Hitter  
PD All-Empire 2006

## Pat Poston

Baseball Pitcher  
(Beloit College); Member American  
Legion State Champs 2001

## James Proscal

Football Defensive Back  
PD All-Empire 2007

## Katie Prosser

Soccer Defender  
(Loyola Marymount Univ); PD All-  
Empire 2012

## David Raichart

Baseball Pitcher/OF  
(Santa Rosa JC, Univ of Northern  
Colorado & Bethany College); PD  
All-Empire 2002; PD Empire POTY  
2002; SRJC ldr 03 losses (3), saves  
(5)

## Erin Reagan

Softball Outfielder  
(Univ of Redlands); SCIAC  
Champs 2007

## Sam Reiter

Baseball Outfielder  
PD All-Empire 2004

# Sonoma County

## Sydney Rickert

Soccer  
PD All-Empire 2014

Baseball Catcher  
(Univ of Arizona); PD All-Empire  
2001

rd 2010 50 fs (20.81), 100 fs (45.64),  
1000 fs (9:24.18), 100 bf (49.36);  
brother of Allison Stuhr, see above

## Kathryn Robertson

Volleyball Middle Hitter  
PD All-Empire 2005

## Kristina Schmuhl

Golf  
PD Empire POTY 2011; daughter  
of Jeff Schmuhl, see Analy High

## Omar Teuttle

Soccer Goalkeeper  
(Santa Rosa JC); JC State Champs  
2002

## Pat Rodriguez

Baseball Pitcher/OF  
PD All-Empire 2003 (p) & 04 (p/of)

(Son)

## Calan Seitz

Volleyball Setter/OH  
(Sonoma St); PD All-Empire 2011-12

## Lizzie Thiele

Swimming Backstroke  
(Santa Rosa JC); State JC Champs  
2008 & 09; Head Coach Piner High  
(Son) 12-

## Jon Ross

Football Running Back  
PD All-Empire 2001

## Caylie Seitz

Volleyball Outside Hitter  
(Sonoma St); PD All-Empire 2009 &  
10; PD Empire POTY 10; All-CCAA  
13; CCAA MVP 13; NCAA Div 2 AA  
13; CCAA ldr 13; sister of Calan  
Seitz, see above

## Tasha Thiele

Swimming Freestyle  
(Santa Rosa JC & Sonoma St); JC  
State Champs 2005; played soccer  
& water polo in college

## Lee Sandwina

Soccer Midfielder  
(San Jose St & Univ of Virginia);  
PD All-Empire 2002; HSV Escamp  
(Netherlands) & HJK (Finland)

## Emily Sellner

Soccer Goalkeeper  
(Chico St); CCAA-North Champs  
2011

## Calvin Thigpen

Cross Country  
(UC Davis); Big West Champs 2010

## Kristen Sanzari

Track 400/800/1600/3200mtrs  
(Cal Poly-SLO); PD Empire Track  
Co-AOTY 07; MCH rd 800mtrs  
07 (2:12.51); Empire ldr season  
2004 (2:14.38), 05 (2:14.11),  
(5:03.11), 06 (2:12.56), (5:02.87),  
07 (58.72), (4:56.91)

## Zack Sheets

Football Defensive Back  
PD All-Empire 2008

## Sarah Thompson

Soccer Defender  
(Santa Rosa JC & Western Oregon  
College); JC State Champs 2011

## Allison Sather

“Ally”  
Volleyball Outside Hitter  
(Sonoma St); PD All-Empire 2006  
& 08; PD Empire POTY 08; All-  
CCAA 10 & 11; SS ldr kills 09  
(442), 10 (336)

## Zander Sheets

Football Defensive Back  
PD All-Empire 2006

## Richard Tigner

Baseball Outfielder  
PD All-Empire 2006

## Kaitlin Sather

“Nielsen” (married name)  
Volleyball Outside Hitter  
(UCLA); PD All-Empire 2002 & 03;  
PD Co-POTY 03 & 04; PD Empire  
POTY 04; Pac-10 All-Freshman 05;  
All-Pac-10 09; UCLA ldr season 07  
kills (447), 09 atck (1,001)

## Anthony Shideler

Football Tight End  
PD All-Empire 2002

## Chris Toran

Soccer Midfielder  
(Cal Poly-SLO); All-Empire 2003 &  
04

## Kristen Sather

“Kristy”  
Volleyball Outside Hitter  
(UC Santa Barbara, Univ of Arizona  
& Sonoma St); PD All-Empire  
2000-02; PD Co-POTY 02; All-  
CCAA 07 & 08; CCAA Newcomer  
of the Yr 08; SSU Female AOTY  
09; SS ldr season 07 kills (373),  
08 (372); sister of Ally & Kaitlin  
Sather, see above

## Kelli Smith

Soccer Defender  
(Univ of Washington); PD All-Empire  
98 & 99

## Sara Tosti

Soccer Forward  
(Arizona St); PD All-Empire 2010 &  
11; PD Empire POTY11; ld MCH  
goals 11(34), assts (21)

## Ali Scahffer

Soccer Defender  
(USF); PD All-Empire 2012

## Chris Stasse

Badminton Singles/Doubles  
PD Empire POTY 2010 & 11; spent  
year after high school playing club  
badminton in China 11-12

## Molly Trejo

Wrestling 146lbs  
State Middle School Champ 2010  
(Rincon Valley); NCS Champ 11

## Jake Scheiner

Baseball Shortstop  
PD All-Empire 2013

## Allison Stuhr

Swimming Freestyle/Back  
(Principia College, Santa Rosa JC  
& San Diego St); State JC Champs  
2008 400yd Medley Relay  
(4:03.69); State JC Champs 09; PC  
rd 2008 50 fs (24.14), 100 fs  
(52.58), 200 fs (1:54.74), 100 bs  
(59.75) and 200 bs (2:15.65);  
SRJC rd 09 50 fs (23.9), 100 fs  
(51.84), 50 bs (27.10), 100 s (57.01)

## Arlene Tuttle

Soccer Defender  
(Univ of Oregon & UC Davis); PD  
All-Empire 2000

## Jeff Schelter

## Matt Stuhr

Swimming Freestyle/Fly  
(Santa Rosa JC & Univ of Pacific);  
State JC Champ 2010 500 fs  
(4:29.79), 1650 fs (15:31.43), 11 500  
fs (4:30.13), 200 bf (1:48.61); SRJC

## Andrew Vaughn

Baseball Inf/C  
PD All-Empire 2013 (as freshman) &  
14

## Brittney Veler

Softball Shortstop  
(Providence College); PD All-Empire  
2013; PD POTY 2013; MCH ldr 2013  
avg (.628)

## Paul Wabl

Football Linebacker  
PD All-Empire 97 & 98

# Sonoma County

## Keith Wallach

Baseball Catcher  
PD All-Empire 2014

## Chelsea Weighall

Basketball Guard  
(Dominican Univ) PD All-Empire 2002; played soccer in college; All-Cal Pac (soc) 04; Cal Pac Champs (bk) 05 & 06

## Ali Wiesner

Volleyball Setter  
PD All-Empire 2012

## Baeli Wiesner

Volleyball  
PD All-Empire 2015

## Caiti Wiesner

Volleyball Outside Hitter  
PD All-Empire 2015

## Matt Wells

Football Special Teams  
PD All-Empire 2003

## Jacqui Wentz

Cross Country  
(Massachusetts Institute of Technology); NCS Div 2 Champ 2005 (17:58)

## Scott Wilmore

Soccer Defender  
All-Empire 2003

## Erin Wofford

Soccer Defender  
(Santa Rosa JC & Boise St); PD All-Empire 2003; State JC AA 05

## Lilly Wolfe

Volleyball Setter  
(New Mexico St & Tulane Univ); PD All-Empire 2008; All-NCS 2008

## Casa Grande High Gauchos Petaluma (estab. 1972) (aka Casa)

## Carly Agius

Softball Infielder  
PD All-Empire 2002

## Josh Akognon

Basketball Guard  
(Washington St & Cal St Fullerton); PD All-Empire 2003 & 04; PD POTY 04; Chron Metro North Bay POTY 04; Cal-Hi Div 2 All-State 04; Member Nigeria National Team 06, 09; All-Big-West 09; Big West POTY 09; Kalev/Cramo (Estonia)

10, Dongguang Leopards (China) 11; CGH red gm pts 04 (54); WSU ldr pts avg season 06 (10.3); CSF ldr gm 3pt fg (3.63), season pts 09 (764), fg att 09 (618), ft pct 08 (.899), 3pt fg att 09 (366), 3pt fg 09 (136); consec ft 08 (37); husband of Ariana Scales, Washington St bk player

## Ishmael Alvarado

Soccer Defender  
(Santa Rosa JC); JC State Champs 2001

## Shelly Apodaca

Softball Outfielder  
(Cal St Hayward); PD All-Empire 98

## Brayan Araiza

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 2009; CGH red sacks 2009 (15-tie)

## Derek Baldwin

Swimming Freestyle  
(UC Davis); Big West Champs 2010

## Gabrielle Banazek

"Gabby"  
Volleyball Setter  
PD All-Empire 2015

## Adrian Barajas

Football Linebacker  
PD All-Empire 2003; CGH red season tckls 03 (147), career 02-03 (229)

## Ivan Barajas

Soccer Defender  
PD All-Empire 2014

## Frankie Barone

Football Wide Receiver  
(Foothill JC); PD All-Empire 2005

## Anthony Bender

Baseball Pitcher/SS  
(SRJC); PD All-Empire 2013

## Brian Bender

Basketball Forward  
PD All-Empire 81

## Jason Bender

Track Javelin  
(Santa Rosa JC & UCLA); State JC Champ 81 (224-0); SRJC HOF

## Alyssa Benjamin

Soccer/Track Def/100mtrs  
(UC Santa Barbara); PD All-Empire 06 & 07; PD Co-POTY 07; Empire ldr season 2008 (12.64)

## Anthony Biasi

Football/BB RB/Outfielder

(Sacramento St); PD All-Empire 2006 & 07 (fb); PD All-Empire 08 (bb)

## Christian Blackburn

Baseball Pitcher  
PD All-Empire 92

## Molly Bliss

Soccer Forward  
PD All-Empire 2002

## Steve Brazil

Basketball/FB Defensive Line  
(Santa Rosa JC & Cal Lutheran Univ); PD All-Empire 2006 (bk); SCIAC Champs 10 & 11 (fb)

## David Briceno

Soccer Forward  
(Santa Rosa JC); JC State Champs 2002; played pro in Greece

## Geoff Bridges

Football Running Back  
(Santa Rosa JC); PD All-Empire 2002

## Greg Bridges

Baseball Shortstop  
PD All-Empire 2000

## Kevin Brogan

Basketball Forward  
PD All-Empire 89; CGH red hj (6-7) 89

## Dave Brown

Baseball Infielder  
(Marin JC); PD All-Empire 92

## Jennifer Buonanno

Soccer Midfielder  
PD All-Empire 93

## Zach Burnett

Football Defensive Line  
PD All-Empire 2008

## R.J. Busse

Baseball Pitcher/SS  
(SRJC); PD All-Empire 2011

## Alex Byrne

Baseball 2B  
PD All-Empire 2003

## Nicole Byrne

Softball Catcher  
(Napa Valley JC); PD All-Empire 2007

## Joe Carrasco

Baseball Pitcher  
PD All-Empire 88; Pitcher of the Year 88

## Lance Catarozoli

Basketball Forward

# Sonoma County

(Santa Rosa JC & UC San Diego); PD All-Empire 86 & 87; PD Empire POTY 87; All-Nor Cal 87; CGH rcd gm pts 87 (49 vs Petaluma); rcd season 87 pts (804), avg (26.8); Empire rcd season pts 87 (804)

## Tim Cheda

Football Linebacker  
PD All-Empire 84

## Francis Christy

Baseball Catcher  
(Palomar JC); PD All-Empire 2011 & 13, PD POTY 13; PCL Champs 14 (college)

## Amy Circo

Softball Pitcher  
(Cal St Hayward); PD All-Empire 88; Pitcher of the Year 88; played soccer in college; Head Coach Dixon High; no-hit gms 92 vs Cal St Stanislaus & Claremont College; CSH rcd era season 92 (0.84)

## Phil Colglazier

Football Defensive Back  
PD All-Empire 2004

## Eric Cooper

Baseball Shortstop  
(Santa Rosa JC & Sacramento St); PD All-Empire 88

## Tiffany Cooper

Soccer Forward  
PD All-Empire 92

## Jenna Cresta

Softball Outfielder  
(UC Davis); CCAA Champs 2003; NCAA Div 2 Champs 2003

## Mike Crosat

Football Linebacker  
PD All-Empire 99

## Colin Coughenour

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 2004

## Mandy Cox

Soccer Midfielder  
PD All-Empire 93

## Sheila Deignan

Basketball Guard  
(Santa Rosa JC); State JC Champs 2011

## Connor Derby

Football Kicker/Punter  
(Sacramento St, Grossmont JC & Central Washington Univ); PD All-Empire 08; CGH rcd fg season 2007 (9-tie), career 2007-08 (16)

## Taylor Derby

Soccer Defender  
PD All-Empire 2008 & 10; sister of Connor Derby, see above

## Dayna Dolcini

Soccer Defender  
(Loyola Marymount Univ); PD All-Empire 2012

## Nick Donati

Football Offensive Line  
(Sacramento St); PD All-Empire 93 & 94

## Ken Doyle

Football Split End  
PD All-Empire 80

## Justin Elsey

FB/Baseball WR/Outfielder  
(Marin JC & Univ of Oklahoma); PD All-Empire 93 (fb); PD All-Empire 94 (bb); owner fitness training facility in Petaluma; CGH rcd pass recep season 93 (55), career 91-93 (79), pass int season 93 (8), career 91-93 (13)

## Joe Enochs

Soccer Midfielder  
(Sacramento St); SF Blackhawks (A League) 89-91; St. Pauli 94-96, Osnabruck 97-08 (Germany); Member National Team 2001

## Ricky Esponda

Track 1600mtrs  
NCS Champ 93 (4:18.56-CGH rcd)

## Nick Ferrando

Baseball Catcher  
PD All-Empire 95

## Chad Fillinger

Baseball Pitcher  
(Santa Clara Univ); PD All-Empire 98-2000; Cal-Hi All-State 99 (medium schools); played minor league baseball; Midwest Lg-West Div Champs 2005

## Anthony Fomasi

Baseball Pitcher  
(Marin JC); PD All-Empire 2004

## Chris Forni

Football Wide Receiver  
(CCSF & San Diego St); Member State & National JC Champs 07; played qb in jc; Poinsettia Bowl Champs 10; CGH rcd pass yds 2005 (1,340), td (15), career (2,560), (25)

## Dana Franzi

Softball Catcher  
PD All-Empire 90 & 91

## Rob Franzi

Baseball Outfielder  
(Napa JC, Marin JC & Sonoma St); PD All-Empire 95; NCAC Champs 98; played minor league baseball; Frontier Lg-West Div Champs 99; SS ldr season 98 BAvG (.344), hr (9), slug pct (.571)

## Amanda Galbraith

Soccer  
PD All-Empire 2014

## Rob Garibaldi

Baseball Infielder/OF  
(Santa Rosa JC, USC & Sonoma St); PD All-Empire 96 (inf) & 97 (of); State JC POTY 99; SRJC ldr 99 hr (14), rbi (77), BAvG (.459); SRJC rcd 99 runs (70), hits (78); SS ldr season 2002 gms (62-tie), dbls (17), hr (11), rbi (50), tb (119), slug pct (.561); SRJC HOF; steroid user took his own life 2002 at age 24

## Matt Garner

Baseball Pitcher/1B  
(Palomar JC); PD All-Empire 2007 (p); Chron Metro North Bay POTY 2007 (both)

## Makana Garrigan

Football Defensive Back  
PD All-Empire 09 & 10; PD DPOTY 11; Chron All-Metro 10; Polynesian All-American Classic Gm 11; CGH rcd pass int season 09 (11), career 2008-09 (14)

## Nicole Geffre

"Haire" (married name)  
Softball Pitcher  
PD Empire POTY 87

## Danta Joseph Gentile

"D. J."  
Baseball Outfielder  
(Cal Poly-SLO); PD All-Empire 2005 & 06; PD Co-POTY 06; Chron All-Metro 06; Chron North Bay POTY 06

## Dominic Gentile

Baseball DH  
(Marin JC & Mount Mercy College); PD All-Empire 2005; brother of D.J. Gentile, see above; father, Ralph, played bb at USF; distant cousin of Jim Gentile, see Sacred Heart High (SF)

## Allison Geoffrey

Softball 2B  
PD All-Empire 2005

## Joelle Gizzi

Soccer Midfielder

# Sonoma County

(St. Mary's College); PD All-Empire 2000

(5), sb (9)

Lg ldr runs 97 (100); Eastern Lg ldr 2003 hr (24), rbi (97)

## Travis Glock

"Bud"  
Baseball DH/Pitcher/OF  
(Santa Rosa JC & Cal St Monterey Bay); PD All-Empire 2002 (dh) & 04; State JC Champs 05

## Lizette Gopan

Soccer Midfielder  
(Santa Rosa JC); JC State Champs 2011

## Joey Gomes

Baseball Outfielder  
(Marin JC & Santa Clara Univ); PD All-Empire 98 & 99; All-WCC 2002; AA 2002; played minor league baseball; CGH rcd season pass recep 96 (73)

## Jonathan Gomes

"Jonny"  
Baseball Outfielder/DH  
(Santa Rosa JC); TB Devil Rays 03-08, Cin Reds 09-11, Wash Nationals 11, Oak Athletics 12, 14, Bos Red Sox 13, Atl Braves 15; WS Champs 13; Appalachian Lg MVP 2001; Appalachian Lg ldr hr 2001 (16); SRJC ldr season 2001 hr (9), so (42); 1st Rays player to hit 3 hr same gm 05; Rays career rcd hit by pitch (28); also attnd Cardinal Newman High (Son); brother of Joey Gomes, see above

## Matt Gomez

Football Linebacker  
(Willamette Univ); PD All-Empire 2003

## Riordan Gomez

Football Offensive Line  
(Santa Rosa JC & Humboldt St); PD All-Empire 2006; Chron All-Metro 2006

## Matt Halligan

Tennis Singles  
(Holy Names Univ); PD Empire POTY 2011

## Jeff Haluska

Baseball Pitcher  
PD All-Empire 90

## Scott Harkin

"The Shark"  
Baseball Pitcher/SS  
(Diablo Valley JC & Loyola Marymount Univ); PD All-Empire 2009; JC AA 11; DVJC ldr season 10 gms (36-tie), starts (36-tie), ab (145), trpls (2-tie), sb (15), 11 gms (39-tie), starts (39-tie), runs (27), dbls (12), hr (3), so (32), sac fly

## Gretchen Harrigan

Basketball Forward  
(Santa Rosa JC & Sacramento St); PD All-Empire 2012; Empire POTY 2012; JC All-State 13; State JC ldr avg 13 (25.2); scored 51pts vs Diablo Valley JC 13

## Ashley Harris

Volleyball Opposite Hitter  
(Univ of Arizona); PD All-Empire 2011-12; AVCA AA 12; Empire POTY 12; parents played bk USF & Univ of Hawaii

## Reese Heaslet

Football Defensive End  
(Sacramento St); PD All-Empire 2007; CGH rcd sacks season 2007 (15)

## Richelle Heaslet

Softball/FB Infielder/RB/DB  
PD All-Empire 96 & 97 (sb); Sac Sirens 2002-03 (WPFL)

## Jennifer Helioles

Softball Catcher/Pitcher  
(Loyola Marymount Univ); PD All-Empire 95-98 (c); PD Empire POTY 98; pitched no-hit gm (7 inn) vs Portland St 2002

## Matt Hinds

Football WR/RB  
(Santa Rosa JC); PD All-Empire 2004

## Chris Hines

Basketball Forward  
PD All-Empire 87

## Anna Hoang

Badminton  
(Santa Rosa JC & San Jose St); PD Empire POTY 2007

## Joey Homen

Baseball Outfielder  
(Santa Rosa JC & San Francisco St); PD All-Empire 2007

## Malek Hurd

Basketball Forward  
(Santa Rosa JC); PD All-Empire 2008

## Mike Ielmorini

Football Linebacker  
(Boise St); PD All-Empire 2010

## Jeff Inglin

Soccer/BB GK/Pitcher/OF  
(Santa Rosa JC & USC); PD All-Empire 92 (soc); PD Co-POTY 92; PD All-Empire 93 (bb); played minor league baseball; South Atlantic

## Sara Ivey

Softball 1B  
PD All-Empire 94 & 95

## Cami James

Softball Shortstop  
(Santa Rosa JC & Southwest Baptist); PD All-Empire 2009; JC State Champs 11

## Renee James

Track Shot Put  
NCS Champ 86 (40-8 3/4); CGH rcd (41-8 1/4) 85

## Matt Johnson

Football Linebacker  
PD All-Empire 2006

## Raena Jones

Softball Infielder  
(Univ North Carolina-Wilmington); PD All-Empire 97; also All-Empire 98 at Carrillo High (Son)

## Angela Kabanuck

"Angie"  
Softball OF/Utility  
(Santa Clara Univ); PD All-Empire 2002 (of) & 03 (util); PD Empire AOTY 2003; SCU ldr season 06 ab (194), sb (10), 07 BAVg (.377), ab (191), runs (29), hits (72), dbls (14), hr (10), rbi (26), tb (116), sb (18)

## Nate Kabanuck

CC/Basketball Guard  
(Lewis & Clark College-Oregon); NCS Div 3 Champ 99 (16:01); PD All-Empire 2000, brother of Angela Kabanuck, see above

## Kecia Kaiser

Softball Outfielder  
PD All-Empire 91

## Kahlil Keys

Football Running Back  
(Yale Univ); PD All-Empire 2008 & 09; also attend Choate Rosemary Hall Prep School

## Didi King

Basketball Forward  
PD All-Empire 2007 & 08

## Kathy Kreech

Softball Infielder  
PD All-Empire 96

## Thomas Kupelian

Football Offensive Line  
(Humboldt Dt); PD All-Empire 2010

# Sonoma County

## Garrett Labberton

BK/Football Forward/Kicker  
PD All-Empire 06 (bk) & 07 (bk);  
CGH rcd fg season 06 (9-tie), career  
2005-06 (11)

## Noelle La Prevotte

Soccer Midfielder  
(Univ of Portland); PD All-Empire  
2009 & 10; WCC All-Freshman 12;  
WCC Co-Champs 13, cousin Danny  
La Prevotte, member U.S. National  
Rugby team

## Mike Larsen

Baseball Pitcher/SS  
(Santa Rosa JC & Texas Tech  
Univ); PD All-Empire 98; PD  
Co- POTY 98

## Dave Lawler

Baseball DH  
PD All-Empire 89

## JaJuan Lawson

Football QB/RB/Utl  
(Univ of New Mexico); Cal-Hi  
All-State (multi-purpose  
sophomore) 2011; Chron North Bay  
POTY 13; Chron All-Metro (utl)  
2013; CGH ldr 13 pct (67.0), yds  
(2,203), atts (215), comp (145), td  
(23), rush (1,152)

## Marcell Lawson

Track 100mtrs  
NCS Champ 87 (10.7-CGH rcd);  
father of JaJuan Lawson, see above

## Eric LeBaron

“Bear”  
Baseball Pitcher  
(Marin JC & San Jose St); MJC  
Co-MVP 2007; JC All-State 2007;  
WAC Champs 09; MJC ldr season  
2007 wins (10), gms (16), starts  
(15), ip (102 1/3), era (2.20), hits  
(78), walks (32), so (96); brother of  
Robert LeBaron, Cal Lutheran Univ  
pitcher

## George Leschinsky

Football Defensive Line  
(Sacramento JC & Humboldt St);  
PD All-Empire 2004 & 05; CGH  
red sacks career 2004-05 (27)

## Graham Lentz

Swimming Butterfly/Back  
(Univ of California); NCS Champ  
2001 100 bs (56.57) & 02 100 bf  
(50.81), 100 bs (57.14)

## Ian Lentz

Swimming Backstroke/IM  
(Univ of California); NCS Champ  
2003 100 bs (52.14), 05 (51.28);  
04 200 IM (1:52.05), 05 (1:50.95);  
1st swimmer to qualify all 11 NCS

events 04; brother of Graham Lentz,  
see above

## James Levy

Football Defensive Line  
PD All-Empire 2001

## Martin Lindley

Soccer Fullback  
PD All-Empire 91

## Phil Lowery

Baseball Pitcher  
(Arizona St); PD All-Empire 94 &  
95; PD Empire POTY 94 & 95; Cal-  
Hi All-State 94 (medium schools);  
Cal-Hi All-State 95; All-Pac-10 So  
Div 98; played minor league baseball;  
NY-Penn Lg-McNamara Div Champs  
99; Midwest Lg-Central Div Champs  
99

## Ashley Luis

Soccer Goalkeeper  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2008; State JC Champs 11

## Melissa Madrid

Soccer Midfielder  
(Barry Univ); PD All-Empire 2007  
& 08; Sunshine State Conf.  
Freshman of the Year 09; BU ldr  
season 09 goals (12), pts (25), 10  
shots (90)

## Whitey Markovitch

Baseball 3B/Pitcher  
(Santa Rosa JC & San Francisco  
St); PD All-Empire 2001

## Damien Mason

Football Defensive Line  
(Sacramento St); PD All-Empire 91;  
PD DPOTY 91

## Jaron McClendon

Rowing 4-Oar  
(Univ of California); IRA National  
Champs 2009

## Ray McClintock

Football OL/DL  
PD All-Empire 2004 (ol) & 05  
(both ways)

## Erin McCulloch

Softball Catcher  
(Chico St); PD All-Empire 98; also  
All-Empire at Rancho Cotate 99

## Grace McQuoid

Swimming Diving  
(Santa Rosa JC): State JC Champs  
2005

## Kevin Meixner

Baseball Pitcher/3B

(Napa JC, Marin JC & Sonoma St);  
PD All-Empire 95; NCAC Champs  
98

## Lori Meixner

Softball Pitcher  
(Sacramento St); PD All-Empire  
95-97; PD Empire POTY 97; All-Big  
West 2001

## Erika Mihalca

“Tank” (nickname)  
Wrestling 122/131lbs  
NCS Champ 2012 & 14

## Angel Minor

Softball Outfielder  
PD All-Empire 88

## Ashley Moffett

Cross Country  
(USF); NCS Champ Div 2 2010  
(18:43); PD ROTY 2010; WCC  
Champs 13; prep pr 800mtr (2:25),  
1600mtr (5:09.72), 3200mtr  
(11:38.51)

## Justin Montante

Baseball 3B  
(UC Santa Barbara); PD All-Empire  
2006; played club bb in college

## Matt Mooney

Basketball Forward  
PD All-Empire 89

## Mandy Moore

Softball Outfielder  
PD All-Empire 2000

## Mike Moses

Baseball Pitcher/OF  
PD All-Empire 2005

## McKenna Moy

Soccer Defender  
(St. Mary’s College); PD All-Empire  
2009

## Kevin Nadell

Baseball 2B  
PD All-Empire 2008

## Matt Nadolski

FB/Baseball WR/DB/P/OF  
(San Diego St, SRJC & Campbell  
Univ); PD All-Empire 08 (fb); PD  
All-Empire 09 (bb); Empire AOTY  
09; Cal-Hi Div. 2 State POTY 09; All-  
CSIA 14; ld CU 14 hits, dbls, slgg pct,  
hr, rbi; CGH red career pass recep  
2006-08 (110), season 08 (100)

## Michelle Norton

Softball Pitcher  
PD All-Empire 92

## Libby O’Black

Softball Outfielder



# Sonoma County

PD All-Empire 89

## Matt O'Brien

Football DB/QB/DB  
(Cal Lutheran Univ); PD All-Empire 2007 (db) & 08 (qb/db); SCIAC Champs 09-11; CGH red all-purpose yds season 08 (2,853), career 2006-08 (5,941), td (34), season yds (1,441), td (19)

## Margi Osmundson

Soccer Midfielder  
(Sonoma St); PD All-Empire 2009 & 10

## Louis Ott

Baseball SS/Pitcher  
(Sacramento JC); PD All-Empire 2002 & 03; PD Co-POTY 03; played minor league baseball Midwest Lg-East Div Champs 07

## Brendan Parnell

Football Running Back  
(Santa Rosa JC & Univ of North Alabama); PD All-Empire 2000; JC AA 03; JC State All-Region One 03; played wr in jc & college

## Eric Parnow

Baseball Pitcher/OF  
(Oregon St); PD All-Empire 2013 & 14; CGH ldr 2013 saves (5)

## Brandon Patterson

Wrestling 133lbs  
(Santa Rosa JC); SRJC Wrestling HOF

## Steve Pearson

Baseball OF/Pitcher/1B  
(Santa Rosa JC, Univ of Arizona & Oral Roberts Univ); PD All-Empire 2002; JC State Champs 05

## Servando Perez

Soccer Forward  
PD All-Empire 2002

## Sierra Perez

Softball 1B  
PD All-Empire 2008

## Blaine Peterman

Football Linebacker  
PD All-Empire 08; CGH red tackles career 2006-08 (250)

## Pat Pezet

Football/BB QB/Shortstop  
(Cal Poly-SLO); PD All-Empire 2003 (fb); PD All-Empire 04 (bb)

## P. J. Poiani

Baseball Infielder  
(Sonoma St); PD All-Empire 96; personal trainer

## Anthony Poole

Football Defensive Back  
(College of the Redwoods); PD All-Empire 2010

## Eric Poole

Soccer Forward  
(Santa Rosa JC); JC State Champs 2001 & 02; National Champs 2001

## Niki Poole

Soccer Forward  
(Santa Rosa JC & Cal St Dominguez Hills); PD All-Empire 2004 & 06; NSCAA/Adidas JC Div 3 AA 2008; ldr SRJC scoring 07 & 08; daughter of Russell Poole, Marin JC football player; brother of Anthony Poole, see above

## John Porchivina

Football Utility  
(Univ of California); Chron All-Metro 2013

## Don Powell

Baseball Utility  
PD All-Empire 89

## Michael Powell

Soccer Defender  
(Humboldt St); PD All-Empire 2008

## Brenna Pozzi

Softball Infielder  
PD All-Empire 99 & 2000

## Sean Purtell

Baseball Catcher/OF  
(St. Mary's College); PD All-Empire 2009

## Dan Quinn

Football Wide Receiver  
PD All-Empire 99

## Matt Ramos

Football Running Back  
PD All-Empire 94

## Christina Rebata

Soccer Forward  
(Santa Rosa JC & Arizona St); JC State Champs 2011

## Courtney Rebata

Soccer Forward  
(Santa Rosa JC & Humboldt St); JC State Champs 2011; twin sister of Christina Rebata, see above

## Andrew Rehberg

Football Offensive Line  
PD All-Empire 2001

## Scott Reil

Football Defensive Line  
(Willamette Univ); Northwest Conf Champs 2008

## John Rice

Football Defensive Line  
PD All-Empire 78

## Kyle Richardson

Football Defensive Back  
PD All-Empire 79

## Emily Roberts

Volleyball Outside Hitter  
PD All-Empire 2005

## Kevin Roberts

Basketball Forward  
(Long Beach St); PD All-Empire 99 & 2000; PD Co-POTY 2000; Cal-Hi Div 2 All-State 2000

## Stacy Robb

Softball Pitcher  
PD All-Empire 2003; PD Empire POTY 2003

## Joey Rodriguez

Basketball Guard  
PD All-Empire 11; also All-Empire 2009 (small) at St. Vincent de Paul High (Son)

## Rob Rossi

Baseball Pitcher  
PD All-Empire 2011

## Lauren Rudy

Basketball Guard  
(Santa Rosa JC); State JC Champs 2011

## Matt Ruoff

Baseball Infielder  
(Santa Rosa JC); PD All-Empire 89

## Colin Ryan

Football Linebacker  
PD All-Empire 2006

## Stephanie Sack

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2011; daughter of Dan Sack HC girls bk Casa Grande High

## Matt Salazar

Cross Country  
PD ROTY 2014

## Heather Salgado

Softball Shortstop  
(San Diego St); PD All-Empire 2006 & 07

## Emily Samana

Softball 1B  
(Santa Rosa JC, Tennessee St); JC All-State 2005; Ohio Valley Conf All-Newcomer Team 06; TS ldr season 06 hr (7-tie), walks (28)

# Sonoma County

Kenny Samana  
Football OL/DL  
(Santa Rosa JC); PD All-Empire  
2007

Rachel Samana  
Basketball Guard  
(Santa Rosa JC); PD All-Empire  
2006

Matt Samet  
Lacrosse Middle  
(Univ of Oregon); U. S. Lacrosse  
AA 2010 (played for Casa Grande  
Club)

Brooke Santander  
Basketball  
PD All-Empire 2013

Tyler Seanland  
Soccer Defender  
PD All-Empire 2010

Mike Sharp  
Football Linebacker  
PD All-Empire 2002

Jennifer Shaw  
Softball Infielder  
PD All-Empire 97

Nick Sherry  
Football Quarterback  
(UNVL); PD Empire AOTY 2011;  
CGH ldr season pass yds (2,623),  
tds (25); UNLV ldr 12 yds (2,544),  
atts (426), comp (226), UNLV rcd-tie  
freshman tds 12 (4) vs LA Tech;  
UNLV rcd comp gms 13 (35) vs Univ  
of Minnesota

Sabrina Shired  
Basketball Center  
(Santa Rosa JC & Washington St);  
PD All-Empire 2004

Jason Shockley  
Soccer Midfielder  
PD All-Empire 91

David Short  
Baseball Pitcher  
PD All-Empire 2003

Chrissy Slubik  
Softball Infielder  
PD All-Empire 89 & 90

Trevor Smith  
Soccer Midfielder  
PD All-Empire 97

Josh Solari  
Football Guard  
PD All-Empire 2003

Shelby Stambaugh  
Soccer Forward

(Santa Rosa JC); PD All-Empire  
2007

Mike Steiner  
Baseball Infielder  
PD All-Empire 96

Jacque Taylor  
CC/Track 1600/3200mtrs  
(Univ of North Carolina); NCS  
Champ Div 2 2006 (17:23), 08  
(17:17) & 09 (4:50.56); PD ROTY  
2006 & 08; PD Track Co-AOTY 07;  
2nd State Meet 08 (4:49.63); 3rd  
State Meet Div 2 08 (17:40); PD  
Empire Track AOTY 09 & 10; State  
Div 2 Champ 09 (17:29); PD  
CCROT Y 2009; Empire ldr season  
07 (10:34.39), 08 (2:17.05),  
1500mtrs (4:51.44), 1600mtrs  
(4:49.63), 3000mtrs (9:59.76),  
3200mtrs (10:47.02), 09 (2:19.64),  
(4:50.56); (10:42.04), 10 (2:18.93),  
(4:54.94), (10:49.96)

Brittany Ticken  
Softball Pitcher  
(Sacramento St); PD All-Empire  
2009

Hollan Tracy  
"Hurricane"  
Football Linebacker  
PD All-Empire 99

Kent Tribble  
Football Offensive Line  
PD All-Empire 88

Joe Trombetta  
Football Running Back  
(UC Davis); PD All-Empire 2003-05;  
PD Co-OPOTY 2003; Cal-Hi  
All-State (sophomores) 2003; UCD  
Outstanding Freshman 07; Great  
West Conf Champs 09; CGH rcd  
all-purpose yds season 2003 (2,351),  
career 2003-05 (6,856); Empire rcd  
career rush yds 2003-05 (5,447); UCD  
ldr season rush yds 07 (676), 08 (547)

Angelo Tsagarakis  
Basketball Forward  
(Oregon St & Cal Poly-Pomona);  
PD All-Empire 2003; PD Co-POTY  
2003; Member Under-18 Div 2  
Champs 2000; Member France  
Under-20 National Team 2003;  
Bourg-En- Bresse 08, 11-12, Paris  
Levallois 09, Saint Vallier 10  
(France); French Pro B Champs 08; ld  
CPP 08 asst (70), ft pct (87.5), 3pt fg  
pct (37.5); CGH rcd gm 3-pt fg 2003  
(9); OSU freshman rcd 3- pt fg 04  
(45); CPP rcd-tie 08 3pt fg made  
season (75) also attnd high school  
in France

Connor Waggoner

Football Wide Receiver  
(Humboldt St); PD All-Empire  
2009; GNAC Champs 11; played lb in  
college; CGH ldr 09 rec (42, yds  
(680), td (5)

Cory Wallace  
Baseball Pitcher  
PD All-Empire 2006

Elaine Weaver  
VB/BK/Track Discus/SP  
(Sacramento St); PD Empire AOTY  
2011; CGH rcd 2011 (125-3);  
Empire ldr season 2011 (38-11 1/2)

Cody Weiss  
Baseball Infielder  
(Marin JC & Lewis & Clark St-  
Idaho); NAIA West (North Div)  
Champs 11; MJC ldr season 2010  
trpls (4-tie)

Nick Wilcox  
Baseball Pitcher  
PD All-Empire 2007

Adam Wirtz  
Football Defensive Back  
(Marin JC, Santa Rosa JC & Cal  
Lutheran Univ); PD All-Empire 95

Mike Witter  
Football Linebacker  
PD All-Empire 2004

Kaying Xiong  
Soccer Forward  
PD All-Empire 91

Joe Zusin  
Football Tackle  
(San Jose St); PD All-Empire 2003  
New Mexico Bowl Champs 06

## Cloverdale High Eagles Cloverdale

Ron Ackerman  
Football End  
PD All-Empire 72 (small)

Daniel Amann  
Football Offensive Line  
PD All-Empire 2004 (small)

Lori Angeli  
Softball Catcher  
PD All-Empire 93 & 94 (small)

Nick Angeli  
Football Ctr/Nose Guard  
PD All-Empire 98 (both ways-  
small)

Bernabe Avila  
Basketball  
PD All-Empire 85

# Sonoma County

(Santa Rosa JC); JC All-State 80;  
SRJC HOF

## LiAnne Bell

Softball Pitcher  
PD All-Empire 95 & 96  
(small)

## Dana Bergman

Basketball Forward  
All-Nor Cal 82 & 83; State Div 4  
POTY 82

## Craig Bergman

Football/BK QB/Guard/Coach  
(Univ of Arizona & Santa Clara  
Univ); All-Nor Cal 84 (fb); PD All-  
Empire 85; PD Empire POTY 85;  
All-Nor Cal 84 & 85 (bk); AD &  
Head Coach fb Monte Vista High  
(CC); NCS 3A Champs 2001-02;  
CCA Golf COTY 2002; CIF Nor Cal  
Div 3 Final Gm rcd 84 asst (10); also  
played bk at Arizona; brother of Dana  
Bergman, see above;

## Craig Bernardi

Basketball Center  
PD All-Empire 2005 & 06 (small);  
PD Empire POTY 2005 & 06; Cal-  
Hi Div 5 All-State 2005 & 06;  
CH rcd gm 2005 pts (53)

## Kevin Bernardi

Football Quarterback  
PD All-Empire 2001 (small)

## Casey Berry

Football Tight End  
PD All-Empire 2008 & 09 (small);  
MaxPreps Div 3 All-State 09

## Kenny Berry

FB/Baseball LB/Infielder  
(Santa Rosa JC); PD All-Empire  
2001 & 02 (fb-small); PD Co-POTY  
02; PD All-Empire 02 & 03  
(bb-small); PD Empire AOTY 03  
(small); son of Rick Berry, Head  
Coach fb Cloverdale High

## Jackie Bilbro

Softball 1B/Catcher  
PD All-Empire 2000 & 01 (small)

## Damien Bird

Football/BK RB/Pitcher  
(Mendocino JC); PD All-Empire 94  
& 95 (fb-small); PD All-Empire 96  
(bb-small); Mendocino JC HOF

## Danielle Bird

Softball/BK OF/P/2B/SS/Guard  
(Santa Rosa JC); PD All-Empire 97  
(of), 98 (inf), 99 (p/2b) & 2000  
(ss); PD All-Empire 2000 (bk-small);  
JC All-State 04 (sb)

## Patty Bird

Softball Infielder/OF

## Tobias John Bird

“T. J.”

BB/Football Pitch/OF/RB/LB  
(Mendocino JC); PD All-Empire  
96-98 (fb-small); PD Co-POTY 97  
& POTY 98; Cal-Hi All-State (small  
schools, multi-purpose) 97; PD  
All-Empire 95 (bb-small); Cal-Hi  
All-State (bb-small) 98; played  
minor league baseball; AzLg-South  
Div Champs 2000; NCS rcd career  
rush yds 95-97 (2,868); Empire rcd  
gm yds rush 97 (360); CH season  
97 td (41), pts (248); Mendocino  
JC HOF

## Brian Bowen

Basketball  
(Cal Poly-SLO); PD All-Empire 95  
(small)

## Caitlin Bradford

BK/Softball Guard/Pitcher  
PD All-Empire 2002 & 03; PD  
POTY 03 (bk-small); Cal-Hi Div 5  
All-State 03 (bk); PD All-Empire  
03 (sb-small)

## Rodney Bray

Football Defensive Line  
PD All-Empire 72 (small); PD  
DLOTY 72 (small)

## James Bricker

Basketball Forward  
PD All-Empire 2003 (small)

## Dave Briseno

Football Offensive Line  
PD All-Empire 97 (small)

## Ron Brumage

Football Linebacker  
PD All-Empire 76 (small)

## Bob Carter

Football Linebacker  
PD All-Empire 65

## Ron Castillo

Football Linebacker  
PD All-Empire 96 (small)

## Andy Caturegli

Football Tight End  
PD All-Empire 95 (small)

## Molly Connolly

Basketball Forward  
PD All-Empire 2001 (small); PD  
Empire Co-AOTY 2001 (small)

## Sam Coons

Football OL/DL  
PD All-Empire 85 (small)

## Kerri Covert

Softball Infielder  
PD All-Empire 92 & 93  
(both ways- small)

## Marty Culpepper

Football End  
PD All-Empire 74 (small)

## Ron Culpepper

BK/Football Guard/QB  
PD All-Empire 78 (small-bk & fb)

## Adam Dagler

Football Defensive Line  
PD All-Empire 91 (small)

## Annette Dana

Softball Infielder  
(Chico St); PD All-Empire 2003-05  
(small)

## Laura Danner

Basketball  
PD All-Empire 86 (small)

## Toni Davis

Basketball  
PD All-Empire 88 (small)

## Charlie Delfino

Football Quarterback  
PD All-Empire 85 (small); PD  
Empire POTY 85 (small)

## Mitch Delfino

Baseball/BK SS/Guard  
(Univ of California); PD All-Empire  
2007-09 (small-bb); PD Empire  
POTY 09 (bb); PD All-Empire 08  
& 09 (small-bk); Empire AOTY 09  
(small); Cal-Hi Div 5 AOTY 09;  
Empire small school rcd season 3pt  
fg 09 (84); NCS ldr BAvG 09 (.591);  
played minor league baseball;  
son of Charlie Delfino, see above

## Randy Del Sarto

Football End  
PD All-Empire 72 (small)

## Margaret DenBeste

“Fitzgerald” (married name)  
Softball Catcher/Coach  
(Santa Rosa JC); State JC Champs  
82; Head Coach sb 90- & vb  
Cloverdale High 84-; NCS Class  
A Champs 91 & 92; NCS Honor  
Coach 95; Co-COTY 2005  
(small-vb); Nor Cal rcd sho  
consecutive wins early 90s (46); wife  
of Pat Fitzgerald, Head Coach bk  
Cardinal Newman High; mother of  
Justin Fitzgerald, see Cardinal  
Newman High (Son), & Krysha &  
Vanessa Fitzgerald, see Cloverdale  
High (Son)

## Tasha DenBeste

# Sonoma County

Softball Infielder  
(Mendocino JC); PD All-Empire  
2006 (small); niece of Margaret  
DenBeste, see above

Doug Dillen  
Basketball  
PD All-Empire 74 (small)

Derek Domenichelli  
Basketball Guard/Coach  
(College of Redwoods JC,  
Humboldt St & Cal St Hayward);  
PD All-Empire 88; Head Coach bk  
Pittsburg High (CC) 98-2000 (89-12),  
Los Medanos JC 01-; CH rcd season  
pts 89 (718), pts avg (25.6),  
career pts 87-89 (1,549)

Kyle Domenichelli  
Basketball Guard  
PD All-Empire (small) 2008

Larissa Domenichelli  
Basketball Center  
PD All-Empire 2002 (small)

Marc Domenichelli  
Football Defensive Back  
PD All-Empire 2002 (small);  
cousin of Larissa Domenichelli,  
see above

Mark Domenichelli  
FB/BK/BB DB/Inf/Coach  
(Sonoma St); PD All-Empire 90  
(fb); PD All-Empire 91  
(bk & bb- small); PD Empire POTY  
91 (bk); Head Coach bb Healdsburg  
High & Windsor High (Son); cousin  
of Derek Domenichelli, see above

Jessica Edens  
BK/VB/Track Guard  
(Santa Rosa JC); PD All-Empire  
2004 & 05 (small); PD Co-POTY  
05; PD FAOTY (small)

Whitney Edens  
Basketball Point Guard  
(Santa Rosa JC); PD All-Empire  
(small) 2010 & 11; Empire POTY  
(small) 2010 & 11; SRJC ldr avg 13

Tim Edens  
Football Defensive Back  
PD All-Empire 85 (small)

Whitney Edens  
Softball Shortstop  
PD All-Empire 2009 & 10 (small)

Hanah Faso  
Soccer Defender  
PD All-Empire 2012 (small)

Charley Fayter  
Football Tackle  
PD All-Empire 64 (large)

Jason Fayter  
FB/Baseball P/Kicker/Utility  
(Butte JC & Sonoma St); PD All-  
Empire 90 (fb-small); PD All-  
Empire 93 (bb-small); Head Coach  
fb Windsor High (Son) 2003-09  
(38-34); BJC rcd gm pass yds 93  
(421)

Krysha Fitzgerald  
SB/VB Catcher/Setter/OH  
(New Mexico St, Eastern Arizona  
JC & San Jose St); PD All-Empire  
2004-06 (sb-small); PD All-Empire  
2004 & 05 (vb); also attnd  
Ursuline High (Son)

Vanessa Fitzgerald  
Softball Pitcher  
(New Mexico St & Sonoma St); PD  
All-Empire 2004-06 (small); PD  
Co-POTY 2004; PD Empire POTY  
05; also attnd Ursuline High (Son);  
twin sister of Krysha Fitzgerald,  
see above; daughter of Margaret  
DenBeste, see above, & Patrick  
Fitzgerald, see Cardinal Newman  
High (Son); sister of Justin  
Fitzgerald, see Cardinal Newman  
High (Son)

Tonya Fletcher  
Softball Pitcher  
PD All-Empire 91-93 (small); PD  
POTY 93

Alan Freitas  
Football Offensive Line  
PD All-Empire 2001 (small)

Josh Matt Galvez  
Baseball 3B  
PD All-Empire 2008 (small)

Sara Gambetta  
Soccer Forward  
PD All-Empire 2010 (small)

Mike Garrity  
Football Defensive Line  
PD All-Empire 94 (small)

Beau Gastineau  
Basketball Point Guard  
PD All-Empire 2009 & 10 (small)

John Gastineau  
Football Quarterback  
(Santa Rosa JC, Mendocino JC &  
Sonoma St); PD All-Empire 74  
(small); PD BOTY 74 (small); AD  
& Head Coach bk Cloverdale High  
86-2011 (442-252); AD Cloverdale  
High; NCS Honor Coach 2000;  
Mendocino JC HOF; father of Beau  
Gastineau, see above

Nick Green

Football RB/DE  
PD All-Empire 2000 (both ways-  
small)

Steve Gunter  
Football Defensive Line  
PD All-Empire 72 (small)

Jaime Hale  
Football Linebacker  
PD All-Empire 91 (small)

Jon Hallman  
Basketball Forward  
PD All-Empire 77 (small)

Brendan Hampton  
Football Tight End  
(Santa Rosa JC & New Mexico  
Highlands Univ); PD All-Empire 99  
(small); played bb in college

Brian Hamilton  
Baseball 3B  
PD All-Empire 2004 (small)

Jaime Hatcher  
Softball Infielder  
PD All-Empire 94 & 96  
(small)

Dustin Haug  
Baseball Infielder  
(Mendocino JC & Dakota Wesleyan  
Univ); PD All-Empire 99 (small)

Tim Haug  
Football Linebacker/RB  
(Mendocino JC & Hastings  
College); PD All-Empire 2003 (lb)  
& 04 (both ways-small)

Sara Hernandez  
Basketball Forward  
(Mendocino JC); PD All-Empire  
2007 (small)

Billy Hickman  
Football Defensive Back  
PD All-Empire 2002 (small)

Brandon Hickman  
Football RB/LB  
(Mendocino JC); PD All-Empire  
2000 (rb) & 01 (both ways); PD Co-  
POTY 2000 (small), PD OPOTY 01  
(small); CH ldr career rushing yds

Walt Inman  
Baseball  
PD All-Empire 93 (small); PD  
Empire POTY 93

Eric Johnson  
Football Running Back  
(Santa Rosa JC); PD All-Empire 72  
(small)

Zita Konik

# Sonoma County

Softball Pitcher  
PD All-Empire 97 (small)

## Allen Kuhn

Football Wide Receiver  
PD All-Empire 77 (small)

## Dennis Kurpinsky

Basketball Guard  
PD All-Empire 92 & 93 (small); PD  
POTY 93; All-Nor Cal 93; Cal-Hi  
Div 5 All-State 93 & 94

## Jim Lambert

Football Defensive End  
PD All-Empire 80 (small)

## Matt Lamley

Football Linebacker  
PD All-Empire 85 (small)

## Tyler Lawson

BK/BB/FB Guard/OF/RB  
(Chico St); PD All-Empire 2007  
(bk-small); PD All-Empire 2007 &  
08 (bb-small); PD All-Empire 2007  
(fb-small)

## Carl Lingner

Football Halfback  
PD All-Empire 65 (large)

## Brett Lile

Baseball Pitcher  
PD All-Empire 97 & 98 (small)

## Humberto Lopez

Soccer Goalkeeper  
PD All-Empire 2004 (small)

## Leo Lopez

Football Offensive Line  
PD All-Empire 2009 (small)

## Liz Lopez

Softball Shortstop  
PD All-Empire 2001 (small)

## Alicia Lozano

Softball Infielder  
PD All-Empire 95 (small)

## Daniel Lozano

Football Defensive Back  
PD All-Empire 96 (small)

## Dale Maas

Football OL/DL  
(Santa Rosa JC & Arkansas St); PD  
All-Empire 2001 (ol) & 02 (both  
ways-small); Cal-Hi All-State 02  
(small schools)

## Kate Mannatt

Softball Utility  
(Humboldt St); PD All-Empire  
2007 (small); CCAA Champs 08 &  
09

## James Manos

Baseball Outfielder  
PD All-Empire 2005 (small)

## Allison Marrone

Softball Outfielder  
(Santa Rosa JC); PD All-Empire  
2009 (small)

## Casey Matthews

FB/Baseball LB/TE/Catcher  
(Santa Rosa JC, Butte JC & Chico  
St); PD All-Empire 2001 (lb-small)  
& 02 (te-small); PD All-Empire 03  
(bb-small); State JC Champs 05  
(SRJC-bb)

## Cherise McEnergy

Softball 3B/Pitcher  
(Tallahassee JC); PD All-Empire  
2008-10 (3B-small); PD All-  
Empire 11 (3b/p-small)

## Craig McMillan

Basketball Guard  
(Univ of Arizona); Cal-Hi All-State  
(sophomore) 82; All-Nor Cal 82-  
84; Nor Cal POTY 83 & 84; Cal-Hi  
All-State (underclass) 83; State  
Div 4 POTY 83 & 84; State AOTY  
83 & 84 (small schools); pro coach  
in Lebanon & Kuwait; Head Coach  
Santa Rosa JC 2000-; (300 wins); Stat  
JC COTY 14; State JC Champs 14;  
CIF Nor Cal Div 3 Final Gm rcd 84  
pts (46), fg (17), ft att (18); CIF State  
Div 3 Final Gm rcd 83 pts (37), fg  
(14), ft att (17), ft (9); CH rcd season  
83 pts (959), avg (23.5); CH &  
Empire ldr career pts 82-84 (2,307);  
son of John McMillan, Head Coach  
bk Cloverdale High

## Sandy McMillan

“Kitowski” (married name)  
Basketball Forward  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 80

## Mark Melton

Basketball  
PD All-Empire 73

## Dan Mills

Basketball  
PD All-Empire 90 (small); PD  
POTY 90

## Gavin Mills

Baseball SS/Pitcher/1B  
(Santa Rosa JC); PD All-Empire  
2006 (ss-small), 07 (p-small) & 08  
(p/lb-small)

## Sam Mills

Football Defensive Back  
PD All-Empire 76 (small)

## Holly Mitchell

Softball Pitcher  
PD All-Empire 94 (small); PD  
POTY 94

## Matt Montoya

Football Linebacker  
PD All-Empire 76 (small)

## Sergio Morales

Soccer Midfielder  
PD All-Empire 2010 (small)

## Jasmin Orozco

Basketball  
PD All-Empire 2013 (small)

## Steve Pardini

Football Wide Receiver  
PD All-Empire 76 (small)

## Robin Paul

Football Kicker  
PD All-Empire 77 (small)

## Bob Pawlan

Football Linebacker  
PD All-Empire 72 (small)

## Natalie Pesci

Softball Infielder  
PD All-Empire 2004 (small)

## Nicole Peters

Softball Catcher  
PD All-Empire 91 & 92 (small)

## Chad Prieskorn

Football Utility  
(Santa Rosa JC & Elmhurst  
College); PD All-Empire 2002  
(small)

## Michael Ramazzotti

Football Quarterback  
(Santa Rosa JC & New Mexico  
Highlands Univ); PD All-Empire 99  
& 2000 (small); PD Empire POTY  
2000 (small); played bb in college

## Mike Reynolds

Baseball Infielder  
PD All-Empire 2011 (small)

## Alex Rowland

Baseball Pitcher/1B  
PD All-Empire 2008 (small)

## Rich Rowland Sr.

Baseball Catcher  
(Mendocino JC); Det Tigers 90-93,  
Bos Red Sox 94-95; prep teammate  
(bk) of Craig McMillan & Craig  
Bergman, see above; Mendocino  
JC HOF

## Rich Rowland Jr.

“Richie”  
BK/Baseball Fwd/Catcher

# Sonoma County

(Santa Rosa JC & Campbellsville Univ); PD All-Empire 2006 (bk) & 07 (bk-small); PD Empire POTY 07 (bk); PD All-Empire 2006 & 07 (bb-small); PD Empire POTY 07 (bb); All-Mid-South Conf 10; Mid-South Conf Champs 10; played minor league baseball; PCL-South Div Champs 97; CU ldr season 10 gms (63), starts (63), BAvg (.376), hits (80), hr (11-tie), rbi (61), ttl bases (129), also atnd Cardinal Newman (Son)

## Robby Rowland

BK/Baseball Fwd/Pitcher  
PD All-Empire 2008-10 (bk-small); PD Empire Co-POTY 09 (bk-small); PD Empire POTY 10 (bk-small); Cal-Hi Div 5 All-State 09 (bk); PD All-Empire 10 (bb-small); PD Empire POTY 10 (bb-small); PD Male AOTY 10 (small); Cal-Hi All-State 10; Cal-Hi All-State (small schools) 10; Cal-Hi Div4 AOTY 10; CH ldr season 09 pts (791), reb (437); CH & Empire ldr career bk pts 08-10 (2,548); pitched perfect gm vs Clearlake High 10; signed 10 by Az Diamondbacks for \$395,000; played minor league baseball; West Virginia Power (So. Atlantic Lg) ldr wins (9) 12; brother of Richie Rowland & son of Rich Rowland, see above

## Kena Ruiz

Softball P/Multi-Purpose  
(Santa Rosa JC); PD All-Empire 2008 & 10 (small-p); PD Empire POTY 10 (small); Cal-Hi All-State (small schools-multi) 10

## Jaime Sanders

Softball Infielder  
PD All-Empire 92 & 93 (small)

## Scott Schweik

Football Tight End/Back  
PD All-Empire 94 (small)

## Marc Selberg

Football Defensive Line  
(Mendocino JC & Fort Valley St); PD All-Empire 97 (small); Mendocino JC HOF

## Justin Sessions

Baseball Pitcher  
(Mendocino JC & Univ of North Colorado); PD All-Empire 2000 (small); MJC ldr season 03 gms (21), saves (3)

## Ron Sharp

Football Defensive Back  
PD All-Empire 63 (large)

## Don Shaw

Football Defensive Back  
PD All-Empire 65 (large)

## Bill Singleton

Football Defensive Line  
PD All-Empire 74 (small)

## Jesse Slotte

Football Running Back  
PD All-Empire 2003 (small)

## David Smith

Football Defensive Back  
PD All-Empire 97 (small)

## Brett Southard

Baseball 2B  
PD All-Empire 2009 (small)

## Nacomi Spaulding

BK/Softball Forward/1B  
(Santa Rosa JC); PD All-Empire (bk-small) 2008; PD All-Empire (sb-small) 2008

## Charles Stipe

Football Offensive Line  
PD All-Empire 2007 (small)

## Madison Stewart

BK/Soc Forward  
PD All-Empire 2012 (both-small)

## Nate Sutton

Football Defensive Back  
PD All-Empire 2000 (small)

## Michelle Tanglin

Softball Infielder  
PD All-Empire 92 (small)

## Lisa Tindle

Softball Outfielder  
PD All-Empire 94 (small); Cal-Hi All-State 94 (small schools)

## Ronald Trask

Football Defensive Back  
PD All-Empire 2001 (small)

## Ken Uselton

Football Back/Coach  
(UOP); Head Coach West Hills JC 68-72 (35-34-0); Conference Champs 68 & 72; West Hills HOF

## Brittany Vandagriff

Softball Outfielder  
PD All-Empire 2011 (small)

## Juliana Villa

Softball Outfielder  
PD All-Empire 2005 (small)

## Lance Villa

FB/Baseball DL/Outfielder  
PD All-Empire 2002 (fb-small); PD All-Empire 03 (bb-small)

## Lorraine Villa

Basketball Guard  
PD All-Empire 2006 (small) & 08 (small)

## Clara Vipond

Softball Outfielder  
PD All-Empire 92 & 93 (small)

## Joe Vlasak

Basketball Guard  
PD All-Empire 76 (small)

## Michelle Wall

Softball Outfielder  
PD All-Empire 91 (small); PD POTY 91

## Isiah Warren

Basketball  
PD All-Empire 2012 (small)

## Krista Warren

Basketball Forward  
(Univ of Arizona); PD All-Empire 96-99 (small); PD Co-POTY 98, POTY 99; Cal-Hi Div 4 All-State 99; State Div 4 POTY 99; State ldr 98 pts (955), pts avg (29.8); PD Empire AOTY 99 (small); Empire ldr career pts 96-99 (2,828); Pac-10 All-Freshman Team 2000

## Ryan Warren

Basketball  
PD All-Empire 97 (small)

## Kyle Weer

Football Linebacker  
PD All-Empire 2000 (small)

## Lloyd Weer

Football Defensive Back  
PD All-Empire 72 (small)

## J. D. Williams

Football Quarterback  
PD All-Empire 88 (small)

## Lonnie Wise

Football Defensive Line  
PD All-Empire 85 (small)

## Megan Wlodarczyk

Softball Infielder  
PD All-Empire 95 & 96 (small)

## Heidi Yanglin

Softball Infielder  
PD All-Empire 97 (small)

## Michelle Yanglin

Softball Infielder  
PD All-Empire 91 & 93 (small)

## Torre Young

Football Offensive Line  
PD All-Empire 2000 (small)

# Sonoma County

(Santa Rosa JC); PD All-Empire 78;  
El Molino HOF

## El Molino High Lions

### Forestville

(estab. 1964)

(aka El Mo)

#### Julie Allen

Volleyball Setter  
(Univ of Portland); PD All-Empire  
96 & 97; Head Coach Tualatin  
High-Oregon 2002-03

#### Amber Amoss

Volleyball Defender  
(Shasta JC); PD All-Empire 92;  
Shasta JC HOF

#### Frank Anderson

FB/BB  
El Molino HOF

#### Jenny Anderson

Volleyball Outside Hitter  
(Lake Forest College); All-Midwest  
Conf 02 & 03; LFC rcd season digs  
01 (405); rcd career 2000-03 kills  
(1,374), digs (1,368)

#### Adam Angeli

Football Defensive Line  
(Mendocino JC & Humboldt St);  
All-GNAC 2001

#### Jacob Averbuck

Football/Rugby Defensive Line  
(Univ of Pennsylvania & Univ of  
California); PD All-Empire 94;  
NCAA Champs rugby at Cal 97 &  
98

#### Philip Averbuck

"Chico"  
Basketball  
(Cal St Bakersfield); PD All-Empire  
85; Port Trailblazers Scout 2000-04;  
Clev Cavaliers Director of  
International Scouting 04-; El Molino  
HOF

#### Rachel Avilla

Volleyball Outside Hitter  
(St. Mary's College); PD All-  
Empire 97

#### Megahn Berndt

Volleyball Middle Hitter  
(Santa Rosa JC & Humboldt St);  
PD All-Empire 2003

#### MacKenzie Blechel

Soccer Midfielder  
(Long Beach St); PD All-Empire  
2000; EMH rcd goals gm (7),  
season (17) & career (52)

#### George Bohan

Football Guard/DL

#### Korlyn Bolster

Volleyball Middle Blocker  
(Univ of Alaska-Fairbanks); All-  
GNAC 2008; UAF ldr season 2008  
kills (292), beks (76)

#### Steve Bossert

Football RB/LB  
PD All-Empire 79 (rb) & 80 (both  
ways); PD Empire POTY 80; All-  
Nor Cal 80 (rb); El Molino HOF

#### Doug Carnation

Wrestling 130/141lbs  
(Chabot JC & Fresno St); NCS  
Champ 79 & 80; El Molino HOF;  
Head Coach Clovis High; EMH rcd  
career wins 77-80 (NR)

#### Gino Casini

Baseball Outfielder  
(Santa Rosa JC & Lewis & Clark  
College-Idaho); PD All-Empire  
2006; State JC ldr dbls 08 (18);  
SRJC ldr season 09 gms (39-tie),  
hr (7), rbi (38), ttl bases (77), slug  
pct (.554)

#### Skip Cassidy Jr.

Booster  
Bk scorekeeper since 84; public  
address announcer frosh & jv bk,  
varsity bb; El Molino HOF

#### Carly Castagnola

Basketball Forward  
PD All-Empire 94-96

#### Wayne Catron

Football End  
PD All-Empire 71

#### Packy Conway-O'Neill

Basketball Guard  
(San Diego JC); PD All-Empire  
2004

#### Arianne Cruckshank

Volleyball Outside Hitter  
(Southeastern Louisiana Univ); PD  
All-Empire 2007; SLU ldr season  
08 asst pct (.769), 10 set asst (538),  
attck (1,010)

#### Clara Curtiss

Wrestling 132lbs  
NCS Champ 2004 & 05; State  
Champ 05; PD WOTY 05; Pan Am  
Gms Team 06

#### Makana Curtiss

Basketball Guard  
(Santa Rosa JC); State JC Champs  
2011

#### Trinia Cuseo

Volleyball Middle Hitter  
(Univ of Tennessee & New Mexico  
St); PD All-Empire 99; All-Sun  
Belt Conf 2002 & 03; Sun Belt  
Conf Newcomer of the Year 2002;  
played pro Denmark 06

#### Billy Cuttler

Soccer Forward  
(Santa Rosa JC); JC State Champs  
2002

#### Dante DePaola

Football Linebacker  
(Univ of California); PD All-Empire  
90; Barcelona Dragons 98 (NFL);  
El Molino HOF

#### Wes DeSoto

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 68;  
PD DPOTY 68; El Molino HOF

#### Jenny Doherty

Softball Infielder  
PD All-Empire 88

#### Joe Douglass

Football Wide Receiver  
PD All-Empire 2010

#### Michaela Ebben

Volleyball Setter  
(Univ of Arizona); PD All-Empire  
91-93; PD Empire POTY 93; State  
Championship Tourney MVP; long  
time SSU asst coach; El Molino HOF

#### Elise Engler

Volleyball Outside Hitter  
PD All-Empire 2003

#### Brittney Escamilla

Cross Country  
(UC Davis); NCS Champ Div 4  
2006 (18:15); EMH rcd 1600mtrs  
& 3200mtrs (NR)

#### Kraig Fisher

Track 120HH/180ydLH/HJ/LJ  
Six-time Sonoma Co Lg Champ  
66-68; El Molino HOF

#### Holly Fong

Volleyball Setter  
(High Point Univ & Univ of  
Memphis); PD All-Empire 2005 &  
07; HPU ldr season 09 assts  
(1,211); sister of Eve Fong, North  
Carolina Univ. vb player

#### Amanda Fox

Volleyball Middle Hitter  
(Univ of California); PD All-Empire  
99-02; PD Empire POTY 01 & Co-  
POTY 02; Cal-Hi State Junior POTY  
01; Member National Youth Team  
2000

# Sonoma County

- Kathleen Fox**  
Volleyball Outside Hitter  
PD All-Empire 2005  
(Marist University); PD All-Empire 2002; MC rcd career service aces 03-06 (168) & 95 (bb); State JC Nor Cal POTY 97; College WS Champs 98; Hou Astros 2003-07, SD Padres 07; NL Champs 05; College WS rcd 98 hits (11), ldr 98 BAvG (.417); El Molino HOF
- Marianne Fox**  
Volleyball Outside Hitter  
(Sonoma St); PD All-Empire 2005 & 06; CCAA Freshman of the Year 07; twin sister of Kathleen Fox, see above
- Glenn Fricker**  
Football OL/DL  
(UC Davis); PD All-Empire 79; All-Nor Cal 79 (dl); FWC Champs 80; FWC Co-Champs 81; NCAC Champs 82 & 83; UCD MVP Lineman 83; El Molino HOF
- Scott Fricker**  
Football Offensive Line  
PD All-Empire 80
- Anthony Gemini**  
Wrestling 132lbs  
NCS Champ 2015
- Brian Glover**  
Football Running Back  
(UC Davis); PD All-Empire 85; played bb in college; El Molino HOF
- Ordell Gomes**  
Football Defensive End  
PD All-Empire 67
- Korey Gosselin**  
Baseball Infielder/DH  
(West Chester Univ, Napa Valley JC & Texas A&M International); PD All-Empire 2006 (inf) & 07 (inf); JC AA 10; NVJC ldr season 10 hr (10), rbi (41)
- Wilbur Gray**  
Football Running Back  
PD All-Empire 71; brother of Mel Gray, see Montgomery High (Son)
- Christina Green**  
Volleyball Outside Hitter  
(Univ of Houston); PD All-Empire 98 & 99
- Matt Gress**  
Wrestling 277lbs  
NCS Champ 2005
- Ruby Grover**  
Soccer Forward  
PD All-Empire 99 & 2000
- Kai Hamblin**  
Football Wide Receiver  
PD All-Empire 96
- Sally Hanson**  
Volleyball Middle Blocker
- Claire Holloway**  
Volleyball  
(Santa Rosa JC & Chico St); JC All-Nor Cal 2003
- Jason Johnson**  
Basketball Forward  
PD All-Empire 88
- Sara Johnson**  
"Kepper" (married name)  
VB/Softball Setter/Infielder  
(Univ of Arizona); PD All-Empire 91-93 (vb); PD All-Empire 93 (sb); El Molino HOF
- Corrine Kauwe**  
"Viter" (married name)  
VB/BK/Softball  
(Santa Rosa JC & UC Santa Barbara); El Molino HOF
- Dorian Keller**  
Football Wide Receiver  
(Santa Rosa JC & Univ of San Diego); Pioneer FB Lg Champs 2006
- Aleah King**  
Volleyball Middle Blocker  
(Santa Rosa JC); PD All-Empire 91
- Pat King**  
Rugby Center  
(Univ of California); NCAA Champs 05-08
- Mara Konopasek**  
"Salcido" (married name)  
Track 400/800/Hurdles/TJ  
12-time Sonoma Co Lg Champ 84-86; El Molino HOF
- Perry Kozlowski**  
FB/BK/BB HB/Fwd/Pitcher  
El Molino HOF
- Dane Krogstad**  
Football DB/RB/WR  
(Univ of Arizona); PD All-Empire 2001 (db) & 02 (rb/wr); Empire ldr track season discus 02 (164-5), 03 (173-9)
- Dick Laguens**  
Football Guard/Coach  
(Santa Rosa JC); PD All-Empire 67; Head Coach Rancho Cotate High (Son) 77-81 (28-23-0); AD Rancho Cotate High (Son)
- Jason Lane**  
Football/BB WR/Pitcher/OF  
(Santa Rosa JC & USC); PD All-Empire 94 (fb); PD All-Empire 94
- Nicole Lane**  
CC/Track 1600mtrs  
(UC Davis); NCS Div. 4 Champ 2011 (17:43); Empire ldr season 2011 (5:07.29); EMH rcd 5000mtrs 11 (18:07), 3 miles (17:50)
- James Langley**  
Baseball Pitcher  
(Santa Rosa JC, Drexel Univ & Point Loma Nazarene Univ); GSAC Champs 04; SRJC ldr season 2002 walks (36), so (49)
- Bob Lefor**  
FB/BK/BB  
(Santa Rosa JC); El Molino HOF; played fb & bb in college
- John Lefor**  
FB/BK/BB  
El Molino HOF
- Larry Lefor**  
FB/BK/BB Back/Pitcher/OF  
(Santa Rosa JC & Sonoma St); El Molino HOF
- Ron Lewis**  
Baseball Pitcher  
(Santa Rosa JC & UOP); PD All-Empire 91; played minor league baseball
- Ray Lunardi**  
Football Tackle  
PD All-Empire 77
- Knut Madden**  
Football Defensive Back  
PD All-Empire 77; El Molino HOF
- Nils Madden**  
Basketball Forward  
(Univ of San Diego); All-WCC 87; USD rcd season gm start 87 (30-tie), season ldr fg pct 87 (57.8); El Molino HOF
- Bob Maddocks**  
Football Kicker  
(Santa Rosa JC); PD All-Empire 66; El Molino HOF
- Rich Manaro**  
Baseball  
(Santa Rosa JC); State JC Champs 2005
- Taylor Manton**  
"Rosie" (nickname)  
Volleyball OH/Libero



# Sonoma County

(Sonoma St); PD All-Empire 03 (small); All-CCAA 2007; SS ldr season 05 digs (479), aces (36-tie); sister of Jessie Manton, Sac St vb player and Luke Manton SRJC soccer player

## John Marshall

FB/BK/BB  
El Molino HOF; EMH Outstanding Back Award 73; two time bb MVP

## Ken Marshall

FB/BK/BB  
(Santa Rosa JC & UOP); El Molino HOF; played fb & bb in college

## Crystal Match

Volleyball Setter  
(Santa Clara Univ); PD All-Empire 2001-03; PD Co-POTY 03; Prep AA 03; All-WCC 07; All-Pacific Region 07; Ranstad NUC (Switzerland) 08; CV Tenerife (Spain) 09; SCU ldr season asst 05 (1,517), 07 (1,435)

## Krista Mattos

Volleyball Def. Specialist  
(Golden West JC & Santa Rosa JC); PD All-Empire 2003

## Amy-Beth McClintock

Volleyball Outside Hitter  
(Southwest Louisiana Univ); PD All-Empire 98

## Mark McAtee

Football Linebacker  
(Santa Clara Univ) PD All-Empire 76

## Leslie McKinley

Volleyball Outside Hitter  
(St. Mary's College); played pro VC Marl (Germany), San Jose Storm (National VB Lg) 96-97; El Molino HOF

## Marta Menez

Basketball Guard  
(San Diego Univ); PD All-Empire 99 & 2000; PD Co-POTY 2000; Cal-Hi Div 3 All-State 2000; All-WCC 04; TSV Viernhiem (Germany); SDU ldr season pts 04 (444), reb 04 (235), fg pct 01 (.531), 03 (.493), 04 (.475)

## Shannon Miller

Track Pole Vault  
(Santa Rosa JC & Cal Poly-SLO); El Molino HOF

## Kyle Mills

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2008

## Mike Ming

Baseball Infielder  
PD All-Empire 90 & 91

## Bill Nagy

FB/BK/BB  
Football MVP 72; Baseball MVP 73; El Molino HOF

## Kim Navarro

Figure Skating Ice Dancing  
(Columbia Univ); Bronze Medalists U. S. Championships 2008 & 09; daughter of Ice Capades performer

## Dion Noonan

FB/BK/BB  
(Santa Rosa JC & UC Riverside); El Molino HOF

## Todd Noonan

Football Tight End  
(Santa Rosa JC & UC Riverside); PD All-Empire 80; played baseball in jc & college; played minor league baseball; Pioneer Lg-South Div Champs 87; El Molino HOF

## Nicole Oehlman

Volleyball/SB Setter/Pitcher  
(Loyola-Marymount Univ); PD All-Empire 98 & 99 (vb); PD All-Empire 2000 (sb); PD Empire Co-AOTY 2000; LMU ldr season asst 2000 (1,287), 01 (1,081), 03 (1,408), aces (43), 04 (1,259); El Molino HOF

## Billy Offill

Basketball Guard/Coach  
(Santa Rosa JC, Mendocino JC & College of Idaho); All-Empire 96; PD Empire POTY 96; Head Coach Siskiyou JC 2006-08 & Mendocino JC 09-; State JC ldr gm asst avg (8.3)

## Iana Paris

Basketball Forward  
PD All-Empire 88

## Laurel Patterson

Volleyball Setter  
(Santa Rosa JC); PD All-Empire 93

## D. J. Perkins

Baseball Catcher  
PD Empire POTY 87

## Mike Pierson

Football Quarterback  
PD All-Empire 2009

## Jimmy Plevney

Football Running Back  
PD All-Empire 2003

## Ruben Plevney

Football Defensive Line

(Santa Rosa JC); PD All-Empire 76

## Sharon Polley

"Williamson" (married name)  
Track 100/200mtrs  
(Cal Poly-SLO & Univ of Arkansas-Fayetteville); NCS Champ 86 (12.59), 87 (25.53), 88 (12.48), (26.44); Empire rcd 88 (12.34), (25.24), 100mtrs LH 88 (14.10); CPSLO rcd (24.47); El Molino HOF

## Amanda Porter

Volleyball Middle Hitter  
(Univ of Idaho & Univ of Oregon); PD All-Empire 98

## James Purtill

Soccer Defender  
PD All-Empire 94

## Eve Rackham

Volleyball OH/Setter  
(Univ of North Carolina); PD All-Empire 96-98 (oh); ACC Champs 99-2001; All-ACC Freshman Team 99; All-ACC 02; UNC rcd asst gm 02 (97), career asst avg 99-02 (12.58); El Molino HOF

## Mitch Reab

Football Offensive Line  
(Santa Rosa JC & Eastern Illinois Univ); PD All-Empire 2007

## Zack Reitzell

FB/BK/Baseball Wide Receiver  
(Univ of Mary); All-North Dakota Conf 94; El Molino HOF

## Jessica Respini

Softball Pitcher  
(Mendocino JC); PD All-Empire 2008

## Ben Rhoades

Football Offensive Line  
PD All-Empire 2010

## Larry Richardson

Track Hurdles/LJ  
(Santa Rosa JC); Six-time Sonoma Co Lg Champ 73-76; Empire rcd 74 110HH (14.2), 300LH 75 (37.1); SRJC rcd 77 400 IH (52.04); El Molino HOF

## Jennifer Rye

"Brans" (married name)  
Tennis/BK/SB Sngls/Inf  
(Cal St Hayward); PD All-Empire 90 (sb); 1st EMH bk player to score 1,000 pts in career; El Molino HOF

## Alex Sims

Football OL/DL  
PD All-Empire 85

## Patt Sitton

# Sonoma County

Softball Infielder  
El Molino HOF

Basketball Forward  
El Molino HOF

Greg Yamamoto  
Football Linebacker  
PD All-Empire 72

## Nathan Skalicky

Football Defensive Line  
(Santa Rosa JC); PD All-Empire  
2005

## Chrissy Teeter

Volleyball Libero  
PD All-Empire 2006

## Melissa Young

“Jones” (married name)  
Basketball Forward  
(Holy Names Univ); PD All-Empire  
2000; Head Coach girls El Molino  
High 11-

## Jennica Smith

Volleyball Setter/OH  
(UOP); PD All-Empire 93-95; PD  
Co-POTY 94 & POTY 95; All-Big  
West 97-99; All-District 98 & 99;  
Big West Champs 96 & 99; played  
pro in Denmark, Germany & Czech  
Republic; UOP ldr season kills 97  
(420), attacks 97 (959); El Molino  
HOF

## Clay Thistle

Football Linebacker  
PD All-Empire 94

## Dave Yoxall

Football Defensive Line  
PD All-Empire 88

## Monet Solberg

Volleyball Middle Hitter  
(William & Mary College & San  
Diego St); PD All-Empire 95; hurt  
in auto accident 96 & did not play  
97 or 98

## Erin Thomas

“Wasiak” (married name)  
Swimming Freestyle  
(UCLA); El Molino HOF; Pac-10  
Champs 01; UCLA ldr 99 1650yd fs  
(16:5194). UCLA Most  
Improved 99; EMH rcd 100/200/500  
fs; Redwood Empire rcd 500 fs  
(5:03.96)

## Katya Zaharoff

Swimming Freestyle  
(Santa Rosa JC); State JC Champs  
2009

## Dziko Standard

Soccer Defender  
(Santa Rosa JC & Humboldt St);  
PD All-Empire 93

## Matt Thomson

Baseball DH  
(Santa Rosa JC & Univ of San  
Diego); PD All-Empire 2006 (dh);  
WCC Champs 2008 & 10; pitched  
in college; played minor league  
baseball

## Healdsburg High

### Greyhounds

### Healdsburg

**(estab. 1880)**

**(aka Hounds)**

## Efrain Aguado

Soccer Midfielder  
PD All-Empire 2005 & 06

## Kim Steen

Volleyball Left Side  
(New Mexico St); PD All-Empire 94  
& 95

## Mark Tieman

Football Guard  
PD All-Empire 2003

## Ryan Alves

Football Wide Receiver  
PD All-Empire 2000

## Dylan Stivers

Football Defensive Line  
(Santa Rosa JC & St. Elizabeth St);  
PD All-Empire 2003

## Tim Titus

Football Halfback  
PD All-Empire 76 & 77

## Wendy Armitage

Basketball Guard  
PD All-Empire 96

## Boyd Stockholm

Football Defensive End  
PD All-Empire 80

## Stan Urmann

Track Long Jump  
(Santa Rosa JC & Chico St); NCAA  
Div 2 Champ 74 (24-3); SRJC rcd  
83 (24-3 3/4); CS rcd 74 (25-2)

## Justin Arowcavage

Football Wide Receiver  
(Santa Rosa JC & Cal Poly-SLO);  
PD All-Empire 2005

## Desma Stovall

Volleyball OH/Setter  
(Oregon St); PD All-Empire 2000  
& 01; Voley Murcia 06-07 (Spain),  
USPPA Volley 08, Terville-  
Florange OC 09 (France)

## Kurt Von Tillow

FB/BK/BB  
El Molino HOF

## Mitch Arreguin

FB/Wrestling LB/145lbs  
(Santa Rosa JC); PD All-Empire  
2005 & 06; NCS Champ 07; PD  
WOTY 07

## Brianne Suacci

Volleyball Setter  
PD All-Empire 96

## Sue Warmack

Basketball Forward  
(Santa Rosa JC); El Molino HOF

## Todd Azevedo

Basketball Guard  
PD All-Empire 95 & 96

## Shay Swetech

Football Linebacker  
(Cal Poly-SLO); PD All-Empire 97

## Jim Winkler

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 71

## Christopher Bach

Football Offensive Line  
PD All-Empire 2006

## Craig Tacla

Baseball Outfielder  
(Santa Rosa JC, Marin JC & Chico  
St); Member NCAA Div 2 Champs  
97; El Molino HOF; son of Rick  
Tacla; Head Coach bb El Molino  
High

## Claire Wood

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2002

## Milo Badger

BK/BB/Track./Golf  
(Santa Rosa JC & San Jose St);  
Coached 35 years Mission Hill Jr.  
High, Santa Cruz; played bb in  
college; Healdsburg High HOF

## Karen Taussig

## Glenn Yamamoto

Football DL/Linebacker  
PD All-Empire 68 & 69; El Molino  
HOF

## Kofi Banks

Football Running Back

# Sonoma County

(Santa Rosa JC & UNLV); PD All-Empire 89; Co-BOTY 89; SJ SaberCats 95, Port Forest Dragons 99 (AFBL)

John Barber

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 78

Darrell Barbieri

FB/BB/Track Coach/AD  
(Santa Rosa JC & Humboldt St)  
Press Democrat Service Award  
2005; AD at Healdsburg High 21  
years; Head Coach fb, bk, golf;  
Healdsburg High HOF

Cheryl Barlow

“Brown” (married name)  
VB/BK/SB/Track Center  
(Santa Rosa JC & Weber St); PD  
All-Empire 83 (bk); All-Nor Cal 83  
(bk); Healdsburg High HOF

Andrew Baroni

Football Defensive End  
PD All-Empire 2007

Lainie Bebber

“Walling” (married name)  
CC/BK/Soccer Forward  
(UOP); PD All-Empire 89-91 (bk);  
PD Co-POTY 91; All-Nor Cal 90  
& 91 (bk); Cal-Hi Div 3 All-State  
91; UOP MVP 94 (bk); played water  
polo in college; UOP ldr season 93  
(.754); State Div 3 Final red reb 91  
(17); CIF State Div3 Final Gm red  
91 reb (17); Healdsburg High HOF

Eddie Beeson

Track HJ/120HH/220ydLH  
(Univ of California); AAL Champ  
08 (5-8 3/4), 09 (16.0), (26.4),  
(5-8); Stanford Invitational Champ  
08 (5-10) & 09 (26 2/5); WR 14  
(6-7 5/16); Cal HOF; Healdsburg  
High HOF

Harry Bell

Track Pole Vault  
(Stanford Univ); AAL Champ 01 (9-9  
1/4); SU track captain 05; SU red bj  
(22-2); also competed in hj in college

Brett Bischofberger

Football Defensive Line  
(Univ of California, Butte JC &  
Texas Tech Univ); PD All-Empire  
2000; JC AA 02; Holiday Bowl  
Champs 04

Sean Bombace

Football OL/DL  
PD All-Empire 88

Ray Borowicz

Football Quarterback  
(Santa Rosa JC); PD All-Empire 66

Carroll Brigham

“Cal”  
FB/BK/Tck/Crew Guard  
(Univ of California); Rowed 8-oar  
crew in college; Healdsburg High  
HOF

Addison Brush

Basketball Forward  
PD All-Empire 2009

Scott Bryn

Football Defensive Line  
PD All-Empire 95

Mechelle Buchignani

VB/BK/Softball  
(Santa Rosa JC & USF);  
Healdsburg High HOF

Aaron Bugarske

Football Quarterback  
(UC Davis); PD All-Empire 91;  
played te in college; professional  
actor; HHS ldr yds 91 (2,160), td (25);  
Healdsburg High HOF

Jordan Bugarske

Football Tight End  
(UC Davis); PD All-Empire 95;  
UCD Co-Outstanding Freshman  
97; brother of Aaron Bugarske,  
see above

Kate Bugarske

Lacrosse  
(UC Davis); All-Western Women’s  
Lacrosse Lg 2002

Jeff Burchett

Football WR/DB  
PD All-Empire 91 (wr) & 92 (both  
ways)

Andrew Cameron

Football Offensive Line  
(Univ of California); Pac-10 Co-  
Champs 2006; Holiday Bowl Champs  
2006

Tobin Cameron

Football Offensive Line  
(Santa Rosa JC & Old Dominion  
Univ); PD All-Empire 2005 & 06;  
Region 1 JC All-State 08

Travis Carranza

Swimming IM/Free/Bttrfly  
(Santa Rosa JC); State JC Champ  
2004 1650 fs (16:11.21); SRJC  
red 04 1650 fs (16:11.21), 100 bf  
(51.37); 05 500 fs (4:35.96), 200  
bf (1:53.06), 200 IM (1:57.67)

Dillon Cattalini

Football Linebacker  
PD All-Empire 2009

Susy Charles

Basketball Guard  
PD All-Empire 88 & 89; PD  
POTY 89; All-Nor Cal 89

Chris Childress

Softball Catcher  
PD All-Empire 92

Mark Clausen

Basketball Center  
(BYU); PD All-Empire 87

Rachel Constantini

Soccer Midfielder  
(William Jessup Univ); Cal Pac  
Champs 2008 & 10

Homer Coolidge

Track Discus/Hammer  
(Univ of California); Stanford  
Invitational Champ 09 (107-7),  
(167-3); AAL Champ 09 (155-5 1/2);  
prep teammate & college of Ed  
Beeson, see above

Sherri Cooper

Softball Infielder  
PD All-Empire 91

Matt Crippes

Wrestling 132/147/140lbs  
(U. S. Air Force Academy); NCS  
Champ 2001-03; PD Empire AOTY  
2003

Audra Cutler

Basketball Guard  
(Santa Rosa JC); PD All-Empire  
2002; also atnd El Molino High  
(Son)

Cassidy Dadoes

Basketball Forward/Cntr  
(Brandeis Univ); PD All-Empire  
2004 & 05

Leroy Danhausen

FB/BK  
(Santa Rosa JC & San Jose St);  
Healdsburg High HOF; HHS AD;  
Head Coach HHS fb

Deno Derrico

Baseball Outfielder  
PD All-Empire 2002

Taylor Dericco

Softball Pitcher  
(Santa Rosa JC); PD All-Empire  
2009

Todd DiCello

Football Wide Receiver  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 84 & 85; PD Co-  
BOTY 85; EX All-Bay Area 85; All-  
Nor Cal 85; jersey # (29) retired;

# Sonoma County

HH rcd season recep 85 (79), rcd career 83-85 recep (216), recep yds (2,646); Healdsburg High HOF

## Kenny Dixon

Wrestling 154lbs  
(Santa Rosa JC); NCS Champ 98;  
SRJC Wrestling HOF

## Richard Dixon

Wrestling 141lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Stan Domenichelli

FB/BK/BB/Track  
Healdsburg High HOF

## Carrie Dormire

“Boyce” (married name)  
Basketball Forward  
(Cal St Northridge); PD All-Empire  
92; Cal-Hi Div 3 All-State 92; All-  
America West 95 & 96; CSN ldr  
career 92-96 3pt fg (125), season  
3pt fg 95 (42), 96 (50), 3pt fg pct  
95 (.378)

## Bud Downey

Basketball  
Chron All-North Coast 58

## Stacy Dugan

Softball Catcher  
PD All-Empire 88

## Tyson Dugan

Football Running Back  
PD All-Empire 90

## Eldridge

Track Pole Vault  
AAL Champ 11 (NR); Stanford  
Invitational Champ 11 (11-2)

## Daniel Erdman

Football Defensive End  
(UC Santa Barbara); PD All-Empire  
06; Empire ldr season 2005 shot put  
(49-5 1/2), 06 (57-5 3/4), 07  
(59-5 1/2-HH rcd)

## Evan Erickson

Baseball Shortstop  
(Santa Rosa JC & Elon University);  
PD All-Empire 2001; SRJC ldr  
season 03 gms (47-tie), trpls (3)

## Samantha Erickson

Volleyball Outside Hitter  
PD All-Empire 2006

## Bob Estes

Football Kicker  
PD All-Empire 78

## Tony Frye

FB/BK/BB Back/Guard

(San Jose St, Santa Rosa JC, Santa  
Barbara College & Humboldt St);  
EX All-North Bay 69 (bk); Head  
Coach fb Healdsburg High;  
Healdsburg High HOF

## Jared Garcia

FB/Baseball WR/DB/OF  
(Santa Rosa JC); PD All-Empire  
2006 (wr), 07 (wr) 08 (both ways);  
PD Co-DPOTY 08 (fb); MaxPreps  
Div 3 All-State 08 (fb); PD All-  
Empire 08 (bb)

## Manuel Garcia

Football Defensive Back  
PD All-Empire 72

## Dave Gazzano

Basketball Guard  
PD All-Empire 78

## Justin Geaslin

Football Linebacker  
(UC Davis); PD All-Empire 97; PD  
DPOTY 97

## John Geltner

Football Offensive Line  
(Santa Rosa JC & Univ of  
Arkansas); PD All-Empire 95

## Ciro Giammona

Football Linebacker  
PD All-Empire 71

## Mark Giorgi

Basketball Coach  
(Santa Rosa JC & Univ of Tulsa);  
PD All-Empire 85 & 86; PD Empire  
POTY 86; All-Nor Cal 86; Head  
Coach Santa Rosa JC, American  
River JC 98-; Mmember French  
National Baseball Team 94; HH rcd  
career pts 84-86 (1,610); Healdsburg  
High HOF

## Jorge Gonzales

Baseball Pitcher/SS  
(Santa Rosa JC & Avila Univ); PD  
All-Empire 2006

## Mario Gonzales

Soccer Forward  
PD All-Empire 2006

## Ray Green

Football End  
PD All-Empire 66

## Tina Green

Basketball  
(Santa Rosa JC); PD All-Empire 86

## John Gromo

FB/Baseball  
(Santa Rosa Jc & San Jose St);  
Healdsburg High HOF; member HHS

1st undefeated fb team 47; state rcd  
ko return (77yds)

## Jason Hackathorn

Football Defensive Line  
PD All-Empire 90

## Corey Harms

Baseball/FB Outfielder/QB  
(Santa Rosa JC); PD All-Empire  
2006 (bb); PD All-Empire 2006 &  
07 (fb)

## Howard Hartman

Football End  
(Southern Oregon Univ); All-Oregon  
Collegiate Conf 61-63; Little All-  
Coast 62; Oregon Collegiate Conf  
Champs 61 & 62; SOU rcd season  
pass recep 61; SOU HOF; Healdsburg  
High HOF

## Johhny Hassenzahl

BB/BK/FB Guard/HB  
(SRJC San Francisco St); Healdsburg  
HOF; spinal cord injury ended athletic  
career 49; founded Windsor Athletic  
Club; founded Adaptive PE (disabled)  
at SRJC; founde :Wheelers”  
wheelchair bk team

## Wendy Heitz

Softball Outfielder  
PD All-Empire 90

## Jackie Henderson

Basketball Forward  
(Santa Rosa JC & USF); PD All-  
Empire 87 & 88; All-Nor Cal 88

## Adam Hendrickson

Wrestling 135lbs  
NCS Champ 2010 & 11; PD Empire  
WOTY 2010 & 11, PD Co-WOTY  
12; father Jon wrestled in college

## Chelsea Hennan

Water Polo Center  
(Santa Rosa JC & Sonoma St);  
NCAA Div 2 AA 2005; SRJC  
HOF

## Frank Hernandez

Football Linebacker  
PD All-Empire 94 & 95

## Justin Herrguth

Football Defensive Back  
(Santa Rosa JC & Univ of Western  
Kentucky); PD All-Empire 94 & 95

## Jeff Heth

Football Quarterback  
PD All-Empire 85

## Mike Hollingsworth

Football Kicker  
PD All-Empire 90

# Sonoma County

John Janusevskis

Basketball Guard  
PD All-Empire 76

Mike Johnson

Football RB/LB  
PD All-Empire 99 & 2000; PD Co-  
OPOTY 99 & 2000; Cal-Hi All-  
State 2000 (medium schools-multi-  
purpose)

Jacqueline Jones

“Banks” (married name)  
VB/BK/Softball  
(St. Mary’s College); Healdsburg  
High HOF

Jana Jones

Softball Infielder  
PD All-Empire 89

Jeremy Kennedy

Football Defensive Back  
PD All-Empire 89

Shelly Kern

Golf  
NCS Champ 92 (81)

Ryan Kirkpatrick

Football Quarterback  
PD All-Empire 95 & 96

Kendra Klein

Water Polo/Swimming  
(Santa Rosa JC & Cal St  
Northridge); First wp AA in school  
history 2001 & 02; SRJC HOF

Tina Lee

Basketball Forward  
PD All-Empire 98

Mike Leicht

Football Defensive Back  
PD All-Empire 91

Javier Macias

Football Offensive Line  
PD All-Empire 93

Porfirio Madrigal

Wrestling 130lbs  
(Stanford Univ); NCS Champ 2007

Chad Matteri

Football Kicker  
PD All-Empire 2005; Cal-Hi All-State  
2005 (medium schools)

Art McCaffrey

FB/BK/BB Back  
(USF); Head Coach fb, bk, bb  
Chowchilla High, Jackson High,  
Petaluma High (Son), Healdsburg  
High (also wrestling & track); played  
fb in college; Healdsburg High HOF

Rod McMasters

FB/BK/BB TE/DB/WR/QB

(UC Davis, Santa Rosa JC &  
Sacramento St); PD All-Empire 87;  
PD DPOTY 87; All-Nor Cal 87 (wr);  
JC All-State (qb) 89; All-WAC;  
HH rcd season recep yds 87 (1,223);  
Healdsburg High HOF; SRJC HOF

Colin Metzger

Soccer Midfielder  
PD All-Empire 2003

Jeremiah Michener

Football Linebacker  
PD All-Empire 96

Kevin Miller

Basketball Forward  
(UC Davis); PD All-Empire 94; PD  
POTY 94

Spencer Mitchell

Equestrian Team Roper/Heeler  
All American Pro Rodeo Series;  
partner with Broc Cresta, see Santa  
Rosa High (Son)

Greta Mund

Basketball Guard  
PD All-Empire 97

Lance Munselle

Football Tight End  
(Cuesta JC & Cal Poly-SLO); PD  
All-Empire 99; played bb in college

Doug Murphy

Football Offensive Line  
PD All-Empire 90

David Murray

Football Linebacker  
PD All-Empire 2002

Tony Muzzin

Football OL/DL  
PD All-Empire 91

Brad O’Donnell

Football Defensive Back  
PD All Empire 87; PD Empire POTY  
87

Travis Paasche

Football Offensive Line  
PD All-Empire 2008

Kevin Parent

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2003

Francis Passalacqua

FB/ Baseball Guard/Pitcher  
Played on Healdsburg’s first fb  
team 25; Mngr Healdsburg Eagles  
semi-pro bb team; Healdsburg  
High HOF

Rich Passalacqua

Football/BK RB/DB/Guard  
(Santa Rosa JC & Chico St); PD  
All-Empire 78 (fb-both ways); PD  
Empire POTY 78; Healdsburg High  
HOF

Chari Perce

“Redeker” (married name)  
CC/Trck/BK 800  
(Santa Rosa JC & UC Davis); SCL  
CC Champ 77; SCL 800mtr Champs  
78; HHS BK MVP 78 & 79; SCL  
leading pts 79; National Cutting  
Horse Assoc World Finals Top 15  
07-09; distance cyclist Levis Gran  
Fondo 1012

Rosealio Perez

Soccer Forward  
PD All-Empire 96

Andy Phillips

Football Linebacker  
PD All-Empire 2008

Jerry Pinola

Football Guard/DL  
PD All-Empire 78

Judd Plumley

Football Linebacker  
PD All-Empire 92

John Ponts

Soccer Defender  
PD All-Empire 98

Jeff Pounds

Baseball Infielder  
PD All-Empire 90

Roxanne Pourroy

Basketball Center  
(St. Mary’s College); All-Nor Cal  
82; also attnd Potter Valley High

Americo Rafanelli

FB/BB/Baseball Back/Fwd/OF  
Founder Rafanelli Winery;  
Healdsburg High HOF

Gary Randolph

Football Defensive Line  
PD All-Empire 2010; ld HH sacks 10  
(9)

John Randolph

FB/Baseball LB/Catcher  
PD All-Empire 87 & 88 (fb); PD All-  
Empire 89 (bb)

David Reupke

Basketball Forward  
(Mendocino JC & Fort Hayes St);  
PD All-Empire 98; PD Co-POTY 98;  
HH rcd season 73 pts (742), pts  
avg (25.6); Empire rcd season pts  
73 (606)

# Sonoma County

PD All-Empire 94

PD All-Empire 63

## Joe Rochioli

Football/BB Linebacker  
(Cal Poly-SLO); Played bb in college;  
Winemaker; Healdsburg High HOF

## Bev Rowe

Basketball Forward  
PD All-Empire 86

## Brandon Souza

Baseball Infielder  
PD All-Empire 90

## Smith Robinson

FB/Baseball Back/Catcher  
(Santa Rosa JC & Univ of  
California); Member Healdsburg's  
1st football team 25; Healdsburg  
High HOF

## Clarence Ruonavaara

BK/Baseball Pitcher  
(Santa Rosa JC & Univ of  
California); CIBA Champs 41;  
grandstand at Healdsburg's  
Recreation Park ballpark named in  
his honor; Healdsburg High HOF

## Jared Souza

Football Running Back  
PD All-Empire 97 & 98

## Andrew Rogers

Wrestling 127/145lbs  
NCS Champ 2004, 06; State Champ  
06; PD WOTY 05; first state champ in  
any sport at HHS

## Bob Russell

Football Back  
PD All-Empire 63

## Tim Souza

Football Running Back  
PD All-Empire 95; PD OPOTY 95;  
Cal-Hi All-State (medium schools)  
95

## Kelly Rogers

CC/Track/Wrstng 800/1600/3200  
(Univ of Oregon); 3rd State Meet  
Div 4 2000 (18:36); PD Co-AOTY  
02; 1st Empire girl to wrestle on  
boys varsity team 99; HH rcd  
800mtrs (2:24.6), 1600mtrs (5:07),  
3200mtrs (11.16)

## Victor Sales

Football Linebacker  
PD All-Empire 80

## Kay Steinbach

SB/Bdmn/Arch/BK  
(SRJC); Healdsburg HOF; golfed in  
college

## George Rojas

Football RB/Linebacker  
PD All-Empire 88; PD BOTY 88

## Ricardo Sandoval

Wrestling 171lbs  
NCS Champ 2011

## Jeff Steindorf

Football Tight End  
PD All-Empire 85

## Tamra Roman

"Culver" (married name)  
VB/BK/ Softball  
(Santa Rosa JC & Chaminade  
Univ); State JC bk Champs 88;  
Healdsburg High HOF

## Junior Sani

FB/Baseball WR/Outfielder  
PD All-Empire 88 (fb); PD All-  
Empire 89 (bb)

## Shondra Stibi

Basketball Center  
(Santa Rosa JC); PD All-Empire 94

## Ralph Rose

Track SP/Disc/Jav/Hamm  
(Univ of Michigan); State POTY 03  
& 04; Gold Medalist Olympics 04  
16lbs SP (48-7), Silver Medalist  
discus (128-10 1/2), Bronze Medalist  
HT (150-0); Gold Medalist  
Olympics 08 16lbs SP (48-7 1/2),  
Silver Medalist Olympics 12 SP  
(50-0 1/4), Gold Medalist  
Olympics 12 Two-Hand SP (90-11);  
1st to put shot 50ft; AAU Champ  
SP 07-10, discus 05 & 09, javelin  
09; only National Champ in shot  
put, discus & javelin; State prep  
rd sp (49-6), 03 (52-8 2/5); WR SP  
(16lbs) 04 (48-7), 07 (49-7 1/2), 08  
(49-10), 09 (51-0); NCAA rcd 04  
(46-1 1/2); U.S. rcd 04 (46-6 1/2);  
12lb WR 04 (55-2); gained notoriety  
by refusing to lower U. S. flag to King  
of England at London Olympics 08;  
died of typhoid fever 13 at the age 29,  
#53 on Cal-Hi Sports All-Time Top  
100 California Men's Athletes;  
Helms Foundation HOF; National  
T&F HOF; Healdsburg High HOF

## Evan Scaeles

Football Linebacker  
PD All-Empire 85

## Tom Stine

Football Linebacker  
PD All-Empire 97 & 98

## Alex Ross

Football Offensive Line

## Carson Seanor

Football Running Back  
PD All-Empire 2010, 1d HH rushing  
10 (1,563 yds), scoring (156 pts)

## Bob Stockham

FB/BK/BB Quarterback  
(Santa Rosa JC & UNLV); PD All-  
Empire 87 & 88 (fb); BOTY 87; PD  
Co-POTY 88; All-Nor Cal 87 (fb);  
Port Fire Dragons 97 (AFBL); HH  
rd season 87 pass yds (2,544),  
td pass (28); career 86-88 pass yds  
(5,430), td pass (48); SRJC rcd yds  
pass gm 90 (508), career 90-91  
(5,433) & career td pass 90-91  
(52); SRJC HOF; Healdsburg High  
HOF

## Mia Shirley

Soccer Defender  
PD All-Empire 2004

## Rich Stritzel

Football Defensive Line  
PD All-Empire 87

## Derek Shelton

FB/BK/BB Back/1B  
(Pepperdine Univ, Santa Rosa JC  
& Univ of Redlands); All-SCIAC  
65 (bb); played minor league  
baseball; Sac Buccaneers 67  
(Continental FB Lg); UR ldr  
season 65 BAVg (.445), hr (9), walks (29);  
Redlands HOF; Healdsburg High HOF

## Sarah Sumpter

Cross Country  
(UC Davis); NCS Div 4 Champ  
2007 (16:59); State Div 4 Champ  
2007 (state rcd-17:26); PD ROTY  
2007; Big West Champ 09  
(20:34); Big West Female CC  
AOTY 09; Big West Team Champs  
11

## Buddy Siebenthal

Basketball  
PD All-Empire 71

## Mike Swicegood

Football Offensive Line  
PD All-Empire 97

## Mitch Sindle

Football Quarterback  
(Santa Rosa JC); PD All-Empire  
2005

## Cheree Tappin

BK/Softball Forward  
(St Mary's College); PD All-Empire  
85-87 (bk); PD Empire POTY 86 &

## Alec Skee

Track Javelin  
NCS Champ 22 (145-3 1/4)

## Dennis Sousa

Football End

# Sonoma County

87 (bk); All-Nor Cal 86 & 87 (bk); State POTY 86 (sb-medium schools); Cal-Hi All-State 87 (bk); WCC FOTY 88; All-WCC 89-91; WCC Champs 89 & 90; NCS career ldr pts (2,328); HH rcd pts 87 gm (42), season (907); SMC rcd 89 pts gm (38), career 87-91 (1,742), fg (664), reb (546), season 89 fg (211), ldr season 89 pts (558), fg (211), 91 3pt fg (60), ft pct (.873); SMC HOF; Healdsburg High HOF; daughter of Harry Tappin, Head Coach girls/boys bk Healdsburg High

## Natalie Tappin

Basketball  
PD All-Empire 85

## Bob Taylor

FB/BK/Track WR/DB/Punter  
(Santa Rosa JC & U. S. Naval Academy); Healdsburg High AD; Healdsburg High HOF

## Todd Trask

Cross Country  
(Santa Rosa JC & Kansas St); NCS Champ 86 (16:12); PD Empire ROTY 87; State JC Champ 88 (19:25); SRJC rcd 90 5000mtrs (14:20.51); two time Iron Man Triathlon competitor; SRJC HOF; Healdsburg High HOF

## Andrew Tsarnas

Wrestling 152lbs  
PD Empire Co-WOTY 2008

## Andy Tsarnas

FB/Wrestling LB/178lbs  
(San Jose St); PD All-Empire 79; NCS Champ 80; PCAA Champ 81 & 82; PCAA WOTY twice; first state medal in any sport in HHS history; Healdsburg High HOF

## Matthew Tsarnas

Wrestling 160lbs  
(Simpson College); PD Co-WOTY 2012; son of Andy Tsarnas, see above, brother of Andrew Tsarnas, see above

## Tony Tsarnas

Wrestling 190lbs  
(San Jose St); PCAA WOTY 83

## Chris Van Dorn

BB/Football Infielder/LB  
PD All-Empire 93 (fb) & 94 (bb)

## Jamie Van Horne

Basketball Guard  
(Yale Univ); PD All-Empire 2002-04; PD Empire POTY 04; Cal-Hi Div 4 All-State 03 & 04; Chron North Bay POTY 04; Ivy Lg rcd gm 3-pt pct 07 (7 for 7, 1.000); YU ldr season 09 3pt fg (62) daughter

of Peter Van Horne, Univ of Arizona  
bb player; niece of Keith Van Horne,  
NFL player

## Sarah Vargas

Soccer Goalkeeper  
(UC San Diego); PD All-Empire 2012

## Andrew Vasquez

Baseball Pitcher  
(Mendocino JC & San Francisco St); PD All-Empire 97

## Mark Vellutini

Football Quarterback  
(Santa Rosa JC); PD All-Empire 78

## Myriah Volk

BK/Soc/SB Guard  
(Cal Poly-SLO); Cal-Hi All-State (sophomore) 91; Cal-Hi All-State (junior) 92; Cal-Hi Div 3 All-State 92; PD All-Empire 92 & 93; PD POTY 93; All-Nor Cal 93; Cal-Hi Div 3 All-State 93; Member State Olympic Development Team (soc); Healdsburg High HOF

## Johnnie Walker

BB/BK/FB/Trck  
(Santa Rosa JC, BYU & Sonoma St); SRJC HOF; Healdsburg High HOF; played bb at BYU, bk at SS

## Keith Walker

BK/Baseball  
(USF); Healdsburg High HOF

## Tanner Walker

Football Corner Back  
(Santa Rosa JC); PD All-Empire 2009

## Ron Walters

BK/Track Center/High Jump  
(Santa Rosa JC & Gonzaga Univ); pr 6-11 with SF Olympic Club; Healdsburg High HOF

## Gene Whitehall

Football Defensive End  
PD All-Empire 78

## Ben Whitenack

Swimming Backstroke/Free  
(Univ of Pennsylvania); NCS Champ 2009 100 bs (51.16), 10 (50.91), 100 fs (45.44); Empre rcd 10 50yds fs (20.83), 100yds fs (45.16), 100yds bs (50:41)

## Gerald Witherell

Football Linebacker  
(Santa Rosa JC & Wayne St); PD All-Empire 99 & 2000; JC Region 2 All-State 02

## Savannah Wode-Shura

Softball Shortstop

PD All-Empire 2011

## Chris Wright

FB/Baseball Kicker/Infielder  
(Santa Rosa JC); PD All-Empire 87 & 88 (fb); PD All-Empire 89 (bb)

## Charles Yolo

“Duke”  
Football WR/Linebacker  
PD All-Empire 78

## Fred Young

Track Pole Vault  
AAL Champ 08 (10-9), 09 (11-2) & 10 (11-6); Stanford Invitational Champ 09 (10-7 1/4-tie) & 10 (11-7 5/8); State Prep rcd 10 (11-7 3/4); Sonoma County Coroner 26-40

## Montgomery High Vikings Santa Rosa

(estab. 1958)

(aka Vikes)

(aka Monty)

## Bart Agepinan

Soccer Forward  
(Santa Rosa JC); JC State Champs 2002

## Liz Albrecht

Softball Catcher  
PD All-Empire 2009

## Lance Aldridge

Football Tackle  
(Univ of Washington); AAWU Champs 60; Rose Bowl Champs 61

## Andy Alkire

Football Tackle  
(Univ of Washington); AAWU Champs 60; Rose Bowl Champs 61; Charleston Rockets 65-66 (Continental FB Lg); MH rcd discus 59 (163-9 1/2); Montgomery HOF; also atnd Santa Rosa High (Son)

## Gretel Amman

Soccer Defender  
(San Diego St & Sonoma St); PD All-Empire 2005-07; Member State Cup Champs 07; MWC Champs 09; sister of Taylor Amman, see Santa Rosa High (Son)

## Brian Anderson

Soccer Midfielder  
PD All-Empire 96

## Sarah Anderson

Volleyball Outside Hitter  
PD All-Empire 2005 & 06

## Alexandra Archer

# Sonoma County

“Ali”  
Soccer Defender  
(Univ of Colorado); PD All-Empire  
2008

Mike Arnerich  
Baseball Pitcher  
PD All-Empire 97

Tony Arnerich  
Baseball/BK Catcher/Guard  
(Santa Rosa JC & Texas Tech  
Univ); PD All-Empire 98 (bb); JC  
AA 2000 (bb); played minor league  
baseball; CIF Nor Cal Div 2 Final  
Gm rcd 983pt fg (4); son of Mel  
Arnerich, see Alameda High (A);  
brother of Mike Arnerich, see above

Noah Ashton  
Wrestling/FB 215lbs/DL  
NCS Champ 97; PD All-Empire 97

Jeremy Avilla  
Football Defensive Back  
(CCSF); PD All-Empire 2004 & 05;  
drug addiction to OxyContin, subject  
of tv show “Addicted”

Melissa Azevedo  
Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2002, 04 & 05; PD Co-POTY 05;  
Cal-Hi Div 4 All-State 04; SRJC  
ldr season 07 ft pct (.788); also  
atnd Ursuline High (Son)

Joelle Babula  
Basketball Forward  
(Chico St); PD All-Empire 91 & 92;  
CS ldr season 95 gm pts (34), bcks  
(20)

Barbara Baker  
Roller Derby Skater  
(Santa Rosa JC); Bay Bombers  
67-85; (International Roller Derby  
Lg); daughter of Russ “Rosie”  
Baker, Roller Derby skater, &  
Annis Jensen, see Mission High  
(SF)

Brandon Ballard  
Basketball Guard  
(Mendocino JC); PD All-Empire  
2005

Dustin Ballard  
Basketball Guard  
(Santa Rosa JC & Metro St); PD All-  
Empire 2002; MH rcd career 3pt fg  
(217); brother of Brandon Ballard,  
see above

Brandon Baranzini  
Baseball Shortstop  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2010

Royce Barber  
Football Running Back  
(Sacramento St); PD All-Empire  
2000; PD Co-OPOTY 2000

Christina Barclay  
Basketball Center  
(Biola Univ); PD All-Empire 2007;  
BU ldr season bcks 10 (64), 11 (59)

Chris Barnsdale  
Track 300mtr/LH  
NCS Champ 96 (38.79); MH  
rcd(38.02), 110HH (14.50) 96

Chris Barrett  
Football Linebacker  
PD All-Empire 93

Kelli Barrett  
Soccer Forward  
(Long Beach St); PD All-Empire 99

Charlie Barron  
Baseball 2B  
PD All-Empire 2009

Jenna Bauer  
Swimming Back/IM  
(Univ of Arizona); PD Empire SOTY  
2012

Scott Baxter  
Basketball Guard  
PD All-Empire 99

B. J. Beckner  
Football Linebacker  
(Santa Rosa JC); PD All-Empire  
2000 & 01

Ryan Beglin  
“Begs”  
Baseball Infielder  
(Univ of Redlands & Pepperdine  
Univ); All-SCIAC 2002; WCC  
Champs 04

Amy Bei  
Track Pole Vault  
(Harvard Univ); NCS Champ 98  
(10-6); prep pr 98 (11-1-MH rcd);  
fencer in college

Bryan Bei  
Football Running Back  
(Colorado Univ); PD All-Empire  
2006

Sara Bei  
“Great White”  
“Hall” (married name)  
CC/Track 1600/3200mtrs  
(Stanford Univ); NCS Div 3 CC  
Champ 97 (19:09); State Div 3 CC  
Champ 97 (18:11), 98 (17:22);  
NCS Div 2 CC Champ 99 (17:49);  
State Div 2 Champ 99 (17:25) &  
2000 (17:13); NCS Champ 98

(4:52.10), (10:41.72), 99 (4:55.58),  
(10:28.75) & 2000; (4:49.0),  
(10:33.14); State Champ 97  
(4:49.21), (10:31.67) & 2000  
(10:11.11); 2nd State Meet 98  
(4:46.71), (10:31.67); 2nd State  
Meet 99 (4:46.71) & (10:31.67);  
2nd State Meet 2000 (4:49.8) &  
(10:34.84); Footlocker National  
Champ 2000 (16:55); Cal-Hi State  
CC ROTY 98 & 99; PD Empire  
Co-AOTY 99; PD Empire AOTY 01;  
State Div 2 AOTY 01; 1st 4-time  
State CC Champ; 2nd Pac-10 CC  
Meet 01 (NR); Pac-10 Newcomer of  
the Year 01; Pac-10 CC Champ 02  
(19:48) & 03 (21:12.10); Pac-10  
CC Champs 03 & 04; Pac-10 CC  
AOTY 03; NCAA Champs CC 03;  
Member National Track Team 2002;  
MPSF Champ 05 3200mtrs (9:13.86);  
Pac-10 Champs (track) 05; Pac-10  
Champ 05 3200 mtrs (16:37.47); Pan  
American Gms Gold Medalist  
3000mtr steeplechase 11 (1st  
American to win steeplechase gold  
medal in any competition); first  
California prep to win four CC titles;  
Sacramento Meet of Champions  
HOF; Montgomery HOF; pro runner  
with Team Asics; sister of Amy Bei,  
see above; wife of Ryan Hall,  
Stanford & Olympic distance runner

Christina Bell  
“Gilmore” (married name)  
Soccer/BK Def/Guard  
(Sonoma St & Fresno St); PD All-  
Empire 91 & 92 (soc); PD Co-POTY  
92; All-Empire 93 (bk); All-WAC  
96 & 97 (soc); Calif Storm (WPSL);  
Bay Area CyberRays (WUSA)  
2001-03; WUSA Champs 2001; FS  
retired jersey # (13); Montgomery  
HOF; wife of Cris Gilmore, college  
& pro soccer player

Dan Bell  
Soccer  
(Santa Rosa JC & Sonoma St);  
played pro in Holland; brother of  
Christina Bell, see above; son of  
Steve Bell, Head Coach girls soccer &  
bk Montgomery High

Kahlil Bell  
Football Running Back  
(UCLA); PD All-Empire 2002; Cal-Hi  
All-State (underclass) 02; also  
Chron Marin POTY 03 & 04 at  
Marin Catholic High (M); Chi Bears  
09-12, NY Jets 12; brother of Darius  
Bell, see Sir Francis Drake High (M)

James Berthinier  
Football Defensive Back  
PD All-Empire 2008



# Sonoma County

## Pat Bigham

Soccer Forward  
(Santa Rosa JC); JC State Champs 2002

## Bob Blair

Golf  
NCS Champ 75 (148) & 76 (145)

## Matt Bly

Soccer Forward/Midfielder  
(UC Santa Barbara); PD All-Empire 97-2000; PD Empire POTY 99 & 2000; Member State Club Champs 97 & 98; MH rcd goals season 99 (40), career (86); Big West Champs 04

## Jacob Bollinger

Soccer Defender  
(UC San Diego); PD All-Empire 94

## Brook Buonaccorsi

Wrestling 133lbs  
(Santa Rosa JC); SRJC Wrestling HOF

## Ed Buonaccorsi

Wrestling 118/134lbs  
(Santa Rosa JC & Sonoma St); SSU Male AOTY 74; wrestling official; President Redwood Empire Wrestling Officials & Coaching Assoc; SRJC Wrestling HOF; Sonoma St HOF

## Alexandra Borowicz

“Ali”  
Tennis Doubles/Singles  
(UC Irvine); USTA Interscholastic 18 Champs 2001; Pacific Coast 18 Champ 2001; NCS Champ 04

## Jordan Borowicz

FB/Baseball Quarterback/SS  
(Santa Rosa JC & Illinois St); PD All-Empire 2000 (fb); PD All-Empire (bb) 01; PD Empire Co-AOTY 01; JC State All-Region One 03; SRJC rcd season 03 pass td (41), pass yds (3,562), pass comp (263)

## Monica Borowicz

Tennis  
(Santa Rosa JC); PD Empire POTY 2006-08; daughter of David Borowicz, Head Coach women’s tennis, Santa Rosa JC; sister of Alexandra Borowicz, see above

## Nick Borowicz

Baseball Outfielder  
(Butte JC & Brescia Univ); PD All-Empire 2004; Kentucky Intercollegiate Athletic Conf Champs 2009

## Robert Borowicz

Golf/Football Quarterback

(Santa Rosa JC, Chico St & Sacramento St); PD All-Empire 74; PD BOTY 74; PGA Member; golf pro at Bennett Valley; Montgomery golf trophy named in his honor; SRJC HOF; Montgomery HOF; father of Jordan Borowicz, see above

## Alexica Bosque

Soccer Forward  
(St. Mary’s College, Santa Rosa JC & Sonoma St); PD All-Empire 2004 & 05; PD Co-POTY 05

## Kyle Boyd

Baseball 2B  
PD All-Empire 88 & 89

## Glenn Brewer

Baseball Pitcher  
(Santa Rosa JC); PD All-Empire 88 & 89; PD Empire POTY 89

## Elise Britt

Soccer Midfielder  
(UCLA); State Club Cup Champs 2004; PD All-Empire 05 & 06; PD Co-POTY 2006; Pac-10 Champs 08; WPSL Champs 12

## Travis Britt

Soccer Midfielder  
(Santa Rosa JC & Sacramento St); All-Empire 2003

## Bob Bunting

Basketball  
(Santa Rosa JC); PD All-Empire 75

## Brook Buonaccorsi

Wrestling 133lbs  
(Santa Rosa JC); SRJC Wrestling HOF

## Robby Burroughs

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2008

## Tosh Burrus

Football DB/RB  
(UNLV); PD All-Empire 96-98; PD Co-OPOTY 97 & OPOTY 98

## Bob Butler

Basketball Forward  
Chron All-North Coast 64; MH ldr season pts avg 64 (18.1); Montgomery HOF

## Tom Buzzard

BK/Track Fwd/High Jump  
PD All-Empire 73; MH & Empire rcd 73 (6-8 1/2)

## Kelly Byrne

Swimming Breaststroke

(UC San Diego); NCAA Div 3 Champ 96 200yd bs (2:22.03)

## Chris Caine

Baseball 1B/Pitcher  
(Sacramento St); PD All-Empire 91; PD Empire POTY 91

## John Caldwell

Baseball Outfielder  
PD All-Empire 2002

## Mary Calo

Softball Outfielder  
PD All-Empire 89

## Don Camilli

Football Quarterback  
(Santa Rosa JC); PD All-Empire 64

## Chris Campion

Soccer Forward  
PD All-Empire 95

## Jack Carpenter

Football Defensive End  
(Santa Rosa JC); PD All-Empire 2007

## Chris Carr

Football Linebacker  
(Santa Rosa JC, Univ of California & Cal Lutheran Univ); PD All-Empire 2006; SCIAC Champs 11

## Josh Carstensen

Soccer Forward  
(Santa Rosa JC); PD All-Empire 2003

## Dave Castleberry Jr.

Football Offensive Line  
(Utah St); PD All-Empire 89; PD Co-LOTY 89; son of Dave Castleberry Sr., Head Coach fb Tomales High (M)

## Andrew Castro

“Kiki”  
Soccer Goalkeeper  
(Santa Rosa JC & Cal St San Marcos); PD All-Empire 2005

## Elena Catania

Soccer Forward  
(Cal St Fullerton & Sonoma St); Member Cal Cup Champs 2006 & State Cup Champs 07; PD All-Empire 2007

## Dante Cattaneo

Football Offensive Line  
(Santa Rosa JC); PD All-Empire 2010

## Tina Cavalin

Basketball  
(Santa Rosa JC & Chapman Univ); JC All-State 86; SRJC HOF

# Sonoma County

## Ashley Cella

Soccer Midfielder  
(Sacramento St); PD All-Empire 2009

## Christen Chalmers

Soccer Midfielder  
(UC San Diego); CCAA-South  
Co-Champs 2011; MHS ldr 09 200mtr  
(26.44); sister of Jackie  
Chalmers ,track athlete UC San Diego

## Andrea Chase

Volleyball Outside Hitter  
(Lewis & Clark College-Oregon);  
PD All-Empire 2004

## Katie Christensen

Basketball Center  
(Santa Rosa JC & Cal Poly-SLO);  
PD All-Empire 98; JC All-Nor Cal  
99

## Bob Christenson

Basketball Guard  
(Santa Rosa JC); PD All-Empire 77

## Sydney Chute

Volleyball Setter  
(Univ of Oregon); PD All-Empire  
97; UO ldr season asst 99 (486),  
2000 (660), 01 (677), aces 2000  
(39)

## Cheryl Clark

Softball Pitcher  
(Humboldt St); All-NCAC 82-84;  
AA 84; NCAC Champs 83; MH rcd  
season BAvg (.420), ERA (0.69);  
HS rcd season era 83 (0.69), ldr  
season 81 BAvg (.421); Humboldt  
State HOF

## Chelsea Cleland

Soccer Defender  
(UC Santa Barbara); PD All-Empire  
93 & 94

## Alex Coffaney

Soccer Defender  
(Santa Rosa JC); JC State Champs  
2011

## Lacey Coffey

Soccer Forward/MF  
(UC Santa Barbara); PD All-Empire  
94 (fwd) & 95; sister of Cletus  
Coffey, see Cardinal Newman High  
(Son) & Lynsey Coffey, see  
Ursuline High (Son)

## Jon Colgan

Baseball Pitcher/1B/3B  
(Santa Rosa JC); PD All-Empire  
2005 (p/1b) & 06 (p/3b); SRJC ldr  
season 09 BAvg (.338), hits (47),  
dbs (14)

## Kim Conley

Track 5000/1600mtrs

(UC Davis); NCAA Div 1  
Independent Champ 07 (17:43.0);  
member U.S. Olympic Team 12; UCD  
CC MVP 04-08, Track MVP 07-08;  
2nd place USA 5K Championships 11  
(15:47.20); MH ldr season 2004  
(4:52.58); UCD red 08 (16:17.51)

## Carson Cooper

Football Defensive Line  
(Univ of Pennsylvania); PD All-  
Empire 2004; PD Co-DPOTY 2004

## Travis Cooper

Football Linebacker  
PD All-Empire 93; PD DPOTY 93

## Michael Corley

Badminton  
PD Empire POTY 2007

## Andy Cowger

Football Defensive Line  
PD All-Empire 77

## Melissa Cox

Soccer/Softball FB/Pitcher/Inf  
PD All-Empire 91 (soc); PD All-  
Empire 91 & 92 (sb); PD Empire  
POTY 91 (sb)

## Dakota Crawford

Football Wide Receiver  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2000

## Meghan Creedon

Volleyball Middle Hitter  
(St. John's Univ); PD All-Empire 98

## Amanda Cuccaro

Softball 1B  
PD All-Empire 2010 & 11;  
National Fast Pitch Coaches  
Assoc All-West Region 2010; ld MH  
10 hr (7), rbi (39), BAvg (.430)

## Casey Cunningham

Baseball Pitcher  
PD All-Empire 92 & 93; Pitcher  
of the Year 93

## John Cyb

Golf  
NCS Champ 91 (73)

## Ron D'Agosta

Football Defensive Back  
PD All-Empire 76 & 77

## Casey Davis

BB/Football OF/WR  
(Santa Rosa JC); PD All-Empire 99  
(bb & fb)

## Matt Davis

Soccer Defender  
PD All-Empire 99

## Chris Day

Track Discus  
2nd State Meet 81 (179-1); Empire  
red 81 (181-6 1/4)

## Brook Dayton

Baseball OF/Infielder  
PD All-Empire 88 & 89

## Dan Degenhardt

Football Quarterback  
(Univ of Redlands); PD All-Empire  
95

## Kaitlin Derby

Basketball  
(Cal Poly-Pomona); PD All-Empire  
2007 & 08

## Tia DeSoto

Track Discus/Hammer  
(Santa Rosa JC & Univ of  
Nebraska); JC State Champ HT  
2002 (175-3); SRJC rcd 2002  
(147-08), (180-10 1/2); daughter of  
Jan DeSoto, fb plyr SRJC &  
Sacramento St; granddaughter  
of Eugene Soto, head coach track  
Santa Rosa High 72-83; lifting coach  
for Shannon Hartnett, see San Rafael  
High (M); SRJC HOF

## Julie Devine

Basketball Guard  
PD All-Empire 93

## Steve Doolittle

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 72

## Claire Donnelly

Basketball  
(Claremont Mudd Scripps College);  
PD All-Empire 2013; father George  
Alston pro bk player in Mexico;  
Mother Brigid Donnelly, pro bk  
player in Germany

## Cathy Douglas

Tennis Doubles  
Pacific Coast 16 Champs 66

## Joey Easton

Football Defensive Back  
PD All-Empire 93

## Steve Ebinger

Football Defensive Back  
PD All-Empire 91

## Jason Ehrlicher

Basketball Forward  
(Santa Rosa JC); PD All-Empire 90  
& 91

## Danny Eisen

Football Defensive Back  
(Santa Rosa JC & Benedictine  
College); PD All-Empire 2004

# Sonoma County

Shayne Elkins

Soccer Midfielder  
(Dominican Univ); All-Cal Pac  
2008

Stan Erickson

Basketball  
PD All-Empire 71

Chris Eriksson

Tennis  
(St.Louis Univ & Eastern  
Washington Univ); PD Empire  
POTY 2009

Donna Escobar

Softball Infielder  
(UNLV); PD All-Empire 99

Raphael Escobar

Football Offensive Line  
PD All-Empire 2006

Octavio Estupinan

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2008

Chantal Evett

BK/Martial Arts Guard  
(Claremont Mudd-Scripps College);  
Gold Medal 13-17 age group Black  
Belt WTSDA Championships 2010;  
PD All-Empire 2013; SCIAC Champs  
14-15; Father Rand, #1 tennis player  
Univ of Arizona & ATP 10 years

Marcus Ezeff

Football Defensive Back  
(Univ of California); PD All-Empire  
2002 (db), 03 (wr/db) & 04 (rb/db);  
Chron All-Metro 03 & 04; Cal-Hi  
All-State 04; PD Co-OPOTY 04;  
Pac-10 Co-Champs 06; Holiday  
Bowl Champs 06; Armed Forces  
Bowl Champs 07; Emerald Bowl  
Champs 08; Sac Mountain Lions  
10 (UFL)

Betsy Facendini

Softball Outfielder  
PD All-Empire 93

Nikki Falco

Soccer Midfielder  
PD All-Empire 96

James Ferguson

Baseball Shortstop  
(Santa Rosa JC); PD All-Empire  
2003; JC State Champs 05

Justin Ferreira

Soccer Midfielder  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2005; CCAA Champs 10

Chris Ferry

Basketball Forward  
PD All-Empire 78

Brent Finley

Football Tackle/DL  
(Santa Rosa JC); PD All-Empire 76;  
PD Co-DPOTY 76

Tom Fitchie

Basketball Guard/Coach  
(Santa Rosa JC & Sonoma St);  
TOC All-Star 68; EX All-North Bay  
69; Chron All-North Coast 69;  
Chron North Coast POTY 69; All-  
FWC 74; FWC Champs 73 & 74;  
Head Coach Montgomery High  
84-08, 10-15; Co-Head Coach 09  
(562-338); NCS Div 2 Champs 98,  
2003, 06; Nor Cal Div 2 Champs 98;  
NCS Honor Coach 99; PD Co-COTY  
2003; MH ldr career pts (1,341), ldr  
season 69 pts avg (20.2); Montgomery  
HOF; Sonoma St HOF

Sarah Fitzgerald

Basketball Guard  
PD All-Empire 2011

Thomas Ford

Baseball Pitcher/1B  
(Univ of Hawaii-Hilo); PD All-  
Empire 95; played minor league  
baseball

Kevin Franzman

Football Defensive Back  
PD All-Empire 2006

Antonio Garcia

Soccer Defender  
(Santa Rosa JC & Ohio St); PD All-  
Empire 2000

Jessica Garriss

Soccer MF/Defender  
PD All-Empire 93-95

Jordan Girman

Soccer  
PD All-Empire 2014

Chris Golik

Baseball Outfielder  
(Cal Poly-SLO); PD All-Empire  
2003

Lenny Gomes

Track/FB Shot Put/OL  
(BYU); PD All-Empire 88; PD Co-  
POTY 88; All-Nor Cal 88; NCS  
Champ 89 (55-9 1/2); North-South  
Prep All-Star Gm 89; WAC Champs  
91; WAC Co-Champs 92 & 93;  
Holiday Bowl Co-Champs 91;MHS  
rd 89 (56-3 1/2)

Manny Gomes

Football Defensive Line  
(BYU); PD All-Empire 88

Raquel Gomes

“Roc”  
Basketball Forward  
(Dominican Univ); PD All-Empire  
2006 & 07; DU ldr season 11 fg  
(76-tie), reb (148)

Kevin Gooler

Football Defensive Line  
PD All-Empire 69

Josh Gorman

Football OL/DL  
PD All-Empire 92

Jerry Graves

Football Defensive Back  
PD All-Empire 69

Jim Gray

FB/BK/BB  
Montgomery HOF

Mel Gray Sr.

Track/FB WR/Sprints/LJ  
(Ft. Scott JC & Univ of Missouri);  
PD All-Empire 65 & 66; PD Empire  
POTY 66; All-Nor Cal 66; NCS  
Champ 66 (21.7), (24-1); State  
Champ 67 100yds (9.4) & 220yds-  
turn (20.7); both tied State reds &  
set State Meet rcds; 2nd State Meet  
67 (24-1 1/4); Empire rcd 67 100mtrs  
(10.54), 200 mtrs (20.82),  
(25-7 1/4); Big 8 Conf rcd 70 (9.3),  
(24-4); jumped 25-7 1/4w; North-  
South Prep All-Star Gm 67; East-West  
Shrine Gm 71; StL Cardinals 71-82;  
Oklahoma Outlaws 84 (USFL); All-  
Pro 74-75;#88 on CalHi Sports All-  
Time Top 100 California Men’s  
Athletes; Cal-Hi All-Decade FB 60s;  
Montgomery HOF; brother of Wilbur  
Gray, see El Molino High (Son)

Steve Guerrini

CC/Track Stplchs/1600mtrs  
(Wake Forest Univ); NCS CC Div  
1 Champ 90 (12:15); NCS Champ 91  
(4:16.07); 3rd State Meet 91  
(4:13.85); National prep rcd 2000mtr  
steeplechase 91 (5:43.90); also atnd  
Santa Rosa High (Son)

Pedro Guevara

Soccer Midfielder  
(Dominican Univ); PD All-Empire  
2005-07; Cal-Pac Freshman of the  
Year 08; DU Male AOTY 10; DU  
ldr season 10 goals, assts, pts (NR)

Nate Guido

Track Pole Vault  
(Santa Rosa JC); NCS Champ 2000  
(14-0); prep pr 2000 (14-5)

Ari Gurrola

Soccer Midfielder

# Sonoma County

(Santa Rosa JC); JC State Champs  
2011

Empire 92 & 93

## DeVaughn Jenkins

Football Running Back  
PD All-Empire 92; Head Coach  
Santa Rosa Scorchers (IWFL)

## Colin Hall

Basketball  
PD All-Empire 2006 & 07; PD Co-  
POTY 07

## Crystal Howard

"Howie"  
Soccer Defender/MF  
(Sonoma St); PD All-Empire 99 &  
2000; All-CCAA 02 & 03; All-CCAA  
02-04; SS rcd career asst 01-04 (30)

## Anandi Jiminez

Basketball Forward  
PD All-Empire 2009-11

## Tom Hall

Football End  
(Santa Rosa JC); PD All-Empire 68

## Daniel Howard

Soccer Defender  
(Santa Rosa JC); PD All-Empire  
2000; Member JC State Champs 02;  
brother of Crystal Howard, see  
above

## Rick Johnke

Football Linebacker  
PD All-Empire 96

## Heather Harrison

Basketball Forward  
PD All-Empire 87

## Kevin Johnston

Football Defensive Line  
PD All-Empire 70

## Reid Hartz

Swimming Medley  
(UC Davis); Big West Champs 2010

## Chris Humes

Football Punter  
(UC Davis); PD All-Empire 87;  
All-Nor Cal 87; NCAAC Champs  
89-92; UCD Outstanding Spec Teams  
Player 91; UCD rcd career 89-92  
punt avg yds (39.92); UCD All-90s  
Team

## Brittany Jones

Basketball Guard  
(Cal Poly-Pomona); PD All-Empire  
2008 & 09; Empire Co-POTY 09

## Dean Haskins

FB/Baseball LB/Catcher  
(Santa Rosa JC & Univ of Texas);  
PD All-Empire 87 (fb); PD All-  
Empire 88 (bb); Head Coach bb  
Montgomery High; PD Co-COTY  
2009

## Caleb Jones-Sharpe

Football Defensive Line  
PD All-Empire 2009

## Aaron Henderson

Football Defensive Line  
PD All-Empire 2001

## Chris Hunter

Football Offensive Line  
PD All-Empire 96

## Jon Kast

Baseball Infielder  
PD All-Empire 98

## Megan Herring

Soccer Goalkeeper  
(Dominican Univ); PD All-Empire  
2009; NCAA D2 save pct. 13 (.910);  
ld DU saves per gm 12 (7.40), saves  
11 (80), sho 10 (5), saves (87), saves  
per gm (4.83), save pct (.763)

## Tiffany Hurst

Soccer Midfielder  
(San Diego St); PD All-Empire  
2006 & 07; All-Mountain West 11

## Etienne Katz

Baseball Catcher  
PD All-Empire 90

## Scott Hess

Golf  
(Santa Rosa JC & USF); NCS  
Champ 2004 (71)

## Emily Huston

Volleyball Setter  
(Baylor Univ); PD All-Empire 2000  
& 01; Member Jr. National Team  
2002; Member U. S. Under-22 Team  
04; All-Big-12 05; Pro Beach VB  
08; Big-12 ldr assts 03 (1,532); BU  
ldr season 03 assts (1,532), aces  
(45), 04 (1,245), aces (61), 05 assts  
(1,319), aces (45)

## Jill Keegan

Soccer Defender  
PD All-Empire 94

## Albert Higgs

Football DB/Kicker  
(Sonoma St); PD All-Empire 85;  
PD Co-BOTY 85; played minor  
league indoor football in U. S. &  
England (qb)

## Brandon Hyde

Baseball Catcher/Mngr  
(Santa Rosa JC, St. Mary's College  
& Long Beach St); PD All-Empire  
91; played minor league baseball;  
Appalachian Lg-West Div Champs  
98; Mngr Greensboro (So. Atlantic  
Lg) 05-06, Carolina 07, Jupiter 08  
(Fla St Lg), Jacksonville (Southern  
Lg) 09; Southern Lg Champs 09

## Robert Keegan

Football Linebacker  
(Humboldt St); PD All-Empire  
2008; GNAC Champs 11

## Gabriela Hirsh-Gonzalez

Basketball Guard  
(Occidental College); SCIAC Co-  
Champs 2010; SCIAC Champs 11  
& 12

## Joe Kelly

Basketball Guard  
(West Valley JC & Metro St); PD  
All-Empire 98; PD Co-POTY 98;  
NCAA Div 2 Champs 2001; CIF  
State Div 2 Final Gm 92 rcd 3pt fg  
(6)

## Ben Hoop

Football Tight End  
PD All-Empire 96

## Tom Jarvis

Soccer Forward  
(UC Davis); PD All-Empire 96

## Deven Kestler

Softball Outfielder  
PD All-Empire 2009

## Stu Hornsby

Baseball Utility  
PD All-Empire 89

## Kyle Jeffers

Basketball Center  
(Oregon St); PD All-Empire 2002 &  
03; PD Co-POTY 03; Chron All-  
Metro 03; Chron North Bay POTY  
03; Cal-Hi Div 2 All-State 03;  
Hagen 08. Langen 09-10 (Germany);  
Slingsers (Singapore) 11

## Brian Kilkenny

Football OL/DL  
(Oregon St); PD All-Empire 98 ;  
Pac-10 Co-Champs 2000-; Fiesta  
Bowl Champs 2000

## Nima Hosseini

Soccer Midfielder  
(Univ of California); PD All-

## Kelly Kline

Football Running Back  
PD All-Empire 71

## Kevin Kline

Football Defensive Line

# Sonoma County

(Santa Rosa JC & Cal Poly-SLO);  
PD All-Empire 98 & 99; PD Co-  
DPOTY 99

(U. S. Air Force Academy); PD All-  
Empire 88; played bb in college

PD All-Empire 76

Alex Kobre  
Basketball  
(Santa Rosa JC); PD All-Empire 2010

Mackenzie Komrij  
Soccer Midfielder  
PD All-Empire 2009

Josie Kraus  
Wrestling 132lbs  
NCS Champ 2006

Eric Kronberg  
Soccer Goalkeeper  
(Fresno St & Univ of California);  
PD All-Empire 2000; KC Wizards  
06-10, Sporting KC 11- (MLS); MLS  
Champs 13; FS rcd saves season  
03 (106), MLS debut 10

Keith Kroncke  
Football Defensive Line  
(Oregon St); PD All-Empire 2003;  
played rugby (prop) in college

Will Krout  
Baseball Pitcher  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2001; All-CCAA 05;  
SRJC ldr season 02 gms (17-tie),  
era (2.54), hbp (11)

Kevin Lavarta  
Baseball Pitcher/1B  
(Santa Rosa JC); PD All-Empire  
2009

Tiffany Lawson  
Softball Shortstop  
(Loyola Marymount Univ); PD All-  
Empire 2001; PCSC Champs 05

Diego Lopez  
Soccer Forward  
PD All-Empire 2010; PD POTY  
2010

Trevor Lorz  
Basketball Forward  
(Moorpark JC & Fort Lewis St); PD  
All-Empire 98

Jay Luchetti  
Football Offensive Line  
(UC Davis); PD All-Empire 2009;  
Chron All-Metro 2009; MaxPreps  
Div 2 All-State 2009

Melissa MacPherson  
Track Long Jump  
NCS Champ 92 (16-10); MHS red 92  
(18-0 1/4)

Mike Manor  
Football Defensive Back

Ken Mansfield  
Football Defensive Back  
PD All-Empire 87

O. J. Marchbanks  
Football Running Back  
(Santa Rosa JC & Florida A&M);  
PD All-Empire 95 & 96; SRJC red  
yds rushing gm 98 (253), season  
98 (1,335), career 98-99 (1,934), att  
season 98 (205), career 98-99 (324)  
& career td 98-99 (23-tie)

Gina Mariani  
Softball Infielder  
PD All-Empire 94

Jeff Marks  
Football Running Back  
PD All-Empire 2006

Evan Martinez  
Soccer Midfielder  
(Cal Poly-SLO); PD All-Empire 2014

Jon Martinez  
Baseball Pitcher  
PD All-Empire 2005

Sara Mason  
Softball Catcher  
(Univ of San Diego); PD All-Empire  
2000-02

Tebias Mason  
Soccer Goalkeeper  
(Santa Rosa JC & Wright St); PD  
All-Empire 2002

Terry Mason  
Badminton Singles  
NCS Champ 91

Bianca McCall  
Basketball Forward  
(Boise St, Santa Rosa JC &  
Washington St); PD All-Empire  
96-98; PD Co-POTY 98; Cal-Hi All-  
State (sophomore) 97; CalHi All-State  
(junior) 98; State JC ldr gm reb avg  
2001 (15.1); WS ldr season 2003 reb  
(227), bcks (41)

Jill McCormick  
Swimming/WP Backstrk/Coach  
(Santa Rosa JC & UC Davis); Head  
Coach women wp & men/women  
swimming Santa Rosa JC 2000- ;  
Head Coach girls swimming Piner  
High (Son); State JC Champs women  
04, 05, 08, 09, 15 (swim); California  
Community College COTY 04, 05,  
07-09

Matt McCorick  
Football Center

Blake McDowell  
CC/Track 800mtrs  
(Cal Poly-SLO); NCS Champ Div  
2 2006 (15:40); PD Co-ROTY  
2006; NCS Champ 07 (1:53.98);  
PD Empire Track Co-AOTY 07; prep  
pr 07 (1:53.98)

Gina McFarland  
Softball Pitcher  
(Univ of San Diego); PD All-Empire  
99-2002; PD Co-POTY 99; All-PCSC  
05

Mike McGirr  
Football Running Back  
(Sacramento St); PD All-Empire 90

Ron McGowan  
Football Defensive Line  
PD All-Empire 93

John McKeeever  
Baseball Outfielder  
PD All-Empire 91

Chris McMurray  
Soccer Goalkeeper  
PD All-Empire 94

Tom Michaelson  
Wrestling 167lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

Brian Miles  
Basketball Center  
(Univ of San Diego); PD All-Empire  
92; PD Empire POTY 92; MH red  
season 91 pts (629), pts avg (21.0)

Justin Milligan  
Football Offensive Line  
PD All-Empire 85

Koa Misi  
Football Linebacker  
(Santa Rosa JC & Univ of Utah);  
PD All-Empire 2003 & 04; PD Co-  
DPOTY 04; Chron All-Metro 04;  
Poinsettia Bowl Champs 07; MWC  
Champs 08 & 09; Sugar Bowl  
Champs 08; All-MWC 09; UU Iron  
Ute Award (strength) 08; Mia  
Dolphins 10-11; son of Sione Misi,  
Univ of Hawaii fb player

Scott Mitchell  
Baseball Pitcher/3B/Inf  
PD All-Empire 2006 (p/3b) & 07  
(inf)

Ally Mohar  
Volleyball Outside Hitter  
PD All-Empire 2003

Miguel Montoya

# Sonoma County

Soccer PD All-Empire 2002	Midfielder	Football PD All-Empire 89	Offensive Line	<u>Jason Pigg</u> Football (Chico St); PD All-Empire 97; Hip Hop & Rapper as J.Pigg	Defensive Back
<u>Heather Moore</u> Wrestling NCS Champ 2007	98lbs	<u>Doug Orr</u> Football All-Nor Cal 81	Defensive Line	<u>Larry Plinski</u> Track NCS Champ 82 (180-9); father of Melissa Plinski, see Windsor High (Son)	
<u>Lex Murray</u> Basketball (Santa Rosa JC); PD All-Empire 77; Montgomery HOF	Forward	<u>Chris Ortiz</u> Soccer PD All-Empire 2014	Midfielder	<u>Erik Poulsen</u> Basketball (Santa Rosa JC); PD All-Empire 2015	Center
<u>Jamie Murrow</u> Basketball PD All-Empire 80 & 81	Guard	<u>David Ower</u> Soccer (UC San Diego & Sonoma St); PD All-Empire 99 & 2000	Midfielder	<u>Earl Prosser</u> Football PD Empire POTY 87	Running Back
<u>Matt Murvin</u> Football PD All-Empire 2007	Offensive Line	<u>Sarah Pacheco</u> Judo Member National Team 2002; USJA Most Improved Competitor 98	52kg	<u>Brian Purcell</u> Baseball PD All-Empire 90 & 91	
<u>Julie Nacouzi</u> Cross Country (Santa Rosa JC); NCS Div 2 Champ 2009 (17:02); 2nd State Meet Div 2. 2009 (17:29); West Regional Champ (NR); 3rd National Championships, ran these two events as independent, not as a Montgomery High athlete		<u>Tami Page</u> Soccer/Softball (Santa Rosa JC & Sonoma St); PD All-Empire 91 & 92 (soc); PD All-Empire 92 & 93 (sb)	FB/MF/Inf/OF/P	<u>Jeff Purcell</u> Soccer PD All-Empire 92	Forward
<u>Michael Nathan</u> Soccer (Chico St & Sonoma St); NCAA Div 2 Champs 2002 (SSU); Jewish Sports Review AA 2004	Midfielder	<u>Casey Parisi</u> Soccer (New Jersey Institute of Technology & UC San Diego); CCAA-South Co-Champs 2011	Midfielder	<u>Gerry Quinn</u> Baseball PD All-Empire 91	Infielder
<u>Deanne Neff</u> "Malvino" (married name) "Janel" (married name) Track (Santa Rosa JC & Sonoma St); NCS Champ 78 (5-6); NCAA Div 3 heptathlon Champ 83 (rcd-4,955 pts); rcd pts 83 (5,039); Empire rcd 78 (5-6), (18-0); SRJC rcd 79 (5-8 1/4); SSU Female AOTY 83 & 84; Sonoma St HOF		<u>Nicole Park</u> Soccer PD All-Empire 91	Midfielder	<u>Shawn Ramsay</u> Football (Santa Rosa JC); PD All-Empire 2003 & 04	Wide Receiver
<u>Joe Neidlinger</u> Football (Santa Rosa JC); PD All-Empire 67	Guard	<u>Val Parnell</u> Football PD All-Empire 2002	Linebacker	<u>Geoff Ramsey</u> Track NCS Champ 73 (1:55.0); MHS rcd 73 (1:54.48)	
<u>Cassie Nelson</u> Volleyball (Santa Rosa JC); PD All-Empire 2006	Setter	<u>Stefanee Patterson</u> Softball PD All-Empire 2007	Infielder	<u>Hilary Read</u> Basketball PD All-Empire 88; MH rcd pts gm 88 (37); MHS ldr 88 sp (35-5), discus (113-6)	Forward
<u>Sarah Netto</u> Soccer PD All-Empire 98	Midfielder	<u>Mike Pavlovich</u> Basketball PD All-Empire 77	Guard	<u>Alan Reed</u> Football PD All-Empire 89; Co-BOTY 89	Running Back
<u>Jared Noonan</u> Baseball PD All-Empire 2014	Pitcher	<u>Tulio Perez</u> Football PD All-Empire 2001	Defensive Line	<u>Charrise Reece</u> Basketball (Biola Univ); PD All-Empire 2005-07; BU ldr season 11 asst (96)	Point Guard
<u>Josh North</u> Football PD All-Empire 2006	Defensive Line	<u>Oscar Pesqueda</u> Soccer (Santa Rosa JC); JC State Champs 2001	Defender	<u>Jessica Reese</u> "Quayle" (married name) Golf (Univ of Texas); NCS Champ 96 (79), 98 (NR), 99 (69); Medalist U. S. Amateur Public Links Championship (NR) 2002; Member U. S. vs Japan Team 03; LPGA Member 03-06; teaching pro Harvey Penick Golf Academy & Chardonnay Golf Club, Napa; Head Coach	
<u>Kevin O'Neill</u>		<u>E. C. Phillips</u> Football PD All-Empire 85	Running Back		
		<u>Soutchay Phong</u> Badminton NCS Champ 90	Singles		
		<u>Jason Picard</u> Football PD All-Empire 88	Defensive Back		

# Sonoma County

American Canyon High (N); played #1 on boy's team in high school; wife of C. J. Quayle II, Rancho Cotate High baseball player

(Santa Rosa JC & UC Davis); PD All-Empire 2004; Great West Champs 09

## Alex Silver

Swimming Freestyle/Medley (Univ of California); NCS Champ 93 500 fs (4:33.64); NCS Champ 94 200 IM (1:53.36); Empire SOTY 94

## Breanne Reid

Soccer Defender  
PD All-Empire 94

## Frank Scalercio Sr.

Football Defensive Line (Santa Rosa JC & UC Davis); PD All-Empire 77; All-FWC 80 & 81; FWC Champs 80; FWC Co-Champs 81; Head Coach Sonoma St 93-96 (7-30-1); played center in college; father of Frank Scalercio Jr., see above

## Ross Simmons

Football Offensive Line (Santa Rosa JC & Oregon Tech); PD All-Empire 84

## John Rhodes

Football Linebacker  
PD All-Empire 78

## Amanda Sims

Swimming Bttrfly/Free/Back (Univ of California); NCS Champ 2004 100 bf (54.01), 05 (53.26), 06 (53.59), 07 (54.81); NCS Champ 05 50 fs (23.71); NCS Champ 100 bs 06 (55.76); NCS Co-Champ 100 bs 07 (56.84-tie); PD Empire SOTY 07; NCAA Champ 100 bf 09 (51.28) & 11 (50.49); NCAA Champs 09 & 11; Member National Jr Team

## Corrine Rich

Track/VB Shot Put/Discus (Univ of Pennsylvania); NCS Champ 08 (40-4 1/2); Ivy Lg Champs (vb) 09; Empire rcd 2008 (136-4); Empire ldr season 2007(40-6 1/2), (120-10)

## Justin Scarr

Soccer Defender (UC San Diego); PD All-Empire 2000

## Kathryn Ripple

Soccer Defender (Dominican Univ); PD All-Empire 2009

## Kelly Schnur

Soccer Midfielder (UC Santa Barbara); PD All-Empire 2010

## Paul Sims

Swimming Freestyle (Univ of California); NCS Champ 77 100 fs (46.4), 200 fs (1:41.6); set several MH swim recs; father of Amanda Sims, see above

## Brad Robinson

Football WR/DB  
PD All-Empire 74; PD DBOTY 74

## Jake Scott

Football Offensive Line  
PD All-Empire 2004

## Dave Rodriguez

Track 880yds  
NCS Champ 79 (1:54.6); MHS rcd 81 (1:51.54)

## L.D. Seger

Baseball Pitcher/OF (Butte JC, Santa Rosa JC & Texas Tech Univ); PD All-Empire 96 & 98; PD Co-POTY 98

## Brandon Smith

Baseball Outfielder  
PD All-Empire 90

## Kareli Rodriguez

Soccer Forward (Santa Rosa JC & Sonoma St); PD All-Empire 2010; JC State Champs 11

## Michael Septimo

Basketball Guard (Santa Rosa JC); PD All-Empire 2015

## Jason Smith

Badminton Singles  
NCS Champ 88 & 89

## Rich Rollin

Basketball  
Chron All-North Coast 67; EX All-North Bay 67

## Ryan Settle

Football Kicker/WR  
PD All-Empire 98

## Selam Solomon

Soccer Forward (Santa Rosa JC); PD All-Empire 2008

## Titus Romero

Baseball Outfielder  
PD All-Empire 2009; also attn James Logan (Ala)

## Dave Shaffer

Soccer Coach (Santa Rosa JC & Sonoma St); played pro in Holland & Germany; Head Coach Montgomery High (95-2004, 161 wins); CCA COTY 2001; PD COTY 02; Owner Mare Island Sports Complex; Head Coach Sonoma Sol 05- (MPSL); uncle of Derek Shaffer, see Piner High (Son); brother of Don Shaffer, Head Coach soccer, Piner High (Son), & Dwayne Shaffer, Head Coach soccer UC Davis

## Danielle Spann

Soccer Midfielder (St. Mary's College); PD All-Empire 2003 & 04; Empire Co-POTY 04

## Trish Rooney

SB/.BK/Track Discus (Santa Rosa JC); SRJC rcd discus 80 (123-11); SRJC HOF

## Nico Spann

Soccer Midfielder (Sonoma St); CCAA Champs 2010

## Aaron Ross-Swain

Football Offensive Line (Butte JC & Chico St); PD All-Empire 97

## Ethan Shawlee

Soccer Defender (UC Davis); PD All-Empire 2007

## Marc Spina

Track 800mtrs (Cal Poly-Pomona); NCS Champ 86 (1:53.85); prep pr 86 (1:52.36)

## Tiffany Rupp

Basketball Forward (Santa Rosa JC & Colorado Christian College); PD All-Empire 93 & 94; JC All-State 96

## Tim Stanley

Football Linebacker  
PD All-Empire 76

## Frank Scalercio Jr.

"Frankie"  
Football Offensive Line

## Austin Shull

Football LB/Safety/DB (Santa Rosa JC); PD All-Empire 2009 (lb/s); Empire DPOTY 2009; Chron All-Metro 2009 (db); State rcd-tie punt return td gm (3) vs Elsie Allen 09

## Lynn Steele

Football Defensive End  
PD All-Empire 74

## Joe Stender

Football Running Back

# Sonoma County

(Santa Rosa JC & Humboldt St); PD All-Empire 68; All-FWC 72

## Brian Stephens

Basketball Coach  
Head Coach girls McKinleyville High; NCS Class A Champs 87

## Courtney Stephens

Soccer Forward/MF  
PD All-Empire 92 & 93; MHS rcd 100mtr lh 92 (15:11), 100mtr HH 93 (16.44)

## Damien Stephens

Football Defensive Line  
(Montana St); PD All-Empire 95 & 96; PD DPOTY 96

## Darcy Stovall

Soccer Goalkeeper  
PD All-Empire 93 & 94

## Joe Strickland

Football Linebacker  
PD All-Empire 2002

## Stacey Strong

Soccer Midfielder  
(USC); PD All-Empire 2002-04; PD Empire POTY 03; PD Co-POTY 04; NCAA Champs 07

## Taylor Stroud

Softball Pitcher  
(Sacramento St); PD All-Empire 2008-10; PD Empire POTY 09; pitched no-hitter vs UC San Diego 11; ld SS gms (25), starts (17), comp gms (12), sho (4), inn (130.2), so (67); threw four prep no-hitters

## Jenny Swart

Volleyball Middle Blocker  
(Univ of California); PD All-Empire 91; UC ldr season 94 bcks (945), bcks per set (0.95), 95 hitting pct (.277)

## Lindsay Swisher

Soccer Forward  
(USF); PD All-Empire 2002 & 03; PD Co-POTY 2002

## Zack Taylor

Soccer Defender  
PD All-Empire 2009

## Patty Teal

Soccer Forward  
(Cal Poly-SLO); PD All-Empire 93; PD Empire POTY 93; MHS rcd 100mtr HH 94 (15.59)

## Alyssa Teddy

Soccer Defender  
(UC Davis); PD All-Empire 2003 & 04

## Anthony Tedesco

FB/Rug/Wrastle LB WR/174lbs  
(Santa Rosa JC & Univ of California); PD All-Empire 99; wrestled in jc; played rugby in college; NCAA Champs 2005 (rugby); SRJC Wrestling HOF

## Zack Templeton

Basketball Guard  
(Santa Barbara JC); PD All-Empire 2011

## Beth Thompson

Soccer Forward/MF  
(UCLA); PD All-Empire 94 (fwd) & 95 (mf)

## Steve Tiedeman

“Teed” (nickname)  
Basketball Forward  
(Sonoma St); EX All-North Bay 68; EX North Bay POTY 68; Chron All-North Coast 69; TOC All-Star 69; All-FWC 73; FWC MVP 73; FWC Champs 73 & 74; FWC ldr avg (22.4) 73; Sonoma St HOF; Montgomery HOF; SRJC HOF

## Tyler Tiedeman

BK/Baseball Guard/1B/Pitcher  
(Univ of Arizona, Santa Rosa JC & Boise St); PD All-Empire 2001-03 (bk); PD Co-POTY 02; PD All-Empire 02 & 03 (bb); WAC Co-Champs 08; Basquet Mallorca (Spain) 09, WCAA Giants Bergen (Holland) 11, Lappeenrannan NMKY (Finland) 12, WBC Raiffeisen (Austria) 13; DBL All-Star 11; MH career pts ldr 2001-03 (1,560); BS ldr season 3pt fg pct 08 (.488)

## Zac Tiedeman

BK/Baseball Guard/Shortstop  
(Santa Rosa JC, Santa Clara Univ & Humboldt St); PD All-Empire 2004-06 (bk); PD Co-POTY 06 (bk); PD All-Empire 06 (bb); PD Co-POTY 06 (bb); Cal-Hi Div 2 All-State 06; All-CCAA 09 & 10; CCAA MVP 10; CCAA Co-Champs 10; NABC All-West Region 10; NCAA Div 2 All-Star Gm 10; HS ldr season 09 pts avg (13.0), stls (28), 10 ft (111), 3pt fg (57); son of Steve Tiedeman & brother of Tyler Tiedeman, see above

## Matt Tillinghast

Track Pole Vault  
(Santa Rosa JC); NCS Champ 2003 (15-0), 04 (15-2); Empire rcd 04 (15-7); Empire ldr season 2003 (15-3)

## David Toomey

Cross Country

(Whitman College); NCS Div 1 Champ 93 (16:54.5)

## Marc Tourville

Football Defensive Back  
(Long Beach St); PD All-Empire 84

## Patrick Tracy

Football Offensive Line  
PD All-Empire 2000

## Ryan Valentine

Football Linebacker  
(Univ of Redlands); PD All-Empire 91 & 92

## Doug Vanderpool

Football Defensive Line  
(Santa Rosa JC & Hastings College); PD All-Empire 93

## So Vang

Badminton Singles  
NCS Champ 92

## Heather Van Hall

Basketball Guard  
PD All-Empire 2004

## Jessica Von Tillow

Basketball Guard/Forward  
(Metro St & Chico St); PD All-Empire 2002 & 05; PD Co-POTY 05; CCAA Champs 08; also atnd Santa Rosa High (Son) & Crescenta Valley High

## Katie Wade

BK/Soccer Forward  
PD All-Empire 2000 (soc); PD All-Empire 2000 & 01 (bk)

## Anthony Walker

Football Running Back  
(Santa Rosa JC & Tennessee Martin); PD All-Empire 2001

## Scott Ware

Football Defensive Back  
(Santa Rosa JC & USC); PD All-Empire 2000 & 01; PD DPOTY 02; JC All-State 03; JC State DMVP 03; JC AA 03; JC All-Region One 03; Region One DPOTY 03; Pac-10 Champs 04 & 05; Orange Bowl Champs 05; Sac Mountain Lions 10 (UFL); SRJC rcd season punt return yds 03 (441); SRJC HOF

## Greg Webb

Basketball Forward  
Chron All-North Coast 70

## Jazmine Whitlock

Soccer Goalkeeper  
(Santa Rosa JC & Minot St); JC Div 3 AA 2010

## Keenan Whyte



# Sonoma County

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 2010

10; sister of Penelope Yamauchi, see above

(Santa Rosa JC & Long Beach St); PD All-Empire 2009 & 11; PD Empire POTY 11; MaxPreps All-State 11 (medium schools)

## Jared Wilburn

FB/Baseball DL/1B  
(UC Davis); PD All-Empire 2000;  
PD Co-DPOTY 2000

## Ashley Young

“Ash”  
Soccer Defender  
(UC Santa Barbara); PD All-Empire 2002

## Scott Alexander

Baseball Pitcher  
(Pepperdine Univ & Sonoma St); PD All-Empire 2007; PD Empire POTY 2007; WCC All-Freshman 08; WCC Champs 08

## Lisa Wilkinson

Softball/Soccer OF/Fwd/Def  
(UC San Diego); PD All-Empire 92 (sb); PD All-Empire 92 & 93 (soc)

## Kristin Young

Soccer Defender  
PD All-Empire 2000

## Travis Amaral

Football Defensive Line  
PD All-Empire 2007

## Frank Williams

Football Linebacker  
PD All-Empire 63

## Kyle Young

Football Linebacker  
(Santa Rosa JC); PD All-Empire 2005

## Wade Amaral

Football Wide Receiver  
PD All-Empire 2008

## Mathias Williams

Wrestling 173lbs  
NCS Champ 2005

## Dina Zancanelli

Softball Infielder  
(Santa Rosa JC); PD All-Empire 88;  
JC All-State 91

## Devin Andolsen

Soccer Defender  
PD All-Empire 99

## Rob Williams

Baseball Shortstop  
(Santa Rosa JC & Univ of Hawaii);  
PD All-Empire 88

## Alec Ziegler

Soccer Defender  
(Dominican Univ); PD All-Empire 2006

## Mike Angell

Football Offensive Line  
PD All-Empire 87

## Marissa Wilson

Track Discus  
NCS Champ 96 (126-0-MHS rcd),  
MHS rcd sp 96 (40-7)

## Taylor Ziemer

Soccer Midfielder  
PD All-Empire 2012-14; member  
U-14 National Team 2012; member  
U-15 National Team 13; MH ldr 14  
goals (29), assts (15); daughter of  
Trisha Gretton, see Ursuline High  
(Son) & Marcus Ziemer, see Analy  
High (Son)

## Jeff Badger

Football Linebacker/RB  
(Sacramento St); PD All-Empire  
2007 (lb) & 08 (rb/lb); PD DPOTY  
08; Chron All-Metro 08; Metro  
North Bay POTY 08; Max Preps  
Div 3 All-State 08

## Stan Wise

FB/Track DB/180ydLH  
PD All-Empire 65; NCS Champ 66  
(19.4)

## John Zimmerman

Football End  
PD All-Empire 65; PD Empire  
POTY 65; North-South Prep All-  
Star Gm 66

## Tony Baldocchi

Basketball Guard  
(Santa Rosa JC); PD All-Empire  
2009; Empire Co-POTY 2009; Cal-Hi  
Div 4 All-State 2009; CNH rcd  
gm pts 2009 (41)

## Tom Wood

Soccer Midfielder  
(Santa Rosa JC); JC State Champs  
2002

## Katie Woodrum

Soccer Midfielders  
(USF); PD All-Empire 2012

## Bob Barham

Football Linebacker  
PD All-Empire 77

## Kevin Woods

Baseball Outfielder  
PD All-Empire 2005

## Cardinal John Henry Newman High Cardinals Santa Rosa

**(estab. 1964; co-ed 2011 after  
Ursuline High closed)  
(aka Newman)**

## Andy Bean

Boxing 165/172lbs  
(Santa Clara Univ); National  
Collegiate Boxing Association  
Champ 90 & 91

## Danny Wright

Soccer Defender  
PD All-Empire 2002

## Arthur Behr

Soccer Midfielder  
(Santa Rosa JC & Cal St Los  
Angeles); CCAA-North Champs  
2009

## Penelope Yamauchi

Swimming Medley  
(Arizona St); NCS Champ 2007  
200 IM (200.98); Empire rcd 2007  
(2:00.98); 500yds fs (4:58.44)

## Benjie Aguirre

Tennis Singles  
(Santa Rosa JC & UC Davis); ITCA  
Western Region Champ 86 & 89;  
USTA League National Champs 02

## Sophia Yamauchi

Swimming IM/Brst  
MPSF Champ 200 IM 2012 (1:58.56 -  
UCSB & Meet rcd), 13 (1:58.98);  
MPSF Champs 200 medley relay  
2011 (1:40.08), 12 (NR), 13 (1:40.28),  
2012 400 medley relay (NR), 200 fs  
relay 2011 (2:00.24-UCSB rcd), 12  
(NR); MPSF SOTY 13; MH SOTY

## Rich Aguirre

Tennis Doubles  
NCS Champs 89

## Danny Binz

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2008 & 09; played baseball (inf)  
in jc

## Brian Albin

Football Defensive Back  
PD All-Empire 2010

## Ross Blondin

Baseball Pitcher/3B  
(GrossmontJC & Lubbock

## Jason Alexander

Baseball Pitcher

# Sonoma County

Christian Univ); PD All-Empire 2003 (p); NAIA AA 09; GJC ldr season 08 BAvg (.404); LCU ldr season 09 ab (235), dbls (27), rbi (99-tie)

Baseball                      Outfielder  
(Santa Rosa JC & Long Beach St); Big West Champs 2003; played minor league baseball; Midwest Lg-East Div Champs 05; brother of Jason & Jordan Buhagiar, see above

Olin Cohan  
Baseball                      Infielder  
(St. Mary's College); PD All-Empire 94; SMC ldr season 99 BAvg (.325), walks (19), 97 hr (8)

## Tony Bolander

Golf  
(William Jessup Univ); PD Empire POTY 2010

## Curtis Byrd

Track                              440yds  
NCS Champ 73 (48.6)

## Matt Cohen

Golf  
NCS Champ 89 (152 & sudden death playoff); Windsor Golf Club pro

## Tom Bonfigli

Football/BK                      QB/Guard/Coach  
(Santa Rosa JC & Santa Clara Univ); PD All-Empire (fb) 70; Head Coach bk Cardinal Newman High 82-94 (280-103) 08-, Justin-Siena High (N) 95-2007 (220-121); 700+ wins thru 15; Nor Cal Div 4 Champs 89; State COTY 89; NCS Div 2 Champs 92 & 93; CN rcd season asst per gm 70 (7.3)

## Ted Callagy

Rugby                              Prop  
(Santa Rosa JC & Univ of California); NCAA Champs 97; played fb in jc

## Evan Collins

Football                              Defensive Line  
PD All-Empire 91

## Jihan Bowes-Little

Basketball                      Guard  
(Univ of Portland & Brown Univ); PD All-Empire 97; hip-hop performer known as "Metis"

## Stuart Campbell

Football                              Tight End  
PD All-Empire 97

## Jeff Collins

Football                              Defensive Back  
PD All-Empire 84

## Brad Bowman

Football                              Defensive Back  
PD All-Empire 80

## Phil Ching

Basketball                      Guard  
(Menlo College); PD All-Empire 99

## Matt Collins

FB/Baseball                      WR/OF  
(Santa Rosa JC & Sonoma St); NCAC Champs 91 (bb); Head Coach fb Hartnell JC 2007-

## Tyler Bowman

Football                              Offensive Line  
PD All-Empire 2008

## Evan Chambers

Soccer                              Midfielder  
(UC Santa Cruz); PD All-Empire 2006

## Gordon Cooper

Football                              OL/DL  
PD All-Empire 84 (dl) & 85 (both ways)

## Tanner Briggs

Football                              Defensive Line  
PD All-Empire 2006

## Nate Chambers

Soccer                              Midfielder  
PD All-Empire 2004

## Ryan Corriveau

Soccer                              Midfielder  
(St. Mary's College); PD All-Empire 2004 & 05; PD Empire POTY 05; Head Coach Cardinal Newman 15-

## Lucas Buchanan

Soccer                              Defender  
PD All-Empire 94

## Brian Chase

Track/FB                              SP/Disc/OL/DL  
NCS Champ 95 (58-2 1/4); 96 (57-11), 97 (58-7 1/2), 96 (167-1), 97 (167-6); 3rd State Meet 95 (60-3 1/2-CNH rcd); prep pr & CNH rcd 97 (175-4); PD All-Empire 95 (ol) & 96 (both ways); PD Empire AOTY 97

## Matt Cousins

Basketball                              Center  
(Chico St, Santa Rosa JC & Chaminade Univ); PD All-Empire 2006; PD Co-POTY 2006; Cal-Hi Div 4 All-State 2006; Pac West Co-Champs 11

## Jordan Buhagiar

Football                              Running Back  
(Santa Rosa JC & Univ of Texas-Pan American); PD All-Empire 2000

## Chris Ciraulo

Baseball                              Catcher  
(Sonoma St); PD All-Empire 91 & 93; NCAC Champs 98

## Ethan Crandall

Football                              Tight End  
PD All-Empire 2006

## Josh Buhagiar

## Jered Clark

Football                              Running Back  
PD All-Empire 97

## Stuart Crandall

Football                              Tight End  
(Northern Arizona Univ); PD All-Empire 96 & 97

## Josh Buhagiar

## Connor Coates

Tennis  
(UC Davis); PD Empire POTY 2007; graduated from Roseville High

## Dan Culbertson

Baseball                              Infielder  
(St. Mary's College); SF Giants batboy 87 & 88; PD All-Empire 89; Head Coach softball Marymount High, Westwood

## Cletus Coffey

Football                              WR/DB  
(Lewis & Clark College-Oregon); PD All-Empire 92; Port Forest Dragons 97-98 (AFBL); brother of Lacey Coffey, see Montgomery High (Son) & Lynsey Coffey, see Ursuline High (Son)

## Todd Curran

Soccer  
(UC San Diego); NCAA Div 3 Champs 91

## Austin Davis

Track                                      Discus

# Sonoma County

(Univ of Oregon); NCS Champ  
2008 (158-3); PD Co-AOTY 2008;  
Empire ldr season 2008 (165-1)

PD All-Empire 74 (rb) & 75 (lb)

08, Eugene Emeralds (Northwest  
Lg) 11-

## Derek DeBenedetti

Soccer Goalkeeper  
PD All-Empire 93

## Joe Del Castillo

Football Tight End  
(UNLV); PD All-Empire 2001

## Nick DeLorenzo

Baseball 1B  
(Santa Rosa JC); PD All-Empire  
2009; SRJC ldr season 10 dbls  
(12), trpls (1-tie), slug pct (.529)

## Hilton Derouen

Football Defensive Back  
PD All-Empire 78

## Michael deRutte

Football Wide Receiver  
(Ft. Lewis College); PD All-Empire  
2005 & 06

## Dave Devencenzi

Football Guard  
PD All-Empire 75 & 76

## Chris Devine

Basketball Forward  
(Chico St); PD All-Empire 92; Cal-Hi  
Div 4 All-State 92

## Chris Dezorzi

Football Defensive Back  
PD All-Empire 90

## Joe Dillon

Soccer/BB GK/Infielder  
(Santa Rosa JC & Texas Tech  
Univ); PD All-Empire 92 (soc); PD  
All-Empire 93 (bb); AA 97 (bb)  
Big-12 Champs 12 (bb); Fla  
Marlins 2005, Mil Brewers  
07-08; Yomiuri Giants 06 (Japan);  
TTU rcd season hr 97 (33)

## Jarrod Dillon

Football Tight End  
(Univ of Oregon); PD All-Empire  
94 & 95

## Enoch Dix

BK/Football Wide Receiver  
(Santa Rosa JC, Cal Poly-SLO & St.  
Cloud St); PD All-Empire 93 & 94  
(bk) PD Empire POTY 93 (bk); All-  
Nor Cal, 93 (bk); PD All-Empire 93  
(fb); Cal-Hi Div 4 All-State (bk) 94;  
CNH rcd gm pts 94 (36); season 94  
pts (670), avg (21.6); rcd career pts  
91-94 (1,565); Cal-Hi Grid-Hoop  
Team 94

## Joe Domenichelli

Football RB/Linebacker

## Jackie Dutton

Soccer Defender  
(Univ of Denver); PD All-Empire  
2012

## Lonnie Dyer

Football Tackle  
PD All-Empire 75

## Prince Edwards

Football Running Back  
(San Mateo JC); PD All-Empire  
2003

## Tim Escobar

Baseball Pitcher  
PD All-Empire 96

## Bill Facendini

Football Defensive End  
PD All-Empire 72

## Ross Fakhouri

Football Tackle  
(College of Sequoias JC); PD All-  
Empire 78; played Empire in jc

## Wade Farris

Golf  
Nor Cal Champ 81 (149);  
Superintendent Sebastopol Golf  
Club

## Luke Fay

Football Linebacker  
PD All-Empire 2005

## Alan Feagin

Football DB/WR  
PD All-Empire 2001 (db) & 02 (wr)

## Joe Ferguson

Football Running Back  
(Truman St); PD All-Empire 2008

## Kenny Ferrigno

Football Offensive Line  
PD All-Empire 2006

## Tyler Field

Basketball Center  
(Univ of San Diego); PD All-Empire  
96; Cal-Hi Div 4 All-State 96; CNH  
rcd season reb 96 (390); played pro in  
Argentina

## Hugh Fike

Soccer Forward  
(George Mason Univ); PD All-Empire  
2004

## Chris Fisher

Radio Broadcaster  
(USC); Covered USC sports for  
ESPN Radio; play-by-play bb &  
fb announcer USC radio 2005-08,  
Potomac Nationals (Carolina Lg)

## Matt Fitts

FB/Baseball QB/Pitcher/SS  
(Long Beach St & Lewis & Clark  
College-Idaho); PD All-Empire  
2003 (p) & 04 (p/ss); PD Empire  
POTY 04 (bb); PD All-Empire 2003  
(fb); PD Co-POTY 03 (fb); Cal-Hi  
All-State 04 (bb-utility); NAIA AA  
07 & 08; NAIA National Champs  
07 & 08; played minor league  
baseball; son of Matthew Fitts, Cal  
St Fullerton bb player

## Justin Fitzgerald

BK/Baseball Fwd/Pitcher  
(UC Davis); PD All-Empire 2004  
(bk); PD All-Empire 2004 (bb);  
played minor league baseball

## Patrick Fitzgerald

BK/Softball Coach  
(Santa Rosa JC & Univ of Hawaii-  
Hilo); PD All-Empire 75; Head  
Coach bk Cardinal Newman High  
95-2006 (245-110); NCS Div 4  
Champs 96 (bk); Nor Cal Div 4  
Champs 96 (bk); UHH HOF; son of  
John Fitzgerald, Head Coach bk  
Cardinal Newman High 67-82;  
husband of Margaret DenBeste, see  
Cloverdale High (Son); father of  
Justin Fitzgerald, see above, &  
Krysha & Vanessa Fitzgerald, see  
Cloverdale High (Son)

## Jonathon Flinn

“Jon” (nickname)  
Baseball Pitcher  
(Sonoma St & Santa Rosa JC); PD  
All-Empire 2008; JC All-State 11;  
SRJC ldr era (1.40), wins (8), cg (2),  
ip (96 2/3), so (63), era 13 (1.40)

## Nolan Formway

Baseball Outfielder  
(Santa Rosa JC); PD All-Empire  
2011

## Grace Forsell

Soccer  
PD All-Empire 2014

## Matt Fraize

Football OL/DL  
(Univ of Washington); PD All-Empire  
95; Aloha Bowl Champs  
97; Oahu Bowl Champs 98; Pac-10  
Champs 2000; Rose Bowl Champs  
01

## Brian Friedman

Football Linebacker  
PD All-Empire 96

## Chris Fuhrman

Football Defensive Line

# Sonoma County

<p>PD All-Empire 78</p> <p><u>Billy Fuston</u> Baseball Pitcher (San Diego Christian College &amp; La Sierra Univ); PD All-Empire 2008</p> <p><u>Daniel Galvin</u> Basketball Official (Santa Rosa JC &amp; USF); Prep &amp; college official 79-; board president Cardinal Newman High</p> <p><u>Val Gamber</u> Baseball Catcher Catholic Monitor All-Bay 68</p> <p><u>Ron Garzoli</u> Football Kicker PD All-Empire 78</p> <p><u>Chris Gaston</u> Soccer/ Track FB/1600mtrs (Santa Rosa JC &amp; Univ of Kansas); PD All-Empire 91; NCS Champ 92 (4:18.68)</p> <p><u>Nico Gaytan</u> Soccer Forward PD All-Empire 95</p> <p><u>Ben Gleason</u> Football Defensive Line PD All-Empire 93</p> <p><u>Roy Gmitter</u> Soccer Defender (Portland Univ); PD All-Empire 91; PD Empire POTY 91; Gatorade POTY 91; Member National Under-17 Team 91</p> <p><u>Derek Goble</u> Football Tackle (UC Davis); PD All-Empire 2003 &amp; 04</p> <p><u>Neils Goodwin</u> Football OL/DL (Cal Poly-SLO); PD All-Empire 97</p> <p><u>Jacob Gowan</u> Football Offensive Line (Stanford Univ); PD All-Empire 2007 &amp; 08; Chron All-Metro 08; Max Preps Div 3 All-State 08; Pac 12 Champs 12; Orange Bowl Champs 10; Rose Bowl Champs 13</p> <p><u>Parish Green</u> "Mike" Football Running Back (Santa Rosa JC); PD All-Empire 79</p> <p><u>Caleb Gretton</u> Soccer Defender PD All-Empire 93</p> <p><u>Bond Griffin</u></p>	<p>Soccer Midfielder PD All-Empire 97</p> <p><u>Percy Grogans</u> Football Running Back (Santa Rosa JC &amp; Oregon St ); PD All-Empire 69 &amp; 70; PD Empire POTY 70; State POTY 69 (medium schools); All-Bay Area 70; Bay Area BOTY 70; All-Nor Cal 70; CNH rcd career 69-70 rush yds, (3.351), pts (353), tds (56)</p> <p><u>Garrett Guanella</u> Football Defensive Line PD All-Empire 2010</p> <p><u>Ritz Guggiana</u> Football Linebacker (USF); PD All-Empire 70</p> <p><u>Corey Hammell</u> Basketball Forward (Santa Rosa JC); State JC Champs 2014</p> <p><u>Rick Hardesty</u> Football Quarterback PD All-Empire 93</p> <p><u>Dave Haug</u> Football Tackle PD All-Empire 76</p> <p><u>David Healy</u> Football Wide Receiver (Santa Rosa JC); PD All-Empire 2004</p> <p><u>Kevin Healy</u> Football Offensive Line PD All-Empire 2007</p> <p><u>David Henry</u> Basketball Center (Cal Poly-SLO); PD All-Empire 98; CSL Dijon (France) 02; Dusseldorf (Germany) 03</p> <p><u>Nico Hoehne</u> Football Kicker PD All-Empire 2011</p> <p><u>Mike Hogan</u> Football Quarterback PD All-Empire 79</p> <p><u>Mike Hostetter</u> Basketball Forward (Skyline JC &amp; Univ of Southern Florida); PD All-Empire 88 &amp; 89; PD Empire POTY 89; All-Nor Cal 89; CN H rcd reb season 88 (318), career 86-88 (803); CIF Nor Cal Div 4 Final Gm rcd 89 pts (29), fg (12), reb (13)</p> <p><u>Cledith Hunter</u> Football Defensive End</p>	<p>PD All-Empire 75</p> <p><u>Brian Hutton</u> Football Running Back (Santa Rosa JC); PD All-Empire 2004-06; PD Co-OPOTY 06</p> <p><u>Tom Jackson</u> Football Linebacker PD All-Empire 68</p> <p><u>J. J. Jamerson</u> Baseball Pitcher/1B (Santa Rosa JC); PD All-Empire 2011</p> <p><u>Chris Jensen</u> Baseball Catcher/Pitcher PD All-Empire 2005</p> <p><u>Joe Johnson</u> Football Running Back PD All-Empire 93</p> <p><u>Dan Joseph</u> Football Offensive Line PD All-Empire 93</p> <p><u>Ingrid Jungleman</u> Volleyball PD All-Empire 2015</p> <p><u>Dan Karbousky</u> Football Safety/LB PD All-Empire 2001 (1b) &amp; 02 (s/lb)</p> <p><u>Mike Keefer</u> Football Defensive Back PD All-Empire 71</p> <p><u>Tony Keefer</u> Football QB/Coach (Portland St, Santa Rosa JC &amp; Northern Arizona Univ); PD All-Empire 97; Head Coach Tamalpais High (M) 2007 &amp; 08; Santa Rosa High (Son) 09 (2-8); SRJC rcd season pass comp 2001 (256), career rcd 2001-02 pass comp (432), yds (5.310)</p> <p><u>Kyle Kerchan</u> Football Linebacker PD All-Empire 99</p> <p><u>Dennis Kimmel</u> Football Center PD All-Empire 69</p> <p><u>Michael Klee</u> Wrestling 145lbs NCS Champ 2015</p> <p><u>Brad Kloes</u> Basketball Center (Santa Rosa JC &amp; UC Davis); PD All-Empire 86</p> <p><u>Michael Knott</u></p>
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# Sonoma County

Baseball            Outfielder  
PD All-Empire 2009

POTY 76; EX All-Bay Area 76; All-Nor Cal 76; Nor Cal Co-POTY 76

Basketball  
(Santa Rosa JC); PD All-Empire 2010 & 11; son of Dave McCall, Utah St bk player

## Karl Kobler

Baseball            Outfielder  
(UC Davis); PD All-Empire 2008 & 09

## Jody Lucas

Football            Linebacker  
PD All-Empire 94

## Ryan McCandless

Football            Linebacker  
(Santa Rosa JC & Univ of Oregon); Pac-12 Champs 14; Rose Bowl Champs 15

## Kyle Kozak

Football            Wide Receiver  
PD All-Empire 2003

## Mike Lucas

FB/Baseball        Punt/Pitch/Inf  
PD All-Empire 90 (fb & bb)

## Adien McCarthy

Baseball            Outfielder  
PD All-Empire 90

## Alex Krohn

Tennis              Singles  
(Fresno St); NCS Champ 97

## Larry Lumpkins

Basketball        Center  
(Santa Rosa JC & Northwestern Univ); PD All-Empire 76; JC All-State 78; SRJC rcd pts gm 78 (46); SRJC HOF; father of Stephen Lumpkins, see Serra High (SM)

## Keenan McCullough

Basketball        Guard  
(UC Santa Barbara); PD All-Empire 2003

## Vince LaGatta

Football            RB/DB  
(UC Davis); PD All-Empire 91; PD OPOTY 91

## Jared Madden

Baseball            Outfielder  
(Grossmont JC); PD All-Empire 2005

## Dan McGee

Football            Defensive End  
PD All-Empire 87

## John Lawler

Football            Offensive Line  
PD All-Empire 2008

## Ben Madill

Soccer              Forward  
All-Empire 2003

## Reed McMains

Baseball            Pitcher  
PD All-Empire 2000

## Keller Lawson

Soccer              Goalkeeper  
PD All-Empire 2010

## Scott Magnuson

Football            DB/WR  
(Santa Rosa JC & Sacramento St); PD All-Empire 2005 (db) & 06 (wr)

## Rich Mellott

Basketball        Guard  
(Santa Rosa JC); Catholic Monitor All-Bay 68

## Damien Levesque

Basketball        Forward  
(Cal Poly-SLO); PD All-Empire 93; Rockingham Flames (Australia) 98; CNH rcd season reb 93 (324); CPSLO rcd career reb 93-97 (701); husband of Julie Tingle, Head Coach track Cal Tech Univ

## Phil Magrini

Basketball        Forward  
(Santa Rosa JC); PD All-Empire 72; CNH rcd career pts 69-72 (1,065)

## Brian Meyer

Baseball            Pitcher  
(Santa Rosa JC & Arizona St Univ); PD All-Empire 2005

## Sean Levesque

Football            Offensive Line  
PD All-Empire 96

## Kyle Mahoney

Baseball            1B/Pitcher  
PD All-Empire 2004

## Santo Militello

Baseball            Infielder/OF  
(Santa Rosa JC); State JC Champs 2005

## Ryan Lingle

Football            Quarterback  
(Santa Rosa JC, Diablo Valley JC & Marin JC); PD All-Empire 2005 & 06; PD OPOTY 05; PD Co-OPOTY 06; Chron All-Metro 06; Chron North Bay POTY 06; did not play after high school because of arm injury

## Dave Maigret

Football            Offensive Line  
PD All-Empire 84

## Casey Miller

Football            WR/DB  
PD All-Empire 2008

## Belden Long

Soccer              Defender  
(UCLA); Pac-12 Champs 2013; NCAA Champs 2013

## Mark Marcia

Football            Tackle  
PD All-Empire 68

## Bari Mims

Football            Wide Receiver  
(Southwestern Oregon JC); PD All-Empire 2007; played bk in jc

## Brian Long

Football            Wide Receiver  
(Santa Rosa JC & Chico St); All-Nor Cal 82; Head Coach bk Geyserville High; Co-Head Coach bk Montgomery High (Son) 2009-; played bb at SRJC

## Jeff Marquis

FB/Basketball    OL/DL/Fwd  
PD All Empire 84 (fb-both ways); PD All-Empire 85 (bk)

## Dave Molidor

Baseball            3B  
(UC Santa Barbara); All-Big West 2000 & 01; played minor league baseball; UCSB ldr BAvg 2000 (.378), rbi 01 (67); UCSB All-Decade Team 90s

## Tony Lopez

Football            WR/DB/QB/RB  
(Santa Rosa JC); PD All-Empire 75 (wr & db), 76 (qb); PD Empire

## Robert Mauritson

Football            Linebacker  
PD All-Empire 88

## Brad Monahan

Football            DL/Tight End  
(Univ of California); PD All-Empire 88 (dl & 89 (both ways); PD Co-LOTY 89

## Dwayne May

Football            Wide Receiver  
(Santa Rosa JC); PD All-Empire 79

## John Mazariegos

Baseball            Outfielder  
PD All-Empire 89

## Bryan Monson

Football            Offensive Line  
(Yale Univ); PD All-Empire 2006

## Xavier McCall

“X”

# Sonoma County

(Santa Rosa JC & Armstrong St);  
PD All-Empire 95 & 96; PD Empire  
POTY 96; Cal-Hi All-State 96;  
played minor league baseball

(UC Davis); NCS Champs 89

## Vince Montano

Soccer Defender  
PD All-Empire 2000

## Ben Monticello

Baseball Infielder  
(Santa Rosa JC); PD All-Empire  
2007

## Mark Moran

Football Defensive Back  
PD All-Empire 79

## Tim Moreno

Football Defensive Back  
PD All-Empire 2010

## Aaron Morie

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 97

## Pat Moore

Football Offensive Line  
PD All-Empire 2005

## Kyle Murphy

Football Defensive End  
(Santa Rosa JC & Cal Poly-SLO);  
PD All-Empire 2006; Great West  
Co-Champs 11

## Mike Nakord

Baseball Pitcher  
(Santa Rosa JC & Sonoma St);  
CCAA Champs 99; SS ldr season  
99 era (2.15)

## Chris Sol Navarette

Football Wide Receiver  
PD All-Empire 96

## Al Netter

Football Offensive Line  
(Northwestern Univ); PD All-  
Empire 2006; SF 49ers 12; East-West  
Shrine Gm 12; NU red-tie cons starts  
(52)

## Dan Nilsen

Football Defensive Line  
PD All-Empire 92; North-South  
Prep All-Star Gm 93

## Ryan Nolton

Football Offensive Line  
PD All-Empire 2007

## Ben Noonan

Football WR/DB  
(Santa Rosa JC & Bemidji St); PD  
All-Empire 94

## Dan Ochoa

Soccer Midfielder  
PD All-Empire 97

## Travis Oglesby

Baseball Catcher

## Marc O'Hair

Football Quarterback  
PD All-Empire 75; All-Nor Cal 77

## Andrew Owenson

Soccer Defender  
(Gonzaga Univ); PD All-Empire  
2008 & 09

## Courtland Palmer

Football Defensive Line  
(Univ of California); PD All-Empire  
2011; played rugby in college

## Bart Pellandini

Football Linebacker  
(Santa Rosa JC); PD All-Empire  
76; PD Co-DPOTY 76

## Emily Papale

Volleyball Outside Hitter  
(Academy of Art Univ); PD All-  
Empire 2011-12; CNH red kills 12  
(639)

## Jeff Paul

Football/BK LB/Coach  
(Pacific Univ); PD All-Empire 78  
& 79 (fb); All-Nor Cal 79 (fb);  
Head Coach Ursuline High (Son)  
2007-11; Head Coach girls bk  
Windsor High (Son) 2012-

## Nic Pederson

Basketball Center  
(Santa Rosa JC & Cal St  
Stanislaus); PD All-Empire 2004

## Vaughn Pena

Baseball Outfielder  
(Santa Rosa JC & Arizona St); PD  
All-Empire 92; played bk in JC

## Shawn Percell

Soccer Forward  
(Santa Clara Univ); PD All-Empire  
94 & 95; PD Co-POTY 95; College  
Cup OMVP 99; played pro Belize  
2001; Sea Sounders (USL) 02-04;  
Head Coach Sea Sounders women;  
also atnd Piner High (Son)

## Steve Perez

Football Offensive Line  
PD All-Empire 79

## Anthony Perry

Baseball Pitcher  
(Santa Barbara JC & UC Santa  
Barbara); PD All-Empire 2008

## Todd Phillips

Tennis Doubles

## Frank Piasta

Soccer MF/Defender  
(Yale Univ); PD All-Empire 2002  
(mf), 03 (def) & 04 (def); PD Co-  
POTY 03; PD Empire POTY 04;  
Member Santa Rosa United State  
Cup Under-19 Champs 06

## Joe Pierre

Football Defensive Line  
PD All-Empire 75 & 76; PD Co-  
DPOTY 75; EX All-Bay Area 76;  
All-Nor Cal 76

## Mike Pierre

Football Guard/DL  
PD All-Empire 69

## Danny Pignatano

Baseball Outfielder  
(Santa Rosa JC, Chico St &  
Sonoma St); PD All-Empire 2004;  
JC State Champs 05; SRJC ldr  
season 06 gms (48-tie), ab (188),  
hr (7-tie)

## Max Pond

Football DB/QB  
(Univ of Oregon); PD All-Empire  
2006 (db) & 07 (qb); PD OPOTY  
07; Chron All-Metro 2007 (qb);  
Chron North Bay POTY 2007;  
MaxPreps Div 3 All-State 08

## Louie Poore

Football Offensive Line  
PD All-Empire 99

## Bill Price

Football Defensive Line  
PD All-Empire 70

## Jeff Rebello

Baseball P/Inf  
PD All-Empire 2014

## Kevin Renfree

Football Defensive Line  
PD All-Empire 78

## Alex Reno

Golf  
(San Jose St); PD Empire POTY  
2008 & 10

## Jaysson Reno

Basketball Forward  
(Santa Clara Univ); PD All-Empire  
95; CNH red gm pts 95 (38); did  
not play in college

## Adam Requarth

Soccer Midfielder  
PD All-Empire 95

## Matt Resser

Football Defensive Line

# Sonoma County

PD All-Empire 92 & 93

Football Tight End  
PD All-Empire 84

## Tino Retamoza

Football Defensive Line  
(Santa Rosa JC & Portland St); PD All-Empire 95; PD DPOTY 95; So Oregon Heat 2001 (National Indoor FB Lg); competed in track in jc

## Jordan Reyes

Football WR/DB  
PD All-Empire 2007

## David Robb

Basketball Guard  
PD All-Empire 2001; PD Co-POTY 2001

## Andrew Robello

Soccer Defender  
(UC Davis); PD All-Empire 2007

## Corey Robello

Golf  
PD Empire POTY 2009; SF Jrs Champ 2008 (3 to 2)

## Alex Roberts

Football Defensive Back  
PD All-Empire 2011

## Jerry Robinson

Football/BK LB/Forward  
(UCLA); PD All-Empire 73 & 74 (fb); PD Empire POTY & DPOTY 73; All-Nor Cal 74 (fb), State Div POTY 74 (fb); PD All-Empire 74 & 75 (bk); PD Empire POTY 75 (bk); All-Nor Cal (bk) 74; State AOTY 74 (medium schools); All-Pac-8 76 & 77; All-Pac-10 78; All-Coast 77; College AA 76-78; Palo Club Pop Warner Award 78; Phil Eagles 79-84, LA Raiders 85-91; NFL Champs 81; 1st rnd pick 79; Cal-Hi All-Decade FB 70s; College FB HOF; cousin of James Terrell, see St. Patrick High (Sol)

## Ryan Rodriguez

Football Defensive Line  
PD All-Empire 2008

## Jerry Rudder

Football Defensive Line  
PD All-Empire 96

## Bob Salazar

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 76

## Michael Santos

Basketball Forward  
(Santa Clara Univ); PD All-Empire 2006 & 07; PD Co-POTY 07, son of Ron Santos, see Bishop O'Dowd High (A)

## Ken Schmidt

## Matt Schumann

Football Tight End/DE  
(Utah St); Big West Co-Champs 96 & 97

## Michael Sealock

Soccer Goalkeeper  
(Gonzaga Univ); PD All-Empire 2004 & 05

## Justin Selander

Soccer Forward  
(UCLA); PD All-Empire 93; PD POTY 93; Parade AA 94; Gatorade State POTY 94; UCLA Rookie of the Year 94; Leonides (Holland) 2002; Head Coach Santa Rosa United Under-11 Girls

## Jeff Senkevich

Football Offensive Line  
(Univ of Idaho); PD All-Empire 94; son of John Senkevich, Univ of Louisville fb player

## Nick Senkevich

Football Offensive Line  
PD All-Empire 93

## D. J. Sexton

Football WR/DB  
(Santa Rosa JC & St. Elizabeth St); PD All-Empire 2004

## Dan Shane

Football Defensive Back  
PD All-Empire 96

## Bobby Sharp

Basketball Guard  
(Santa Rosa JC Univ of Portland); PD All-Empire 2010 & 11; JC All-State 13; SRJC ldr avg 13 (17.0)

## Brent Shaw

Cross Country  
NCS Div 4 Champ 98 (16:28)

## Sean Sheridan

Football Running Back  
(St. Mary's College); PD All-Empire 99 & 2000

## Sheridan Silver

Basketball Guard  
(Santa Rosa JC & Cal Poly-SLO); PD All-Empire 88 & 89; CIF Nor Cal Div 4 Final Gm 89 ft (7), ft att (9)

## Christopher Sigler

"C. J"  
Soccer Defender  
(Cal Poly-SLO); PD All-Empire 97; Head Coach Santa Rosa United Under 17 & 18 boys

## Pat Sigler

Soccer Defender  
(St. Mary's College & Cal Poly-SLO); PD All-Empire 2006; PD POTY 2006; Cal Hi All-State 2006; Cal-Hi State POTY 2006; AA 2006; Gatorade POTY 2006; All-Big West 08; Big West Co-Freshman of the Year 08; Big West Champs 09; All-Big West 10 & 11; CPSLO ldr career 08-11 starts (78); brother of C. J. Sigler, see above, & Catherine Sigler, see Ursuline High (Son)

## Evan Smith

Football Defensive Line  
PD All-Empire 91

## Bryce Stafford

Basketball Guard  
PD All-Empire 87

## Jonathan Steele

Football Defensive Line  
PD All-Empire 2008

## Nick Stein

Lacrosse Defender  
(Cal Poly-SLO); WCLL Champs 2010 & 11

## Nick Stephenson

Football OL/Linebacker  
(Santa Rosa JC & UC Davis); PD All-Empire 84; PD LOTY 84; All-Nor Cal 84 (lb); NCAC Champs 88

## Steve Stout

Baseball OF/Pitcher  
(Solano JC); PD All-Empire 2010

## Chris Summers

Football Running Back  
PD All-Empire 96

## Corey Sunday

Baseball Pitcher  
(Univ of Nebraska, Santa Rosa JC & Sonoma St); PD All-Empire 2006; head coach Windsor High 14-

## Ben Supple

Football Linebacker  
(Columbia Univ); PD All-Empire 2000

## Sean Sweeney

Baseball Pitcher/2B  
(Menlo College); PD All-Empire 2009; NAIA West (South Div) Champs 2011; MC ldr season 11 wins (8-tie)

## Andres Tamayo

"Andy"  
Soccer/Rugby MF/FB/Wing  
(Univ of California); PD All-Empire 94 (soc); NCAA Champs 99 (rugby)

# Sonoma County

## Matt Taylor

Football OL/DL  
PD All-Empire 94

## Sean Taylor

Football Kicker/Punter  
PD All-Empire 84 (k) & 85 (p)

## Rich Thornton

Swimming/WP Free/Breaststroke  
(Univ of California); NCS Champ  
76 200 fs (1:42.8), 100 bs (4:24.2);  
Member Olympic Team 80  
(boycott year); Head Coach wp  
World Championships Team 95;  
Head Coach swim/wp California  
High (CC); Head Coach San Ramon  
Livermore Aquatics 84-; son of  
Norton Thornton Jr., see Palo Alto  
High (SC)

## Mike Titchenal

Basketball Guard  
(Cal Poly-SLO); PD All-Empire  
2000; PD Co-POTY 2000; brother  
of Christy Titchenal, see Ursuline  
High (Son), son of Bob Titchenal  
Jr., Univ of Hawaii bk player &  
grandson of Bob Titchenal Sr., pro  
fb player, original 49er & Head  
Coach fb San Jose St

## Steven Tomasin

Football Utility  
PD All-Empire 2011; PD POTY 2011;  
Chron All-Metro 2011; score 6td vs  
Santa Rosa 11; also atnd Rincon  
Valley Christian (Son)

## Ellio Torrano

“The Toe”  
Football Defensive Line  
PD All-Empire 2006; PD Co-  
DPOTY 2006; Chron All-Metro  
2006; also kicker in high school

## Michele Torrano

Football Linebacker  
PD All-Empire 2004

## John Trappe

Football Center  
(Montana Tech College); PD All-  
Empire 2000

## Vince Tromboll

Football Offensive Line  
PD All-Empire 91

## Mike Vaez

Football Running Back  
PD All-Empire 84

## Mike Vaughan

Football WR/DB  
PD All-Empire 76 (both ways) &  
77 (wr)

## Marc Vera

Wrstlg/FB/Rugby 189lbs/RB/Wing  
(Univ of California); NCS Champ  
92; NCAA Champs (rugby) 98;  
Member National 7s Team (rugby)  
2002-03; Head Coach 7s SF  
Olympic Club

## Darryl Vice

BK/FB/BB Guard/QB/Coach  
(Univ of California); PD All-  
Empire 84 (fb); PD BOTY 84; All-  
Nor Cal 84 (fb); PD All-Empire 85  
(bk); PD Empire POTY 85 (bk);  
played minor league baseball;  
Head Coach bb Cardinal Newman  
High; CNH rcd pts 85 gm (35),  
season (520)

## Cyrus Virdeh

Football Defensive Line  
(UC Santa Cruz); PD All-Empire 90

## Dimitri Viripaeff

Soccer Midfielder  
PD All-Empire 96

## Alec Vlastnik

Baseball Pitcher/Shortstop  
PD All-Empire 2008

## Rob Walker

Football Defensive Back  
PD All-Empire 84

## Luke Walters

Soccer Defender  
(Santa Rosa JC); PD All-Empire 99;  
State JC Champs 2002

## Lance Wargo

Wrestling 126lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Mike Webb

Football Offensive Line  
PD All-Empire 80

## Donald Weddington

Basketball Guard  
(Santa Rosa JC); PD All-Empire  
2006 & 07

## Nate Weis

Football Linebacker  
PD All-Empire 95 & 96

## Charlie Welch

Golf  
NCS Champ 2008 (69)

## Matt Wellen

Basketball Center  
PD All-Empire 2006 & 07

## Matt Werle

Baseball DH

PD All-Empire 92

## John Wetteland

Baseball Pitcher  
(San Mateo JC); LA Dodgers 88-91,  
Mon Expos 92-94, NY Yankees  
95-96, Tx Rangers 97-2000; ALCS  
96, WS Champs 96, WS MVP 96;  
CNH weight rooms named in his  
honor; Peninsula Sports HOF 2001

## Chris Whitlock

Track 400mtrs  
(Santa Rosa JC & Washington St);  
Pac-10 Champ 83 (46.28); Pac-10  
Champs 83

## Jim Wilkey

Football End/LB/DB  
PD All-Empire 69 (end) & 70 (end  
& db); EX All-Bay Area 70 (lb);  
North-South Prep All-Star Gm 71

## Mitch Wilkey

Football Linebacker  
PD All-Empire 2003

## Corey Williamson

Football Quarterback  
PD All-Empire 95 & 96; PD OPOTY  
96

## David Wisely

Football Kicker  
PD All-Empire 92

## James Withers

“J. K.”  
Track 400/800/1600  
(Univ of Oregon); NCS Champ  
2004 (4:14.16); Pac-10 Champs  
07; Empire rcd (4:10.84); Empire  
ldr season 2004 (50.17), (1:53.21-  
CNHS rcd), (8:36.17)

## Joe Withers

Cross Country  
(Northern Arizona Univ); Big Sky  
Champs 2010; brother of James  
Withers, see above

## Skip Withers

Football Linebacker  
PD All-Empire 74

## Will Worth

Football OL/DL  
PD All-Empire 2000

## Kyle Wright

Football Quarterback  
(UTEP); PD All-Empire 2004; PD  
Co-OPOTY 2004; ld CNH yds 2004  
(2,250), pct (65.0), td (22)

## Phil Wright II

Football RB/DL  
(Santa Rosa JC & Long Beach St);  
PD All-Empire 84; PD Empire



# Sonoma County

POTY 84; head coach sb SRJC

(Univ of Nebraska); PD All-Empire 92 & 93; PD Co-POTY 93

(San Francisco St); All-Nor Cal 80; FWC POTY 82; played minor league baseball; Scout Cin Reds; SFS red season wins 82 (12); SF State HOF; Petaluma High HOF

## Phil Wright III

“Scooby” (nickname)

Football Linebacker  
(Univ of Arizona); PD All-Empire 2011 & 12; PD Empire DOPTY 12; CalHi All State 12; MaxPreps Div 3 All-State 12; Cal State All-Star Gm 12; Freshman AA 13; All-Pac 12 14; Pac-12 DPOTY 14; AA 14; Bednarik Award 14 (best college lb); Lombardi Award 14 (best college defensive player); sister Ashley, sb player Univ of Illinois, son of Phil Wright II, see above

## Dan Aldridge

Track 880/1500mtrs/Mile  
(Santa Rosa JC, USC & Cal Poly-SLO); NCS Champ 75 (1:50.3); 2nd State Meet 75 (1:51.1); State Champ 77 (3:47.10); NCAA Div 2 Champs 81; Head Coach boys & girls Maria Carrillo High (Son); NCS Div 2 Champs 04 (girls), 05 (both), Div 3 06 (boys); Head Coach Sonoma Academy 14-; NCS Div 5 Champs 14 (girls)Empire rcd 75 (1:49.21); SRJC rcd 77 (3:47.10); CP-SLO rcd (3:40.67); mile pr 81 (3:59.9); Petaluma High HOF; SRJC HOF; father of Jenny Aldridge, see Maria Carrillo High (Son)

## Dee Dee Baddeley

Softball 1B  
(Cal St Northridge); State JC Champs 82; NCAA Div II Champs 85; Petaluma High HOF; SRJC HOF

## Randy Wright

Football Quarterback  
(UC Davis); PD All-Empire 2008; PD OPOTY 2008; Max Preps Div 3 All State 2008; Great West Conf ROTY 10; UCD ldr season 10 pass yds (2,432), tds (17); brother of Kyle Wright, see above

## John Alejos

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 72; PD DPOTY 72; Petaluma High HOF; SRJC HOF

## Shelby Baldwin

Soccer/Softball GK/3B  
(Santa Rosa JC); PD All-Empire 94 (soc); PD All-Empire 95 (sb)

## Kyle Yamamoto

Football Linebacker  
PD All-Empire 91

## Martin Alejos

Football TE/Linebacker  
(UOP); PD All-Empire 79; Petaluma High HOF

## Samantha Banister

“Sam”  
Softball Infielder/OF  
(Univ of Arizona); PD All-Empire 2003 (inf), 04 (of) & 05 (1B); Cal-Hi All-State 03-05; All-Pac-10 07; Pac-10 Champs 07; NCAA Champs 06 & 07; ESPY FAOTY 07 & NCAA FAOTY 07; Akron Racers (National Pro Fastpitch) 09; PH rcd career hr, BAvg, rbi; UA rcd season 07 inn (370), so (522), wins (42); daughter of Jon Banister, pro rodeo cowboy; niece of Jim Bannister, pro rodeo cowboy; cousin of Joelle Krist, see below

## Kyle Young

Football Linebacker  
(Univ of Oregon); PD All-Empire 2006; Sun Bowl Champs 07

## Sarah Allen

Basketball Center  
(UC Davis); PD All-Empire 97 & 98; PD Co-POTY 98

## Dennis Bardsley

Wrestling 150lbs  
(Santa Rosa JC & Cal Poly-SLO); State JC Champ 73; President California Wrestling HOF; SRJC HOF; SRJC Wrestling HOF

## Taylor Young

Swimming  
(Univ of California); PD Empire

## SOTY 2013

## Lisa Allena

Softball Infielder  
PD All-Empire 96

## Brian Barnacle

Football Defensive Line  
PD All-Empire 2002

## Mark Zappelli

Football Defensive Back  
All-Nor Cal 83

## Petaluma High Trojans

## Petaluma

(estab. 1873)

## Ray Allena

BB/Softball Infielder  
(Santa Rosa JC); National SB Champs with Guanella Bros of Santa Rosa 74; sb AA 74, 79, 80 & 84; National Softball HOF; SRJC HOF

## Kenneth Battaglia

Track 220/100yds  
(Santa Rosa JC); NCS Champ 36 (22.2) & 37 (10.2), (22.2)

## Bob Acorne

FB/Track/Rugby Back/100yd  
(Santa Rosa JC); Founder of Petaluma Leghorns semi-pro fb team 46-58; pr 100yd (10.2); SRJC HOF

## Isabel Andrade

Cross Country  
NCS Div 3 Champ 2008 (17:47) & 09 (18:06)

## Jerry Beatie

Football End  
(Stanford Univ); Petaluma High HOF

## Jeffery J. Aderholt

“J. J.”

Swimming Diving  
(Univ of Arizona); NCS Champ 2002 (394.5)

## Eric Antonelli

Football Offensive Line  
PD All-Empire 95

## Gene Benedetti

Football QB/Center  
(Santa Rosa JC & USF); Owner Petaluma Leghorns sem-pro fb team 46-58; Founder Clover-Stornetta Farms (known for cartoon “Clo The Cow”); Petaluma High HOF; SRJC HOF; USF HOF; Sonoma St HOF; brother of Dante Benedetti, USF fb player

## Akers

Track Javelin  
State Champ 27 (174-4 1/4)

## Stan Augustine

Football Defensive Back  
PD All-Empire 65; Head Coach football & girls track Sonoma Valley High (Son); NCS Honor Coach track 87

## Gary Bettinelli

Football Guard  
PD All-Empire 65

## Sherry Alcorn

Softball Infielder

## Aldo Baccala

“Butch”

Baseball Pitcher

# Sonoma County

PD All-Empire 77

## Al Bettman

Football Linebacker  
(Utah St); PD All-Empire 71

## Katy Bisges

Basketball  
PD All-Empire 2013

## Kristina Blair

Softball/BK Pitcher/1B  
(Texas Tech Univ & Tennessee St);  
PD All-Empire 2000 & 01 (sb); PD  
All-Empire 01 (bk)

## Tim Bond

Football Defensive Back  
PD All-Empire 75

## Stephanie Borba

Softball Outfielder  
PD All-Empire 94

## Ben Bostrom

Motorcycle Rider  
Pro rider; AMA Dirt Track Rookie  
of the Year 93; AMA Super Bike  
Champ 98; AMA Supersport  
Champ 2008

## Eric Bostrom

"E-Boz"  
Motorcycle Rider  
Pro rider; AMA Harley Davidson  
Dirt Track Champ 96; AMA Super  
Twins Series Champ 97; AMA  
Formula Extreme Champ 98; AMA  
600 Superport Champ 2001;  
brother of Ben Bostrom, see above

## Chris Bottini

Baseball 3B  
(Santa Rosa JC); PD All-Empire  
2009

## Frank Bowles

Track 220ydLH  
AAL Champ 1899 (28.4)

## Mike Boylan

FB/Baseball LB/OL/1B  
(Santa Rosa JC); PD All-Empire 88  
(fb-both ways); PD All-Empire  
89 (bb)

## Gina Brereton

Soccer Midfielder  
(UC San Diego); PD All-Empire 2006

## Greg Bridges

FB/Wrestling WR/138lbs  
PD All-Empire 89; NCS Champ 90

## Amy Brody

Softball Infielder  
PD All-Empire 89

## Jim Brooks

Basketball Forward

## Connie Brown

Football Defensive Back  
(CCSF, Univ of Alabama & UNLV);  
PD All-Empire 97

## Romeo Brown

Football Defensive Line  
PD All-Empire 94

## Jake Burnett

Football Running Back  
PD All-Empire 2007

## Wes Call

Football Offensive Line  
(Santa Rosa JC & Univ of  
Washington); PD All-Empire 96;  
JC AA 98; Pac-10 Champs 2000;  
Rose Bowl Champs 01

## Michael Carroll

Track 200/400mtrs  
(Claremont-Mudd-Scripps  
College); SCIAAC Champ  
4x100mtrs Relay (NR); SCIAAC  
Champs 09 & 10; PH ldr season  
2007 (50.48)

## Vern Carsarotti

Football Fullback  
(Santa Rosa JC); Oakl Giants 44  
(PCFL)

## Keith Caughie

Baseball Infielder  
PD All-Empire 93

## Jesse Caveney

Baseball Utility  
PD All-Empire 88

## Burton Chadwick

"Bud"  
Football End  
(Cal Poly-SLO); All-CCAA 54;  
Little All-Coast 54; Sask Rough  
Riders (CFL) 56; Petaluma High  
HOF; Cal Poly HOF

## Mary Chapman

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 97;  
also All-Empire at Rancho Cotate  
High (Son) 98-2000

## Justin Chatoian

Football Quarterback  
(Santa Rosa JC); PD All-Empire 99

## Melissa Cheda-Poncetta

Basketball Guard  
(Sonoma St & Chico St); PD All-  
Empire 98

## Kevin Christensen

Football Defensive End  
PD All-Empire 79

## Angela Church

Basketball Guard  
PD All-Empire 91; All-Nor Cal 91

## John Cilley

Baseball Pitcher  
PD All-Empire 2005; PD Empire  
POTY 2005

## Paula Clarey

Volleyball Outside Hitter  
PD All-Empire 2011-12

## Colby Cochrane

Baseball Catcher  
PD All-Empire 2004

## Jayson Collard

Wrestling 197lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Daniel Comstock

Baseball 3B/Pitcher  
(Menlo College); PD All-Empire 2010  
(3b/p) & 11 (3b); All-NAIA West  
Group 14; MC ldr 14 avg (.350), dbls  
(24-MC red), rbi (39), obp (.434), slg  
pct (.587), gms (57); played catcher in  
college

## Laurie Cook

Basketball Guard  
PD All-Empire 85 & 86

## John Cooper

Football Offensive Line  
PD All-Empire 92 & 93

## Hank Corda

Football Center  
PD All-Empire 64

## Jeff Corda

Football Defensive Line  
(Santa Rosa JC & Wayne St); PD  
All-Empire 99

## Rowdy Cordero

Football Offensive Line  
All-Nor Cal 81

## Scott Cramer

Baseball Outfielder  
PD All-Empire 89

## Jeremy Crone

Football Offensive Line  
PD All-Empire 90

## Justin D'Amico

Wrestling 135lbs  
NCS Champ 91

## Pete Daggett

Basketball Guard  
Chron All-North Coast 69; EX All-  
North Bay 69; PH ldr season pts

# Sonoma County

avg 69 (24.9)

Clara Univ 27-35 (101-48) & St. Mary's College 38-39 (21-19); Head Coach track Lowell High, 23-26 & Santa Clara Univ; SCU HOF

2002-06 (104-41), Franklin High, (Elk Grove), 07-; NCS Div 2 Champs 04; Nor Cal Div 2 Champs 04; Nor Cal D2 COTY 04

Mike Dean

Football Defensive Back  
PD All-Empire 94

Brandon DeLeon

Baseball Outfielder  
PD All-Empire 2005

Ashlyn Dolcini

Basketball Forward  
(Menlo College); Cal Pac Champs 2006

Jim Dolcini

FB/Wrestling DL/Wrist  
(Santa Rosa JC & Humboldt St); Middleweight Wrist Wrestling Champ 68; Heavyweight Wrist Wrestling Champ 70, 71, 74 & 75; All-FWC 72 (fb)

Mike Dolcini

Wrestling Wrist  
Lightweight Wrist Wrestling Champ 70

Paul Dolcini

Football Linebacker/RB  
(College of Redwoods JC); PD All-Empire 74 (lb) & 75 (both ways); PD Empire POTY 75

Sadie Dolcini

Softball Catcher  
(St Mary's College); PD All-Empire 2005; daughter of Jim Dolcini & niece of Mike Dolcini, see above

Kurt Donahoo

Football Defensive Back  
PD All-Empire 78 & 79; All-Nor Cal 79

Hugh Dowdy

Cross Country  
(Univ of Colorado); Pac-12 Champs 2013 & 14; NCAA Champs 2013 & 14; prep pr 800mtr (1:56), 1600mtr (4:15.77), 3200mtr (9:39.0)

Brooks Drysdale

Baseball Infielder  
(Santa Clara Univ); PD All-Empire 89; played minor league baseball; Midwest Lg All-Star 94; Midwest Lg-South Div Champs 94; Northwest Lg ldr 93 saves (11)

Kaitlin Dunaway

Volleyball Setter/OH  
(Sonoma St); PD All-Empire 2008 (set) & 09 (oh); Empire POTY 09

Harlan Dykes

Basketball Coach  
(Stanford Univ); Head Coach bk Lowell High (SF) 23-26, Santa

Jim Eaglin

Football Halfback  
Petaluma High HOF

Katy Eldridge

"Ripp" (married name)  
Volleyball Outside Hitter  
(UOP); All-Big West Freshman 89; All-Big West 92; All-District 93; played pro beach vb 93-2002; Orange County Diggers 96 (National VB Assoc); Indoor pro league (Italy) 96-97; Head Coach women Foothill JC 04-; Petaluma High HOF; UOP HOF; wife of Joe Ripp, see Piedmont Hills High (SC)

Matt Eldridge

Football RB/Linebacker  
PD All-Empire 90

Scott Ellison

Football Offensive Line  
PD All-Empire 97

Fred Ellsworth

Track 220yds  
NCS Champ 24 (22.9)

Dustin Emswiler

Baseball Catcher  
PD All-Empire 98 & 99

Matt Ferrick

Basketball Center  
PD All- 0 & 81; All-Nor Cal 81

Kristina Fetter

Soccer Forward/MF  
(UOP); PD All-Empire 97 & 99; All-Big West 2001

Andy Figone

Football Defensive Line  
PD All-Empire 2000

Dave Fishman

Football Offensive Line  
PD All-Empire 79

Alberto Flores

Soccer Forward  
(Santa Rosa JC); PD All-Empire 99; State JC Champs 2001

Andres Flores

Soccer Defender  
(Santa Rosa JC); PD All-Empire 98 & 99; State JC Champs 2001

Jesse Formaker

Basketball Coach  
Head Coach Hayward High (A)

Diana French

Basketball Guard  
(Chapman Univ); PD All-Empire 90

Matt Fritsche

Football Linebacker  
PD All-Empire 95

Mike Fritsche

Football Defensive End  
(Santa Rosa JC & West Virginia Wesleyan Univ); All-West Virginia Intercollegiate Conf 2001

Bob Frye

Football Guard  
PD All-Empire 77

Tara Funk

Soccer Goalkeeper  
(Santa Rosa JC & Sonoma St); JC State Champs 2011

Davide Furtado

Soccer Forward  
(Sonoma St); PD All-Empire 2006; CCAA Champs 08

Bob Garcia

Football End  
PD All-Empire 69; EX All-Bay Area 69

Francis Garzoli

Football Guard  
All-Nor Cal 52; North-South Prep All-Star Gm 53

Taylor Gehring

Soccer Defender  
(UC Santa Barbara); PD All-Empire 2008 & 09

Dan Gerald

Wrestling 134lbs  
(Santa Rosa JC & San Francisco St); NCAC Champ 89

Leroy Geving

Drag Racing Driver  
Hard top racer; four-time Bay Cities Champs late '50s to early '60s; father of Gary Geving, sprint car driver; grandfather of Alissa Geving, see Ursuline High (Son)

Drew Giadano

Football Linebacker  
(Santa Rosa JC); PD All-Empire 2006

David Giganti

Wrestling 147lbs

# Sonoma County

(Santa Rosa JC); NCS Champ 99;  
JC Nor Cal Champ 2001; SRJC  
Wrestling HOF

Football Running Back  
PD All-Empire 92; PD OPOTY 92

PD All-Empire 91

## Kevin Gilmore

Baseball Umpire  
Pac-10, WAC umpire, worked  
College World Series; Petaluma  
High gym named after his father;  
Petaluma High HOF

## Dave Guest

Rugby Wing  
(Univ of California); NCAA Champs  
99-2002; AA 2002; Cal rcd season  
pts 2002 (295)

## Juan Higueros

Football Tight End  
PD All-Empire 91

## Casey Gilroy

Football Quarterback  
PD All-Empire 77; Joe DiMaggio Nor  
Cal Champs 79 (bb)

## Garrett Hagerla

Football Defensive Line  
(Southern Oregon Univ); PD All-  
Empire 2007; played rugby in  
college

## Kirsten Hilbert

Soccer Forward  
(Cal Lutheran Univ); PD All-Empire  
2008

## Ali Giraud

Volleyball Outside Hitter  
(U. S. Military Academy); PD All-  
Empire 2006 & 07

## Les Hamilton

Football Quarterback  
(San Francisco St & Snow JC); PD  
All-Empire 89; PD Empire POTY  
89

## Scott Hilbert

Baseball Pitcher  
PD All-Empire 2013; PH ldr 2013 so  
(74), era (1.15), dbls (10)

## Greg Goebel

Football Offensive Line  
PD All-Empire 2004

## Chad Hansen

Football Linebacker  
PD All-Empire 96

## Clifford Hoffman

“Biff”  
Track/Football Discus/Back  
(Stanford Univ); National AAU Jr  
Champ 25 (146-7 1/4); NCAA  
Champ 27 (148-4); IC4A Champ  
27 (150-7); Rose Bowl Champs  
28; Rose Bowl MVP 28; East-West  
Shrine Gm 28; annual award named  
in his honor goes to Stanford’s  
top senior athlete; Stanford HOF;  
husband of Claire Gianini,  
daughter of Bank of America founder  
A. P. Gianini

## Janeen Gold

Softball Outfielder  
PD All-Empire 95

## Melissa Hansen

Soccer Forward  
PD All-Empire 98

## Kerry Goldberg

Softball Outfielder  
PD All-Empire 93

## Gina Hardy

Soccer Goalkeeper  
PD All-Empire 91

## Krista Hoffman

Basketball Center  
PD All-Empire 2002 & 04

## Casey Goltermann

Football OL/DL  
PD All-Empire 87; Petaluma High  
HOF

## Blair Hart

Track Pole Vault  
NCS Champ 17 (10-1)

## Chuck Holmes

Football Linebacker  
PD All-Empire 70

## Riley Gong

Soccer Defender  
PD All-Empire 2010

## Kirk Hay

Football Defensive End  
PD All-Empire 65

## Scott Householder

Golf  
(College of the Desert JC & Cal St  
San Bernardino); NCAA Div 2  
Champ 97 (273); played pro golf;  
CSSB HOF

## Ross Goree

Basketball Forward  
Chron All-North Coast 70

## Casey Healy

Basketball Guard  
(Grossmont JC); PD All-Empire  
2009

## Phoebe Hudson

Softball OF/Utility  
PD All-Empire 97 (of) & 98 (util)

## Bill Govan

Football Defensive Line  
PD All-Empire 79

## Clyde Healy

Track 880yds  
AAL Champ 1900 (2:10.2) & 01  
(2:08.0)

## Mike Graham

Football Linebacker  
PD All-Empire 93

## Roy Hennis

Football Guard  
PD All-Empire 63

## Mark Ibanez

All Sports Broadcaster  
(Santa Rosa JC & Univ of Idaho);  
KXTV Sacramento sportscaster;  
KTVU Channel 2 sports reporter  
83-87; sports anchor 87-; also  
attnd San Rafael High (M)

## Mia Greco

Basketball Point Guard  
(Santa Rosa JC & St. Mary’s  
College); PD All-Empire 2008 &  
09; Empire Co-POTY 09; State JC  
Champs 11; State JC Tournament  
MVP 11; JC All-State 11; SRJC ldr  
season 11 pts avg (14.0)

## Beva Hernandez

Badminton  
PD Empire POTY 2008

## Nate Irvine

Football RB/LB  
PD All-Empire 95

## Tara Grieser

Track High Jump  
(Santa Rosa JC); NCS Champ 84  
(5-5)

## Peter Hicks

Football Defensive Line  
PD All-Empire 93

## Chris Iversen

Football Tackle  
PD All-Empire 65

## Eric Gross

## Frank Hiebakes

Football Running Back

## Christopher Arnold Iversen

“Duke”  
“Arnold” (known by middle name)

# Sonoma County

“Iverson” (frequently seen surname)  
Football DB/RB/LB  
(Univ of Oregon); East-West Shrine  
Gm 47 (Cpt); NY Giants 47, NY  
Yankees (AAFC) 48-49, NY Yanks  
50-51 (NFL); father of Chris Iversen,  
see above; Petaluma High HOF

Damon James  
Soccer Midfielder  
(UCLA); PD All-Empire 2002

Kurt Jastrow  
Softball Coach  
Head Coach Petaluma High 2002-;  
NCS D2 Champs 03, 04, 07, 11

Roman Jennings  
Football Tight End  
PD All-Empire 2010

Harold Jensen  
“Hal”  
Football Halfback  
(USF); East-West Shrine Gm 49;  
USF HOF

Dalton Johnson  
BB/Football OF/Corner Back  
(Santa Rosa JC); PD All-Empire  
2009 (both sports)

Marie Joslin  
Swimming Backstroke  
(Santa Rosa JC & UC Santa Cruz);  
State Champ 2004; State JC  
Champs 2004 & 05

Christine Kearney  
Soccer Defender  
(Chico St); CCAA-North Champs  
2009

Erika Kehr  
Softball Pitcher  
(Sonoma St); PD All-Empire 2002

Krystal Kehr  
Softball Pitcher/1B  
(Loyola Marymount Univ); PD All-  
Empire 2000-02; PD Empire POTY  
01 & 02; Cal-Hi All-State (medium  
schools) 02; PCSC Champs 05;  
sister of Erika Kehr, see above

Shannon Kehr  
Softball 2B/OF/Shortstop  
(Univ of Illinois-Chicago); PD All-  
Empire 2006 (2b/of), 07 (2b) & 08  
(2b/ss); Cal-Hi All-State 08  
(medium schools)

Barbara King  
Basketball Forward  
PD All-Empire 89; All-Nor Cal 89

Ali Klemenok  
Softball Pitcher

(Portland St); PD All-Empire  
2003-05; PD Empire POTY 04;  
played shortstop in college

Fred Klemenok  
“The Fox”  
Football Quarterback  
(USF & COP); SF Clippers 48  
(PCFL); grandfather of Ali  
Klemenok, see above

Chadd Krist  
Baseball Catcher  
(Univ of California); PD All-Empire  
2006-08; PD AOTY 08; All-Pac-10 10  
& 11; UC ldr season hr 10 (10-tie), 11  
gms (61-tie), starts (61-tie), dbls (27),  
slug pct (.441); played minor league  
baseball; Fla St Lg Champs 13 (North  
Div)

Joelle Krist  
Softball Infielder  
(Univ of Arizona); PD All-Empire  
2014; PH ldr 2014 hr (11), rbi  
(47); cousin of Samantha Banister, see  
above

Josh Krist  
FB/Baseball QB/Pitcher/Inf  
(Santa Rosa JC & Cal Poly Pomona  
Univ); PD All-Empire 2004 (fb);  
PD All-Empire (bb) 05; CPP rcd  
season saves 10 (7); brother of  
Chadd Krist, see above, father Mike  
played bb Sonoma St

John Leal  
Football Linebacker  
PD All-Empire 93

Chris Lee  
Baseball Outfielder  
(UC Davis); PD All-Empire 90

Will Leisek  
Soccer Defender  
PD All-Empire 2006

Morgan Lemos  
“Mo”  
Softball 3B  
(Santa Rosa JC); PD All-Empire 2008

Ashley Lennon  
Track Pole Vault  
(Utah St); NCS Champ 2000 (10-9)  
Empire ldr season 01 (11-3)

Steve Levinson  
Wrestling 115lbs  
NCS Champs 87; PD Empire WOTY  
87

Steve Liddle  
Football Linebacker  
(Santa Rosa JC); PD All-Empire 66

Sterling Lockert

CC/Track 3200/800mtrs  
(Loyola Marymount Univ); NCS  
Div 3 Champ 2007 (15:24) &  
08 (15:04); PD ROTY 2007 (cc)  
& 08 (cc); PD ROTY 09 (track);  
Empire rcd 09 (9:01.32); Empire  
ldr season 2007 (9:23.55), 08  
(4:16.07), (9:29.04), 09 (1:55.54),  
(4:14.27), (8:30.58); twin brother,  
Devin, Sacramento State cc runner

Janelle Lombardi  
“Nell”  
Basketball Forward  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2002

Manuel Lopes  
Football Linebacker  
PD All-Empire 89

Kindra Lorenz  
Soccer Defender  
PD All-Empire 94

Rene Lorraine  
Track Pole Vault  
NCS Champ 94 (15-0); Empire rcd  
95 (15-9)

Tom Louderback  
Football LB/OL  
(Santa Rosa JC & San Jose St);  
College All-Star Gm 55; Hamilton  
Tiger-Cats 55 (CFL); Phil Eagles  
58-59, Oakl Raiders 60-61 (AFL),  
Buff Bills 62; Petaluma High HOF;  
SRJC HOF; SJS HOF

Eric Luiz  
Baseball Outfielder  
PD All-Empire 91

Robert Maddalena  
Football/BB Fullback  
(Univ of Colorado & USF);  
Petaluma Leghorns semi-pro fb  
team

Anni Magliulo  
Soccer Forward  
(UNLV); PD All-Empire 2000; PD  
Co-POTY 2000; All-MWC 03 & 04;  
MWC OPOTY 04; NSCAA All-West  
03; MWC 10th Anniversary Team  
08; UNLV ldr career pts 01-04 (68);  
UNLV ldr season 02 goals (11), pts  
(25), shots/goal (23), 03 goals (8),  
asst (5), pts (21), shots (56), shots/  
goal (36), 04 pts (11)

Sarah Marcia  
Softball Pitcher  
(Santa Rosa JC & Chico St); PD  
All-Empire 2007; PD Co-POTY 07

Diego Marroquin  
Soccer Defender

# Sonoma County

(Santa Rosa JC & Sacramento St);  
JC AA 2008; JC All-Far West 2008;  
All-MPSF 09; MPSF Champs 09

## Nick Marsh

Football Kicker/Punter  
(Univ of Utah); NFL Punt, Pass &  
Kick 49ers Region Champ 2006  
(age 15); PD All-Empire 08; son of  
Scott Marsh, Utica College hockey  
player

## Chelsea Martin

Softball Shortstop  
PD All-Empire 2011

## Dan Martinez

FB/Baseball QB/Catcher  
(UC Davis); PD All-Empire 91 (fb);  
PD All-Empire 92 (bb); GS Warriors  
public relations director 2001-;  
son of Frank Martinez, AD  
Petaluma High

## Michelle Masciorini

Swimming Diving  
(Santa Rosa JC); State JC Champs  
2008 & 09

## Mike Maselli

Football Halfback  
(Santa Rosa JC); PD All-Empire 72  
& 73; PD BOTY 73; Petaluma High  
HOF

## Renee Maxie

Basketball Guard  
(Univ of Portland); PD All-Empire  
99 & 2000

## Larry Maxwell

Football Linebacker  
(CCSF & Portland St); State JC  
Champs 2003; National JC  
Champs 2003

## Andy Mazzanti

Football OL/DL  
PD All-Empire 77; PD LOTY 77;  
EX All-Bay Area 77 (ol)

## Kevin McAuley

Football Offensive Line  
(Santa Rosa JC & Univ of  
Charleston); PD All-Empire 2001

## Colleen McCallum

Softball Outfielder  
(UC Santa Barbara); PD All-Empire  
90

## Alyssa McClure

Volleyball Opposite Hitter  
PD All-Empire 2015

## Rob McCorkel

Track TJ/LJ/300mtrLH  
Empire rcd TJ 81 (48-7 1/2);  
Petaluma High HOF

## Evan McDonald

Baseball Pitcher  
(Marin JC & UC San Diego); CCAA  
Champs 2005

## Stephen McElroy

Baseball Pitcher/OF  
(Santa Rosa JC & Central Washington  
Univ); PD All-Empire 2011

## Danielle McHugh

Swimming Diving  
(Santa Rosa JC); State JC Champs  
2008 & 09

## Colleen McNamee

Soccer Forward  
(Cal St Dominguez Hills); PD All-  
Empire 2007

## Tom Mercado

Football Wide Receiver  
PD All-Empire 72

## Dave Miles

BK/Football Forward WR  
(BYU); All-Nor Cal 83 (bk); WAC  
Champs 85 & 86 (fb)

## Claire Miller

Cross Country  
(Univ of San Diego); Big West  
Champs 2014; prep pr 1600mtrs  
(5:12.4), 3200mtrs (11:18.9)

## Sarah Miller

Soccer Defender  
PD All-Empire 2000

## Tom Moore

Track 120HH/220ydLH  
(Sacramento JC & Univ of  
California); NCS Champ 32 (15.7),  
(26.5); 2nd State Meet 32 (HH-NR);  
National JC rcd 34 (14.5); National  
AAU Champ 400mtr LH 35 (53.5);  
West Coast Relays Champs 35  
110mtr HH (WR-tie 14.44); Starter  
18 AAU & NCAA Meets; Meet  
Director Modesto Relays 50 yrs;  
Modesto Relays named in his  
honor; Petaluma High HOF

## Victorya Moreno

Swimming Diving  
(Univ of Hawaii); NCS Champ  
2001 (398.55), & 02 (415.05)

## Jason Morris

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2002

## Traci Moss

Softball Outfielder  
PD All-Empire 93

## Lindsay Moyles

Softball Pitcher  
PD All-Empire 92-95; PD Co-POTY  
93 & POTY 94; Cal-Hi All-State 94  
(medium schools)

## Scott Murch

Football Quarterback  
(UOP); PD All-Empire 97; PD Co-  
OPOTY 97

## Jon Nadale

Baseball Pitcher  
(Santa Rosa JC & Western Carolina  
Univ); PD All-Empire 2009; JC All-  
State 11; SRJC ldr season 11 losses  
(6), gms (18), saves (1), hits (67),  
runs (29)

## Marc Nadale

Baseball 3B/DH  
(Santa Rosa JC & San Francisco  
St); NCAC MVP 85; SFS red hits  
season 85 (77), career dbls 83-85  
(32); SFS ldr season 85 BAv  
(.446); Joe DiMaggio Nor Cal  
Champs 79 & 80; father of Jon  
Nadale, see above

## Jimmy Naugle

Football Offensive Line  
PD All-Empire 91

## Tami Naugle

Softball Pitcher  
PD All-Empire 90 & 91

## Tom Nelson

Football Back  
PD All-Empire 66; Petaluma High  
HOF

## Mark Nizibian

Football Defensive Back  
PD All-Empire 77

## Jack Norman

Baseball SS/Pitcher  
PD All-Empire 2010

## Dennis O'Dwyer

Football Linebacker  
(Santa Rosa JC & Central  
Methodist Univ); PD All-Empire  
99; PD Co-DPOTY 99

## Haley Oefinger

Basketball Guard  
(UC Davis); PD All-Empire 2006

## Carl Olander

Tennis Doubles  
NCS Champs 28

## John Olander

Baseball Catcher  
(Sacramento St); Played minor  
league baseball; Sacramento St  
HOF; father of Brennan Olander,  
Oregon St fb player

# Sonoma County

## Blake Olson

FB/Lacrosse LB/Defense  
(Sonoma St); PD All-Empire 2009;  
All-WCLL 13 & 14; WCLL DOPTY  
14

## Greg Overton

Football Wide Receiver  
PD All-Empire 77

## Jimmy Pacciorini

Basketball Guard  
PD All-Empire 92

## Brett Pawlan

Baseball 2B  
(Santa Rosa JC & Union Univ);  
PD All-Empire 2008

## Nino Pedrini

Football QB/Halfback  
(Univ of Oregon); PD All-Empire  
63 (qb) & 64 (hb); PD Empire  
POTY 64; Petaluma High HOF

## James Perez

Football Defensive Back  
(Willamette Univ); PD All-Empire  
2005; Northwest Conf. Champs 08;  
Jyaskyla Tigers (Finland)

## Sarah Peters

Soccer Goalkeeper  
(UC Davis & St. Mary's College);  
PD All-Empire 2003 & 05; played  
at SMC as grad student; kicker on  
high school fb team

## Jim Pettis

Football Defensive End  
PD All-Empire 70 & 71

## Cassie Pitkin

Softball 3B  
(Cal Poly-SLO); PD All-Empire  
2007

## Amanda Policarpo

Softball Catcher/Inf  
(Santa Rosa JC); PD All-Empire 99 &  
2000; JC AA 02

## Joe Policarpo

Football Defensive Line  
PD All-Empire 2003

## Sheri Pou'eu

Softball Pitcher  
PD All-Empire 92; also PD All-  
Empire 93 at Rancho Cotate High  
(Son)

## Tarwinder Purewal

Soccer Midfielder  
PD All-Empire 2014; PD POTY 2014

## Don Ramatici

Football Tackle

(USF); Player-coach Petaluma  
Leghorns semi-pro fb team 51;  
Petaluma High HOF; also atndd St.  
Vincent de Paul High (Son)

## John Ramatici

Football Linebacker  
(Santa Rosa JC & Univ of Nevada-  
Reno); PD All-Empire 76 & 77; PD  
POTY 77; All-Nor Cal 77; State JC  
Champs 79; All-Big Sky 81; Div  
1-AA AA 81; UNR rcd season  
tackles 82 (160); died of Lou Gehrig's  
Disease 2007 at age 46; UNR HOF;  
Petaluma High HOF; son of Don  
Ramatici, see above

## Marco Reyes

Soccer Midfielder  
PD All-Empire 2000

## Hubbell Richmond

Football Offensive Line  
PD All-Empire 2005

## Clay Riddle

Football OL/DL  
PD All-Empire 92

## Hannah Roberts

Soccer Defender  
(Santa Rosa JC & Cal St Monterey);  
JC State Champs 2011

## Chris Robfogle

Football Safety/LB  
(Santa Rosa JC & San Diego St);  
PD All-Empire 2002

## Ron Rosegar

Football End  
PD All-Empire 64

## Stacie Rosemeyer

Soccer Goalkeeper  
PD All-Empire 96 & 97

## Andrew Ross

Football Linebacker  
(Willamette Univ); PD All-Empire  
2005; PD Co-DPOTY 2005;  
Northwest Conf Champs 08;  
Jyaskyla Tigers (Finland) 10;  
WU ldr season 09 tackles (87)

## Hayley Ross

Volleyball Setter  
(Sonoma St); PD All-Empire 2009

## Mike Rosselli

Football Guard/LB  
(Santa Rosa JC & Santa Clara  
Univ); PD All-Empire 78 (both  
ways); WFC Co-Champs 83;  
Petaluma High HOF; father of  
Ethan & Jaden Rosselli, see  
Santa Rosa High (Son)

## Jim Rudolph

Basketball  
Chron All-North Coast 67; PH ldr  
season 68 pts avg (19.3)

## John Salada

Baseball Pitcher  
PD All-Empire 89

## Chris Sartori

Football Defensive Line  
PD All-Empire 2001

## Steve Saunders

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 63

## Bill Schleth

Football Halfback  
(Santa Rosa JC); All-Nor Cal 50

## Konrad Schmidt

Baseball Catcher  
(Santa Rosa JC, Univ of Arizona &  
Univ of Nevada-Reno); PD All-  
Empire 2002; JC All-State 03; JC  
AA 05; JC Nor Cal POTY 05; State  
JC Champs 05; played minor  
league baseball; Midwest Lg-Eastern  
Div Champs 08; SRJC ldr season 03  
gms (47-tie), ab (200), rbi (44), 05  
gms (47-tie), hits (76), rbi (51), hr  
(5-tie), slug pct (.593), ob pct (.476)

## George Schneider

Tennis Doubles  
NCS Champs 28

## Tim Schuler

Baseball Pitcher/1B  
PD All-Empire 98

## Les Schwobeda

Track 880yds/Mile  
(Univ of California); NCS Champ  
21 (2:04 3/5) & 22 (2:02.4),(4:44.0);  
2nd State Meet 21 (880); State Champ  
22 (4:40); 2nd State Meet 22 (880)

## Brady Scott

Soccer  
Member U16 National Team 2015

## Riley Scott

Swimming IM/Bst  
(USC); PD Empire SOTY 2014; sister  
of Brady Scott, see above

## Allison Scranton

Track Thrower  
PD Empire AOTY 2014; prep pr  
(141-3)

## P.J. Sequiera

FB/Baseball WR/3B/1B  
(Santa Rosa JC & Oral Roberts  
Univ); PD All-Empire 2004 (fb);  
PD All-Empire 05 (bb); JC AA 08  
(bb); All-Summit Lg 09 & 10;  
Summit Lg Champs 09 & 10;

# Sonoma County

played 1b in college; ORU ldr  
season dbls 10 (20)

Kelli Serrano

Softball                      Outfielder  
PD All-Empire 91 & 92

Lori Shanoff

Cross Country  
(UC Irvine); NCS Champ 80  
(18:03.9); Nor Cal Champ 81  
(16:47.6); Big West Champ 84  
(17:26.0); Petaluma High HOF

Amanda Sharp

Softball                      1B  
(Santa Barbara JC); PD All-Empire  
2006

Chris Shmatovich

Football                      Tackle  
PD All-Empire 77

Dave Siebe

Football                      DL/OL  
PD All-Empire 89

Tom Silva

Football                      Quarterback  
(Princeton Univ); PD All-Empire  
93; PD OPOTY 93

Ricky Sims

Football                      FB/Linebacker  
(Humboldt St); PD All-Empire  
2009; Empire POTY 2009; GNAC  
Champs 11

Natalee Simon

Soccer                      Forward  
(Cal St Dominguez Hills); PD All-  
Empire 2009

Jon Sisler

Track                      Mile/Two Mile  
Empire rcd 74 (4:18.1), (9:10.0);  
Petaluma High HOF

Kenny Smith

Baseball                      Pitcher  
(Gonzaga Univ); WCC Co-Champs  
2011

Rachel Smith

Soccer                      Forward  
PD All-Empire 94

Al Spaletta

Football                      Defensive End  
PD All-Empire 66

Brian Sparks

Baseball                      Infielder  
PD All-Empire 92

Devin Spicer

Swimming                      Freestyle  
(UC San Diego); NCS Champ 99  
200 fs (1:41.78) & 500 fs (4:32.33)

Ralph Stone

Football                      End  
(Univ of California); Member  
U. S. Olympics FB Team 32  
(demonstration sport); movie actor

Luke Straub

Football                      Defensive Line  
PD All-Empire 98

Sean Sullivan

FB/Track                      RB/100mtrs  
(CCSF); PD All-Empire 2008 & 09;  
PH rcd 100mtrs 09 (10.85)

Shawn Swanson

Football                      Offensive Line  
(Cal Poly-SLO); PD All-Empire  
2009; Great West Co-Champs 11;  
brother of Ryan Swanson, UC  
Santa Cruz bk player

Jessica Tarca

Soccer                      Forward  
PD All-Empire 98

Erin Tarr

Soccer                      Forward  
PD All-Empire 91

Maggie Tarr

Soccer                      Defender  
(Chico St); PD All-Empire 98 & 99

Bryan Tarrant

Football                      Defensive Back  
PD All-Empire 2000

Julie Thomas

Basketball  
PD All-Empire 85

Austin Thomasson

Baseball                      Catcher  
PD All-Empire 2014

Allen Trigg

Football                      Defensive Line  
PD All-Empire 66

Terry Tunza

Football                      RB/Linebacker  
PD All-Empire 84

Eric Van Nooten

Football                      Offensive Line  
PD All-Empire 84

Kellie Verke

Basketball                      Forward  
PD All-Empire 2007

Evan Vizcarra

Swimming                      Freestyle  
(Cal St Bakersfield); MPSF Champs  
2011; MPSF Freshman of the Year  
2011

John Volpi

Football                      Halfback  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 76 & 77; SSU rcd rush  
yds season 83 (1,043), career 82-83  
(1,678); Sonoma St HOF

Benny Walker

Baseball                      Pitcher  
(Santa Rosa JC); State JC Champs  
52

T. J. Watts

Softball                      Catcher  
(Sacramento St); PD All-Empire  
2011; also played 1B in college

Mimi Westlake

Wrestling                      132lbs  
NCS Champ 2008

Jon Wheeler

“Wheels”  
Basketball                      Forward  
(St Mary’s College & Univ of  
California); All-Nor Cal 82; played  
pro France, Australia; operator Jon  
Wheeler Bk Academy; PH rcd  
season 82 pts (728), pts avg (26.0);  
PH rcd hj 82 (6-6); Petaluma High  
HOF

Eric White

Track                      Mile  
NCS Champ 25 (4:52 1/5) & 27  
(4:39.0)

Regina Wilhelm

Basketball                      Forward  
(Univ of Alaska-Anchorage); PD  
All-Empire 96 & 97

Chad Willenborg

Basketball                      Forward  
(Chico St); PD All-Empire 92; All-  
Nor Cal 92

Megan Williams

Soccer                      Forward  
PD All-Empire 96

Rex Williams

Soccer                      Forward  
(The Master’s College); NAIA District  
3 All-Northern Conf; 80-81; TMC  
MVP 80-81; TMC HOF; TMC ldr pts  
79 (9-tie), assts (3), 80 (23), pts (53)

Jaclyn Wittshire

Soccer                      Midfielder  
PD All-Empire 95

Kiera Woerner

Soccer                      Defender  
(Chico St & Belmont Abbey  
College); Conference Carolina  
Champs 2010

Tom Woodard



# Sonoma County

Football Defensive Back  
PD All-Empire 64

## Dave Wright

Football Tackle  
(BYU); WAC Champs 81, 83-85;  
Holiday Bowl Champs 83 & 84;  
AP National Champs 84; All-WAC  
85; East-West Shrine Gm 86 (Jan)

## Doug Wright

Football Offensive Line  
(Oregon St); PD All-Empire 80;  
twin brother of Dave Wright, see  
above

## Meredith Wright

Softball Infielder  
PD All-Empire 90

## Beckford Young

“Beck”  
Track 120ydHH/SP  
NCS Champ 26 (16.6); 3rd State  
Meet 25 (sp); 3rd State Meet 26  
(sp)

## John Zakanassen

Basketball Guard  
PD All-Empire 72

## Mauricio Zepeda

Football Defensive End  
PD All-Empire 97

## Piner High Prospectors

### Santa Rosa

(estab. 1966)

## Dave Albritton

Track/FB SP/Discus/DL  
(Santa Rosa JC & Cal Poly-SLO);  
Sonoma Co. Lg rcd 76 (52-10 1/4),  
(162-5); Piner HOF

## Gary Albritton

Football Split End  
PD All-Empire 80

## Greg Alexander

Football/BK Quarterback  
(Santa Rosa JC & Univ of Hawaii);  
PD All-Empire 2003 & 04 (fb); All-  
Empire 05 (bk); JC AA 06 & 07; PD  
Co-POTY 05; SRJC rcd passing yds  
gm 07 (612), career 06-07 (6,487);  
passing comp gm 07 (40), season  
07 (284), career 06-07 (508); td  
passes gm 07 (7-tie), season 07  
(43), career 06-07 (71); yds ttl  
offense gm 07 (610), season 07  
(3,699), career 06-07 (6,728)

## Chris Anderson

Soccer Defender  
All-Empire 2003

## Allison Arreola

“Delaney” (married name)  
Volleyball Outside Hitter  
(Charleston Southern Univ); PD  
All-Empire 94; Piner HOF

## Mike Aronson

Track Discus  
NCS Champ 83 (165-7)

## Jim Artseros

Football Wide Receiver  
(Univ of Maryland); PD All- Empire  
88

## Cavin Askew

Football Offensive Line  
(Santa Rosa JC); PD All-Empire  
2002

## Bob Babson

Football Wide Receiver  
(Mendocino JC & Sonoma St); PD  
All-Empire 90

## Faith Baggett

Volleyball Middle Hitter  
(Santa Rosa JC); PD All-Empire 97

## Ricky Barajas

Soccer Defender  
(Santa Rosa JC); JC State Champs  
2001

## Janet Barbaria

Tennis Singles  
Sonoma County Women’s Champ  
(age 14); Piner HOF

## Caryn Barber

Soccer/SB Forward /SS  
(Santa Rosa JC & Tennessee St); PD  
All-Empire 99 (soc); PD All-Empire  
2000 & 01 (sb); JC AA 03 (sb)

## Joe Barich

Basketball Forward  
All-Nor Cal 82; PH rcd season 82  
pts (695), pts avg (26.7)

## Beth Barnes

Softball Outfielder  
PD All-Empire 90

## Rebecca Barragan

“Becky”  
Track Shot Put/Discus  
Piner HOF

## Terrence Bell

Football Wide Receiver  
(Santa Rosa JC, Univ of Nevada-  
Reno & Univ of Hawaii); PD All-  
Empire 2005; did not play his one  
year at UNR

## Mark Bennett

Soccer Defender  
PD All-Empire 93

## Linda Blackburn

“Kyuan” (married name)  
Piner HOF

## Nick Blankenship

Baseball Infielder  
(Santa Rosa JC & Texas Tech  
Univ); PD All-Empire 97; JC AA  
2000; SRJC rcd season B Avg 2000  
(.475); played dh in college

## Greg Boitos

FB/Baseball LB/1B/Pitcher  
(Mendocino JC); PD All-Empire  
2006 (fb); PD All-Empire 07 (bb)

## Guy Bondi

Soccer Midfielder  
PD All-Empire 95

## Brandon Boone

Soccer Forward  
(Sonoma St); PD All-Empire 2000;  
All-CCAA 02; NCAA Div 2  
Champs 02; SS ldr season 01 goals  
(7-tie), 02 goals (11)

## Dustin Boone

Soccer Forward  
(Sonoma St); PD All-Empire 98;  
brother of Brandon Boone, see  
above

## Brian Botteri

Football Defensive Line  
(Santa Rosa JC); PD All-Empire  
2003

## Amanda Bratberg

Swimming Freestyle  
(Santa Rosa JC); State Champs  
2005

## Matt Brenner

Soccer Midfielder  
(Santa Rosa JC); JC State Champs  
2002

## Evan Bridewell

Football Quarterback  
(Santa Rosa JC); PD All-Empire  
2001; club bk coach

## Brandon Bridges

Wrestling 129lbs  
(Santa Rosa JC); NCS Champs 81

## Stan Brooks

Football Tackle  
(Santa Rosa JC & USF); PD All-  
Empire 69

## Kirstin Bryan

VB/BK/Softball  
Piner HOF

## Greg Buletti

Baseball Catcher  
PD All-Empire 89 & 90

# Sonoma County

PD All-Empire 92 & 93

## Catie Burnham

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 97

## Jim Burrell

Track 100/220yds  
NCS Champ 76 (9.9) & 77 (9.7),  
(21.8); 3rd State Meet 77 (21.45);  
PH rcd 100mtrs 77 (10.69); Piner  
HOF

## Zack Candalerio

Football Linebacker  
PD All-Empire 90

## Matt Carlson

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 98  
& 99; State JC Champs 2001 & 02;  
JC National Champs 2001

## Jason Carr

Football Defensive Back  
(Santa Rosa JC & Fort Hayes St);  
PD All-Empire 2003; JC All-State  
06

## Karin Cartier

Softball Pitcher  
(Santa Rosa JC, Univ of Hawaii &  
San Diego St); PD All-Empire 88  
& 89; PD Empire POTY 88 & 89;  
annual SDS Campbell/Cartier  
Softball Classic honors memory  
of her & teammate killed in 91  
auto accident

## Jessica Cavanaugh

“Rocky” (nickname)  
Softball Catcher  
PD All-Empire 2007 & 08

## Monica Cinquini

Softball Pitcher  
PD All-Empire 91

## John Collier

Swimming Butterfly  
NCS Champ 71 100 bf (53.61)

## Elliot Collins

Basketball Guard  
PD All-Empire 2010

## Ian Collins

Basketball Forward  
(Santa Rosa JC, Dominican  
Univ & Holy Names Univ); PD All-  
Empire 2005; PD Co-POTY 2005

## Marvin Colter

Track Triple Jump  
(Santa Rosa JC); NCS Champ 78  
(47-2); Empire rcd 78 (48-7); SRJC  
rcd 79 (49-0); Piner HOF

## Sergio Contreras

Soccer MF/Forward

## Paul Cronin

Football QB/Coach  
(Santa Rosa JC, Mendocino JC &  
Univ of Mary); PD All-Empire 90;  
PD Co-POTY 90; All-Nor Cal 90;  
All-North Dakota College Athletic  
Conf 94 & 95; Head Coach Piner  
High (24-28-0) & Cardinal Newman  
High (Son) 2003- (82-20-1); PD  
Co-COTY 99 (Piner) & 06  
(Newman); NCS 3A Champs 2006;  
NCS Div 2 Champs 08; NCS Div 3  
Champs 10; Cal-Hi State Medium  
Schools COTY 10; UM rcd gm td  
passes (6); season 95 pass yds  
(2,933), td passes (32); Mendocino  
JC HOF; Piner HOF; Univ Mary  
HOF

## Chris Cummings

Basketball Center  
PD All-Empire 2000

## Jason Daly

Wrestling 189lbs  
NCS Champ 91

## Brian Dennis

Basketball Center  
(Western Washington Univ); PD  
All-Empire 97

## Lucas Devenny

Basketball Center  
(UC Santa Barbara); PD All-Empire  
08 & 09; PD Co-POTY 08 & 09;  
Chron Metro North Bay POTY 09;  
Cal-HiDiv 3 All-State 08 & 09;  
MaxPreps Div 3 All-State 09; Big  
West Co-Champs 10; PH ldr career  
pts 2007-09 (1,651), season pts  
avg 09 (20.7)

## Matt Dillon

Wrestling 147lbs  
NCS Champ 95; Piner HOF

## Catherine DuBay

CC/Track  
(Santa Rosa JC, San Diego St,  
Sonoma St & UC Davis); SF Nike  
Half Marathon Champ 2006; Piner  
HOF

## Blake Dunbar

Baseball OF/Infielder  
(UOP); PD All-Empire 90 & 92;  
PD Co-POTY 92

## Troy Esposti

Baseball Catcher  
PD All-Empire 97

## Walt Finley

Football Defensive Back  
PD All-Empire 2003

## Gina Fisiolera

Softball Infielder  
PD All-Empire 91

## Joan Fleck

BK/Softball Guard/OF  
(Santa Rosa JC); Piner HOF; SRJC  
HOF

## Don Fletcher

Football Offensive Line  
PD All-Empire 90

## Doug Fredrick

Football Guard  
(Santa Rosa JC); PD All-Empire 70;  
Piner HOF

## Tom Fristoe

Swimming Free/IM/Breast  
(Santa Rosa JC); SRJC rcds most  
distances 200-1000mtrs 78 &  
79; SRJC HOF

## Dede Fritsch

“Crayne” (married name)  
Swimming Diving  
(Santa Rosa JC & Chico St); State  
JC Champ 1mtr board 85 (NR),  
3mtr board 85 (NR); Head Coach  
Kennedy, Christian Brothers, Capital  
Christian & St. Francis Highs,  
Sacramento; founder Capital Diving  
Club; SRJC HOF

## Darin Garcia

Soccer Forward  
(Santa Rosa JC); JC State Champs  
2001

## Ian Garrett

Basketball Guard  
PD All-Empire 96

## Jason Gassaway

Football Offensive Line  
PD All-Empire 88

## Heidi Gerren

Softball Catcher  
PD All-Empire 89

## Kevin Gibson

Soccer Defender  
(Chico St); PD All-Empire  
2004

## Luz Goodman

Soccer Forward  
PD All-Empire 98; PD Empire POTY  
98

## Dustin Green

Baseball Outfielder  
(Santa Rosa JC); PD All-Empire 96

## Bob Griffith

Wrestling 148lbs  
NCS Champ 83

# Sonoma County

## Shawn Griswold

Football OL/DL/LB  
(Utah St); PD All-Empire 90 (ol & dl); All-Nor Cal 90 (lb); Big West Co-Champs 93

## Juan Grizar

Soccer Forward  
(Santa Rosa JC); JC State Champs 2001

## Kim Halloran

Soccer Forward  
(Chico St & Humboldt St); PD All-Empire 2000; All-CCAA 06

## Bob Halverson

Football Wide Receiver  
PD All-Empire 72

## J. J. Hammond

Basketball Guard  
(Mendocino JC); PD All-Empire 2000

## Ryan Harrison

Baseball Outfielder  
PD All-Empire 89

## Robert Hielman

Football Offensive Line  
PD All-Empire 89

## Mike Hodgkin

Football Defensive Line  
PD All-Empire 2002

## Ashley Hollaway

Softball Outfielder  
PD All-Empire 2004

## Laurie Hollingworth

CC/Track 800mtrs  
(Sonoma St); SSU Female AOTY 88; PH rcd 82 (2:15.04)

## Jay Hufford

Football Center  
PD All-Empire 77

## Tim Hufford

Football OL/DE  
PD All-Empire 87; PD LOTY 87

## Trevor Hurst

Soccer Midfielder  
(Santa Rosa JC & Sonoma St); All-Empire 2003 & 04; CCAA-North Co-Champs 09; CCAA Champs 10; All-West Region 10; All-CCAA 11

## Tyler Hurst

Soccer Midfielder  
(Santa Rosa JC); Member six State Club Champs; PD All-Empire 2002; JC Div 3 AA 10; National Premiere Lg Champs 10; brother of Trevor Hurst, see above

## Jim Hurt

Football/BB QB/SS/Pitcher  
Piner rcd season passing yds (1,630), tds (17); Piner HOF

## John Jaramillo

Golf  
Piner HOF; Chico City Champ 2007; first player to win title three different decades

## Newell Jensen

Soccer Midfielder  
(Santa Rosa JC); JC State Champs 2001 & 02

## Thad Johnson

Baseball Pitcher  
(Santa Rosa JC & Oregon St); PD All-Empire 97; played minor league baseball; Az Lg Champs 2001

## Jim Johnston

Football Defensive Back  
PD All-Empire 85

## Keith Johnston

Football Defensive Back  
All-Nor Cal 82

## Syd Kelly

Football QB/DB  
(Santa Rosa JC); PD All-Empire 78

## Jared Kennedy

Track Pole Vault  
NCS Champ 91 (14-3)

## Erica Keppel

Soccer Goalkeeper  
(Santa Rosa JC & De Paul Univ); PD All-Empire 96 & 97; JC AA 2000

## John Kirby

Football WR/DB  
PD All-Empire 89 (wr) & 90 (both ways); Piner HOF

## Jesse Kozak

Football Quarterback  
(Mendocino JC); PD All-Empire 99 & 2000

## Steve Kramer

Basketball Guard/Coach  
(Santa Rosa JC & Albertson College); PD All-Empire 90 & 91; PD Empire POTY 90 & 91; NAIA Div 2 Champs 96; AD & Head Coach Windsor High (Son) 98-; PD Co-COTY 2003; Piner rcd pts season 91 (712), career 89-91 (1,591); Piner HOF

## Annie Lautze

Soccer Midfielder

PD All-Empire 91 & 92

## Gretchen Lees

Softball Infielder  
(Univ of San Diego); PD All-Empire 93

## Gene Lenzi

Baseball Catcher  
(Santa Rosa JC & UC Santa Barbara); PD All-Empire 93

## Pat Leonard

Track High Jump  
(Univ of California); NCS Champ 94 (6-9) & 95 (6-8); Empire rcd 95 (7-0 1/4); Piner HOF

## Matt Lincoln

Baseball Pitcher  
(Santa Ana JC); PD All-Empire 2002; played minor league baseball

## Luis Luna

CC/Track 3200/1600mtrs  
(American River JC); NCS CC Champ Div 3 2010 (15:23); PD Empire ROTY 2010 & 11; NCS Champ 11 (9:13.71); State JC Champ 13 (19:58); State JC Champs 12 & 13; Empire PH rcd 11 (8:55.43); Empire ldr season 11 (4:14.17), (8:34.91), (8:55.43)

## Rick London

Soccer Forward  
(Santa Rosa JC); PD All-Empire 94; also atnd Analy High (Son)

## Sam Lunt

Soccer Defender  
PD All-Empire 97, 98 & 2000

## Tony Masolini

Football Wide Receiver  
PD All-Empire 78

## Damien Matteri

Baseball Catcher  
PD All-Empire 95

## Jeff McCall

Baseball 1B  
(Santa Rosa JC & San Francisco St); PD All-Empire 2004; JC State Champs 05; SRJC ldr season 06 gms (48-tie), hits (62), dbls (13), rbi (42), walks (24), slug pct (.492)

## Missy McDowell

Soccer Goalkeeper  
PD All-Empire 96; PD Co-POTY 96

## John McIntosh

Football Halfback  
PD All-Empire 70

## Tony McKay

Baseball DH

# Sonoma County

PD All-Empire 90

All-Empire 2000; JC State Champs  
02; NSCAA/Adidas Div 3 AA 04

Andy Medeiros

Basketball Guard  
(Cal Maritime Univ); PD All-Empire  
2004 & 05; All-Cal Pac 10; Cal Pac  
POTY 10; Cal Pac Co-Champs 10

Ishmael Ocegueda

Soccer Defender  
(Santa Rosa JC); JC State Champs  
2001

Travis Rhymes

Baseball Pitcher/SS  
(Santa Rosa JC & UC Irvine); PD  
All-Empire 2001

Moises Medrano

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2002 & 03; PD Co-POTY 2002;  
also atnd high school in Mexico

Kasey Olenberger

Baseball Pitcher  
(Santa Rosa JC & Long Beach St);  
played minor league baseball;  
Kaoping Fala 2002 (Taiwan);  
Member Italy National Team 03-09;  
PCL-Pacific North Div Champs 06-  
08; PCL ldr 07 ip (180), hits (205)

Nick Rodda

Baseball Shortstop  
(USF & Santa Rosa JC); PD All-  
Empire 2007-09

Christian Melhorn

Baseball Pitcher  
PD All-Empire 2007

Larry Olenberger

Piner HOF

Tom Mertle

FB/BK/Baseball  
Piner HOF; father of Monica & Heidi  
Mertle, see Ursuline High (Son)

Adolfo Ortega

Football Linebacker  
PD All-Empire 89

Brad Michnevich

Football Linebacker  
PD All-Empire 87

Gary Palmer

Track 1600mtrs  
Sonoma County Lg Champ 69  
(4:33.7-PH rcd); PH rcd 800mtrs 70  
(1:56.46); Piner HOF

Guy Miller

Swimming  
Head Coach Santa Rosa Neptunes  
Swim Club; Rohnert Park  
Recreation Services Mngr; Piner  
HOF

Randy Palmer

CC/Track 3200mtrs  
Sonoma County Lg Champ 69  
(cc); SCL Champ 70 (9:54.8), 71  
(9:41.4); Piner HOF

Mike Miller

Baseball Outfielder  
PD All-Empire 93

Nikki Pappas

Softball Outfielder  
(Santa Rosa JC); PD All-Empire  
2002

Dave Montano

Wrestling 118lbs  
(Santa Rosa JC); Head Coach  
Archbishop Hanna High 12-; SRJC  
Wrestling HOF

Mario Pascal

Basketball Point Guard  
PD All-Empire 2009

Lisa Montgomery

Softball Catcher/Inf  
PD All-Empire 97 (c) & 98 (inf)

Reyna Payan

Wrestling 122lbs  
NCS Champ 2011

Jessica Mullan

Soccer Defender  
PD All-Empire 93-95; Piner HOF

Maggie Percell

Soccer Forward  
(Sonoma St); PD All-Empire 97

Lavelle Musfin

Football Flanker  
(Santa Rosa JC); PD All-Empire  
2006

Paige Phillips

Softball Shortstop  
PD All-Empire 95

John Noland

Wrestling 160lbs  
NCS Champ 80; State Champ 80;  
34-0 rcd 80; Piner HOF

Kendrick Pilegaard

Baseball Outfielder  
PD All-Empire 95

Randy Nunes

Football End  
PD All-Empire 70; Piner HOF

Stacey Puterbaugh

Softball Infielder  
(Santa Rosa JC); PD All-Empire 89

Alex Ocegueda

Soccer Midfielder  
(Santa Rosa JC & Chico St); PD

Efren Reyes

Cross Country  
NCS Div 4 Champ 2013 (15:39)

Tony Rodriguez

Wrestling 115lbs  
NCS Champs 83

Gabe Rood

Soccer Midfielder  
(USF); PD All-Empire 96; played  
pro Brazil, Rumania; Head Coach  
soccer Piner High; Director  
Coaching Sonoma County  
Alliance; Player Development  
Program Coordinator NorCal Premier  
Lg; Western Regional Rep U. S. Club  
Soccer

Kameron Rose

Football Kicker/Punter  
(UNLV); PD All-Empire 2009; PD  
Male AOTY 10; prep pr punt 82yds;  
PHS ldr 2009 rec, yds. td

Ken Rossi

Piner HOF

Gustavo Rubio

Soccer Goalkeeper  
PD All-Empire 2007

Emiria Salzmann

Soccer Forward  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 91; All-NCAC 94;  
NCAC Champs 94; Nec Nijmegen  
97(Holland); Co-Head Coach  
Ursuline High (Son) 98; Head  
Coach Piner High 99, Santa Rosa  
JC 2007-10, NCS Div 3A Champs  
98; National JC Women's COTY  
08 (23-3-1); Head Coach Sonoma  
St women 11-; Sonoma St career  
ldr goals 94-96 (38); she & Santa  
Rosa United club soccer team  
subject of book, "The Beautiful  
Game"; SS ldr season 95 goals  
(16); Sonoma St HOF; Piner HOF

Thomas Sandoval

Football RB/DB  
(Santa Rosa JC & Southern Oregon  
Univ); PD All-Empire 2003 (rb) &  
04 (db)

Chris Schaefer

Football Tight End  
PD All-Empire 90

Kasey Schlalich

Cross Country  
(Biola Univ); GSAC Champs 2010

# Sonoma County

(Santa Rosa JC, Mesa JC & Univ of California); PD All-Empire 99; PD Co-POTY 99

Soccer Forward  
(Point Loma Nazarene Univ); PD All-Empire 97

## Mark Scott

Football Punter/DB  
PD All-Empire 89

## Derek Shaffer

Soccer Goalkeeper  
(UC Davis); All-Empire 2003;  
PD Co-POTY 2003; son of Don Shaffer, Head Coach soccer Piner High; nephew of Dave Shaffer, Head Coach soccer Montgomery High (Son) & Dwayne Shaffer, Head Coach soccer UC Davis

## Sarah Sheppard

Soccer Forward  
PD All-Empire 92

## Jason Short

Baseball Infielder  
PD All-Empire 99

## Brandon Simpson

Football Wide Receiver  
(Santa Rosa JC & Southeast Missouri St); PD All-Empire 2001; Empire ldr track season 200mtrs (22.64-tie)

## Johnny Solomon

Football Linebacker  
PD All-Empire 2007

## Susan Souksavath

Tennis Singles  
(Santa Rosa JC & Univ of Hawaii-Hilo); State JC Champ 2006; SRJC HOF

## Truett Sperry

Basketball Guard  
(Santa Rosa JC); PD All-Empire 99; PD Co-POTY 99; back injury ended career after JC

## Matt Stephens

Baseball Infielder  
PD All-Empire 93 & 94

## Gary Taylor

Piner HOF

## Pat Taylor

Football/BK WR/Forward  
PD All-Empire 2000 & 01 (fb); PD All-Empire 2002 (bk)

## Marcia Teixeira

Soccer Forward  
PD All-Empire 96

## Royce Thomas

Wrestling 165lbs  
(Santa Rosa JC); SRJC Wrestling HOF

## Mark Thompson

Basketball Forward

## Daniel Towers

Rugby Lock  
(Univ of California); NCAA Champs 99

## Angel Tran

Badminton Singles/Doubles  
(Santa Rosa JC); PD Empire POTY 2010 & 11; played tennis in JC

## Mike Vargas

Basketball Guard  
PD All-Empire 2000

## Ryan Vella

Soccer Midfielder  
(Dominican Univ); All-Cal-Pac 2008

## Chad Watkins

Baseball 3B/Pitcher  
(Santa Rosa JC); PD All-Empire 2004; JC State Champs 05

## Tammy Wessendorf

“Fiscaro” (married name)  
VB/BK/Track Hurdles/TJ  
(Sonoma St); SSU Female AOTY 87; NCAC Heptathlon Champ 88; PH rcd pts gm 84 (39); PH rcd tj & hurdles; SSU rcd tj 86 (39-3), 100mtr HH 88 (14.70); Sonoma St HOF; Piner HOF

## Sam Wilmarth

Soccer Midfielder  
PD All-Empire 93

## Greg Winkelman

Baseball Pitcher  
(San Diego St); PD All-Empire 92; PD Co-POTY 92

## Dominique Wirtz

FB/BK/Track RB/Ctr/Sprints  
(Santa Rosa JC); PD All-Empire 68 (fb); PD Empire POTY 68; Piner HOF

## Sheila Wolski

Volleyball Setter  
(UC Davis); PD All-Empire 91; PD POTY 91

## Rancho Cotate High Cougars

### Rancho Cotate

**(estab. 1964 as Rohnert Park High Rams; renamed Rancho Cotate High 1967)  
(aka The Ranch)**

## Brian Adama

## Kayla Aggio

Wrestling 132/136/146lbs  
(Oklahoma City Univ); NCS Champ 2010 (132), 11 (136), 12 (146); Nor Cal Champ 2010; Empire WOTY 11

## Ken Aggio

FB/BB Defensive Back  
PD All-Empire 80; Rancho Cotate HOF

## Chauncey Ako

Football Defensive Back  
(Santa Rosa JC & Boise St); PD All-Empire 97 & 98; PD DPOTY 98; JC All-State 2000; WAC Champs 02; Humanitarian Bowl Champs 02; played minor league football; Rancho Cotate HOF

## Casey Alderson

VB/BK/Softball Pitcher  
PD All-Empire 90; PD Empire POTY 90; Rancho Cotate HOF

## Anthony Alieca

Football Tight End/DL  
PD All-Empire 2007 (te) & 08 (dl)

## Cody Allen

Football Defensive Back  
(Sacramento St); PD All-Empire 2008

## Ethan Allen

Football Tight End  
(Diablo Valley JC & San Jose St); JC All-State 2000

## Jason Andrews

Track 300mtrLH  
(Univ of California); NCS Champ 97 (38.64); prep pr (38.05)

## B. J. Anderson

Football Offensive Line  
PD All-Empire 2001

## Christy Arend

Softball 2B  
(Santa Rosa JC); PD All-Empire 2005

## Kristen Avery

Soccer Midfielder  
PD All-Empire 97 & 99

## Chris Bacigalupi

Baseball Outfielder/1B  
(Santa Rosa JC, Marin JC & USF); PD All-Empire 2002 (of); JC AA 05 (Marin-1b); RCH ldr season 2002 BAVg (.420); State JC ldr 05 BAVg (.516-MJC rcd); MJC ldr season 05 hr (9), hbp (13), slug pct (.925)

# Sonoma County

## Jenny Ballew

Softball Catcher  
PD All-Empire 93 & 94

## Tim Beltz

Football Tight End/DB  
PD All-Empire 78

## Keegan Billings

Soccer Midfielder  
PD All-Empire 98 & 99

## Adam Bishop

Football Defensive End  
(Univ of Nevada-Reno); PD All-Empire 2002; WAC Co-Champs 05

## Matt Blanchard

Cross Country  
(Santa Rosa JC & Cal Poly-SLO);  
Big West Champs 2004

## Phyllis Blanchard

CC/Track 3000mtrs  
(Cal Poly-SLO); NCS Div 1 Champ  
2002 (18:21); Empire ldr season  
2002 3000mtrs (9:32.29); Rancho  
Cotate HOF

## Sergio Bobadilla

Soccer Defender  
PD All-Empire 2014

## Marshall Brant

Baseball/BK 1B/DH  
(Santa Rosa JC & Sonoma St); PD  
All-Empire (bk) 73; BB & BK MVP  
SRJC 74 & 75 (1st time for both  
sports); NY Yankees 80, Oakl  
Athletics 83; Nippon Ham Fighters  
(Japan) 84-85; RCH rcd gm pts 73  
(33); Appalachian Lg ldr hr 75  
(13), Carolina Lg ldr 76 dbls (32),  
hr (23), rbi (93), Intl Lg ldr 80 hr  
(23) rbi (92); Carolina Lg MVP 76;  
Intl Lg MVP 80; Sonoma St HOF;  
SRJC HOF; Rancho Cotate HOF

## Keith Breining

Baseball Pitcher  
PD All-Empire 2001; nephew of  
Fred Breining, see Lincoln High  
(SF)

## Darren Brookshire

Basketball Forward  
PD All-Empire 87

## Erin Buescher

Basketball Guard  
(UC Santa Barbara & The Master's  
College); PD All-Empire 95; Cal-Hi  
All-State (sophomore) 95; Cal-Hi  
All-State (junior) 96; Cal-Hi All-State  
97; Cal-Hi State POTY 97;  
Big West Conf 98-2000, Big West  
POTY 98-2000, AA 99-2000; Big  
West Conf Champs 2000; Minn  
Lynx 01, Char Sting 02-03

(WUSA); Harbour Breeze 04 (New  
Zealand), Athens (Greece) 05, Sac  
Monarchs 06; All-WNBL 04; prep  
pts 2,552; also All-Empire 96 & 97  
at Rincon Valley Christian High  
(Son); UCSB ldr season pts 98  
(530), 99 (597), 2000 (570), reb 98  
(269), 99 (274), 2000 (321), steals  
98 (82), 99 (83), 2000 (65), bcks 98  
(43), 2000 (40); TMC ldr season 01  
pts avg (17.6), reb avg (9.3)

## Gary Callinan

Football Running Back  
PD All-Empire 2002; PD OPOTY  
2002; RCH rcd-tie tds gm (4)

## Johnny Callinan

Football Running Back  
PD All-Empire 2005

## Megan Carr

Volleyball Setter  
(Santa Rosa JC); PD All-Empire 99;  
JC All-Nor Cal 2002

## Mike Cataldo

Football Tackle  
PD All-Empire 78

## Lindsay Catton

Soccer Defender  
(Sonoma St); All-CCAA 2008 & 09;  
AA 09; SS ldr season 07 assts (4),  
pts (6), 08 goals (9), pts (20), 09  
assts (3-tie), pts (13-tie)

## Megan Catton

Soccer Midfielder  
(Sonoma St); PD All-Empire 2002;  
All-CCAA 06; SSU Female AOTY  
07; sister of Lindsay Catton, see  
above

## Mary Chapman

Softball Pitcher  
PD All-Empire 98-2000; also All-  
Empire at Petaluma High (Son) 97;  
threw perfect gm; Rancho CotateHOF

## Lynn Christensen

Football Quarterback  
PD All-Empire 80

## Shonna Christianson

Softball OF/Pitcher  
(Cal Lutheran Univ); PD All-Empire  
2010 (of) & 11 (p/of); PD Empire  
POTY 11; ld RCH so 11(79) & era  
(1.29); ld CLU era 12 (3.79)

## Ron Cincera

Baseball Infielder  
(Santa Rosa JC & Univ of  
Wyoming); PD All-Empire 93

## Mark Clarey

FB/Track/Wrstlng LB

(Iowa St); Rancho Cotate HOF;  
played fb in college

## Kym Clark

Softball 2B  
PD All-Empire 2003

## James Clay

Wrestling  
Rancho Cotate HOF

## Aimee Cohen

Soccer Forward  
(Univ of Hawaii); PD All-Empire  
2003 & 04

## Lynette Colter

VB/BK  
(Cal St. Northridge); Rancho Cotate  
HOF; VB MVP; BK MVP; first  
Empire girl to throw 4kilo sp over 40  
ft

## Mike Cooper

Football Wide Receiver  
PD All-Empire 71

## Dave Cordioli

Football Guard  
PD All-Empire 72

## Lisa Corey

Softball Shortstop  
(Santa Rosa JC); PD All-Empire  
2000, 02 & 03

## Heather Cramer

Swimming Bfly/IM  
(Santa Rosa JC & San Diego St);  
State JC Champs 2008 400yd  
Medley Relay (4:03.69); State JC  
Champs 2008 & 09; SRJC rcd 100  
bf (57.55), 100 IM (59.04), 200 IM  
(2:06.93)

## Kara Cunningham

Soccer Forward  
(San Francisco St); CCAA Champs  
2010

## Jake Daly

Baseball Pitcher  
(U. S. Air Force Academy); PD All-  
Empire 2005

## DeShea Daniels

Baseball Infielder  
PD All-Empire 90; Rancho Cotate  
HOF

## Heather Davis

SB/BK Infielder  
PD All-Empire 91 (sb); Rancho  
Cotate HOF

## Kendra Davis

Softball Infielder  
PD All-Empire 99

# Sonoma County

## Robert Decker

Football Tackle  
PD All-Empire 72; PD OLOTY 72

## Ryan Decker

Football Defensive Back  
(Santa Rosa JC & Cal Lutheran Univ); PD All-Empire 2007; SCIAC Champs 11

## Kelly Deem

Softball Infielder  
PD All-Empire 88 & 89; sister of Lisa Corey, see above

## Gabe Duran

Baseball Infielder  
PD All-Empire 94

## Nathan Durkin

Baseball Inf/OF  
(Santa Rosa JC); State JC Champs 2005

## Brian Dworkin

Football Running Back  
PD All-Empire 2010; Chron North Bay POTY 2010; RCH rcd tds gm-tie (4)

## Danny Dworkin

Baseball Outfielder  
(Marin JC); PD All-Empire 2008

## Tammi Eades

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 96

## Katie Eaton

Volleyball Middle Hitter  
(Sonoma St); PD All-Empire 92; All-CCAA 96; SS ldr season 96 kills (356), digs (307)

## Carissa Edgar

Volleyball Outside Hitter  
(Cal St Dominguez Hills); PD All-Empire 98

## David Eisenhauer

Football Kicker/Punter  
(Santa Rosa JC & San Jose St); PD All-Empire 2001 & 02; New Mexico Bowl Champs 06

## Vickie Espinosa

Wrestling 235lbs  
NCS Champ 2014

## Tammy Faagata

Softball Outfielder  
(Santa Rosa JC, Palomar JC, Fullerton St & Sonoma St); PD All-Empire 88-90; State JC POTY 92; JC AA 92; played pro in Holland; NorCal Conf season ldr BAvG; SSU rcd BAvG season 95 (.448); Rancho Cotate HOF

## Trina Faagata

Softball 3B  
PD All-Empire 2003

## Andrew Faria

Football Offensive Line  
PD All-Empire 2000

## Eduardo Farias

Football Kicker/Punter  
(Santa Rosa JC); PD All-Empire 2008; RCH rcd gm fg yds 2009 (53)

## Dana Faustine

Football Defensive Back  
PD All-Empire 2002

## Greg Fogg

CC/Track  
(Santa Rosa JC, Chico St, San Diego St, Santa Rosa JC & Univ of Alabama); Rancho Cotate HOF; Head Coach CC & Track Maria Carillo High 07- (Son); NCS Div 3 08-09, Div 2 CC Champs 11-13 (girls); NCS Div 2 Champs 12-13 (boys); also attnd Piner High (Son); RCH rcd 3200mtrs 78 (9:30.72); SRJC rcd 3000mtr steeplechase 81 (9:00.30); father of Leanne Fogg, track runner Cal Poly- SLO

## Jon Foye

Football Running Back  
PD All-Empire 87; Rancho Cotate HOF

## Anthony Freitas

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2006

## Blair Gabler

CC/Soc/Track Sprints  
PD Empire Track AOTY 2001 & 02; RCH rcd 100, 200, 400mtrs; NCS rcd 100mtrs 02 (12.37); Empire ldr season 2001 200mtrs (25.37); Rancho Cotate HOF

## Frank Garrett

Football Tight End  
PD All-Empire 72

## Bill Garrod

Football Quarterback  
PD All-Empire 67; PD Empire POTY 67; Rancho Cotate HOF

## Alecia Garwacki

Volleyball Middle Hitter  
(Holy Names College); PD All-Empire 99

## Cody Gattton

Basketball Forward  
(San Diego JC & Cal Maritime Academy); PD All-Empire 2004

## Michele Geister

BK/VB  
Rancho Cotate HOF

## Sharin Geister

Volleyball  
RCH MVP 73-75; Rancho Cotate HOF

## Aaron George

Baseball Infielder  
PD All-Empire 93

## Ryan Gerber

Football Linebacker  
PD All-Empire 2004

## Brent Gillespie

Baseball Infielder  
(SRJC & Youngstown St); Horizon Lg. Champs 2014

## Floyd Given

Baseball Outfielder  
(Sacramento JC & Pepperdine Univ); PD All-Empire 2007

## Kaleo Goegas

Football Defensive Back  
PD All-Empire 2005

## Kylie Goltze

Softball Shortstop  
(Santa Rosa JC); PD All-Empire 2009

## Enrique Gomez

Soccer Forward  
PD All-Empire 2014

## Audrey Gonsalves

Softball 3B  
PD All-Empire 2007

## Bud Guinn

Wrestling/FB 285lbs/DL  
(New Mexico Highlands); PD Empire Co-WOTY 2008; PD All-Empire 2008

## D. J. Guinn

Softball Pitcher  
(La Salle Univ); PD All-Empire 2006 & 07; PD Co-POTY 07

## Joe Guinn

FB/Wrestling Guard/DL/Hwt  
(Santa Rosa JC); PD All-Empire 78 both ways); PD LOTY 78; All-Nor Cal (dl) 78; NCS Champ 79; State Champ 79; Rancho Cotate HOF; SRJC Wrestling HOF

## Kevin Guinn

Wrstl/Soc/FB 157lbs  
(Santa Rosa JC); Rancho Cotate HOF; SRJC Wrestling HOF

# Sonoma County

- Pat Hagler  
Basketball Forward  
PD All-Empire 90  
(Santa Rosa JC); PD All-Empire 2011
- Kristin Halvorsen  
Volleyball Setter  
(Santa Rosa JC & UC San Diego);  
JC All-Nor Cal 2004
- Keely Hamilton  
Softball Outfielder  
PD All-Empire 97
- Tor Hansen  
FB/Wrstl Offensive Line  
PD All-Empire 87; Rancho Cotate  
HOF
- Kevin Harrington  
Football Offensive Line  
(CCSF); PD All-Empire 94
- Karimah Hay  
Volleyball Setter  
(Santa Rosa JC); PD All-Empire  
2009
- Mark Hedeon  
Football/BK Defensive Line  
(Washington St); PD All-Empire  
97 (fb); PD All-Empire 98 (bk);  
Rancho Cotate HOF
- Briona Hendren  
Wrestling 108/114lbs  
(Santa Rosa JC); NCS Champ  
2006-08; PD WOTY 07 & 08
- Tim Herman  
Football Quarterback  
PD All-Empire 78
- Nick Hill  
Football Linebacker  
(Santa Rosa JC & Univ of Hawaii);  
PD All-Empire 2001 & 02; PD Co-  
DPOY 02
- Wayne Hill  
Football Linebacker  
(Idaho St); PD All-Empire 72; All-Big  
Sky 75 & 76; RCH rcd gm tackles 72  
(19); Rancho Cotate HOF
- Larry Hoffman  
Football Tackle/DL  
PD All-Empire 74
- Kent Holman  
FB/BK/Track  
Rancho Cotate HOF
- Gehrig Hotaling  
Football Wide Receiver  
(Univ of Redlands); SCIAC  
Champs 2003
- Ryan Haug  
Baseball Catcher
- Lexus Humphrey  
Soccer Midfielder  
(Dominican Univ); PD All-Empire  
2007
- Heather Hunter  
Softball Catcher  
(UC Davis); PD All-Empire 90-92;  
PD Co-POTY 92; Cal Sports  
Marketing Coordinator 98-2001;  
Sr. Service Mngr SJ Sharks/Silicon  
Valley Sports & Entertainment 01-;  
first girl in RHS history to play fb;  
UC Davis HOF; Rancho Cotate HOF
- Sarah Iven  
Softball Infielder  
PD All-Empire 94
- Nick Jacobs  
Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2002
- Taber Jarrell  
Football Defensive End  
PD All-Empire 88
- Matt Jehly  
Football Offensive Line  
PD All-Empire 2005
- Phil Jehly  
Football Linebacker  
PD All-Empire 78
- Brian Johnson  
Football Linebacker  
PD All-Empire 95
- Jenny Johnson  
Softball Pitcher  
PD All-Empire 2004 & 05; PD  
Co-POTY 05; Rancho Cotate HOF
- Gonzales Jones  
"Rick"  
FB/BK/Baseball  
Rancho Cotate HOF
- Ray Jones  
FB/BK/Baseball  
RCH MVP fb 73 & bb 74; Rancho  
Cotate HOF
- Richard Jones  
Football Guard  
(Santa Rosa JC & Univ of San  
Diego); PD All-Empire 2002
- Tracy Jones  
Softball Catcher  
PD All-Empire 88
- Ron Kamaka  
Track High Jump
- (Santa Rosa JC, Arizona St &  
Sonoma St); State JC Champ 83  
(7-0); paralyzed in Hawaii surfing  
accident 90; Assoc. Head Coach  
Cal St Fullerton 2007 (working  
from wheel chair); RCH rcd 81  
(6-8); college pr (7-3 1/2); Rancho  
Cotate HOF
- Beth Keating  
Softball Outfielder  
PD All-Empire 91
- Ryan Keating  
Baseball Shortstop  
PD All-Empire 2000 & 01
- Christy Keeler  
Softball Infielder  
PD All-Empire 94
- Shawna Kelley  
Soccer Defender  
(UC Davis); PD All-Empire 2006
- Jim Knight  
Football Running Back  
PD All-Empire 78; PD BOTY 78;  
Rancho Cotate HOF; RCH rcd-tie tds  
gm (4), atts season (213), yds gm  
(247) vs Santa Rosa High 78
- Jacqueline Komrij  
"Jackie"  
Swimming Breaststroke  
(USC & Univ of Texas); NCS  
Champ 82 100 bs (1:04.7);  
Member National Team 80-83;  
Rancho Cotate HOF
- Leilani Kuka  
Wrestling 154lbs  
(Santa Rosa JC); NCS Champ 2013;  
PD Empire WOTY 2013
- Kirsten Lambertson  
Softball Catcher  
(Yavapai JC & Cal St Fullerton); PD  
All-Empire 2008 & 09; Empire  
AOTY 09; National JC Champs 11
- Joe Lawson  
Football Defensive Back  
(Santa Rosa JC & Kansas St); PD  
All-Empire 2000; played wr in  
college
- Tiffany Leone  
Softball Pitcher  
PD All-Empire 2001
- Matt Lewis  
Soccer Forward  
PD All-Empire 2000
- Joe Link  
Football Defensive Line  
PD All-Empire 88



# Sonoma County

## Nathan Loughran

Wrestling 173/187lbs  
(Santa Rosa JC); NCS Champ 98;  
State Cadet Champ 99; SRJC  
Wrestling HOF

## Eddie Lua

Football Running Back  
(Santa Rosa JC & Cal St Fullerton);  
PD All-Empire 88

## Dan Lucas

Football Linebacker  
PD All-Empire 88 & 89; RCH rcd  
gm tackles 88 (22)

## Emanuel Maceira

“Mani”  
Basketball Forward  
(Sonoma St, Irvine JC &  
Claremont-Mudd College); PD All-  
Empire 2003; All-SCIAC 06 & 12;  
SCIAC Champs 12

## Jared Malec

Basketball Forward  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2001; did not play at  
SS because of injuries

## Lisa Marraffino

Basketball Center  
(Santa Rosa JC & Univ of New  
Orleans); PD All-Empire 97

## Pete Marshall

FB/BK/Baseball QB  
League ldr season 68 BAVg (.455);  
Rancho Cotate HOF

## Katie Martin

Volleyball Middle Hitter  
(Coastal Carolina Univ); PD All-  
Empire 2010; Big South Conf  
Champs 14; CCU ldr service aces 11  
(37)

## Jorge Martinez

Soccer Midfielder  
PD All-Empire 99

## Andrew Martini

Baseball Pitcher  
(Sonoma St); PD All-Empire  
2011

## Matt Martini

Baseball Pitcher  
PD All-Empire 2008

## John Mastronardi

Football Wide Receiver  
PD All-Empire 84

## Frank Mattern

Football Offensive Line  
PD All-Empire 71

## Erin McCullough

Softball Pitcher

(Chico St); PD All-Empire 99; Cal-Hi  
All-State 96 (medium schools);  
also All-Empire at Casa Grande 98

## Josh McFarlane

Football Running Back  
PD All-Empire 2007; RCH rcd-tie tds  
gm (4)

## Scott McKeon

Football Kicker  
(Santa Rosa JC & Kansas Wesleyan  
Univ); JC All-State 2007

## Erik McReynolds

Baseball Pitcher  
(Santa Rosa JC); State JC Champs  
2005

## Roman McReynolds

Baseball Pitcher  
PD All-Empire 89

## Austin McVeigh

Football Defensive Back  
PD All-Empire 2001; Empire track  
ldr season 2001 100mtrs (11.06),  
200mtrs (22.37)

## Chris Mendoza

Soccer Goalkeeper  
PD All-Empire 2014

## Jenny Merrill

Softball Pitcher/1B  
(Santa Rosa JC); PD All-Empire  
2006 (p) & 07 (p/1b); Chron All-  
Metro 07 (p/1b); Metro North Bay  
POTY 07

## Mariah Meuse

Soccer Forward  
(Belmont Abbey College); PD All-  
Empire 2012

## Karl Mikolon

Football Running Back  
(Santa Rosa JC & Bemidji St); PD  
All-Empire 99; RCH rcd-tie tds gm  
(4)

## Amy Mitchell

Track Long Jump  
(Santa Rosa JC); NCS Champ 89  
(19-1 3/4), 90 (19-5 1/4) & 91  
(19-0 3/4); RCH rcd 90 (19-8);  
Rancho Cotate HOF

## Kelsey Mohrman

Softball Infielder  
(Sonoma St); PD All-Empire 2007

## Ben Morie

Football Quarterback  
(Santa Rosa JC & Bemidji St); PD  
All-Empire 94; played minor  
league indoor football

## Ken Morita

Football Guard  
PD All-Empire 76

## Alex Morrow

Football Defensive Line  
(USC); PD All-Empire 2001 & 02;  
PD Co-DPOTY 02; Chron All-Metro  
02; Chron North Bay POTY 02;  
Cal-Hi All-State 02; CaliFlorida  
Bowl Prep All-Star Gm 02; Pac-10  
Champs 03; Rose Bowl Champs  
04; AP National Co-Champs 03;  
Rancho Cotate HOF

## Brandon Morrow

“B.J.”  
Baseball Pitcher  
(Univ of California); PD All-Empire  
2003; All-Pac-10 06; Sea Mariners  
07-09, Tor Blue Jays 10-14, SD  
Padres 15; 17 so in gm 10; UC ldr  
season 06 wins (7), ERA (2.05), cg  
(2), ip (96 2/3), so (97)

## Scott Morrow

Baseball Pitcher  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2009; SRJC ldr season 10  
losses (5), hits (68), runs (41), walks  
(28), wp (7); brother of Brandon  
Morrow, see above; son of John  
Morrow, head coac bb Rancho  
Cotate High

## Matt Munson

Soccer Forward  
PD All-Empire 98

## Adam Murray

Football OL/DL  
(Santa Rosa JC); PD All-Empire  
2007 (both ways) & 08 (ol)

## Bob Murray

Football Running Back  
PD All-Empire 71

## Kelli Nash

SB/VB Pitcher  
Rancho Cotate HOF

## Corey Nelson

Track/FB 200/400mtrs/WR  
(Santa Rosa JC & Boise St); NCS  
Champ 95 (46.89); Big West Conf  
Champ 99 (20.65), (45.36); Big  
West Conf rcd 99 (45.36); LV  
Outlaws (XFL) 2001; Scot  
Claymores 02, Amsterdam  
Admirals 02 (NFL); pro track;  
Head Coach track El Molino High  
(Son); Empire rcd 95 (46.89);  
SRJC rcd 400mtrs 96 (46.38);  
Rancho Cotate HOF

## Justin Nixon

Football Offensive Line

# Sonoma County

(Santa Rosa JC & Mississippi Valley St); PD All-Empire 98; JC All-State 2001

(SRJC & Lee Univ); PD All-Empire 2010; LU ldr runs 14 (37)

Basketball Forward  
PD All-Empire 87

Eric Nommsen  
"Tuck"  
Baseball Pitcher/OF  
PD All-Empire 2004

Scott Potter  
Baseball Pitcher  
PD All-Empire 2000

Mark Ross  
Football Kicker  
PD All-Empire 80

Nathan Novelo  
Soccer Midfielder  
PD All-Empire 95

Sam Pou'eu  
Football Linebacker  
(Santa Rosa JC & St. Mary's, Bismarck, ND); PD All-Empire 94

Mitchell Rowan  
Baseball OF/Infielder  
(Willamette Univ); PD All-Empire 2007 (of) & 08 (inf); WU ldr season 10 BAvg (.403), ab (154), runs (41), hits (62), hr (12), rbi (42)

Bob O'Connor  
Football Guard  
PD All-Empire 74; Rancho Cotate HOF

Sam Pou'eu  
Football Guard  
(Santa Rosa JC); PD All-Empire 2002; 372-pound contestant on "Biggest Loser" tv show 09

Stephanie Sarris  
Softball Pitcher  
(Delaware St); PD All-Empire 2009

Larry O'Connor  
FB/BB  
(Univ of Hawaii); Rancho Cotate HOF

Sheri Pou'eu  
Softball Pitcher  
PD All-Empire 93; also All-Empire 92 at Petaluma High (Son)

Torin Schultz  
BK/Tennis Singles  
(Foothill JC & Univ of Colorado); PD All-Empire 86 (bk); State JC Champ 88 (tennis); played pro ITF circuit; Rancho Cotate HOF

Jeff Ogston  
Baseball Pitcher  
(Sonoma St); NCAC Champs 98; CCAA Champs 99; SS ldr season 98 hits (104), runs (65), er (58), walks (48), wp (10), hbp (20), 99 losses (8), cg (3)

Tracy Pou'eu  
Softball Infielder  
(Santa Rosa JC); PD All-Empire 90

Frank Selto  
FB/Track RB/Sprints  
(Santa Rosa JC & Idaho St); PD All-Empire 82; 82; All-Big Sky 87 (kick returner)

Monica Onkubo  
Softball Infielder  
PD All-Empire 98

Cynthia Rail  
Soccer Midfielder  
(UC Davis); PD All-Empire 98; All-CCAA 2000 & 01; CCAA-North Champs 01; UCD red gm goals 2000 (4), career 99-02 goals (43), assts (20), pts (106), ldr season goals 99 (10), 2000 (14), 01 (10), assts 01 (10), pts 2000 (32), 01 (30); UC Davis HOF

Casey Senecal  
Baseball Pitcher  
(Santa Rosa JC); PD All-Empire 2010; PD Empire POTY 2010

Sergio Orduna  
Football Linebacker  
PD All-Empire 2009

Grady Sheehy  
Football Defensive Line  
(Santa Rosa JC & Northern St); PD All-Empire 2005

Mike Padia  
FB/Wrstlng  
Rancho Cotate HOF

Bob Rea  
Football Defensive Back  
PD All-Empire 74

Ed Shiffler  
Football Running Back  
(BYU); WAC Co-Champs 95 & 96; Cotton Bowl Champs 97

Jack Padia  
Football Kicker  
PD All-Empire 78

Lara Reese  
Softball Outfielder  
(Iowa CentralJC); PD All-Empire 2006

Drew Simpkins  
Basketball Forward  
(San Diego St); PD All-Empire 2003

Oscar Pesqueda  
Soccer Midfielder  
PD All-Empire 98

Jeremy Reisdorf  
Soccer Midfielder  
PD All-Empire 93 & 94

Casey Slate  
Baseball Pitcher  
(Santa Rosa JC & Sonoma St); PD All-Empire 2005

Todd Peterson  
FB/BK/Golf  
Rancho Cotate HOF

Nick Reynolds  
Football Offensive Line  
PD All-Empire 2010

Joe Slater  
Baseball Infielder  
(Sonoma St); CCAA Champs 2008

Quintin Picciau  
Football Defensive Line  
PD All-Empire 2005

Blake Robinson  
Football RB/Linebacker  
(Santa Rosa JC & Univ of Hawaii); PD All-Empire 2002

Damon Smith  
Football Running Back  
(Santa Rosa JC & Lindenwood College); PD All-Empire 94

Denny Plyer  
Wrestling/BB 118lbs  
(Santa Rosa JC); Head Coach wrestling Petaluma High 75-; also atnd high school in New Mexico; Rancho Cotate HOF

Cassidy Rodriguez  
Wrestling 170lbs  
NCS Champ 2014

Lindsay Smith  
Volleyball OH/Coach  
(Fullerton St, Santa Rosa JC & Sonoma St); PD All-Empire 99;

Siosi Poti  
Baseball Outfielder

Tina Rogers

# Sonoma County

Head Coach girls El Molino High  
(Son) 2006-08; Head Coach  
women Marin JC 2009-

## Eric Sory

Football Linebacker  
PD All-Empire 2006

## Gary Soto

Wrestling 148lbs  
NCS Champ 79; Rancho Cotate  
HOF

## Dan Souza

Baseball Infielder  
PD All-Empire 92

## Ken Spero

Baseball Outfielder  
PD All-Empire 88

## Scott Spratt

Wrestling 157lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Amy Sproat

Softball 1B  
(Sonoma St); PD All-Empire 2003  
& 04

## Mike Stephens

BK/FB/Track  
Rancho Cotate HOF

## Chris Stevens

Football RB/DB  
(BYU); PD All-Empire 94; PD  
OPOTY 94; PD Empire AOTY 95;  
WAC Mountain Div Co-Champs  
96; Cotton Bowl Champs 97;  
RCH rcd 100mtrs 95 (11.09); RCH  
red-tie tds gm (4); RCH rcd 100mtrs  
(NR); Rancho Cotate HOF

## Tyson Stevens

Wrestling 125lbs  
NCS Champ 99

## Ken Stewart

Football Center  
PD All-Empire 78

## Greg Swenson

Football Defensive End  
PD All-Empire 80

## Tomer Taggart

Football Offensive Line  
(Sonoma St); PD All-Empire 90

## Josh Tamba

Baseball Pitcher/Inf  
(Long Beach St & Cypress JC); PD  
All-Empire 2002 & 03; played  
minor league baseball; CJC rcd  
season 06 wins (12), ldr season  
06 era (2.03), ip (95 2/3) so (90)

## Morgan Taylor

Softball 2B  
(Santa Rosa JC); PD All-Empire 2011

## Mark Terribilini

Basketball Center  
PD All-Empire 91

## Maurice Thompson

Basketball  
(Santa Rosa JC & Chapman  
College); 1st RCH player to surpass  
1,000 pts in career 82-84 (1,315);  
Rancho Cotate HOF

## Jonathan Torres

Football Defensive Line  
(Santa Rosa JC); PD All-Empire  
2007 & 08

## Mike Tournahu

Football OL/DL  
(Santa Rosa JC & Univ of Mary);  
PD All-Empire 91 (both ways);  
Head Coach Elko, Nv, High 2007-  
09 (3-15-0)

## Mike Tuaua

Football Defensive Line  
(Santa Rosa JC & Texas Christian  
Univ); PD All-Empire 2010; Big 12  
Co-Champs 14; Peach Bowl Champs  
14

## Kwasi Turner

Football Defensive Line  
PD All-Empire 94

## Lisa Uhl

Volleyball  
MBL MVP 83; Rancho Cotate HOF

## Fabian Valdez-Mendoza

Soccer Defender  
(Dominican Univ); PD All-Empire  
2010

## Jim Veler

FB/BK/BB Defensive Back  
PD All-Empire 88; Rancho Cotate  
HOF

## Nick Villa

Soccer Goalkeeper  
PD All-Empire 97

## Thomas Wall

Baseball Pitcher  
PD All-Empire 2009

## Cordis Webb

Football Defensive Line  
PD All-Empire 99

## Carlos Wells

Football Defensive End  
PD All-Empire 78

## Ed White

Football Defensive Line  
PD All-Empire 2000

## Maurice White

FB/Track RB/Long Jump  
(Santa Rosa JC & West Texas  
A&M); PD All-Empire 2001; NCS  
Champ 02 (23-0); JC Region One  
All-State 04 (kicker); SRH rcd  
100mtrs 07 (10.91)

## Angela Williams

Volleyball  
Rancho Cotate HOF

## Tracey Williams

VB/BK  
Rancho Cotate HOF

## Chase Williamson

Football Linebacker  
(Santa Rosa JC & Univ of  
Charleston); PD All-Empire 2000

## Mike Wlodarczyk

FB/BB  
Rancho Cotate HOF

## Steve Wlodarczyk

FB/BK/Golf Quarterback  
PD All-Empire 71(fb); Rancho Cotate  
HOF

## Jamal Wright

Football Running Back  
PD All-Empire 97

## Denny Yu

Football Defensive Back  
PD All-Empire 99

## Debbie Zanini

Softball Outfielder  
PD All-Empire 94

## Rincon Valley Christian High Panthers

### Santa Rosa (estab. 1970)

## Matt Anderson

Bobsled Driver  
(Santa Rosa JC & Arizona St);  
Member National Team 2005 & 06

## Hannah Andrews

Volleyball Outside Hitter  
(Concordia Univ); PD Empire POTY  
2013 (small); daughter of Jim  
Andrews, head coach Rincon Valley  
Christian

## Claire Bailey

Basketball Forward  
(Corban Univ); PD All-Empire 2010  
& 11 (small); played vb in college

# Sonoma County

## Katie Bailey

Basketball Forward  
(Santa Rosa JC); PD All-Empire 2002 & 03 (small); Cal-Hi Div 5 All-State 03; sister of Claire Bailey, see above

## Mike Balderamos

Basketball Point Guard  
PD All-Empire 2007 (small)

## Ryan Bennie

Baseball Pitcher/Inf  
PD All-Empire 98 (small)

## Kory Briggs

Softball Infielder  
PD All-Empire 2003 (small)

## Erin Buescher

Basketball Guard  
(UC Santa Barbara & The Master's College); PD All-Empire 96 & 97 (small); Cal-Hi All-State (junior) 96; Cal-Hi Diuv 5 All-State 96 & 97; Cal-Hi All-State 97; State Div 5 POTY 97; PD Empire AOTY 97 (small); All-Big West 98-2000, POTY 98-2000; Big West Champs 2000; Minn Lynx 01, Char Sting 02-03, Sac Monarchs 06 (WUSA); Harbour Breeze 04 (New Zealand), Athens (Greece) 05; also All-Empire 95 at Rancho Cotate High (Son); CIF Nor Cal Div 5 Final Gm rcd 97 reb (16), asst (6); CIF State Div 5 Final Gm rcd reb 97 (25); State ldr pts 97 (885); scored 2,552 prep pts; Big West ldr pts 98 & 99

## David Burritt

Basketball Guard  
PD All-Empire 2004 (small)

## Jarod Cake

Basketball Guard  
PD All-Empire 2003 (small); cousin of Darren Nelson, Head Coach

Rincon Valley Christian 11-

## Nicole Cake

Basketball  
PD All-Empire 2001 (small); sister of Jared Cake, see above

## Becky Carpenter

Basketball  
PD All-Empire 99 (small)

## Naomi Cavaliere

Soccer MF/Forward  
(Westmont College); NAIA Champs 2002 & 03

## Josh Cimono

Baseball Shortstop  
PD All-Empire 2006 (small)

## Leanna Cimino

Softball Shortstop  
PD All-Empire 2008 (small)

## Courtney Clark

Soccer Defender  
(The Master's College); PD All-Empire 99 (small); All-GSAC 2001

## Kris Cook

Baseball Catcher  
(Biola Univ); PD All-Empire 2004 (small)

## Andrew Davis

Basketball Center  
PD All-Empire 2005 & 06 (small)

## Robin DeBaun

Basketball  
(Santa Clara Univ); PD All-Empire 94 & 95 (small)

## Chris Delaney

Basketball  
PD All-Empire 2000 & 01 (small)

## Brett DeVries

Basketball Guard  
(San Diego St & The Master's College); PD All-Empire 97 & 98; PD Co-POTY 98 (small); Cal-Hi Div 5 All-State 98; husband of Kelly Cornell, Master's College bk player

## Hannah Dolan

Basketball Forward  
(Santa Rosa JC); PD All-Empire 2011 (small)

## Lesley DuBois

Basketball Forward  
(Univ of Arizona & The Master's College); Cal-Hi Div 5 All-State 97 & 98; PD All-Empire 97 & 98; PD POTY 98 (small); All-GSAC 2002 & 03; AA 2002 & 03; played vb in college; TMC career rcd 99-03 pts (2,078), fg (752), 3pt fg (194), bcks (125); also atnd Ursuline High (Son)

## Joel Fleck

Baseball Pitcher  
(York College); PD All-Empire 2005 (small)

## Michelle Fortkamp

Softball  
(Sonoma St); All-NCAC 92

## Atalie Halpin

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 2010 (small); ran track in jc

## Michaela Halpin

Basketball Guard

(Santa Rosa JC & Simpson Colleg); PD All-Empire 2009 (small); State JC Champs 11; also played soccer in jc

## Erik Hanson

Football/BK WR/DB/Fwd  
(Santa Rosa JC & Cal St Maritime Academy); PD All-Empire 2008 (fb-small); PD All-Empire 2009 (bk-small)

## Kelly Hemple

Basketball  
PD All-Empire 86 (small)

## Teri Higgenbottom

Basketball Guard  
(Gardner-Webb Univ & Azusa Pacific Univ); PD All-Empire 2006 & 07 (small); PD Co-POTY 07 (small); Cal-Hi Div 5 All-State 07; GSAC Co-Champs 10; GSAC Champs 11

## Turea Jones

Basketball Guard  
(Santa Rosa JC & Kennesaw St); PD All-Empire 2005-08 (small); PD Empire POTY 08; Cal-Hi Div 5 All-State 08; played vb in jc; AVCA JC AA 08 (vb); JC All-Nor Cal 08 (vb)

## Robby Lamar

Soccer Midfielder  
PD All-Empire 2005 & 06 (small)

## Jesse Lepera

Basketball  
PD All-Empire 98 (small)

## Tara Long

Basketball Guard  
(Dominican Univ); PD All-Empire 2000 & 01; PD Co-POTY 2000 (small); Cal-Hi Div 5 All-State 2000 & 01; RVC rcd gm pts 2000 (47)

## Ryan Long

Basketball Guard  
PD All-Empire 2005 (small)

## Jessica Marshall

Soccer Midfielder  
(Point Loma Nazarene Univ); PD All-Empire 2000 (small)

## Teresa Menconi

Soccer Midfielder  
PD All-Empire 2002 (small)

## Amanda Mendenhall

Soccer Forward/MF  
(Corban Univ); PD All-Empire 2004 (fwd), 05 (mf), 06 (mf) & 07 (mf-small); All-Cascade Conf 09-11

# Sonoma County

## Kaitlyn Mendenhall

Soccer Goalkeeper  
(Corban Univ); PD All-Empire  
2009 & 10 (small)

## Kimberlee Mendenhall "Kim"

Soccer Goalkeeper/MF  
(Corban Univ); PD All-Empire  
2000 (gk) & 02 (both ways); PD  
Empire POTY 02 (small); Cascade  
Conf-South Champs 03-05; CC rcd  
season 04 goals against avg (0.84),  
career 03-06 Sho (15)

## Mark Mendenhall

Soccer MF/Forward  
(Corban Univ); PD All-Empire  
2003 (mf) & 04 (fwd) (small);  
played amateur in Holland year  
after high school & returned to  
Europe with Surge International  
(soccer ministries) after college;  
brother of Amanda, Kaitlyn &  
Kimberlee Mendenhall, see above

## Steve Merical

Basketball  
PD All-Empire 85 (small)

## Stephanie Miller

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2000

## Meredith Moore

Volleyball Setter  
PD All-Empire 2004

## Lisa Muzio

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2006 & 07 (small); PD Co-POTY  
07 (small); Cal-Hi Div 5 All-State  
2006 & 07; SRJC ldr 08 avg  
(15.2), rebs (8.2), fg pct(.444), bleks  
(1.3); played center in college; also  
attnd Ukiah High

## Donnie Rinkor

Soccer Defender  
PD All-Empire 99 (small)

## Chris Riske

Baseball Catch/SS/Pitch  
PD All-Empire 2005 (c) & 06  
(ss & p-small)

## Garrett Robert

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2012  
(small); cousin of Zac Tiedemann, see  
Montgomery High (Son)

## T. J. Robert

Basketball Guard  
PD All-Empire 2011 (small)

## Tyler Ross

Soccer Defender  
(Santa Rosa JC); JC State Champs  
2002

## Grant Saunders

Soccer Midfielder  
PD All-Empire 99 (small)

## Alex Shahi

Softball Catcher  
(Santa Rosa JC); PD All-Empire  
2008 (small); played soccer in jc

## Taylor Shahi

Soccer Midfielder  
PD All-Empire 2009 (small)

## Rick Shunn

Baseball Infielder  
PD All-Empire 94 (small)

## Liz Tomforde

Basketball Guard  
(Santa Rosa JC); PD All-Empire  
(small) 2008; played vb in jc

## Lisa Waller

Basketball  
PD All-Empire 2005 (small)

## Randy Waller

Basketball Guard  
(Santa Rosa JC & UC Davis); PD  
All-Empire 99 (small)

## Rich Waller

Basketball Guard  
(Santa Rosa JC & UCLA); PD All-  
Empire 95-97; PD Empire POTY 95  
(small); Cal-Hi Div 5 All-State 95-97;  
RVC rcd season pts 97 (725);  
Empire rcd career pts 95-97  
(2,389); husband of Anna  
Yamatoto, see St. Vincent de Paul  
High (Son); son of Ed Waller, Head  
Coach Rincon Valley Christian  
High

## Amanda Wisdom

"Akamai" (nickname)  
Softball Pitcher  
(Santa Rosa JC, Messiah College &  
Hawaii Pacific Univ); PD All-Empire  
2007 & 08 (small); PD Co-POTY 08  
(small)

## Hannah White

Soccer  
PD All-Empire 2015

## Lauren Wisdom

Softball  
PD All-Empire 2005 (small); sister of  
Amanda Wisdom, see above &  
Natalie Wisdom, bk player SRJC &  
Sonoma St & first female asst coach  
men's bk Sonoma St

## Luke Wisniewski

Basketball  
PD All-Empire 98; PD Co-POTY 98  
(small)

## Rio Lindo Adventist Academy Healdsburg (estab. 1962)

## Casey Miller

Volleyball OH/MB  
(Pacific Union College); All-Cal Pac  
2011

## Roseland University Prep Knights Santa Rosa (estab. 2004)

## Isle Barajas

Soccer  
PD All-Empire 2014 (small)

## Sara Campos

Volleyball  
PD All-Empire 2015 (small)

## Daniel Cortez

Soccer  
PD All-Empire 2012 (small)

## Erick Delgado

Soccer Forward  
PD All-Empire 2006 (fwd) & 07  
(both ways - small)

## Rodrigo Estrella

Soccer  
PD All-Empire 2012 (small)

## Jonathan Flores

Soccer Defender  
PD All-Empire 2009 (def) & 10  
(fwd-small)

## Darin Grayer

Basketball Center  
(Santa Rosa JC); PD All-Empire 2011  
(small); State JC Champs 14

## Bryan Iturbe

Soccer Goalkeeper  
(Sonoma St); PD All-Empire 2010  
(small); Empire POTY 2010

## Michael Irtube

Soccer Midfielder  
PD All-Empire 2012 (small); Empire  
POTY 2012

## Hector Machuca

Soccer Goalkeeper  
PD All-Empire 2008 (small)

## Juan Machuca

# Sonoma County

Soccer Defender  
PD All-Empire 2007 (small)

## Robert Macias

Soccer Defender  
PD All-Empire 2010 (small)

## Jacque Melendez

Basketball  
PD All-Empire 2012 (small)

## Alex Morales

Soccer  
(San Jose St); PD All-Empire 2014 (small); PD POTY 2014 (small)

## Gustavo Moreno

Soccer Midfielder  
PD All-Empire 2008 (small)

## Josiah Nikkel

Basketball  
PD All-Empire 2010 (small)

## Enrique Sanchez

Soccer  
PD All-Empire 2014 (small)

## Angelica Sotelo

Soccer Midfielder  
PD All-Empire 2009 & 10 (small); daughter of Dago Sotelo, Head Coach Roseland Prep, granddaughter of Dago Sotelo Sr., youth soccer coach

## Jasmine Sotelo

Soccer  
PD All-Empire 2014 (small)

Basketball  
PD All-Empire 2008 (small)

## David Vines

Soccer Goalkeeper  
PD All-Empire 2010 (small)

## St. Vincent de Paul High

### Mustangs

### Petaluma

(estab. 1888)

## Dan Andrews

Football OL/DL  
PD All-Empire 98 (both ways-small)

## Dave Andrews

Baseball Infielder  
PD All-Empire 92 (small)

## George Andrews

Baseball Catcher  
PD All-Empire 92 (small)

## Jim Antonini

Football/BK Wide Receiver  
(Utah St); PD All-Empire 88 (fb-small); All-Empire 89 (bk-small)

## Alyssa Auerbach

Softball Catcher  
(Somona St); PD All-Empire 2005

## Nick Baldocchi

Baseball Pitcher  
(Marin JC); PD All-Empire 2007 (small)

## Kacie Ballard

Softball Catcher  
PD All-Empire 2003 & 04 (small)

## Jon Barbato

Baseball Pitcher/3B  
PD All-Empire 99 (small)

## Kevin Bartell

Soccer Forward  
PD All-Empire 98 (small)

## Ursula Baumgarten

BK/SB Catcher  
(Univ of Redlands); PD All-Empire 2012-14 (both-small); PD POTY (sb-small) 2012; Cal-Hi All State 14 (small)

## John Berg

Football Defensive Back  
PD All-Empire 2003

## Dona Marie Bosque

Basketball Guard/Official  
(Marin JC); prep, JC & NCAA Div 2 referee; SVDPH red season 77 pts avg (41.0)

## Cindy Broadbent

“Maynard” (married name)  
Track/CC  
St. Vincent High HOF

## Miguel Bunting

Football Linebacker  
PD All-Empire 92 (small); St. Vincent High HOF

## Tim Burnett

Football Back  
PD All-Empire 74 (small)

## Sarah Calbrese

Volleyball  
PD All-Empire 2015 (small)

## Michelle Calero

Basketball  
PD All-Empire 89 (small)

## Brian Campbell

Football Wide Receiver  
PD All-Empire 91 (small); Cal-Hi All-State 91 (small)

## Danny Campbell

FB/Baseball QB/Pitcher/OF

(Santa Rosa JC & Univ of California); PD All-Empire 2000 (fb-small); PD All-Empire 01 (bb-small); SRJC 1dr season starts (15), wins (10), era (2.67), ip (108), runs (47), hits (90), so (80)

## Devin Campbell

Baseball  
PD All-Empire 97; PD Empire POTY 97 (small)

## Mark Capella

Football Defensive Line  
PD All-Empire 77 (small)

## Rich Capella

Football Offensive Line  
PD All-Empire 74 (small)

## Michael Carrillo

Baseball Catcher  
PD All-Empire 2009 (small)

## Cullen Carroll

Football Running Back  
(Willamette Univ); PD All-Empire 2008 (small); PD OPOTY 2008

## Tony Castillo

Football Offensive Line  
PD All-Empire 89 (small)

## Claire Chadwell

Basketball Center  
PD All-Empire 2007 (small)

## Angela Cheda

Softball 1B/Pitcher  
PD All-Empire 99 (1b-small), 2000 & 01 (p-small)

## Lee Christensen

Football Back  
Catholic Monitor All-Bay 51

## Steve Cummings

Football Defensive Line  
PD All-Empire 2000 (small)

## Nikki Curtin

Basketball  
PD All-Empire 2006 (small)

## Jason Danba

Football Tight End  
PD All-Empire 89 (small)

## Blake Davis

Soccer Forward  
PD All-Empire 2010 (small)

## John Davis

Football Offensive Line  
PD All-Empire 85 (small)

## Jim DeCota

Football QB/Utility

# Sonoma County

PD All-Empire 93 (qb) & 94 (small);  
St. Vincent High HOF

(Menlo College); PD All-Empire  
2001 (fb-small); PD All-Empire  
2001 & 02 (bb-small)

Tony Giacomini  
Baseball Pitcher  
(Marin JC); PD All-Empire 93  
(small)

## Sharon Derr

“Ferrer” (married name)  
VB/BK/Track High Jump  
Prep pr 92 (5-6); St. Vincent High  
HOF

## Alexandra Fetter

Volleyball  
PD All-Empire 2015 (small)

## Vicki Gilles

Soccer Forward  
(Sonoma St); PD All-Empire 97-99  
(small)

## Tyler DeShazer

Soccer Defender  
(San Francisco St); PD All-Empire  
2000 (small)

## Jason Filippi

Baseball Catcher  
PD All-Empire 98 (small)

## Pat Glassmaker

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 85  
(small)

## Mike Dessel

Baseball Outfielder  
PD All-Empire 2007 (small)

## Courtney Fitzgerald

Soccer Forward  
(Dominican University); PD All-  
Empire 97 & 98 (small); PD Empire  
POTY 98

## Sonny Gonella

Football Defensive Back  
PD All-Empire 2008 (small)

## Eric DeVost

Soccer Midfielder  
PD All-Empire 2000 (small)

## Jordan Fleischmann

Baseball Shortstop  
PD All-Empire 2007 (small)

## Teresa Green

Softball Catcher  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 95; played soccer in jc  
& college (gk)

## Rebecca Dodele

Soccer Midfielder  
(Univ of Pacific); PD All-Empire  
2012 (small); SVH ldr 13 goals (30)

## Joe Fonfara

Baseball Outfielder  
PD All-Empire 2008 (small)

## Jon Grinnell

Baseball Pitcher/C/OF  
PD All-Empire 2005 & 06 (small)

## Bob Dolcini

Baseball Pitcher  
PD All-Empire 91 (small)

## Danielle Erisk

Softball 2B  
PD All-Empire 2005 & 06 (small)

## Cory Griffin

Football Quarterback  
(Santa Rosa JC & Tusculum Univ);  
PD All-Empire 98 (small)

## Nick Eastham

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire  
2009 (small)

## Megan Galloway

Softball Pitcher  
(St. Mary's College); PD All-  
Empire 2001-04 (small); PD  
Empire POTY 03; Co-POTY 04;  
Cal-Hi All-State 02 (small schools)

## Gabe Griffith

Football Linebacker  
(UC Davis); PD All-Empire 94  
(small)

## Conor Egede

Soccer Defender  
PD All-Empire 2010 (small)

## Ryan Galloway

Baseball/FB 3B/QB/DE  
(Cal Poly-SLO); PD All-Empire  
2005 (fb-small); PD All-Empire 06  
(bb-small); son of Gary Galloway,  
fb/bb coach St. Vincent de Paul High;  
brother of Megan Galloway, see  
above

## Ryan Guinan

Soccer Defender  
PD All-Empire 2007 (small)

## Jerry Eilers

Baseball Pitcher  
(USF); Catholic Monitor All-Bay  
59; USF rcd career 62-64 wins (17),  
era (2.83), ip (254 2/3), so (263),  
ldr season era 62 (3.06), 63 (2.31),  
wins 62 (5), 63 (7-rcd), 64 (5), ip 62  
(94), 64 (78 2/3), so 62 (120-rcd),  
64 (68); St. Vincent High HOF

## Alyssa Garcia

Softball Catcher  
PD All-Empire 2008-10 (small)

## Mark Gunn

Football Linebacker  
PD All-Empire 77 (small)

## Anthony Fabbrini

Football Linebacker  
PD All-Empire 2006 (small)

## Danielle Garcia

“D. J.”  
Soccer/SB MF/Shortstop  
PD All-Empire 2006-08 (soc-small);  
PD Co-POTY 2006 (soc-small); PD  
All-Empire 08 & 09 (sb-small)

## John David Haig

Football Offensive Line  
PD All-Empire 2008 (small)

## Kris Farinha

Football Running Back  
(Sacramento St); PD All-Empire  
2007-09 (small)

## Jake Garcia

Football Defensive Line  
PD All-Empire 2008 (small)

## Alexandra Haslam

CC/Track  
St. Vincent High HOF

## Martin Ferria

Baseball Catcher  
PD All-Empire 2000 (small)

## Gabby George

Soccer Defender  
PD All-Empire 2010 (small)

## Kyle Hayes

Soccer Goalkeeper  
PD All-Empire 2000 (small)

## Brandon Ferrua

Football Defensive Line  
PD All-Empire 2002 (small)

## Joe Giacomini

Football RB/DB  
PD All-Empire 89 (both ways-small)

## Jonathan Hoopes

Basketball  
PD All-Empire 2002 (small)

## Justin Ferrua

FB/Baseball RB/Catcher

## Preston Hoopes

Basketball Guard

# Sonoma County

(Chico St); PD All-Empire 2003 (small); brother of Jonathan Hoopes, see above; graduated from Marin Catholic High (M)

Basketball Forward  
(USF); CalBA Champs 55 & 56; NCAA Champs 55 & 56; Most Inspriational Player 57; also participated in track in college

## Matt Markovich

Baseball OF/Coach  
(Santa Rosa JC & Sonoma St); PD All-Empire 91 (small); AD Marin JC; Head Coach San Francisco St 2001-06 (116-157-3)

## Brian Hopkins

Baseball Outfielder  
PD All-Empire 2000 (small)

## John Kingsbury

Football Linebacker  
PD All-Empire 96 (small)

## Mike Markovich

Football Linebacker  
PD All-Empire 2000 (small)

## Sarah Iniquez

Soccer Forward  
PD All-Empire 2009 (small)

## Mike Koniaris

FB/Baseball Quarterback  
St. Vincent High HOF

## Boo Martinez

Football Linebacker  
PD All-Empire 98 (small)

## Stephanie Isola

Soccer Midfielder  
PD All-Empire 2002-04 (small);  
PD Co-POTY 04 (small)

## Dave Laine

Soccer Defender  
PD All-Empire 99 (small)

## Cassie Martinez

Soccer Forward  
(Sonoma St); PD All-Empire 98 & 2000 (small)

## Joe Jackson

Football Wide Receiver  
PD All-Empire 88 (small)

## Dale Leonhart

Soccer Midfielders  
PD All-Empire 2012 & 14 (girls-small)

## Kim Mattei

Softball Pitcher  
PD All-Empire 92 (small)

## Bryan Jensen

Baseball Pitcher  
PD All-Empire 95 (small)

## Kinyatta Leonhardt

Soccer/Track Fwd/Sprints  
(Seattle-Pacific Univ & Univ of Washington); PD All-Empire 2000 & 02 (soccer-small); GNAC Freshman of the Year 04; GNAC Champs 04 & 05; GNAC Indoor Champ 60mtrs 04 (7.96), 05 (7.96), 200mtrs 04 (25.40); GNAC Outdoor Champs 400mtrs 05 (57.16); UW ldr season indoor 400mtrs 07 (55.99); SVH rcd numerous events

## Jeff Matthews

Baseball Catch/Pitch/3B  
PD All-Empire 2011 (small)

## Megan Jensen

Softball 3B/Pitcher  
PD All-Empire 2001 (small)

## Tommy Matthews

Baseball Outfielder  
PD All-Empire 2008 (small)

## Vince Jensen

Football Offensive Line  
PD All-Empire 77 (small)

## Paul McAllister

Baseball Outfielder  
PD All-Empire 2002 (small)

## Mitch Johnson

Football/BB DB/Catcher  
PD All-Empire 2002 (small-fb); Cal-Hi All-State 2002 (small schools); PD All-Empire 04 (small-bb)

## Natalie Lucas

Softball Outfielder/2B  
PD All-Empire 98 (of) & 2000 (2b-small)

## Nick McCarthy

Football Linebacker  
PD All-Empire 2008 (small)

## Kelsey Joyce

Softball Pitcher  
PD All-Empire 2008 (small)

## Nicole Lucas

Softball Infielder/Pitcher  
PD All-Empire 94-96 (small)

## Glynnis McConnell

Soccer MF/Forward  
PD All-Empire 2003 (mf), 04 & 05 (fwd-small); PD Co-POTY 05 (small)

## Matt Kabunuch

Baseball Infielder  
PD All-Empire 93 (small)

## Tom Luther

Football Defensive Line  
PD All-Empire 74 (small)

## Tim McGrath

Boxing Trainer/Second  
Worked Bay Area training camps, pro bouts; trained heavyweight champ Tom Sharkey; mngr heavyweight Joe Choynski; state boxing inspector

## Nadine Kay

Basketball  
PD All-Empire 85 (small)

## Will Magana

Soccer Defender  
PD All-Empire 2000 (small)

## Sean Keaney

Football Linebacker  
(Santa Rosa JC); PD All-Empire 2007 (small); PD Co-DPOTY 2007 (small)

## Ryan Mahoney

Football Tackle/LB  
PD All-Empire 2003 (both-small)

## Adam McKenzie

BB/Hockey C/Defenseman  
(U.S. Air Force Academy); PD All-Empire 2008 (bb-small); Atlantic Hockey Assoc. Defenseman of the Year 13

## Jeff Kesler

Baseball Pitcher/2B  
PD All-Empire 2010 (small)

## Chris Margaronis

Baseball Pitcher/SS  
(UC Riverside); PD All-Empire 2003; PD Empire POTY 2003 (small)

## Bobby McMillan

Football Offensive Line  
PD All-Empire 2001 & 02 (small)

## Jeff Ketchu

Football Wide Receiver  
PD All-Empire 89 (small); St. Vincent High HOF

## Kevin Markovich

Baseball/FB OF/RB  
(Marin JC); PD All-Empire 2005 fb-small; PD All-Empire 2005 & 06 (bb-small)

## Ryan McMillan

Baseball Pitcher  
PD All-Empire 2001 (small)

## Jack King



# Sonoma County

PD All-Empire 2014 (small)

## Kevin McQueeney

Soccer Forward  
PD All-Empire 2005 (small); PD  
Co-POTY 2005

## Megan McQueeney

Soccer Defender  
(San Diego St); PD All-Empire  
2004 (small); All-MWC 09; also  
All-Empire 06 & 07 at Ursuline  
High (Son)

## Andrew Meiswinkel

Baseball Utility  
PD All-Empire 2009 (small)

## Michael Meiswinkel

Basketball/BB Guard/Inf/OF/P  
PD All-Empire 2011 (bk-small);  
Empire POTY 2011 (bk-small); PD  
All-Empire 2011 (bb-small); SVH  
ldr season 2011 pts avg (21.7);  
brother of Andrew Meiswinkel,  
see above

## Amy Mellin

Softball Outfielder  
PD All-Empire 97 (small)

## Tom Mellin

Baseball Shortstop  
PD All-Empire 2005 & 06

## Alonzo Mendoza

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2007 (small)

## Vinnie Migliulo

Football Defensive Back  
PD All-Empire 2010 (small)

## Nicole Miram

Basketball Forward  
PD All-Empire 2003 (small)

## Andrew Moratto

Football Linebacker  
PD All-Empire 2005 (small)

## Steve Moses

Baseball Pitcher  
(USF); PD All-Empire 97 (small)

## Greg Mullan

Football OL/DL  
PD All-Empire 95 (both ways-small)

## Michelle Nazzall

Soccer Midfielder  
PD All-Empire 2006 (small)

## Steve Patin

Soccer  
PD All-Empire 2012 (small)

## Dominic Pederson

Baseball

## Cassie O'Connor

Volleyball Setter/OH  
(Univ of Portland & Sonoma St);  
PD All-Empire 2000 & 02 (small)

## Danny O'Connor

Baseball Pitcher  
PD All-Empire 2000 (small)

## Kelly O'Connor

Soccer Defender  
PD All-Empire 2009 (small)

## Shannon O'Connor

Volleyball/SB OH/Infielder  
(Cal St Bakersfield & Dominican  
Univ); PD All-Empire 97 (sb-small);  
Cal Pac Newcomer of the Year 99  
(vb); All-Region 2 2000 (vb)

## Joe O'Donnell

Football Linebacker  
PD All-Empire 2001 (small)

## Chris O'Hare

Football Linebacker  
PD All-Empire 93 (small)

## Mike O'Hare

Football Linebacker  
PD All-Empire 89 (small)

## Taylor Owen

Soccer  
PD All-Empire 2014 (small)

## Kristin Parrish

Soccer Midfielder  
PD All-Empire 2000 (small)

## Simon Pass

Football Tight End  
PD All-Empire 96 (small)

## Ashley Patton

Softball Outfielder  
PD All-Empire 2009 (small)

## K. C. Pedersen

Baseball Shortstop  
PD All-Empire 2011 (small);  
MaxPreps All-State (small schools)  
2011

## Michael Pederson

Soccer Midfielder  
PD All-Empire 2005 (small)

## Mary Pelleriti

Basketball Forward  
PD All-Empire 2007 (small)

## Amanda Pengel

Soccer Forward  
(Santa Rosa JC & UC Davis); PD  
All-Empire 99 (small)

## Jared Pengel

Football/BK WR/Guard  
PD All-Empire 2006 (fb-small);  
PD All-Empire 07 (bk-small)

## Andrew Phelps

Baseball 1B  
PD All-Empire 2010 (small)

## Doug Post

Football Defensive Line  
PD All-Empire 80 (small)

## John Quinlan

Baseball Pitcher  
PD All-Empire 2004 (small)

## Ryan Raabe

Baseball Pitcher  
PD All-Empire 92 (small)

## Kate Rappa

Basketball  
PD All-Empire 2001 & 02 (small)

## Victor Raya

Soccer Midfielder  
PD All-Empire 2005 (small)

## Andrew Regis

Football Offensive Line  
PD All-Empire 2007 (small)

## John Reynolds

Baseball Shortstop  
PD All-Empire 2001 (small)

## Mark Reynolds

Baseball/FB 2B/RB  
PD All-Empire 2003 (bb-small);  
PD All-Empire 2003 (fb-small)

## Joe Riley

Basketball Guard  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 99-2001 (small); PD  
POTY 99 & Co-POTY 2000 &  
01 (small); Cal-Hi Div 5 All-State 01

## Joey Rodriguez

Basketball Guard  
PD All-Empire 2009 (small); also  
All-Empire 11 at Casa Grande High  
(Son)

## Matt Rohrs

Baseball Pitcher  
PD All-Empire 2009 (small)

## Zach Ross

Baseball Infielder/P/OF  
PD All-Empire 94-96 (small)

## John Sagaral

Football Running Back  
PD All-Empire 77 (small)

## Katie Salzano

Softball Pitcher

# Sonoma County

PD All-Empire 98 & 99 (small)

(Southern Oregon Univ); PD All-Empire 2008 (small)

Football Running Back  
PD All-Empire 98 (small)

## George Sammon

Baseball  
PD All-Empire 2014 (small); SVDP  
ldr 2014 BAvg (.413), hots (31), trpls  
(5)

## Natalie Surnodjo

Soccer Forward  
PD All-Empire 2008 & 10 (small)

## Josh Wheless

Football Quarterback  
(Carnegie Mellon Univ); PD All-Empire 2008 (qb) & 09 (k/p)  
(small); SVH rcd season yds  
09 (2,159)

## Ken Scalmanini

“Coach Scali”  
Basketball Guard/Coach  
(Santa Rosa JC, UC Davis & Cal  
Poly-Pomona); PD All-Empire 86  
(small); PD Empire POTY 86; State  
POTY (small schools) 86; Head  
Coach Claremont-Mudd 98-;  
SCIAC Champs 2002, 06, 09, 10, 12,  
14,15; SCIAC COTY 15

## Ray Tamblyn

BB/Football OF/WR/Util/DB  
(Santa Rosa JC); PD All-Empire  
96-98 (fb-small); PD DPOTY 98  
(small); PD All-Empire 99 (bb-small);  
Cal-Hi All-State 99 (bb);  
JC All-State (fb) 2000; JC AA 99;  
SRJC rcd season 99 recep yds (1,152),  
recep tds (16); career recep 99-2000  
(155), recep yds (2,155), td recep (28)

## Michael White

Football Quarterback  
PD All-Empire 96 (small)

## Paul White

Football Defensive Back  
PD All-Empire 76 (small)

## Stacey Schendel

Basketball/VB  
PD All-Empire 89 (bk-small); St.  
Vincent High HOF

## Brendan Tarrant

Football Offensive Line  
PD All-Empire 2008 (small)

## Robbie White

Baseball Pitcher/Utility  
(Sonoma St); PD All-Empire 2007  
& 08 (small); PD Empire POTY 08  
(small)

## Jim Schloetter

Football Defensive Back  
PD All-Empire 77 (small)

## Bob Theis

FB/Baseball Halfback  
Catholic Monitor All-Bay 57 (fb);  
St. Vincent High HOF

## Ian Williams

Baseball SS/Pitcher  
(UCLA); PD All-Empire 2008 (ss-  
small) & 09 (p/ss -small)

## David Scott

Baseball Utility  
PD All-Empire 97 (small)

## Bill Timpe

Baseball Outfielder  
PD All-Empire 2003 (small)

## Kim Williams

Softball Catcher  
PD All-Empire 2002 (small)

## Morgan Selmi

Softball 2B  
PD All-Empire 2011 (small)

## Dan Tocchini

FB/BK/Baseball Fullback  
(Santa Clara Univ); PD All-Empire  
72 (fb-small); St. Vincent High  
HOF

## Spencer Willin

Football Defensive Line  
PD All-Empire 2008 & 09 (small)

## Alex Shaffer

Softball Infielder  
PD All-Empire 2006 (small)

## Kristen Trott

Soccer Midfielder  
PD All-Empire 97-99 (small)

## Anna Yamamoto

“Waller” (married name)  
Volleyball Setter  
(Santa Rosa JC & UCLA): JC AA  
97; All-State 98; did not play after  
JC; SRJC HOF; wife of Rich Waller,  
Rincon Valley Christian (Son)

## Dylan Shelly

Football Quarterback  
PD All-Empire 89 (small)

## Greg Urmani

Soccer Forward  
PD All-Empire 99 & 2000 (small)

## **Santa Rosa High Panthers** **Santa Rosa**

**(estab. 1874 – California’s 9th high school; adjacent Santa Rosa JC was part of high school 1918–1927) (aka Rosa)**

## Gabrelle Siragusa

“Gabi”  
Soccer Midfielder  
PD All-Empire 2005 (small)

## Vince Urmani

Soccer Defender  
PD All-Empire 98 (small)

## P. J. Siragusa

Football Wide Receiver  
PD All-Empire 2005 (small)

## Don Vachini

CC/BK/BB Guard  
(Sonoma St); Sonoma St HOF; St.  
Vincent High HOF; ran CC in college;  
SS rcd fg pct 65 (59%); one of SS  
first three sport athletes; SVHS sports  
announcer

## Tommy Siragusa

Soccer Goalkeeper  
(UC Davis); PD All-Empire 2005 &  
06 (small)

## Bill Vyenielo

Football Defensive Back  
(UC Davis); PD All-Empire 74  
(small)

## Nick Abbott

Soccer Goalkeeper  
PD All-Empire 95; Herfolge  
(Denmark)

## Rose Smedley

Soccer Defender  
(Howatrd Univ); PD All-Empire  
2009 (small)

## Steve Albini

Football Linebacker  
PD All-Empire 66

## Jenna Spaan

Softball  
PD All-Empire 2007 (small)

## Barry Weiss

Basketball Center  
(Sonoma St); PD All-Empire 2002  
(small); Cal-Hi Div 5 All-State  
2002

## Eli Alexander

Soccer Defender  
PD All-Empire 96

## Danielle Stave

Soccer Defender

## Brian Wheale

## Tom Allen

# Sonoma County

Basketball Forward  
(Santa Rosa JC & Pacific Univ);  
EX All-North Bay 71; PD All-  
Empire 72 & 73; fitness trainer

## Ken Alton

Football QB/DB/HB  
(Santa Rosa JC); PD All-Empire 69  
(qb & db); EX All-Bay Area 69  
(hb); SRJC HOF

## Carissa Amiral

Soccer Goalkeeper  
(Santa Clara Univ & Sonoma State  
Univ); State Club Cup Champs 2004

## Taylor Amman

Soccer Forward  
(Stanford Univ); PD All-Empire  
2005; brother of Gretel Amman,  
see Montgomery High (Son)

## Kevin Anderson

Baseball Pitcher  
(Chico St & Univ of Arizona); PD  
All-Empire 97; PD Empire POTY 97

## Kelly Archer

Badminton Doubles  
NCS Mixed Champs 91

## Janelle Arnold

Softball Shortstop  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2006; CCAA Champs  
10; played of in college; CCAA ldr  
season 09 sb (33)

## Matt Aune

Basketball Center  
(UC San Diego); PD All-Empire 92  
& 93; UCSD ldr season pts avg 96  
(19.8), 97 (25.6), reb avg 94 (8.4),  
95 (8.8), 96 (10.0), 97 (11.8)

## Cai Baessman

Badminton Doubles  
NCS Mixed Champs 91

## Cat Barnekow

Soccer MF/Def  
(Santa Rosa JC & Univ of North  
Carolina-Greenfield); North Carolina  
Collegiate Sports Information Asso  
Univ Div All-State 2010 & 13;  
Member Philippine National Team 12;  
Southern Conf Champs 13

## Troy Baker

Track SP/TJ/Discus  
(Santa Rosa JC & Sonoma St); NCS  
Champ 09 (54-2); Empire ldr season  
2008 (50-6), 09 (45-7), (161-6)

## Matt Bane

Basketball Guard  
(Cuesta JC & Mendocino JC); PD  
All-Empire 94 & 95; PD Empire  
POTY 95

## Catherine Barnekow

"Cat"  
Soccer Defender  
(Santa Rosa JC & Univ of North  
Carolina-Greensboro); NSCAA/  
Adidas JC Div 3 AA 2008

## Liz Barone

Soccer Forward  
PD All-Empire 97

## Manuel Leon Barrera

Soccer Defender  
(Santa Rosa JC & Lyon College); PD  
All-Empire 2006 & 07

## Seth Barrett

BK/Track High Jump  
(U. S. Military Academy); PD All-  
Empire 96 & 97; NCS Champ 97  
(6-8)

## Jenessa Bayda

Basketball Guard  
(UC San Diego); PD All-Empire 94

## Karen Bernard

Soccer MF/Forward  
(Santa Rosa JC & UOP); PD All-  
Empire 91 (mf) & 92 (fwd)

## McKenna Bertsch

Basketball Forward  
(UC San Diego); PD All-Empire  
2009-11; CCAA Champs 12, mother  
Kris played bk UCSB; grandfather  
played bb & bk Univ of La Verne

## Morgan Bertsch

(UC Davis); PD Co-POTY 2014;  
sister of McKenna Bertsch, see above

## Ilsa Bertolini

Soccer/SB Goalkeeper/OF  
(Santa Rosa JC & UC Santa  
Barbara); PD All-Empire 93 (soc &  
sb); JC AA 97 (soc); Big West rcd  
saves 97 gm (16), season (176);  
SRJC HOF

## Barry Black

Football Guard  
(Santa Rosa JC & Boise St); All-  
Nor Cal 82; LA Raiders 87

## Emily Blackerby

Soccer Goalkeeper  
(Westmont College); All-GSAC 99  
& 2001; GSAC Champs 98 & 99;  
NAIA Champs 99

## Will Boberg

Soccer Fullback  
PD All-Empire 92

## Eric Bolt

Soccer Defender  
PD All-Empire 99

## Gary Bouldridge

Football OL/DL  
PD All-Empire 80

## Carly Broaddus

Soccer MF/Defender  
(UC Davis); PD All-Empire 98; All-  
CCAA 2002

## Vanessa Brumer

Soccer MF/Forward  
(UOP); PD All-Empire 95 (mf) &  
96 (fwd); PD Empire POTY 95 &  
Co-POTY 96

## Gaylord Bryan

"Gay"  
Track Multiple Events  
(Stanford Univ); often scored pts  
multiple events; won 5 vs UCLA 50  
(100yds, 220yds, 120ydsHH, BJ,  
HJ); National AAU Champ BJ 49  
(25-1-1/2), TJ 48 (47-11 1/2),  
49 (49-1), 50 (47-11) & 51  
(46-11 1/2); Pan Am Champ lj  
51 (7.14mtrs); Head Coach track,  
softball, cc & bk Diablo Valley JC;  
USFL official; prep bk official;  
Stanford HOF; DVC HOF; son  
of Pat Bryan, Head Coach fb  
Pittsburg High (CC); brother of  
Bob Bryan, Stanford fb player

## Susie Burke

Soccer Forward  
(Sonoma St); PD All-Empire 95

## Sterling Bussman

Track Discus  
(Santa Rosa JC); NCS Champ 37  
(137-6 3/8)

## Reesey Byers

CC/Track 3200/1500mtrs  
(Sacramento St); NCS Div 2 Champ  
2009 (15:09); PD Empire Track  
ROTY 2009 & 10; Empire rcd 10  
(8:59.89); Empire ldr season 09  
(4:18.79), 10 (1:56.42), 4:15.76),  
(4:11.82), (8:19.81), (8:59.89); SST  
rcd 5000mtrs 11 (14.19.01); Big Sky  
Champs (CC) 11

## Robert Call

Track Sprinter  
(Santa Rosa JC); SRJC Trustee;  
SRJC HOF

## Bruce Camilli

Football/BB Back/OF  
(Utah St); Skyline Co-Champs (fb)  
61; played minor league baseball

## Dolph Camilli Jr.

Football Back  
(Utah St); All-Nor Cal 55 (fb);  
Scholastic Magazine AA 55; North-  
South Prep All-Star Gm 56 (fb);

# Sonoma County

Skyline Co-Champs 61; US ldr season pass yds 60 (281); Cal-Hi All-Decade FB 50s

## Doug Camilli

Baseball Catcher/Mngr (Stanford Univ & Sacramento St); Pioneer Lg All-Star 58; LA Dodgers 60-64, Wash Senators 65-67, 69, Mngr Greensboro (Sally Lg) 85-86, Winter Haven (Fla Lg) 87-88; son of Dolph Camilli, see Sacred Heart High (SF); brother of Bruce & Dolph Camilli Jr., see above

## Hugo Carnela

Soccer Forward (Santa Rosa JC); JC State Champs 2001

## Todd Caven

Soccer (Stanford Univ); PD Empire POTY 87; co-author "How to Win A Sports Scholarship";

## Lawrence Chapman

Track Mile AAL Champ 11 (4:53.0), 12 (4:46.6), 13 (4:36.0) & 14 (4:35.2); Pacific Coast Interscholastic Champ 14 (4:28.2)

## David Chase

Football Offensive Line (Sacramento St); PD All-Empire 91

## Rodney Childress

"Rocky"  
Baseball Pitcher (Santa Rosa JC); Phil Phillies 85-86, Hou Astros 87-88

## Danielle Clark

Soccer Forward (Santa Rosa JC); JC State Champs 2011

## Rhiannon Clow

Soccer Forward (Santa Rosa JC & Cal St Northridge); PD All-Empire 93

## Debbie Coggins

Basketball Center PD All-Empire 80

## Loren Collingwood

Soccer Midfielder (Chico St); PD All-Empire 97

## Brent Collins

Football Center PD All-Empire 69

## Jackie Cooper

Badminton Singles NCS Champ 86

## Sharon Cooper

Basketball Forward PD All-Empire 80

## Krysten Copeland

Basketball Forward (Santa Rosa JC & Southern Oregon Univ); State JC Champs 2011

## Tim Cossins

Baseball Catcher (Santa Rosa JC & Univ of Oklahoma); PD All-Empire 88; played minor league baseball; Tx Lg-East Div Champs 96; Mngr Marlins (Gold Coast Lg) 2003 (26-32), 04 (31-29), 07 (29-25), Jupiter Hammerheads (Fla St. Lg) 05 (64-71), 06 (55-80); Scout Sea Marlins; hitting coach Redwood BB Institute

## Trina Cox

CC/Track 3200/1500mtrs (Santa Rosa JC & Abilene Christian Univ); State Div 1 CC Champ 97 (17:46), NCS CC Champ 98 (17:43); State CC ROTY 97; 3rd State Meet 98 (10:33.75); State JC CC Champ 2001 (18:08); State JC Champ 02 3000mtr steeplechase (10:54.77); State JC Champ 03 (4:35.13); Lone Star Champ 05 3000mtr steeplechase (10:43.99); NCAA Doiv. 2 Champs 05; SRJC rcd 02 1500 mtrs (4:35.38), 03 3000mtr steeplechase (10:54.77); ACU rcd 3000mtr steeplechase 06 (10:05.19), ldr season 06 1500mtrs (4:26.17), 5000mtrs 06 (16:32.35)

## Broc Cresta

Equestrian Team Roper/Header All American Pro Rodeo Series; partner with Spencer Mitchell, see Healdsburg High (Son); father was also a team roper on Pro Rodeo; grandson of Bill Cresta, owner of Hanks Bar Binion, PRCA Horse of the Year 93

## Thomas Crottogini

Soccer Midfielder (Cal Poly-SLO); PD All-Empire 2005

## Lindsay Culp

Soccer Goalkeeper (UCLA); PD All-Empire 95; PD Co-POTY 95; UCLA rcd season wins 97 & 98 (17), Sho (10); ldr career wins 96-99 (55), Sho (32), saves (265)

## Jim Cuneo

Baseball Catcher (Santa Rosa JC); State JC Champs 52

## Bill Cunningham

Tennis Singles NCS Champ 43

## Kara Curry

Golf (Santa Rosa JC); PD GOTY 2015

## Jacquelyn Davis

"Jackie"  
Wrestling 108lbs NCS Champ 2005; Nor Cal Champ 06

## Katie Daly

Basketball Guard PD All-Empire 2013; PD Empire POTY 2013

## Joe DeDora

Track 440yds (Santa Rosa JC & Brown Univ); NCS Champ 70 (48.6) & 71 (48.0); Empire rcd 71 (47.17)

## Jim Delaughter

Basketball PD All-Empire 71

## Joel DeMaria

Baseball Pitcher/Inf (Santa Rosa JC & Brown Univ); PD All-Empire 99 & 2000; PD Empire POTY 2000; JC All-State 02; SRJC ldr season 02 gms (17-tie), starts (15), cg (4), wins (9), loss (4-tie), ip (110 1/3), runs (59), hits (115)

## Katie Deneau

Soccer Midfielder (Cal St Monterey Bay & Santa Rosa JC); JC Div 3 AA 2010

## Dennis DeSoto

Track/FB Shot Put/RB/LB (Santa Rosa JC, Univ of Nevada & San Jose St); NCS Champ 80 (58-10) & 81 (63-5 1/4 NCS Meet rcd), 2nd State Meet 81 (63-6 3/4); PD-All Empire 80; Empire rcd 81 (63-10 1/2); Scottish Gms rcd 91; Amateur Open Stone Throw 17lbs (58-2.5-SRJC HOF); son of Eugene DeSoto, Head Coach track Santa Rosa High, 72-83

## Dave Devito

Football Wide Receiver (Santa Rosa JC, UOP & San Francisco St); SRJC HOF

## Dickson

Track SP/PV AAL Champ 08 (47-2 1/2); Stanford Invitational Champ 08 (11-3 1/2)

## Steve Donaldson

Football Back

# Sonoma County

(Santa Rosa JC); PD All-Empire 77;  
PD BOTY 77

(USF); SF Clippers 47-48 (PCFL)

Cal 54

## Rick Doyle

Basketball Center  
PD All-Empire 78

## B. F. Drake

Track Hammer Throw  
AAL Champ 11 (153-3) & 12  
(162-6)

## Josh Duncan

Basketball Guard  
PD All-Empire 2008; also atnd  
Berkeley High (A) in senior year

## Elden Eckman

“Bim”  
“Hook”  
Basketball Forward  
(Santa Rosa JC & Santa Clara  
Univ); also played golf in college;  
SRJC HOF; SCU HOF (bk)

## Peter Egerton

Cross Country  
(Univ of California); NCS Div 1  
Champ 94 (16:50)

## Manfred Eisenacher

Football Kicker  
EX All-Bay Area 69

## Chris Elze

Softball Coach  
(Santa Rosa JC & Fresno St);  
State JC POTY 81; Head Coach  
Sonoma St 2001-05; jury awarded  
her \$229,000 in 07, ruling she was  
treated unfairly because of her  
gender; softball umpire; SRJC HOF

## Mike Enemark

Baseball 1B/Pitcher  
(Chico St); PD All-Empire 90; PD  
POTY 90; All-NCAC 94

## Laura Ennis

Volleyball Setter  
(Cornerstone Univ); PD All-Empire  
98; Wolverine-Hoosier Conf POTY  
2001; CU rcd career 99-02 aces  
(219)

## Cruz Escutia

Soccer Goalkeeper  
PD All-Empire 91

## Fermin Escutia

Soccer Forward  
PD All-Empire 96

## Stephanie Ferguson

Soccer Midfielder  
PD All-Empire 94

## Bob Fish

Football Center

## Bill Fisher

Track Sprints  
(Santa Rosa JC & Univ of  
California); SRJC HOF

## Everett Fisher

“Ev”  
“King”  
Football Back/End/LB  
(Santa Clara Univ); Sugar Bowl  
Champs 37 & 38; Chi Cardinals  
38-39, Pitt Steelers 40

## Judd Fleming

Football Defensive Back  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 89

## Norton Forsyth

BK/BB/Tennis/Track  
(Santa Rosa JC & Oregon St);  
SRJC Trustee; Executive Director  
SRJC Foundation; SRJC HOF

## Katie Freeman

Soccer Goalkeeper  
(Univ of California); PD All-Empire  
98 & 99

## Mendy Fry

Auto Racing Driver  
(San Diego St); Quarter-midget  
sprint car driver from age 4; Top  
Alcohol Dragsters; 1st woman  
driver of front-engine top fuel  
dragster to exceed 250 mph in  
2004; raced for 24 years; father Ron  
Fry dragster designer

## Kelly Fuller

Softball Infielder  
PD All-Empire 93

## JoAnne Galardy

“Jo”  
Soccer MF/Defender  
(Dartmouth College & Cornell  
Univ); PD All-Empire 99; Parade  
AA 2000

## Jose Galindo

Soccer Forward  
PD All-Empire 2009

## John Gash

Track Pole Vault  
(Stanford Univ); NCS Champ 84  
(15-0); Empire rcd 84 (15-6);  
Stanford freshman rcd 85 (16-0-tie)

## Melanie Gephart

Soccer Defender  
(UC San Diego); PD All-Empire 96

## Fred Giannini

Basketball  
Chron All-Metro 54; EX All-Nor

## Walt Golvin

Baseball 1B  
PCL SF Seals 12, LA Angels 23-24;  
Chi Cubs 22; Three-I Lg Champs  
13; American Assoc Champs 22;  
Tx Lg Champs 24; Central Lg  
Champs 28

## Jim Grace

Basketball Coach  
Head Coach & AD Ygnacio Valley  
High (CC); East Bay COTY 87; Nor  
Cal Div 1 Champs 87; NCS Div 2  
Champs 88

## Mike Grace

Football Linebacker  
(UC Davis); PD All-Empire 64;  
Founding President Santa Rosa  
High School Foundation

## Dan Greaves

SwimmingVB/ Butterfly/Back  
(Santa Rosa JC); NCS Champ 95  
100 bf (52.22); Head Coach  
Carrillo High (Son); SRJC rcd  
100 bs 97 (52.67)

## Edward Green

Swimming Diving  
NCS Champ 35 (NR)

## Ryan Groner

Soccer Fullback  
PD All-Empire 91

## Melissa Guanella

Track High Jump  
(Univ of New Mexico); NCS Champ  
96 (5-4); AD & Head Coach girls  
volleyball Piner High (Son)

## Ray Guanella

Softball Owner  
Sponsored Guanella Brothers men's  
fast pitch team 72-93 (1,563-401-3);  
National Champs 74 & 91; World  
Gms Champs 81; National Sports  
Festival Champs 93; National Softball  
HOF

## Walt Guanella

Softball Owner  
Sponsored Guanella Brothers men's  
fast pitch team 72-93 (1,563-401-3);  
National Champs 74 & 91; World  
Gms Champs 81; National Sports  
Festival Champs 93; National Softball  
HOF; brother of Ray Guanella, see  
above

## Steve Guerrini

Track 1600mtrs  
(Wake Forest Univ); NCS Champ  
91 (4:16.07); 3rd State Meet 91  
(4:13.85); U. S. prep rcd 2000mtrs

# Sonoma County

steeplechase 91 (5:43.90); also  
atnd Montgomery High (Son)

Cheryl Hall

“Sandoval” (married name)  
Soccer Fullback  
(Cal Poly-SLO); PD All-Empire 91

Molly Hannis

Swimming Brst/IM  
(Univ of Tennessee); SEC Champ  
100yd bs 2012 (59.60), silver 13,  
silver 14 (58.22); SEC Champs  
200yd medley (1:35.08-SEC rcd);  
NCAA Champs 13 200 & 400 medley  
relay; UT rcd 13 100yd bs (58.22) &  
200yd bs (2:08.78), first UT fenmale  
to swim under 2:10; National Jr. Team  
14; Winter Nationals Champ 100y bs  
14 (NR); set five SRH reds; prep pr  
100y bs (1:00.19-4th fastest in U.S.  
prep history); father Michael Hannis  
swam at Shippenburg Univ, sister of  
UOP swimmer Tyler and SRJC diver  
Cory Hannis

Dan Held

Track 800mtrs  
(Cal Poly-SLO); NCS Champ 90  
(1:53.05); 2nd State Meet 90  
(1:51.86-SRHS rcd)

Ben Hinds

Track High Jump  
NCS Champ 25 (5-9 3/8)

Kari Horn

Soccer Forward  
PD All-Empire 93

Nika Horn

CC/Track 1600mtrs  
(Cal Poly-SLO); NCS Div 1 Champ  
91 (18:37); NCS Champ 92  
(5:06.84); pro triathlete; mother of  
Rylee Bowen, see Sonoma Academy  
(Son)

Harvey Hopkins

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 65

Stewart House

Tennis Singles  
NCS Champ 31 & 32

Sadia Ibrahim

Track 800/400mtrs  
(UCLA); NCS Champ 2011 (2:12.99);  
PD Empire POTY 2011; Empire ldr  
season 2011 (57.48)

Amber Idica

Softball Outfielder  
PD All-Empire 91 & 92

Mark Ish

Soccer Forward  
PD All-Empire 93

Dave Johnson

Football Defensive End  
PD All-Empire 70

Jerry Johnson

Track/FB 180ydLH/DB  
NCS Champ 67 (19.9)

Lloyd Johnson

“Eppa”  
Baseball Pitcher  
PCL SF Missions 30-36; Pitt Pirates  
34; Az-Tx Lg Champs 32

Peter Jones

Baseball Infielder  
PD All-Empire 97

Noah Kammavong

Badminton Singles  
NCS Champ 84

Nathan Kinser

Soccer Defender  
(Santa Rosa JC & Simpson  
College); PD All-Empire 94

Tom Kirkpatrick

Football Coach  
(Santa Rosa JC); Head Coach  
Healdsburg High 91-11 (168-58-1),  
Windsor High 15-; NCS Champs 2A  
Redwood Empire 91 & 98; Head  
Coach Healdsburg High bb & sb;  
played qb in jc

Kristine Knobel

Volleyball/BK Outside Hitter  
(St. John’s Univ); PD All-Empire  
94 (vb); PD Co-POTY 94; PD All-  
Empire 95 (bk); SJU rcd career kills  
96-99 (1,255), digs avg (4.12)

Steve Koster

“Stick”  
Basketball  
(Santa Rosa JC, Utah St & Sonoma  
St); PD All-Empire 89; SS ldr 94  
pts avg (14.5), fg (139), fg pct  
(.541), ft (84), ft pct (.661), blcks  
(31)

Rachel Kreager

Gymnastics All Around  
(UC Davis); MPSF Champs  
2015

Brian Lange

Soccer MF/Forward  
(SMU & Cal Poly-SLO); PD All-  
Empire 94 (mf) & 95 (fwd); PD Co-  
POTY 95

Barbara Lanz

Softball 3B  
“McCamish” (married name);  
(Santa Rosa JC & Chico St);  
Member State JC Champs 82;

All-NCAC 83 & 84; NCAC POTY  
84; CS ldr season B Avg 84 (.354),  
sb (13); SRJC HOF; Chico St HOF

John Lecave

Football Linebacker  
PD All-Empire 78

Matt Le Ducq

Baseball Pitcher  
(Santa Rosa JC & Univ of Hawaii);  
PD All-Empire 96 & 97

Lee

Basketball Guard  
All-AAL 09

Richard Lee

Track 220ydLH  
SFAL Champ 07 (27.6)

Mark Legner

Football Running Back  
PD All-Empire 87 & 88

Christina Leisen

Softball Pitcher  
(Santa Rosa JC); JC All-State 2004

Diego Leon

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 2009  
& 10

Eric Leon

Soccer Midfielder  
PD All-Empire 2014

Al Leonesio

Track 100yds  
NCS Champ 32 (10.3)

Lauren Levine

Soccer Defender  
(Arizona St); PD All-Empire 2005

Matt Lew

Baseball Catcher  
PD All-Empire 2000

Brian Libicki

Rugby Center  
(Univ of California); NCAA Champs  
98 & 99

Dave Lightfoot

Football Center/Guard  
(Santa Rosa JC); PD All-Empire 67  
& 68

Kent Lightfoot

Football Guard  
PD All-Empire 70

Gary Lindsay

Football Running Back  
PD Empire POTY 62

Boun Louangoudom

# Sonoma County

Soccer (Santa Rosa JC); JC State Champs 2002	Midfielder				Track NCS Champ 86 (22-3)	Long Jump
<u>Pete Magrini</u>	Baseball (Santa Clara Univ); Bos Red Sox 66	Pitcher			<u>Jeff Narduzzi</u>	Soccer/BB (Cal Poly-SLO); PD All-Empire 97 (soc); PD Empire POTY 97; PD All- Empire 98 (bb); PD Empire AOTY 98
<u>Joe Mallory</u>	Track NCS Champ 20 (19-11 1/2)	Broad Jump			<u>Mike Navas</u>	Baseball PD All-Empire 2010
<u>Gabe Manville</u>	Track (Cal Poly-SLO); NCS Champ 89 (7-0); 2nd State Meet 89 (6-10); Empire rcd 89 (7-0); 1st Empire jumper to clear 7-0	High Jump			<u>Aimee Nazari</u>	Softball PD All-Empire 88
<u>Barry Maroni</u>	Football PD All-Empire 63	Defensive Back			<u>Rick Newport</u>	Wrestling NCS Champ 77
<u>Kyle Marsh</u>	Soccer (Univ of California); PD All-Empire 2008	Forward			<u>Ernie Nevers</u>	"Big Dog" FB/BK/BB (Stanford Univ); Cal-Hi State AOTY 21; Cal-Hi State POTY (bk) 21; PCC Champs (fb) 24; All-PCC bk So Div 25; Rose Bowl MVP 25; AA 25; Duluth Eskimos 26-27, Chi Cardinals 29-31 (NFL); All-Pro 26-27, 29-31; StL Browns 26-28 (AL); PCL SF Missions 29-30; Chicago (National Bk Lg) 26; All-Pro 29-31; SRH rcd gm pts (bk) 32 vs Petaluma 21 (32); NFL rcd 40 pts gm vs Bears 29; earned 11 letters at Stanford; jersey #1 retired by Stanford; Head Coach fb Lafayette College 36; college fb official; SF 49ers TV color analyst 56; director Oakland/ California Clippers (National Professional Soccer Lg); Santa Rosa High athletic field All-Time All-Coast 69; #14 on Oakland Tribune's list of Bay Area's 50 Top Athletes of 20th Century; NFL All-Decade Team '20s; Helms Foundation Nor Cal AOTY 25; Helms Foundation HOF; Pro FB HOF; College FB HOF; Stanford HOF; Cal-Hi Sports HOF; San Jose Sports HOF; BASHOF; Rose Bowl HOF; Marine Corps Sports HOF; All-Time All-PCC Team 58; also atnd high school in Wisconsin
<u>Robby Marsh</u>	Football PD All-Empire 2007; prep pr 200mtrs 2007 (23.46)	Defensive Back				
<u>Michael Martinelli</u>	Football (Santa Rosa JC); PD All-Empire 2002	Linebacker				
<u>Jacob Martini</u>	Soccer PD All-Empire 99	Goalkeeper				
<u>Bob Maydenbauer</u>	Football PD All-Empire 88	Offensive Line				
<u>Mike Maydenbauer</u>	Football PD All-Empire 89	Linebacker				
<u>Rhonda Mazza</u>	Cross Country (Lewis & Clark College-Oregon); NCS Div 1 Champ 90 (18:43)					
<u>Kristi McCall</u>	Basketball (Cal Poly-SLO); PD All-Empire 89; All-Nor Cal 89; SRH & Empire rcd pts gm 89 (48)	Center				
<u>Owen McCann</u>	Track NCS Champ 29 (134-1 3/4); 3rd State Meet 29 (NR)	Discus				
<u>Michelle McConnico</u>	Cross Country NCS Div 1 Champ 93 (21:27.5)					
<u>Emily McDonald</u>	Swimming (Santa Rosa JC); State JC Champs 2009	Diving				
<u>John McFarlin</u>	Soccer (Loyola Marymount Univ); PD All- Empire 2009; Empire MVP 2009; WCC All-Freshman Team 11	Midfielder				
<u>Eli McGarva</u>	Soccer (Cal Poly-SLO); PD All-Empire 96; PD Co-POTY 96	Midfielder				
<u>Jordan McGowan</u>	Football (Santa Rosa JC & Humboldt St); GNAC Champs 11	Defensive Back				
<u>Therman McGowan</u>	Football (Santa Rosa JC & San Mateo JC); PD All-Empire 2007	Running Back				
<u>Alex Melo</u>	Soccer PD All-Empire 96; PD Co-POTY 96	Forward				
<u>Clifford Merritt</u>	Track NCS Champ 15 (10-3); State Champ 15 (113-0)	PV/Discus				
<u>Mariah Metras</u>	Soccer (UOP); PD All-Empire 96 & 97; PD POTY 97; also atnd Rancho Cotate High (Son)	Midfielder				
<u>Cheryl Miller</u>	Fencing Nor Cal Champ 63					
<u>Dave Miller</u>	Track NCS Champ 48 (11-8 3/4-tue)	Pole Vault				
<u>Jodie Miller</u>	Volleyball (Pepperdine Univ); PD All-Empire 91	Setter				
<u>Davey Miramontez</u>	Basketball (Napa Valley JC); PD All-Empire 2005	Center				
<u>Selah Misquez</u>	Volleyball (Fresno St); PD All-Empire 95	Middle Hitter				
<u>Pete Moore</u>	Track 3rd State Meet 19 (NR)	Mile				
<u>Rob Moore</u>						

# Sonoma County

wins (7), starts (11-tie), ip (59 1/3), so (66), 10 starts (11-tie), ip (64 1/3)

## Jay O'Sullivan

Basketball Guard  
PD All-Empire 88

## Lauren Parente

Soccer Midfielder  
PD All-Empire 2003

## Will Parente

Soccer Defender  
PD All-Empire 2009

## Eric Parsons

FB/Rugby Offensive Line  
(Cal Poly-SLO); PD All-Empire 2009;  
USA Rugby Collegiate AA 13

## Leann Patrick

Wrestling 152lbs  
NCS Champ 2005; State Champ  
2005

## Gretchen Payne

Volleyball Setter  
PD Empire POTY 87

## Fred Pederson

Track Pole Vault  
AAL Champ 12 (9-10 1/2)

## Gina Pellegrini

Soccer Goalkeeper  
(Univ of California); PD All-Empire  
2004; Member National Select  
Team 05; kicker for SRH football  
team; UC ldr saves 07 (53), 08 (48),  
09 (42), ga avg 07 (0.95), sho 07 (5),  
08 (4), 09 tie (2)

## Brian Permutt

Football Defensive Line  
(Cal Poly-SLO); PD All-Empire 98;  
played rugby in college

## Mike Peters

Football Center  
PD All-Empire 66

## Mtu Phillips

Football Running Back  
PD All-Empire 89

## Shawnee Phillips

Soccer Goalkeeper  
(Labette JC); PD All-Empire 2010;  
played basketball in jc

## Allen Pisenti

Football/Track Back  
(Santa Rosa JC); SRJC HOF

## Gene Pisenti

Football Tackle  
(Santa Clara Univ); Orange Bowl  
Champs 50

## Ryan Pollard

Baseball Infielder  
PD All-Empire 91

## Phil Quesinberry

Football Defensive Line  
PD All-Empire 85

## Shannon Rake

Soccer Defender  
(Chico St); PD All-Empire 96; Co-  
Head Coach Sonoma Academy (Son)

## Don Read

Football Center  
North-South Prep All-Star gm 1953

## Len Read

Baseball/FB Catcher/OF  
(Santa Rosa JC & Univ of Oregon);  
PCC Co-Champs (fb) 57; Head  
Coach bb & golf 15 years SRJC;  
SRJC HOF; Father in Law of  
Marshall Brant, see Sonoma High  
(Son); brother of Don Read, see above  
& Dick Read Head Coach fb Marin  
JC, St Mary's High (A) & Pleasant  
Hill High (CC)

## Megan Reeder

Cross Country  
NCS Div 1 Champ 92 (20:24)

## Alex Reynaud

Soccer Forward  
PD All-Empire 94; son of Peter  
Reynaud, Head Coach women  
soccer Sonoma St, Fresno St &  
Long Beach St

## Bill Rogers

Track Broad Jump  
NCS Champ 44 (21-3 3/4)

## Lauren Romano

Soccer Midfielder/Fwd  
(Santa Rosa JC); JC State Champs  
2011

## Cindy Romero

Soccer Forward  
(Sonoma St); NCAA Div 2 AA 88;  
Female AOTY 89; SSU ldr career  
scoring

## Ethan Rosselli

Football Tight End  
(Santa Rosa JC); PD All-Empire  
2009; played lb in jc

## Jaden Rosselli

Football Linebacker  
(Willamette Univ); PD All-Empire  
2008; brother of Ethan Rosselli,  
see above; son of Mike Rosselli,  
see Petaluma High (Son)

## Joey Rosetti

Swimming Butterfly/Medley  
(Univ of California & Univ of  
Tennessee); NCS Champ 88 100 bf  
(49.96) & 89 (49.56), 88 200 IM  
(1:52.80) & 89 (1:50.22)

## John Russell

"Boots"  
Track Broad Jump  
NCS Champ 15 (20-0 1/2)

## Albert Sachs

Wrestling 119/121lbs  
(Santa Rosa JC); U. S. Deaf Greco-  
Roman & Freestyle Champ 2000;  
Member National Deaf Olympics  
Team 01 & 05

## Sophia Samonte

Volleyball  
PD All-Empire 2015

## Brady Schalich

Football Quarterback  
(Oregon St & Marin JC); PD All-  
Empire 2002

## Katie Schukle

Track 300LH/100mtrLH  
(Sacramento St); NCS Champ 96  
(43.9); Empire rcd 96 (14.57)

## Kerri Schultze

Softball Infielder  
PD All-Empire 91

## Dylan Schwartz

Soccer Midfielder  
(Santa Rosa JC & San Francisco  
St); PD All-Empire 91; played pro  
Sweden & Belgium

## Mark Sciborski

Basketball  
PD All-Empire 85

## Robert Scott

Football Wide Receiver  
PD All-Empire 70

## Rich Silverek

Football Linebacker  
(Santa Rosa JC); PD All-Empire 65

## Wendi Simmons

Track LJ/400LH/TJ  
(Graceland College); NCS Champ  
86 (18-1 3/4) & 87 (56.86),  
(17-11 1/2); PD Empire ROTY 87;  
NAIA Champ 89 (61.0); Empire rcd  
85 (18-11 1/2), 87 (43.27), 87  
(38-10)

## George Slender

FB/BK/Baseball End/Center  
(Santa Rosa JC & Univ of Oregon);  
SRJC HOF

## Chris Smith



# Sonoma County

Football RB/OL  
(Santa Rosa JC); PD All-Empire 2007  
(rb) & 08 (ol); played dl in jc

Ryan Smith

Soccer/BB MF/Inf/SS/P  
(Santa Clara Univ & Sonoma St);  
PD All-Empire 97 (soc); PD All-  
Empire 97 & 98 (bb); SSU Male  
AOTY 2002; All-CCAA 2002;  
NCAA Div 2 Champs 2002; Clev  
Force (MISL) 03

Roger Smoot

Baseball Catcher  
PD All-Empire 88; PD Empire  
POTY 88

Courtney Soekland

Golf  
(Cal St Monterey Bay); PD Co-  
POTY 2006 & 07; The Cactus Tour  
13; golf pro

Lily Sorentino

Soccer Forward  
(Loyola-Marymount Univ); PD All-  
Empire 2005 & 06; WCC All-  
Freshman 07; All-WCC 08

Franklin Sowell

Track High Jump  
NCS Champ 17 (5-6 1/4)

Neil Stafford

Basketball Center  
(COP); Chron All-North Coast 56;  
EX All-North Coast 56; All-Nor Cal  
56

Silas Stafford

Rowing 8-Oar  
(UCLA, Stanford Univ & Cambridge  
Univ); Head of the Charles Regatta  
Champs 2006 (four); Silver Medal  
(8-man) IRA Championships 06;  
member National Under-23 Team  
2007-08; World Under-23 Champs  
08; member U.S. Olympic Team 12  
(men's pairs)

Julia Stamps

"Mallon" (married name)  
CC/Track 1600/3200mtrs  
(Stanford Univ); NCS CC Champ  
Div 1 94 (18:10) & Champ 95  
(16:49); State CC Champ 94  
(17:06) & 95 (16:45); Cal-Hi State  
CC ROTY 94-96; Footlocker  
National Champ 94 (16:41.9); NCS  
Champ 94 (10:28.49) at Rincon  
Valley Jr High (Son); State Champ  
94 (10:26.51); Cal-Hi State  
Freshman AOTY 94; NCS Champ  
95 (10:19.91), 96 (10:13.7), 97  
(10:19.51); NCS Champ 97  
(4:42.79); 2nd State Meet 96  
(10:15.13); PD Empire AOTY 95  
& 97; PD Empire Co-AOTY 96;

Pac-10 Track Meet 2nd 99  
(16:41.9); NCAA West Regional  
CC Champ 99 (16:50); Empire rcd  
97 (4:42.79), 96 (10:12.20); member  
New York Athletic Club; Morgan  
Chase Corporate Challenge Team  
Champs 03 considered one of state's  
greatest prep distance runners ; Co-  
Director Santa Rosa Marathon 13;  
marathon pr 2:44.07 12

Ben Starret

Football BlckB/DE/LB  
(St. Mary's College); Oakl Giants  
40 (PCFL); Pitt Steelers 41, GB  
Packers 42-45; NFL Champs 44

Ben Steele

Track Shot Put  
(Santa Rosa JC); NCS Champ 40  
(53-11); State Champ 40 (54-4 1/8);  
SRH rcd 40 (54-4 1/2); SRJC HOF

Craig Steele

Football Defensive Line  
PD All-Empire 68

Larry Steele

Football Back/Punter  
(Santa Rosa JC); PD All-Empire 67;  
Den Broncos (p) 74

Stephanie Stell

Swimming Butterfly  
(Santa Rosa JC); State JC Champs  
2008 & 09

Dan Sullivan

Basketball Guard  
PD All-Empire 81

Edwin Tanner

"Ted"  
Football Center/LB  
(Stanford Univ); Pac-8 Champs 51;  
East-West Shrine Gm 54; College  
All-Star Gm 54; father of John  
Tanner, see Menlo-Atherton High  
(SM); also atnd San Leandro High  
(A)

Taylor

Track 120ydHH  
AAL Champ 1899 (17.2)

Caroline Templeton

Soccer Forward  
PD All-Empire 2002; prep pr lj 04  
(17-9 1/2)

Rylan Thew

Football Linebacker  
PD All-Empire 2007

Matt Thompson

Football Linebacker  
(Santa Rosa JC); PD All-Empire 89

LuLu Thrower

Swimming Breaststroke  
(Santa Rosa JC & Mills College);  
State JC Champs 2011 200 med relay  
(1:50.66)

Kristen Tice

Badminton Singles  
NCS Champ 87

Nathan Todhunter

Football Offensive Line  
(UNLV); PD All-Empire 2002

Michael Tomasi

Cross Country  
NCS Div. 1 Champ 2011 (15:37)

Francis Toscani

"Bud"  
Football WB/HB  
(St. Mary's College); FWC Champs  
28 & 29; Bklyn Dodgers 32, Chi  
Cardinals 32; SF Packers 43  
(PCFL); SMC HOF

David Toves

Soccer Defender  
PD All-Empire 96

Jack Townsend

Track Broad Jump  
NCS Champ 42 (22-1 1/4)

Nobuhiro Tsuruoka

Soccer Midfielder  
(Santa Rosa JC); JC State Champs  
2001

Shirley Tucker

"Zebra Girl"  
Boxing Bantamweight  
Pro boxer 77-82 (10-1-0, 4 KOs);  
aided by American Civil Liberties  
Union, she forced California  
Boxing Commission to permit  
women in bouts of more than four  
rounds 79; fought in 1st all-female  
card at Fullerton, 2-11-79

James Underhill Jr.

"Jim"  
Track/CC Coach  
(Santa Rosa JC); Head Coach Piner  
High (Son) 66-94; NCS Honor  
Coach 77 (track) & 82 (cc); Piner  
High fb/track stadium named in his  
honor; Piner HOF

James Underhill Sr.

"Jimmy"  
Football/BK End/Back/Guard  
(St. Mary's College); FWC Champs  
25 & 26 (fb); All-FWC 27 (bk);  
FWC Co-Champs 27 (bk); Head  
Coach bk St. Mary's College 36-37  
(34-17); Head Coach track St.  
Mary's College; AD & Head Coach  
Santa Rosa High 20+ years; SMC  
HOF; father of James Underhill Jr.,

# Sonoma County

see above; also atnd St. Mary's High (A) & Napa High (N)

## Denia Vera

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 2011

## Jairo Villalobos

Soccer Goalkeeper  
PD All-Empire 2014

## Shevaun Weatherby

Soccer Goalkeeper  
(Chapman Univ); PD All-Empire 2007

## Wayne Weeks

Track Shot Put/Discus  
AAL Champ 14 (46-8),  
(116-11 1/2); NCS Champ 15  
(45-2), (112-8) & 16 (48-10 1/2),  
(117-3 1/2); State Champ 15  
(46-2 3/8) & 16 (47-4 1/4),  
(117-0); 3rd State Meet 15 (disc)

## Les Williams

Many Sports Coach/AD  
(Santa Rosa JC & Chico St); coach  
fb, bk, bb, soc, golf, ten, swim &  
AD Mount Diablo High (CC)  
35-72; 1st DVAL Commissioner  
68-72; Mount Diablo HOF

## Marvin Williams

Football Tight End  
(Marin JC & Cal St Fullerton);  
Wash Redskins 87

## Marissa Wilson

Track Discus  
NCS Champ 96 (126-0-pr); Empire  
Soph rcd sp 96 (40-7); did not  
compete lat two years in high school;  
also atnd Montgomery High (Son)

## Pete Winters

Football Offensive Line  
(Fresno St); PD All-Empire 2010

## Bob Winton

Basketball  
(Santa Rosa JC); PD All-Empire 75

## James Wooley

Track Hammer Throw  
Stanford Invitational Champ 07  
(133-0-tie) & 08 (140-0)

## Tonia Wright

Volleyball Outside Hitter  
PD All-Empire 92

## Bob Yates

Basketball Guard  
(Oregon St); Chron All-Coast 60;  
TOC All-Star 60; Chron All-North  
Coast 61; EX All-North Coast 61

## Santa Rosa Christian School Lions

### Santa Rosa

**(estab 1967; 1st graduates 1998;  
closed 2011)**

## Rosemary Brown

Basketball Center  
(Bethany College); PD All-Empire  
2004 & 05 (small)

## Zachary Nave

Cross Country  
(The Master's College); GSAC  
Champs 2010

## Meghan Peter

Swimming IM/Breaststroke  
(Santa Rosa JC & Univ of San  
Diego); State JC Champ 2004 100  
IM 28.36), 200 IM (2:08.93), 100  
bs (1:05.15), 05 50 bf (26:45);  
SRJC rcd 2004 200 IM (2:08.93),  
100 bs (1:05.15); JC State Champs  
04 & 05

## Sonoma Academy Coyotes Santa Rosa

**(estab. 2001)**

## Vinnie Albano

Baseball Outfielder  
PD All-Empire 2014

## Kate Bayes

Soccer/Bk Forward  
(Univ of Nebraska-Omaha); PD  
All-Empire 2008 & 09 (soc-small);  
Empire MVP 09 (soc-small); PD  
All-Empire 2009-11 (bk-small);  
PD AOTY 10 & 11 (small); SAHS ldr  
11 goals (51)

## Rylee Bowen

Cross Country  
NCS Champ Div 5 2014 (18:46-as  
freshman); State Champ Div 5 2014  
(18:36); PD ROTY 14; daughter of  
Nika Horn, see Santa Rosa High

(Son)

## Ashley Cliver

Soccer Midfielder  
PD All-Empire 2007-09 (small)

## Chloe Colbert

Soccer Midfielder  
PD All-Empire 2012-14 (small); PD  
POTY 2013 & 14; SA ldr goals 13  
(37), 14 (50)

## Bianca Farrow

Soccer Defender  
PD All-Empire 2008 (small)

## Willow Gallagher

Basketball  
PD All-Empire 2013 (small)

## Molly Gordon

Soccer Defender  
PD All-Empire 2004 (small)

## Arianna Hanson

Basketball Guard  
(Santa Rosa JC); PD All-Empire  
2009-11 (small); SRJC ldr reb 13

## Grace Harryman

Soccer Defender  
PD All-Empire 2010 (small)

## Kiana Herold

BK/Track High Jump  
PD All-Empire 2012 (small); NCS  
Champ 2013 (5-07)

## Cyrina King

Soccer Midfielder  
PD All-Empire 2005 & 06 (small);  
PD Co-POTY 2006 (small)

## Robyn Kopp

Soccer Midfielder  
PD All-Empire 2003 (small)

## Larissa Laska

Soccer Forward  
PD All-Empire 2003 & 04 (small)

## Julian Mackie

Soccer Defender  
PD All-Empire 2009 (small)

## Sara McCulloch

Soccer Defender  
PD All-Empire 2010 (small)

## Julian McIntosh

Soccer Def/Fwd/MF  
PD All-Empire 2006 & 07 (small)

## Jesse Moss

Soccer Goalkeeper  
PD All-Empire Girls 2005 & 06  
(small)

## Lexie Nadeau

Soccer Forward  
PD All-Empire 2008 (small); PD  
MVP 2008 (small)

## Sierra Nadeau

Soccer Defender  
PD All-Empire 2008 & 09 (small)

## Shannon Percell

Soccer Forward  
PD All-Empire 2010 (small); PD  
POTY 2010; SA ldr season 2010  
goals (49)

## Alex Simmons

Fencing Foil

# Sonoma County

(Univ of Pennsylvania); U-15 Canadian Champ 2004; Canadian Jr. National Team 06-08; Canadian Cadet National Team 06-07 (has dual citizenships); IFA Foil Champ 2009; IFA Men's Three-Weapon Champ 09; IFA Six-Weapon Champ 09; IVY Lg Three & Six Weapon Champs 09; All-Ivy Lg 10

(Santa Rosa JC & Grand Canyon College); PD All-Empire 94

yds (2,084), pass tds (18)

## Paige Spradlin

Soccer  
PD All-Empire 2014

## Savannah Stoughton

Soccer Forward  
(High Point Univ); PD All-Empire 2012 & 14 (small)

## Delaney Swanson

Volleyball Outside Hitter  
PD All-Empire 2015

## Sally Williams

Soccer/BK Forward/Guard  
PD All-Empire 2006-08 (soc-small); PD All-Empire 09 (bk-small); Empire AOTY 09 (small)

## Sally Williams

Basketball Guard  
PD All-Empire 2009 (small)

## Sally Ziemer

Soccer  
PD All-Empire 2014 (small); daughter of Chris Ziemer, see Analy High (Son)

## Sonoma Valley High

### Dragons

### Sonoma

(estab. 1880s)

## Ian Albrecht

FB/Golf Wide Receiver  
(Univ of California); PD All-Empire 2006; PD Empire Golfer of the Year 07; SH rcd season 2006 pass recep (58), recep yds (1,065), recep td (12), gm yds (225); played fb in college for three seasons 06-09, left senior year; Head Coach boy's & girl's golf The Branson School (M) 13-; Director of Golf at More Than A Game

## McKenzie Albrecht

Volleyball Setter  
(Univ of California); PD All-Empire 2012, 15; PD Empire POTy 15; SVH rcd 400mtrs 2012 (58.66); sister of Ian Albrecht, see above

## Bob Alexander

Basketball Center

## Richard Alexander

"Butch"  
CC/Track 440/880/Mile/2-Mile  
Head Coach cc Sonoma Valley High; NCS Div 5 Girls Champs 14; SVH rcd 70 (50.8), (1:58.2); 71 (4:18.7), (9:42.6); Sonoma Valley High T & F HOF

## Megan Arner

Volleyball Setter  
(Univ of Tennessee & New Mexico St); PD All-Empire 98 & 99

## Dave Bailey

Football Linebacker  
PD All-Empire 77

## Karina Baxter

Volleyball Libero  
(Santa Rosa JC); PD All-Empire 2006

## Chris Becerra

Baseball Outfielder  
(Santa Rosa JC & Oklahoma St); PD All-Empire 95; played minor league baseball; Frontier Lg-West Div Champs 99; Sonoma Valley High HOF

## Frank Becerril

Soccer Defender  
(Sonoma St); CCAA-North Co-Champs 2009; CCAA Champs 10

## Lauren Benward

Volleyball Middle Hitter  
(Univ of Arizona); PD All-Empire 97; Pac-10 Co-Champs 2000

## Katie Benz

Soccer Forward  
(Univ of California); PD All-Empire 2006 & 07

## Mike Benziger

Basketball Forward  
(Manhattanville College); PD All-Empire 2001

## Robin Bergman

Basketball Forward  
PD All-Empire 81; PD Empire POTY 81

## Charlie Bettinelli

Football Tight End/LB  
(Columbia Univ); PD All-Empire 92; Sonoma Valley High HOF

## Ryan Blum

Football Quarterback  
(Santa Rosa JC); PD All-Empire 2006; SVH rcd season 2006 pass att (272), pass comp (139), pass

## Beau Bradley

Soccer Midfielder  
PD All-Empire 2003 & 04

## Joe Brain

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 77 & 78

## Dan Briggs

Baseball Outfielder/1B  
Cal Angels 75-77, Clev Indians 78, SD Padres 79, Mon Expos 81, Chi Cubs 82; Yakult Swallows (Japan) 82-83; Sonoma Valley High HOF

## Stephen Brooks

Football Defensive Line  
PD All-Empire 2009

## Heather Bruno

Golf  
(Univ of California); Nor Cal Champ 95 (76)

## Kristi Bruno

Softball Catcher  
(Cal St Stanislaus); PD All-Empire 2001

## Scott Brunton

Football OL/DL  
(Cal Poly-SLO); PD All-Empire 92

## Kevin Burkett

Football Offensive Line  
PD All-Empire 2006

## Matt Campagno-Pinto

Football Wide Receiver  
(Santa Rosa JC & Northern St); PD All-Empire 98; played rugby in college

## Yvette Carlascio

Softball Utility  
PD All-Empire 89

## Ellie Ceja

Soccer Midfielder  
PD All-Empire 2010

## Mike Charles

Football Tackle  
PD All-Empire 78

## Willie Church

Baseball Outfielder  
PD All-Empire 92 & 93

## Travis Clegg

Basketball  
(Santa Rosa JC); PD All-Empire 2001 & 02; PD Co-POTY 02

## Brian Clementino

Soccer Defender

# Sonoma County

(Sonoma St); PD All-Empire 2009

Lauren Cohn

Track 100HH/300LH  
Sonoma Valley High HOF; SCL  
Champ 95 & 96; SCL Champ 96  
100HH; SVH rcd (15.7), (46.03)

Joe Cossins

FB/Baseball  
Sonoma Valley High HOF

Nick Crews

FB/Baseball LB/1B/Pitcher  
(Marin JC); PD All-Empire 2001  
(fb); PD All-Empire 02 (bb)

Greg Crist

Football Offensive Line  
PD All-Empire 84

Ben Curley

Baseball Shortstop  
PD All-Empire 2005

John Curotto

Baseball 1B  
PD All-Empire 88

Brooke Dagner

Golf  
(Lewis-Clark St); PD Empire Co-  
GOTY 2009

Kathy Dalton

“Van Riper” (married name)  
CC/Track 800/3200/1600  
(Northern Arizona Univ); PD  
Empire CC ROTY 87; Inspiration  
award named in her honor given  
annually by Empire Runners Club;  
SVH rcd 85 (2:21), (11:06.0), 86  
(5:19.1); Sonoma Valley High HOF

Chris Daly

Soccer Midfielder  
(Sonoma St); NCAA Div 2 Champs  
2002

Mickey Daley

Soccer Defender  
(Santa Rosa JC & Cal St Los  
Angeles); All-CCAA 2009; AA  
2009

Matt Darnell

Football Running Back  
PD All-Empire 2007

Jasmine Diaz

Wrestling 103lbs  
NCS Champ 2006

Luke Dominique

Basketball Forward  
(William Jessup Univ); PD All-  
Empire 2005 & 06; Cal Pac Co-  
Champs 10

Sophie Donnelly

Track Pole Vault  
Sonoma County Lg Champ 97-99;  
SVH rcd 99 (9-8); Sonoma Valley  
High HOF

Aaron Doris

Baseball Outfielder  
PD All-Empire 96

Jim Dougherty

BB/Football Pitcher/OF/DB  
PD All-Empire 2000 (bb & fb)

Tony Edwards

FB/Wrestling DL/245lbs/Hwt  
(Sonoma St); PD All-Empire 85;  
NCS Champ 85 & 86; Sonoma  
Valley High HOF

Gary Ellison

Baseball  
(Santa Rosa JC); Sonoma Valley  
High HOF

Tom Everidge

Baseball Inf/Pitcher/1B  
(Sonoma St); PD All-Empire 99-2001;  
CCAA Freshman of the Year 02; SS  
MVP 03, CCAA Champs 03; SS Co-  
MVP 04; All-CCAA 04; Baseball  
America Small College AA 04; Oakl  
Athletics 09; SS ldr season 03 BAvg  
(.353), runs (54), hits (76), dbls (22),  
rbi (44), 04 BAvg (.357), runs  
(71-tie), rbi (69); Sonoma St HOF;  
Sonoma Valley High HOF

Nick Fedrick

Football Running Back  
PD All-Empire 2008

Steve Filippi

Baseball/FB Outfielder/WR  
(Sonoma St); PD All-Empire 2008  
(fb); PD All-Empire 2008 & 09  
(bb); SS ldr season 11 so (48), sb  
(14), 13 runs (29), sb (13)

Ellen Fitzpatrick

Volleyball Middle Hitter  
(UC Davis); PD All-Empire 98 & 99

Sean Fitzpatrick

Football Defensive Line  
PD All-Empire 91

Jimmy Flatt

Baseball Pitcher  
PD All-Empire 2013

John Florance

Basketball Forward  
(Santa Rosa JC & Biola Univ); PD  
All-Empire 94; All-GSAC 97 & 98

Frank Freeman

Track Broad Jump

(Salinas JC); NCS Champ 38

(21-11) & 39 (22-9 3/4); 2nd State  
Meet 39 (23-10-Empire rcd); SVH rcd  
39 200yds (21.9); SVH ldr season 29  
100yds (11.0); Sonoma Valley  
High HOF

Tony Gabriel

Baseball Infielder  
PD All-Empire 92

Sara Gallagher

Volleyball Setter  
(Butler Univ); PD All-Empire 99 &  
2000

Mary Ann Garlisk

“Bogart” (married name)  
Tennis/FH/ BK  
(UC Davis); Sonoma Valley HOF

Tim Gillespie

Football Defensive Back  
PD All-Empire 92

Tim Glover

Football Kicker  
PD All-Empire 66; Sonoma Valley  
High HOF

Jon Goodrich

Football Defensive Back  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 90; played bb in college

Ben Graff

Baseball Pitcher/1B  
(USF); PD All-Empire 2008 (p) &  
(p/1b); WCC Co-Champs 11; ld USF  
era 13 (1.44); apps 14

Shane Graham

Football Linebacker  
PD All-Empire 97

Bruce Griewe

Baseball Pitcher  
Played minor league baseball;  
Alabama-Fla Lg Champs 60 Head  
Coach Sonoma Valley High; Sonoma  
Valley High HOF

Ross Guptill

Basketball Guard  
PD All-Empire 95

Matt Hafterson

Basketball Center  
(Santa Rosa JC); PD All-Empire 78

Nancy Hafterson

Basketball Center  
PD All-Empire 80; SVH rcd gm pts  
80 (36); Sonoma Valley High HOF;  
brother of Matt Hafterson, see  
above

Veronica Harrah

Track 800/1600/3200mtr

# Sonoma County

Sonoma Valley High HOF; SVH rd  
1600mtrs 95 (5:11.53); MVP 95; three  
time SCL Champ 800mtrs

Valley Golf Club; Chico State  
HOF; Sonoma Valley High HOF

“Richards” (married name)  
Softball Pitcher/OF  
(Santa Rosa JC); PD All-Empire  
2000

## Cary Hendrickson

Basketball Center  
PD All-Empire 80; All-Nor Cal 80

## Alan Kreuzberger

Baseball Pitcher  
(Pima-Ariz JC); PD All-Empire  
2001

## Bill Marioni

Football Defensive Back  
(Univ of Nevada-Reno); Little All-  
Coast 71; UNR HOF

## Jorge Hernandez

Soccer Goalkeeper  
PD All-Empire 98

## Mike Lazzaroni

Baseball Outfielder  
PD All-Empire 89

## Hank Marioni

Football End/DE  
(UOP); PD All-Empire 68; Sonoma  
Valley High HOF

## Ginny Hinman

Volleyball Outside Hitter  
(Santa Rosa JC, Sonoma St &  
Henderson St); PD All-Empire 91

## Erin Lee

Soccer Defender  
PD All-Empire 2000

## Tony Martinez

Football Defensive Back  
PD All-Empire 85

## Jason Hipkiss

Football Offensive Line  
PD All-Empire 90

## Fehlandt Lentini

“Feh”  
Baseball Outfielder  
(Sonoma St); All-CCAA 2001;  
CCAA Champs 2001; AA 2001;  
SS MVP 2001; NCAC Champs 98;  
CCAA Champs 2001; played minor  
league baseball; South Atlantic  
Lg-North Div Champs 2001; Carolina  
Lg-South Div Champs 03; SS ldr  
season 2001 (all SS rd except sb)  
BAvg (.477), hits (117), runs (89) 2b  
(23), 3b (10), rbi (57), sb (38);  
Sonoma St HOF

## Devin McCauley

Baseball P/OF/Utility  
PD All-Empire 99; PD Co-POTY 99;  
Cal-Hi All-State 99 (medium schools-  
util)

## Ollie Hoban

Basketball  
(Redwoods JC); PD All-Empire 91;  
Head Coach girls Sonoma Valley  
High 99-

## Devon McCauley

Baseball Pitcher  
PD All-Empire 2008

## Michelle Honeyson

Soccer Goalkeeper  
(Sonoma St); CCAA Champs 2010

## Matt McEntee

Baseball DH/1B  
PD All-Empire 88 & 89

## Eric Hourscht

Football Linebacker  
PD All-Empire 87

## Matt Linder

Soccer Midfielder  
PD All-Empire 2007

## Mitch Isetta

Football Defensive Back  
PD All-Empire 2006

## Dan Littlefield

Track Long Jump  
(Cal Poly-SLO); NCS Champ 97  
(22-0 1/2) & 98 (23-1); Sonoma  
Valley High HOF

## Bryan McGrath

Football Linebacker  
PD All-Empire 94

## Brian Israel

Football Offensive Line  
PD All-Empire 2000

## John McNeilly

FB/Basketball  
Sonoma Valley High HOF

## Sara Jakel

Track 1600/3200mtrs  
Sonoma County Lg Champ 93  
1600 (NR) & 3200 (NR); NCS 2A  
Champ 93 3200 (NR); SVH rd 93  
(11:07.8), 94 (5:12.28); Sonoma  
Valley High HOF

## John Litzenberg

Track 1600/3200mtr  
Sonoma Valley High HOF

## Brian McVeigh

Football Linebacker  
(Santa Rosa JC); PD All-Empire  
2002

## Ryan Jensen

Wrestling 171lbs  
NCS Champ 2004

## Braden Lyons

Football Offensive Line  
(Humboldt St); GNAC Champs  
2011; son of Gerald Lyons, San  
Francisco St bk player

## Mark McVeigh

Football Back  
(Univ of Nevada-Reno); PD All-  
Empire 80; Sonoma Valley High  
HOF

## John Henry Johnson

Baseball Pitcher  
Oakl Athletics 78-79, Tx Rangers  
79-81, Bos Red Sox 83-84, Mil  
Brewers 86-87

## Tommy Lyons

Baseball 1B  
(Sonoma St & Santa Rosa JC); PD  
All-Empire 2008

## Mike McVeigh

Football Linebacker  
PD All-Empire 2004

## Seamus Keith

Football Linebacker  
(Univ of San Diego); PD All-Empire  
98

## Brett Magnusson

Football/BB RB/LB/1B  
(Santa Rosa JC); PD All-Empire 84  
(both ways) & 85 (both ways); PD  
POTY 85; All-Nor Cal 85 (fb); State  
JC POTY 88 (bb); played minor  
league baseball (c/1b); Pioneer  
Lg-North Div Champs 88; SRJC  
rcds 88 (NR) hits, dbls, trpls, rbi,  
runs walks; Sonoma Valley High  
HOF; SRJC HOF

## Jake Mogelson

Soccer Defender  
(UC Davis); PD All-Empire 2004

## Jim Knego

Golf  
(Chico St); Head pro Bennett

## Dana Margreiter

## Tony Moll

Football Defensive Line  
(Univ of Nevada-Reno); PD All-  
Empire 2000; All-WAC 05; WAC Co-  
Champs 05; GB Packers 06-08; Balt  
Ravens 09-10, SD Chargers 11;  
played te also in college; played ol in  
pros

# Sonoma County

## Justin Montalbano

Baseball Pitcher  
(Mendocino JC); PD All-Empire 95

## Bill Mori

Baseball Shortstop  
Played minor league baseball;  
Sonoma Valley High HOF

## Shirley Morovich

Basketball Forward  
PD All-Empire 2009

## Mike Mulas

Football Linebacker  
PD All-Empire 2007& 08; PD Co-  
DPOY 2007; Cal-Hi Sports All-State  
(medium schools) 08

## Steven Murden

Wrestling 125lbs  
NCS Champ 2010

## Tim Neves

Wrestling 174lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Jenny Neville

Volleyball Setter  
(Santa Rosa JC & Univ of Idaho);  
PD All-Empire 96 & 97; All-Big  
West Freshman Team 98; UI rcd  
match hitting pct 99 (.917),ldr  
season 2000 asst avg (12.52);  
Sonoma Valley High HOF

## Trung Ngo

Football Linebacker/RB  
PD All-Empire 91 (lb) & 92 (both  
ways)

## Doug Nickle

Baseball Pitcher  
(Univ of California); Phil Phillis  
2000-02, SD Padres 02

## Colin Niemiec

Basketball Forward  
PD All-Empire 2005

## Justin Norman

Football Running Back  
PD All-Empire 99

## Dave North

Football Back  
PD All-Empire (fb); PD Empire  
POTY 63; Sonoma Valley High HOF

## Amanda Norton

Volleyball Left Side  
(Napa JC & UC Davis); PD All-  
Empire 94

## Joe Nonguier

Baseball 3B  
(Santa Rosa JC & Sonoma St);  
All-CCAA 2001; CCAA Champs

2001; Sonoma Valley High  
HOF

## Brad O'Donnell

FB/Baseball Flanker  
PD All-Empire 87 (fb); Sonoma  
Valley High HOF

## Bobby O'Gorman

Baseball Infielder  
(Solano JC); PD All-Empire 94

## Mindy Orth

"Neves" (married name)  
Volleyball Middle Blocker  
(Kent St Univ & Sonoma St); PD  
All-Empire 2001; SS ldr season 04  
bcks (63)

## Dustin Pappas

Wrestling/FB 189lbs/LB  
(Univ of Nevada-Reno); NCS  
Champ 2003; PD All-Empire 2003  
& 04

## Nick Pappas

Football Linebacker  
PD All-Empire 2007

## Jessica Parker

Softball Infielder/Utility  
(Univ of California); PD All-Empire  
90 & 92; Sonoma Valley High HOF

## Ryan Payne

Football Linebacker  
(UC Davis); PD All-Empire 2000;  
PD DPOY 2000; Cal-Hi All-State  
2000 (medium schools); Great  
West Co-Champs 05

## Veronica Perez

Volleyball Outside Hitter  
(Santa Rosa JC); PD All-Empire  
96; JC All-Nor Cal 98

## Alan Peterson

Football Defensive Back  
PD All-Empire 72

## Chris Phillips

Baseball Pitcher  
(Santa Rosa JC & Texas Tech  
Univ); PD All-Empire 96 & 97; JC  
All-State 2000

## Tony Poncia

Football Defensive Line  
PD All-Empire 90

## Scott Preckwinkle

Soccer Defender  
(Sonoma St); All-Empire 2003;  
CCAA Champs 2007 & 08

## Charles Prindle

Swimming Diving  
NCS Champ 36 (NR)

## Jose Rafaela

Soccer Forward  
PD All-Empire 2004

## Abbey Ranzau

Volleyball Outside Hitter  
(Chico St); PD All-Empire 2004

## Jayce Ray

Baseball Outfielder  
(Santa Rosa JC); PD All-Empire  
2008; JC AA 11; JC AA 13; SRJC ldr  
season 11 BAvG (.350), ab (140), runs  
(40), hits (49)

## Keeley Ray

Softball Outfielder  
(MidAmerica Nazarene Univ, SRJC &  
Sonoma St); PD All-Empire 2010

## Jim Reis

Track High Jump  
(San Jose St); NCS Champ 85 (6-6);  
SVH rcd 85 (6-10); Sonoma Valley  
High HOF

## Heather Rentz

"Bragg" (married name)  
Volleyball Utility/Setter  
(Chico St); PD All-Empire 92 (util)  
& 93 (set)

## Joanna Rentz

Volleyball Outside Hitter  
(UOP); PD All-Empire 98-2000;  
PD Co-POTY 99 & POTY 2000;  
National Under-16 AA 98; UOP ldr  
season digs 02 (315), 03 (337);  
Sonoma Valley High HOF

## Natalie Rentz

"Dusac" (married name)  
Volleyball Setter  
(Point Loma Nazarene Univ); PD  
All-Empire 2002; sister of Heather  
& Joanna Rentz, see above; daughter  
of David Rentz, Head Coach vb  
Sonoma Valley High

## Cesar Reyes

Soccer Midfielder  
PD All-Empire 2003

## Victor Robles

Soccer Midfielder  
PD All-Empire 2010

## Alicia Rocha

Softball Shortstop  
(Dominican Univ); PD All-Empire  
2008

## Peggy Rogers

"Murray" (married name)  
Track 100/200mtrs  
SVH rcd 78 (12.4), (26.64); Sonoma  
Valley High HOF

## Dick Romberg

# Sonoma County

Basketball Center  
Chron All-North Coast 70; PD All-Empire 71; PD Empire POTY 71; EX All-North Bay 71; SVH ldr season pts avg 70 (21.3); Empire rcd season pts 71 (606)

(Cal Poly-Pomona); PD All-Empire 2007 & 08; CPP ldr season 11 gm (33-tie), 3pt fg (44), 3pt fg att (126)

(Santa Rosa JC); PD All-Empire 2000

## Jennifer Romberg

Basketball  
PD All-Empire 85

## George Roseme

Track Javelin  
(Univ of California); NCAA Champ 52 (228-8 3/4); Cal HOF

## Renee Safforest

“Skip”  
Football Defensive End  
PD All-Empire 66; Sonoma Valley High HOF

## Steve Sangiacomo

FB/BB/BK QB/OF  
(Univ of Arizona); PD All-Empire 92 (fb) & 93 (bb & bk); Empire AOTY 93; Sonoma Valley High HOF

## Vic Sangiacomo

“Buck”  
Track  
Sonoma Valley High HOF; uncle of Steve Sangiacomo, see above

## Kori Schake

CC/Track 800mtrs  
Ran on boys CC team; SVH rcd 78 (2:25.4); Sonoma Valley High HOF

## Brian Schelman

Football Defensive Back  
PD All-Empire 89

## Chris Schmidt

Wrestling 165lbs  
(Santa Rosa JC); SRJC Wrestling HOF

## Stan Schoen

Football Defensive Line  
PD All-Empire 85

## Chelsea Scott

Volleyball Def.Specialist/OH  
(Concordia Univ); PD All-Empire 2004 (ds) & 05 (oh); All-GSAC 08; CU ldr season digs 07 (464), 08 (491); Head Coach Sonoma Valley High (Son) 15-; PD Empire COTY 15

## Jim Scribner

Track Discus  
SVH rcd 59 (147-0); Sonoma Valley High HOF

## Sarah Semenero

Basketball Forward

## Matt Sevenau

Baseball 3B  
PD All-Empire 88

## Tom Sheppard

Baseball Pitcher  
(Santa Rosa JC & Cal St Los Angeles); Played minor league baseball; Sonoma Valley High HOF SRJC HOF

## Marlon Sims

Martial Arts  
Pro mixed martial arts performer

## Amber Smith

“A. J.”  
Volleyball Outside Hitter  
(BYU-Hawaii & Utah Valley St); PD All-Empire 2001 & 02

## Dave Smith

Football Defensive Line  
PD All-Empire 80

## Seth Smith

Football Running Back  
PD All-Empire 2000

## Max Smoot

Baseball Pitcher  
(Sonoma St); PD All-Empire 2007; CCAA Champs 2008

## Adam Soldati

Swimming Diving  
(Santa Rosa JC & Indiana Univ); Diving Coach National Junior Team 2001-05; Diving Coach Purdue Univ 05-; Big-10 Diving COTY 06; Sonoma Valley High HOF

## Nicholas Spector

Cross Country  
(Soka Univ and Chico St); CCAA Champs (CSU) 2014; SU rcds 1500mtrs (3:56), 3000mtrs (8:37), 5000mtrs (14:26), 10000mtrs (32:05)

## Casey Stober

Football Offensive Line  
PD All-Empire 2001

## Annie Studdert

Soccer Mid/Def  
(Clemson Univ); All-Empire 2012; Empire AOTY 2012

## Al Sullivan

Basketball Guard  
PD All-Empire 78

## Meghan Sullivan

Volleyball Outside Hitter

## John Sweet

Basketball Forward  
All-NBL 66; SVH ldr pts 66; Sonoma Valley High HOF

## Brittany Swingle

Volleyball Outside Hitter  
(Menlo College); PD All-Empire 2003

## Brooke Swingle

Volleyball Setter  
(Dominican Univ); PD All-Empire 2006; All-Cal Pac 08

## Jill Thistle

Volleyball Right Side  
PD All-Empire 94

## Kerry Thompson

Football Tight End  
PD All-Empire 78

## Matt Titchenal

Basketball Forward  
(Cal Poly-SLO); PD All-Empire 2007

## Nicola Unverferth

Volleyball Outside Hitter  
(UC Davis); PD All-Empire 95

## Kristin Van Fleet

Soccer Midfielder  
(Wellesley College); PD All-Empire 97

## Skye Vendt-Pearce

Track High Jump  
Sonoma Valley High HOF; SCL Champ 99 & 2000; Redwood Area Champ 99; SVH rcd-tie 2000 (5-4)

## Mark Van Paris

“MVP”  
FB/Baseball RB/LB/OF  
(Santa Rosa JC & Henderson St); PD All-Empire 2001 (fb-rb) & 02 (fb-lb); PD Empire POTY 2001 & 02 (fb); Chron All-Metro 2001 (fb); Cal-Hi All-State 02 (medium schools-fb); PD All-Empire 02 (bb)

## Melissa Van Paris

Track Shot Put/Discus  
(Santa Rosa JC); NCS Champ 03 (40-8), 04 (43-10); PD Track AOTY 04; SVH rcd 04 (135-5 1/2); Empire rcd 04 (43-10); Empire ldr season 2002 (39-5 1/2), (114-1), 04 (135-4); SRJC rcd 05 (45-11); Sonoma Valley High HOF

## Ben Vendt-Pearce

Wrestling 197lbs  
(Santa Rosa JC); SRJC Wrestling

# Sonoma County

HOF

## Carter Vose

Football RB/DB  
(Sonoma St); PD All-Empire 90;  
PD Co-DPOTY 90; Cal-Hi All-State  
(medium schools, multi-purpose)  
90

## Matt Waldron

Basketball Forward  
(UOP); PD All-Empire 76 & 77; PD  
POTY 76 & 77; All-Nor Cal 77;  
played pro in Australia; National  
Champs Australia 83; SVH rcd  
season 77 pts (753), pts avg (27.9);  
Empire rcd pts season 77 (753),  
career (1,377); UOP ldr season 82  
pts (543), pts avg (20.11); Sonoma  
Valley High HOF; UOP HOF

## A. J. Walker

Baseball Pitcher  
PD All-Empire 92

## Danae Wellander

Basketball Guard  
(Santa Rosa JC, USF & Sonoma St);  
JC All-State 2005; All-CCAA 2007  
& 08; SSU Co-Newcomer of the  
Year 07

## Mike Wetzel

FB/Wrestling DL/OL/191lbs  
PD All-Empire 88 (dl) & 89 (ol);  
NCS Champ 89; Sonoma Valley  
High HOF

## Steve Wetzel

Football Offensive Line  
PD All-Empire 87

## Craig Wheeler

Basketball Guard  
PD All-Empire 80

## Mindi Wiley

Track/VB High Jump/MH/MB  
(Univ of California); NCS Champ  
2003 (5-10), 04 (5-6), 05 (5-11-  
NCS rcd), 06 (5-6); 2nd State Meet  
2003 (5-10); PD All-Empire 2003-05  
(vb); NCS rcd 05 (5-11-tie); PD  
Track AOTY 05; State Junior AOTY  
05; Konitz (Switzerland) 10; UC  
ldr season 08 (.337), 09 (.343),  
bcks 08 (123), 09 (126); hitting  
pct 09 (.343); Sonoma Valley High  
HOF

## Travis Winslow

Wrestling 157lbs  
NCS Champs 88; brother of Detts  
Winslow, Head Coach wrestling  
Sonoma Valley High

## Jersey Witous

Volleyball Setter  
PD All-Empire 2010 & 11

## Joe Wittig

Baseball Inf/Pitcher  
(Santa Rosa JC); PD All-Empire  
2007 (inf); PD All-Empire 08; PD  
Co-POTY 08; Chron All-Metro 08  
(inf/pitcher)

## Jim Woods

Track 800/400mtrs  
Pr 72 (1:59.3), 73 (50.9); Sonoma  
Valley High HOF

## Kevin Woods

Wrestling 178lbs  
NCS Champ 78

## Heraclio Zamora

Soccer Forward  
PD All-Empire 94

## Jaime Zavala

Soccer Midfielder  
PD All-Empire 94

## Summerfield Waldorf School Mustangs Santa Rosa (estab. 1974; 1st high school graduation 1991)

## Ken Boyd

Basketball Forward  
PD All-Empire 2009 (small)

## Ilan Zur

Basketball  
PD All-Empire 2013 (small)

## Ursuline High Bears Santa Rosa

(estab. 1880 at 10th & "B"  
Streets; moved to new  
campus 1956; closed 2011 &  
many students transferred  
to newly-coed Cardinal  
Newman High)

## Kathleen Alvarez

Basketball  
(UC San Diego); PD All-Empire 87  
& 88 (small); PD Empire POTY 88

## Nisana Andersen

Track Pole Vault  
(Santa Rosa JC & Arkansas St);  
State JC Champ 03 (11-10); State  
JC rcd 03 (11-10); prep pr 2000  
(10-1)

## Melissa Azevedo

Basketball Forward

(U. S. Air Force Academy); PD All-  
Empire 2002 & 04; also atnd  
Montgomery High (Son)

## Laura Bahno

Soccer Midfielder  
(Sacramento St); PD All-Empire  
2006

## A. D. Bertoli

Soccer Forward  
PD All-Empire 2008

## Nanci Bialkoski

Softball 1B  
(Univ of San Diuego); PD All-Empire  
89 (small)

## Natalie Birch

Softball 1B/Pitcher  
PD All-Empire 95 (1b) & 96

## Rachel Buscovich

Soccer Midfielder  
(UNLV); State Under-17 Champs  
95 & 96; PD All-Empire 97-99

## Kellie Carlton

Softball 3B  
PD All-Empire 2005 & 06; Chron  
All-Metro 06; Cal-Hi All-State 06

## Jaime Carstensen

Soccer Midfielder  
(Univ of Washington); State Cup  
Champs 95 & 96; PD All-Empire  
99; PD Co-POTY 99; State POTY 98  
& 99; Pac-10 Champs 2001

## Adelaide Cartan

"Addie"  
Soccer Defender  
(Univ of San Diego); PD All-Empire  
2005 & 06; PD Co-POTY 2006

## Christina Cary

"Chrissy"  
Volleyball  
(Jacksonville St); All-Ohio Valley  
Conf 03; OVC POTY 03; JS ldr  
season kills 2002 (338), 03 (409)

## Erica Claussen

Soccer Forward  
(Cal Poly-SLO); PD All-Empire 99

## Jennifer Clouse

"Jen"  
Track 400mtrs/Relays  
(Concordia Univ); GSAC Champ  
400mtrs 2005 (NR), 4x400 Relay  
06 (NR), 4x800 Relay 07 (NR)

## Lynsey Coffey

Soccer Fwd/Defender  
(Washington St); PD All-Empire 93  
(fwd) & 94 (def); sister of Cletus  
Coffey, see Cardinal Newman High



# Sonoma County

(Son) & Lacey Coffey, see  
Montgomery High (Son)

## Alexis Cooper

Softball Catcher  
PD All-Empire 2003 & 04

## Laura Crandall

Softball Shortstop  
PD All-Empire 2000 & 01

## Meredith Crotty

Soccer Goalkeeper  
(Boston College); PD All-Empire  
98

## Shannon Crouse

Basketball Forward  
(Cal St Northridge); PD All-Empire  
91 & 92 (small); All-Nor Cal 92;  
Cal-Hi Div 4 All-State 92; CIF  
State Div4 Final Gm rcd 92 pts (28)

## Erica Cunningham

Soccer Defender  
(Santa Rosa JC & USF); JC State  
Champs 2011

## Amanda Delwiche

Soccer Midfielder  
PD All-Empire 92

## Kayla Douglas

Baseball  
MLB Pitch-Hit-Run Champ (age  
13-14) 2010; she won in summer,  
entered high school in fall

## Kristin Dunlap

Soccer MF/Forward  
(Fresno St); PD All-Empire 93-95;  
played pro Netherlands 2002-03;  
Head Coach Ursuline High

## Joy Durand

Basketball Guard  
(St Mary's College & Sonoma St);  
PD All-Empire 90-92 (small); PD  
POTY 90 & 92; Co-POTY 91; All-  
Nor Cal 90-92; Cal-Hi Div 4 All-State  
90 & 92; Cal-Hi All-State (junior) 91;  
Cal-Hi Div 4 All-State POTY 91; All-  
WCC 95 & 96 (SMC-bk); played  
soccer at Sonoma St; All-NCACC 98  
(SSU-soc); CIF Nor Cal Div 4 Final  
Gm rcd 90 ft att (10), ft (8), 92 pts  
(23); CIF State Div4 Final Gm rcd 92  
ft (8), ft att (12); SMC ldr season stls  
94 (78), 96 (88); SS ldr season 98  
goals (12); Santa Rosa Scorchers  
(Women's Football) 02; aunt of  
Kathleen Durand, see Maria Carrillo  
High (SC)

## Lorraine Etchell

Basketball Guard  
(Academy of Art Univ); PD All-  
Empire 2008

## Laura Fenton

Soccer Defender  
(Santa Rosa JC & Univ of California);  
JC State Champs 2011

## Liz Fernandez

Volleyball Setter  
PD All-Empire 2000

## Luz Fernandez

Volleyball Setter  
(Cameron St); PD All-Empire 93

## Rachel Fightmaster

Softball 3B  
PD All-Empire 2000 & 01

## Lia Gaetano

Volleyball Middle Hitter  
(Cornell Univ); PD All-Empire  
2003 & 04

## Alissa Geving

"Chicko"  
Auto Racing Driver  
(Santa Rosa JC); Sprint car racer  
07-; youngest U. S. Champ of 360-  
winged sprint car series on dirt  
track 07 at age 15; raced go-karts  
2004 at age 12; subject of song,  
"Angel in Flames;" daughter of  
Gary Geving, champion sprint car  
driver & granddaughter of Leroy  
Geving, see Petaluma High (Son)

## Cindy Goebel

Soccer Defender/MF  
(UC Santa Barbara); PD All-Empire  
94 (def) & 95 (mf)

## Catherine Gravelle

BK/Track Forward/Discus  
(Marin JC & Dominican Univ); PD  
All-Empire 99-2001; Cal-Hi Div 4  
All-State 2001; Cal Pac Champs 05;  
All-Cal-Pac 05; DU ldr season 05  
pts avg (13.33), fg (154),ft (85),  
Empire ldr season 2001 (117-10)

## Trish Gretton

"Ziemer" (married name)  
Basketball Forward  
(Santa Clara Univ & Sonoma St );  
PD All-Empire 88 (small); All-  
NCAC 90; NCAA Div 2 Champs  
(soc) 90; NCAA Div 2 AA 90;  
granddaughter of Bob St. Clair, see  
Polytechnic High (SF); wife of  
Marcus Ziemer, see Analy High  
(Son)

## Sarah Hallas

Cross Country  
(Chico St); NCS Div 4 Champ 97  
(20:29)

## Carly Hann

Volleyball Outside Hitter  
PD All-Empire 2003 & 04

## Jordan Henry

Basketball Guard  
(Portland St); PD All-Empire 2009-  
11; Empire POTY 11; Cal-Hi Div 4  
All-State 11; UH ldr season 11 pts  
avg (21.7), 3pt fg (71); daughter of  
Scott Henry, Analy High (Son) bk  
player

## Kristy Ivelo

Soccer Midfielder  
PD All-Empire 2000

## Danielle Jensen

Softball 1B  
PD All-Empire 2007

## Kristi Jereb

Soccer Forward  
(Cal Poly-SLO); PD All-Empire 98

## Jenna Johnson

Swimming Free/Butterfly  
(Stanford Univ); NCS Champ 83  
50 fs (23.47); 83 100 bf (55.06);  
NCAA Champ 50 fs 86 (22.46), 87  
(22.57); 100 fs 86 (49.03), 87  
(48.82); 100 bf 86 (52.69); Gold  
Medalist Olympics 84 400 mtr  
medley relay; Silver Medalist  
Olympics 84 100 mtr bf (1:00.19);  
left after junior year to train in  
Southern California; Empire rcd 83  
50yds fs (23.47), 200yds fs (1:56.36),  
100yds bck (1:00.57), 100yds bf  
(55.03)

## Pam Karbowski

Soccer FB/Fwd/Defender  
(Cal St Northridge); PD All-Empire  
91-93; played bk in college

## Maribeth Kelly

Basketball  
PD All-Empire 86 (small); AD &  
Head Coach Cloverdale High (Son)

## Emily Kingsborough

Soccer Goalkeeper  
(Long Beach St); PD All-Empire  
2004-06; Big West Champs 08;  
LBS ldr season 09 saves (40), goals  
(15) goals avg (1.30), Sho (3)

## Ashley Kirk

Soccer Midfielder  
(Univ of San Diego); PD All-  
Empire 2002 & 04; daughter of  
Doug Kirk, soccer gk at UOP

## Krista Knecht

Volleyball Outside Hitter  
(Stanford Univ); PD All-Empire 92

## Rebekah Lagatta

Softball Catcher  
PD All-Empire 96

# Sonoma County

(Sonoma St); PD All-Empire 2005

## Cheryl Lala

Golf  
(Univ of California); Nor Cal  
Champ 97 (77); Head Coach men  
& women Dominican Univ 2005

## Kelly Lazzini

Softball Pitcher  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 98-2000 & 01; PD  
POTY 2000; SSU Female Newcomer  
of the Year 04

## Nicole Locke

Softball Shortstop  
PD All-Empire 2003

## Casie Lomax

Volleyball Outside Hitter  
(USF); PD All-Empire 94

## Stacy Look

Soccer Midfielder  
PD All-Empire 92

## Lindsay Lynch

Volleyball Middle Hitter  
PD All-Empire 92

## Kim Magnusson

Softball Infielder  
PD All-Empire 88 (small)

## Michelle Mason

Soccer Midfielder  
(Dominican Univ); All-Cal Pac  
2008; Cal Pac ldr asst 2008 (17)

## Rebecca Mateo

Soccer Midfielder  
(Belmont Abbey College);  
Conference Carolina Champs 2010;  
BAC ldr season 11 pts (NR)

## Kathy Mawson

Basketball Center  
PD All-Empire 90 (small); CIF Nor  
Cal Div 4 Final Gm rcd 90 reb (13)

## Jessica Mazeau

Soccer/BK Forward (soc)  
(San Francisco St & Dominican  
University); PD All-Empire 92  
(soc); PD All-Empire 93 (bk-small);  
Interim Head Coach women bk Cal  
St Hayward 2002 (21-8); Head  
Coach women Notre Dame de  
Namur Univ 10-

## Megan McQueeny

Soccer Defender  
(San Diego St); PD All-Empire  
06 & 07; PD Co-POTY 07; All-  
MWC 09 & 10; also All-Empire  
2004 at St. Vincent de Paul High  
(Son)

## Heidi Mertle

Basketball Guard

## Monica Mertle

Basketball Center  
(St. Mary's College); PD All-  
Empire 2001-03; PD Co-POTY 02  
& POTY 03; Chron All-Metro 03;  
Chron North Bay POTY 03; Cal-Hi  
All-State 02 (juniors); Cal-Hi Div  
4 All-State 02 & 03; WCC All-  
Freshman 04; All-WCC 06; Head  
Coach girls Windsor High (Son)  
11; Cardinal Newman girls (Son)  
12-; sister of Heidi Mertle, see  
above

## Jennifer Meyer

Swimming Diving  
(UC Davis); Big West Champ 2010  
1mtr (224.65); Big West Champs  
2010; MPSF Champs 11

## Lisa Montgomery

Softball Inf/Catcher/SS  
PD All-Empire 98 & 99

## Tanya Netzel

Soccer Forward  
PD All-Empire 97 (small)

## Patrice O'Leary

Soccer Defender  
PD All-Empire 2003 & 04

## Courtney Parsons

Soccer Goalkeeper  
(Univ of San Diego); PD All-  
Empire 2007; WCC Co-Champs 11

## Alicia Paulsen

Soccer Goalkeeper  
(Dominican Univ); All-Cal Pac  
2008; Cal Pac Defender of the Year  
2008

## Joan Piasta

Soccer Midfielder  
(USF); Member National Under-17  
Team 2006; PD All-Empire 07

## Tori Rafanelli

Basketball Guard  
(UC San Diego); PD All-Empire  
2002; PD Co-POTY 2002

## Natasha Richardson

Soccer Forward  
(Univ of California); PD All-  
Empire 2005; PD Co-POTY 2005

## Alex Rodriguez

Soccer Defender  
(Chico St); CCAA-North women's  
Champs 2009

## Janelle Russo

Basketball Guard  
PD All-Empire 90 (small)

## Elizabeth Santos

"Liz"  
Soccer Defender  
(Chico St); PD All-Empire 2002

## Bronte Sheahan

Basketball Forward  
(Sonoma St); PD All-Empire 2010

## Catherine Sigler

"Cat"  
Soccer Defender  
(Univ of Notre Dame & Santa Clara  
Univ); PD All-Empire 2000; PD  
POTY 2000; WCC Co-Champs 04;  
sister of C. J. & Pat Sigler, see  
Cardinal Newman High (Son)

## Taryn Sperry

Basketball Forward  
(Cal Poly-SLO); PD All-Empire 96  
(small)

## Megan Stafford

Basketball Guard  
(UC Irvine); PD All-Empire 94-96;  
PD Empire POTY 94-96; Cal-Hi  
Div 4 All-State 94 & 96; Cal-Hi  
All-State (junior) 95

## Haley Stein

Soccer Midfielder  
(Arizona St); PD All-Empire 2000

## Michelle Stone

Track Pole Vault  
(UC Davis); NCS Champs 10 (12-3);  
UH & Empire indoor red 10 (12-3);  
Empire outdoor ldr season 2009  
(11-10)

## Brianne Suacci

Volleyball Setter  
(Long Beach St); PD All-Empire 95

## Shauna Tantarelli

Soccer Defender  
PD All-Empire 2000

## Cate Taylor

Soccer Defender  
(USF); PD All-Empire 96

## Liz Taylor

Soccer Defender  
(Univ of Washington); State Club  
Champs 95 & 96; PD All-Empire  
98 & 99; PD Co-POTY 99; Pac-10  
Champs 2001; sister of Cate  
Taylor, see above; aunt Hilda  
Taylor Parrott was NY State Diving  
champ 70-72

## Brooke Terhune

Volleyball Middle Hitter  
(Santa Clara Univ & Sonoma St);  
PD All-Empire 95 & 96; PD Empire  
POTY 96; WCC Champs 2000

# Sonoma County

## Katherine Tillman

"Katie"  
"Turtle"  
Soccer Forward  
(Santa Rosa JC & UC Santa Barbara); PD All-Empire 94 & 96

## Christy Titchenal

Basketball Forward  
(Stanford Univ); PD All-Empire 2003; Pac-10 Champs 05-08; sister of Michael Titchenal, see Cardinal Newman High (Son); daughter of Bob Titchenal Jr., Univ of Hawaii bk player & granddaughter of Bob Titchenal Sr., pro fb player, original 49er & Head Coach fb San Jose St

## Christina Tognetti

Soccer Forward  
(Univ of San Diego); PD All-Empire 2008; PD MVP 2008

## Denise Trione

Soccer MF/Forward  
(Cal Poly-SLO); PD All-Empire 94 (mf) & 95 (fwd)

## Sally Trione

Soccer Goalkeeper  
(Chico St); PD All-Empire 96 (small); PD Co-POTY 96

## Ashley Wright

Softball Pitcher  
(Univ of Illinois); PD All-Empire 2004-06; PD Empire POTY 06; Chron Metro North Bay POTY 06; Cal-Hi All-State 05-06; 1d UI era 10 (0.84); pitched combined no-hitter vs Prairie View A & M 09; 1d UH BAvG 06 (.509), slgg (.698), so (248), inn (151), era (0.55); sister of Phil Wright III & daughter of Phil Wright II, see both Cardinal Newman (Son)

## Windsor High Jaguars

### Windsor

(estab. 1995)

(aka Jags)

## Felicia Accomazzo

Softball Pitcher  
PD All-Empire 2000

## Stuart Alexander

Baseball Pitcher  
(Santa Rosa JC); PD All-Empire 2003; played minor league baseball

## Kyle Anderson

Basketball Forward  
PD All-Empire 2007

## Jose Angel

Soccer Midfielder/GK

PD All-Empire 2007

## Lee Aranda

Football Kicker/Punter  
PD All-Empire 2010

## Cynthia Arata

Basketball Guard  
PD All-Empire 2009 & 10

## Mike Bogdanovich

Football Linebacker  
(Santa Rosa JC & Morgan St); PD All-Empire 2005 & 06; PD Co-DPOTY 06

## Kevin Brown

Football Linebacker  
PD All-Empire 2010

## Mike Brown

Basketball Guard  
PD All-Empire 2003

## Jamie Burgess

Softball Outfielder  
PD All-Empire 2008

## Christina Calcagno

Basketball Forward  
(Orange Coast JC, Cuesta JC & San Jose St); PD All-Empire 2005 & 06; did not play at Cuesta JC

## Kim Carroll

Soccer Midfielder  
(Humboldt St); All-CCAA 2007

## Beau Colombini

Wrestling 160lbs  
NCS Champ 160lbs

## Lindsay Clark-Warren

Swimming Breasstroke  
(Northern Arizona Univ); WAC Champs 2015; WH red 100 bs, 200 & 400 medley relay, 400 fs relay

## Allie Davis

Swimming Freestyle  
(Purdue Univ); PD Empire POTY 2011; Women's Div Champ 06 Alcatraz Invitational Open Water Swim; Empire red 100, 200, 500 fs 2011 (NR); daughter of Catherine Davis, Head Coach swimming Windsor High; granddaughter of Ken Hicken, Great Britain swimmer 1944Olympics (not held)

## Drew Davis

Basketball Guard  
(Menlo College); Cal Pac Champs 2011

## Eileen Deppenbrock

Softball Catcher  
PD All-Empire 2008

## Max Devlin

Football Offensive Line  
(Fresno St); PD All-Empire 2007

## Dominic DuCharme

Wrestling 152lbs  
NCS Champ 2015; son of Nate DuCharme, owner Mendo Combat Club

## Cameron Erion

Football Running Back  
(San Mateo JC); PD All-Empire 2008; Metro Area red gm rush yds 2008 (450 vs Petaluma)

## Ashley Freyer

Soccer Forward  
(USC); PD All-Empire 2004 & 07; sister of Carrie Freyer, Dominican Univ soccer player

## Maggie Glunt

Volleyball Middle Blocker  
(U. S. Military Academy); PD All-Empire 2008

## Ericka Gonzalez-Iliann

Wrestling 189lbs  
NCS Champ 2008

## Sam Haley

Swimming Butterfly/IM  
PD Empire POTY 2011

## Danny Hardisty

Football Defensive Back  
PD All-Empire 2007

## Chris Hernandez

Soccer Goalkeeper  
PD All-Empire 2008 & 09

## Eric Hernandez

Football Running Back  
PD All-Empire 2006

## Sandra Hernandez

Basketball Guard  
(Santa Rosa JC & San Francisco St); PD All-Empire 2000

## Kenny Herrguth

Football Linebacker  
PD All-Empire 99

## Cody Howe

Wrestling 130lbs  
NCS Champ 2009

## Jake Kahaulelio

Baseball Shortstop  
(Santa Rosa JC & Oral Roberts Univ); PD All-Empire 2002 & 03; State JC Champs 05; All-Mid Continent Conf 06 & 07; played minor league baseball

# Sonoma County

## Meaghan Kari

Golf  
(Santa Clara Univ & Univ of Colorado); PD Co-POTY 2006 & 07; Uncle, Paul Kari, cross country skier Williams College, cousin of Justin & Daniel Kari, Azusa Pacific soccer players

## D. J. King

Football Safety  
(Santa Rosa JC); PD All-Empire 2009

## Matt Lamberson

Football Defensive End  
PD All-Empire 2006

## Danielle Landen

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 2008; PD Empire POTY 2008

## Korey Langhals

Football Defensive Line  
(Humboldt St); PD All-Empire 2008

## Gary Leach

Baseball Outfielder  
(Santa Rosa JC); PD All-Empire 2001; State JC Champs 05

## Amanda Le Cave

Soccer Forward  
(Pepperdine Univ); PD All-Empire 2010; PD POTY 2010; ld WH goals 10 (36)

## Sammy Licea

Soccer Forward  
PD All-Empire 99

## Tony Lombardi

Baseball Pitcher/1B  
(Santa Rosa JC & East Tennessee St); PD All-Empire 2003; JC All-State 05; State JC Champs 05; SRJC ldr season 05 starts (15), cg (3), wins (10), losses (4-tie), ip (112 2/3), runs (42), hits (105)

## Kelsey Louden

Swimming Breaststroke  
(UCLA); NCS Champ 2006 100 bs (1:05.69)

## Courtney Lucchesi

Softball Pitcher  
(Santa Rosa JC); PD All-Empire 2010

## Joe Mauney

Baseball DH  
PD All-Empire 2006

## David McCready

Football Defensive Line  
PD All-Empire 2005

## David Mendez

Soccer Forward/MF  
(Dominican Univ); Member U. S. Club Champs 2006-08; PD All-Empire 08 (fwd) & 09 (mf)

## Eleanna Mendez

“Ellie”  
Soccer Midfielder  
(Dominican Univ); PD All-Empire 2005; All-Cal Pac 08; Cal Pac POTY 08; NAIA AA 08; DU Female Co-AOTY 10; sister of David Mendez, see above

## Charlene Murphy

Basketball Forward  
(Humboldt St); PD All-Empire 99

## Shelby Nieto

Soccer Defender  
(Santa Rosa JC & Adelphi Univ); JC State Champs 2011

## Kerianne Noonan

“Keri”  
Basketball  
(Hawaii Pacific Univ); PD All-Empire 2013; WH rcd career pts (1,300+)

## Haley Palmer

Soccer Forward  
(San Diego St); PD All-Empire 2009; All-Mountain West 11

## Jenna Patalano

Swimming Freestyle  
(Santa Rosa JC & Sacramento St); State JC Champs 2008 & 09

## Jessica Patalano

Swimming Freestyle  
(Santa Rosa JC); State JC Champs 2009; sister of Jenna Patalano, see above

## David Paulsen

Baseball Outfielder  
PD All-Empire 2007

## Gerardo Perez

Soccer Forward  
PD All-Empire 2003

## Andy Peterson

Baseball Pitcher  
(Santa Rosa JC & New Mexico Highlands Univ); PD All-Empire 2000

## Brittany Peterson

Soccer MF/Defender  
(Sonoma St); PD All-Empire 2003 & 04; All-CCAA 08

## Brooke Peterson

Soccer Defender

(Sonoma St); All-CCAA 2006; twin sister of Brittany Peterson, see above

## Melissa Plinski

Soccer Midfielder  
(William Jessup Univ); Cal Pac Champs 2008 & 10; Cal Pac Co-Champs 11; daughter of Larry Plinski, see Montgomery High (Son)

## Charlene Popoff

Basketball Forward  
(Santa Rosa JC & Cal Poly-Pomona); PD All-Empire 2008; JC All-State 10

## Zachary Price

“Zach”  
Cross Country  
(Chico St); CCAA Champs 2014; prep pr 800mtrs (1:57), 1600mtrs (4:21-WH rcd), 3200mtrs (9:35)

## Joe Ramos

Football Running Back  
(Mendocino JC); PD All-Empire 2007; WH rcd yds rushing gm 2007 (263)

## Brandyn Reed

Football WR/DB  
(Santa Rosa JC & Sacramento St); PD All-Empire 2005 (both ways) & 06 (wr); Region 1 JC All-State 08 (wr); JC AA 08 (wr); SS ldr season 09 recep (46), recep yds (731)

## Jenna Reed

Basketball Guard  
(Santa Rosa JC); State JC Champs 2011

## Jill Rizzo

Softball Pitcher  
(Dominican Univ); Cal-Hi All-State 2008 (medium schools)

## Lauren Rusert

Rugby Prop  
(Penn St); NCAA Champs 2007 & 09; AA 09; Member National Team 09; wrestled with boy's team in high school

## Keenan Soares

Basketball Forward  
PD All-Empire 2005

## David Schenone

Football Defensive Line  
(Santa Rosa JC & Univ of San Diego); PD All-Empire 2002; JC All-State Region One 04

## Jessica Shiery

Softball Catcher/IF  
(Univ of Utah); PD All-Empire

# Sonoma County

2003-05

Jake Steiner

Basketball          Guard  
PD All-Empire 2008

Elsa Tang

Softball              Pitcher  
PD All-Empire 2004

Etianro Tavares

Soccer                Forward  
PD All-Empire 2010

Nick Thysell

Football              Offensive Line  
PD All-Empire 2005

Randall Tolo

Basketball          Point Guard  
(Santa Rosa JC); PD All-Empire  
2001; Wellington 04 (New  
Zealand); also atnd Nelson  
College (high school) in New  
Zealand

Andres Torres

Wrestling            103lbs  
NCS Champ 2009

Kayla Tyler

Softball              Shortstop  
(Univ of Illinois); PD All-Empire  
2009-11

Luigi Valencia

Basketball          Guard  
(Napa Valley JC); PD All-Empire  
2008

Joe Van Cleve

Baseball              Utility  
(San Jose St, Santa Rosa JC &  
Sonoma St); PD All-Empire 2007

Chris Villa

Soccer                Defender  
PD All-Empire 2014

Tim Walton

Football              Offensive Line  
PD All-Empire 2006

Jordan Winkler

Football              Offensive Line  
PD All-Empire 2009