

**WOMEN'S
CROSS
COUNTRY**

**MEN'S
CROSS
COUNTRY**

SO

20 CHAMPIONSHIPS 10

CAL

**HOSTED BY THE
PACIFIC COAST ATHLETIC CONFERENCE
AND
SAN DIEGO MESA COLLEGE**



WELCOME TO THE SO CAL CHAMPIONSHIPS 2010!

November 6, 2010

East Mission Bay Park, San Diego, California

SCHEDULE

Women's 5K 12:00pm

Men's 4 Mile 1:00pm

Women's Teams

Antelope Valley
Bakersfield
College of the Canyons
Cerritos
Cuesta
College of the Desert
East Los Angeles
Fullerton
Glendale
Grossmont
Los Angeles Trade Tech
Los Angeles Valley
Moorpark
Mt. San Antonio
Orange Coast
Oxnard
Palomar
Pasadena City
Riverside
Saddleback
San Bernardino Valley
San Diego City
San Diego Mesa
Santa Ana
Southwestern
Ventura
Victor Valley

Men's Teams

Antelope Valley
Bakersfield
College of the Canyons
Cerritos
Cuesta
Cuyamaca
College of the Desert
East Los Angeles
El Camino
Fullerton
Glendale
Los Angeles Trade Tech
Los Angeles Valley
Long Beach City
Mt. San Antonio
Moorpark
Orange Coast
Palomar
Pasadena City
Rio Hondo
Riverside
San Bernardino Valley
San Diego Mesa
Santiago Canyon
Southwestern
Ventura
Victor Valley
West Los Angeles

Bold indicated "At Large Teams"



2010 CCCAA WOMEN'S AND MEN'S CROSS COUNTRY SO CAL CHAMPIONSHIPS

FACT SHEET

Date: November 6, 2010

Host College: San Diego Mesa College
7250 Mesa College Drive
San Diego, CA 92111
Phone: (619) 388-2737

Venue: Tecolote Shores/East Mission Bay Park
San Diego, CA 92109

Tickets: Admission is free

Parking: All parking is free

Event Manager: Thom Hunt
Office: (619) 388-5805
Email: thunt@sdccd.edu

CCCAA Media: Jason Boggs
Office: (916) 444-1600
Cell: (707) 322-2337
Email: jboggs@coasports.org

SD Mesa SID: Simone Sherrard
Office: (619) 388-2737
Email: ssherrar@sdccd.edu

CCCATA Coverage: San Diego Mesa College Athletic Training
Sue Lalicker, Head Trainer
Office: (619) 388-2421
Email: slalicker@sdccd.edu
Laurie Black, Head Trainer
Office: (619) 388-2421
Email: lblack@sdccd.edu

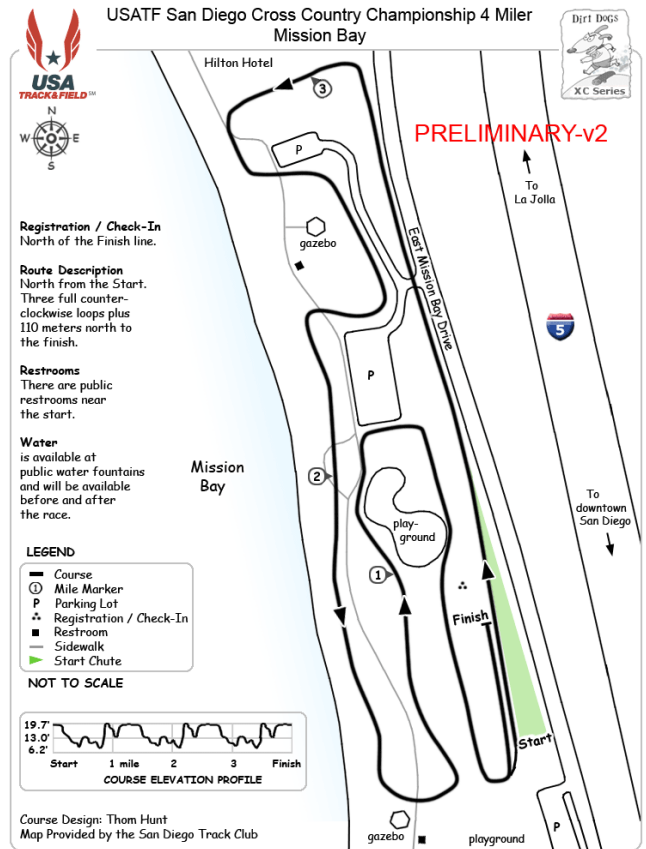
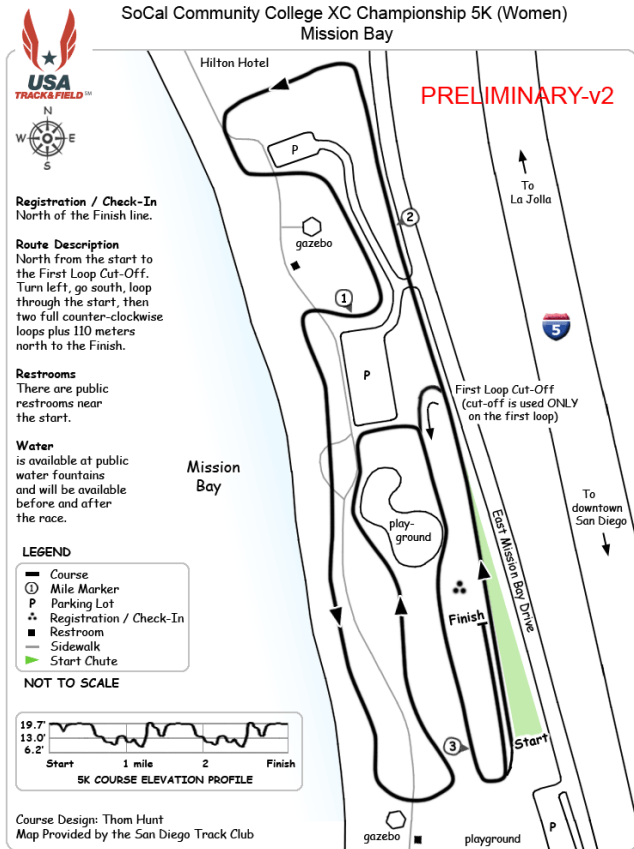
Check in: Check in is located directly behind the finish line

Schedule of Events: 12:00pm Women's 5K race start
 1:00pm Men's 4 Mile race start

Course: The four mile course is made up of three loops, the 5000 meter course is made up of 2 1/2 loops. The course is entirely on grass except for a few sidewalk crossings. Spikes are acceptable. The first half of the loop is generally flat and the second half has a series of small hills and sharper turns. A course map is available at: www.sdusatf.com or www.gocollegetrack.com.

Awards: Awards will be presented to the top 15 individual finishers and the top three teams.

Course Maps:



ANTELOPE VALLEY

“Marauders”

Foothill Conference

Head Coach: Mark Covert

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Allison Burwell	SO	Quartz Hill
Dani Chavarria	FR	Lancaster
Caitlin Choate	SO	Highland
Paola Gonzalez	FR	Quartz Hill
Olivia Lozano	FR	Palmdale
Sue-Ann Marteaux	SO	Lancaster
Jessica Martinez	SO	Highland
Anaiz Ortiz	SO	Palmdale
Charity Schroeder	FR	Desert Christian



BAKERSFIELD

“Renegades”

Western State Conference

Head Coach: Pamela Kelley

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Berry, Nichole	FR	Stockdale
Camacho, Cristabelle	FR	Stockdale
Chavez, Victoria	FR	Tehachapi
Duke, Amanda	FR	BHS
East, Donna	SO	Arvin
Escutia, Clara	FR	Wasco
Guitierrez, Alejandra	FR	Washington
Labuff, Breanne	FR	Salinas
Lopez, Mylissa	FR	Centennial
Martinez, Margaret	FR	Highland
Mercado, Dennise	FR	North
Perez, Blanca	FR	Stockdale
Pinkham, Shelby	FR	Highland
Vasquez, Hilaria	FR	



COLLEGE OF THE CANYONS

“Cougars”

Western State Conference

Head Coach: Lindie Kane

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Kristine Alfaro	FR	Golden Valley
Jasmin Bond	SO	West Ranch
Teresa DeSantiago	FR	Golden Valley
Christie Edwards	FR	Saugus
Shaina Katz	FR	Canyon
Natalie Malone	SO	Saugus
Karen Moreno	FR	Academy of the Canyon
Imuri Pacheco	FR	Notre Dame
Danielle Schaefer	SO	Saugus



CERRITOS

“Falcons”

South Coast Conference

Head Coach: Doug Wells

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Melissa Byrd	SO	La Mirada
Katherine Callegas	FR	Lakewood
Suzette Carrillo	FR	John Glenn
Myrna Cruz	FR	Norwalk
Christina Dedios	FR	Vallejo
Melissa delCastillo	FR	Norwalk
Camenlita Escalante	SO	Downey
Sandra Flores	FR	El Rancho
Angela Gonzales	FR	Lakewood
Merna Ibrahim	FR	Warren
Cassandra Mejia	SO	El Rancho
Jacqueline Montenegro	SO	Downey
Adriana Raya	FR	Artesia
Desirae Rivas	SO	Valley (NV)
Lauren Thompson	FR	Mayfair
Alexandria Torres	FR	Santa Fe
Jessica Yuen	FR	Mark Keppel



CUESTA
“Cougars”

Western State Conference
 Head Coach: Brian Locher

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Lauren Baldwin	FR	Kenai Central
Vio Beck	FR	Freiburg Waldortschule
Megan Cugini	FR	Morro Bay
Jen Delgadillo	FR	Atascadero
Kari Duarte	FR	Riverbank
Kristen Hessick	FR	Augora
Kendra Higgins	FR	Valley Christian
Grace Mann	FR	Arroyo Grande
Iris Martinez	SO	Paso Robles
Jamie Peterson	FR	Cabrillo
Diana Solorio	SO	Atascadero
Kasey Urman	FR	Templeton
Lizzie Uscanga	FR	Riverbank



COLLEGE OF THE DESERT
“Roadrunners”

Foothill Conference
 Head Coach: Wendy Ansley

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Anabel Flores	SO	Coachella Valley
Cara Bonafede	FR	La Quinta
Delaney Hall	SO	Palm Desert
Jasmine Gray	SO	Palm Springs
Karina Mondragon	FR	Palm Desert
Lourdes Flores	SO	Coachella Valley
Maria Rebolgar	FR	Indio
Nancy Cabrera	FR	Indio
Tiffany Gurrola	FR	Indio
Toni Dematteo	FR	Eagles Peak Charter



EAST LOS ANGELES
“Huskies”

South Coast Conference
 Head Coach: Louis Ramirez

<u>Name</u>	<u>Yr.</u>
Johana Ceja	FR
Megan Magdaleno	FR
Denise Orozco	FR
Victoria Ramirez	FR
Olivia Reyes	FR
Kimberly Julio	FR
Jessica Martinez	SO
Anabel Martinez	FR
Cindy Salas	FR
Sara Lujan	FR



FULLERTON
“Hornets”

Orange Empire Conference
 Head Coach: Gina Bevec

<u>Name</u>	<u>High School</u>
Nicole Brennan	Esperanza
Briana De Los Reyes	Villa Park
Samantha Gastelum	Brea Olinda
Leslie Gomez	Western
Taylor Goto	Canyon
Bianca Lara	Valencia
Yesenia Lezama	Katella
Christine Lopez	Garden Grove
Araceli Macedo	Sonora
Rosa Mata	Katella
Valerie Moreno	Sunny Hills
Nina Osothprarop	Cerritos
Claudia Pena	El Dorado
Cristina Valenzuela	Western
Vinnie Wu	Palmetto (FL)



GLENDALE

"Vaqueros"

Western State Conference

Head Coach: Ed Lopez

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Brianna Juaregui	SO	Saugus
Angela Martinez	FR	John Burroughs
Keri Molt	SO	Saugus
Cecilia Nicholas	FR	Roosevelt
Vivian Ochoa	SO	John Burroughs
Diana Sanchez	SO	Granada
Alyssa Selve	FR	Canyon



GROSSMONT

"Griffins"

Pacific Coast Athletic Conference

Head Coach: Robert Claesson

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Lauen Thompson	SO	Murrieta Valley
Ashley Reubens	FR	
Annalee Mendoza	FR	El Cajon Valley
Gabriella Rivas	FR	OLP
Laura Martinez	FR	Lincoln
Naveli Bernate	FR	
Isabella Long	FR	Hurstider Park
Amanda Kazemi	FR	West Hills
Janine Ramos	FR	Serra
Nicole Waugh	FR	Heritage Christian
Amy Fisher	FR	El Cajon Valley
Victoria Vasquez	FR	Worthington Summit
Ashley Davis	FR	Mira Mesa
Kaitlin Finney		



LOS ANGELES TRADE TECH

"Beavers"

South Coast Conference

Head Coach: Wendy Vallejo

No Roster Provided



LOS ANGELES VALLEY

"Monarchs"

Western State Conference

Head Coach: Yannick Allain

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Erika Beltran	SO	Monroe
Edith Samano	SO	Garfield
Elizabeth Herrera	SO	Birmingham
Jordan Bricker	FR	Calabasas
Rhonda Baker	FR	N. Hollywood
Sarah Lopez	FR	Taft
Brandit Caro	FR	Panorama
Nato German	FR	Reseda



MOORPARK

"Raiders"

Western State Conference
Head Coach: Traycie Kephart

<u>Name</u>	<u>Yr</u>	<u>High School</u>
Andrea Barrera	FR	Fillmore
Shanae Clark	FR	Cresenta Valley
Ashley Hamilton	FR	Simi Valley
Irene Lopez	SO	San Fernando
Torrie Marschik	SO	Moorpark
Chanelle Nicholas	FR	Simi Valley
Alexis Pichardo	FR	Moorpark
Nicole Rietveld	FR	Simi Valley



MT SAN ANTONIO

"Mounties"

South Coast Conference
Head Coach: Doug Todd

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Rachelle Abrigo	SO	Ontario
Betty Hernandez	SO	Arroyo
Vanessa Herrera	FR	Katella
Laura Holguin	FR	Wilson
Ashley Morgan	SO	Upland
Laura Naranjo	SO	El Monte
Brenda Pina	SO	South El Monte
Jasmin Pina	SO	Long Beach Poly
Evelyne Ruiz	SO	Ontario
Darlene Salmon	SO	Baldwin Park
Melina Toletino	FR	Upland
Michelle Rioux	FR	Glendora



ORANGE COAST

"Pirates"

Orange Empire Conference
Head Coach: Marco Ochoa

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Sara Toberty	SO	Woodbridge
Andrea Gayton-Jacob	SO	Canyon
Claudia Pelayo	FR	Bolsa Grande
Analia Silva	FR	Irvine
Meghan Foley	FR	Edison
Alex De Avila	SO	Los Alamitos
Erika Recupero	FR	Fountain Valley



OXNARD

"Condors"

Western State Conference
Head Coach: Geno Sharp

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Paola Barajas	FR	Oxnard
Maria Jijada	SO	Pacifica
Zuly Jimenez	FR	Channel Islands
Diana Lopez	FR	Santa Clara
Rebecca Lopez	FR	Santa Clara
Ana Martinez	SO	Santa Clara
Susana Mateos	SO	Foothill Tech
Marysela, Samano	SO	Hueneme
Christina Sepulveda	FR	Hueneme
Jessica Serrano	SO	Santa Clara
Alejandra Valencia	FR	Hueneme



PALOMAR

"Comets"

Pacific Coast Athletic Conference

Head Coach: Jennifer Williams

<u>Name</u>	<u>Yr.</u>
Jaci Kaste	SO
Dana Martensen	SO
Susanne Anderson	SO
Megan Hicks	SO
Nikki Buck	FR
Stephanie Wilkinson	FR
Dominique Harvey	FR
Qrezal Carmona	FR
Marrisa Buzzelli	FR
Courtney Brennan	FR
Nadine Whann	FR



PASADENA CITY

"Lancers"

South Coast Conference

Head Coach: Armand Crespo

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Raquele Cardozo	FR	Arcadia
Cassandra Lew	FR	Temple City
Elizabeth Lyons	FR	Rosemead
Marissa Morales	SO	Diamond Bar
Natasha Nicholson	FR	South Pasadena
Grisel Ramirez	SO	Granda Hills
Tracee van der Wyk	SO	Temple City



RIVERSIDE

"Tigers"

Orange Empire Conference

Head Coach: Damien Smith

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Casey Candelaria	SO	ML King
Jennifer Dixon	FR	Santiago
Pilar Gamboa	FR	Upland
Lauren Kivlen	FR	Rim of the World
Aubrey LeAnce	FR	Corona
Rebecca Lopez	FR	Santiago
Doraliz Miranda	SO	Roosevelt
Ebony Monroe	SO	Rancho Cucamonga
Daniella Rentano	SO	Kaiser
Cyndee Richardo	FR	Hemet
Alyssa Vaughn	FR	Santiago
Quiana Winston	FR	ML King



SADDLEBACK

"Gauchos"

Orange Empire Conference

Head Coach: Mark Blethen

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Kris Anderson	SO	Tribuco Hills
Christina Cain	SO	Capistrano Valley
Amy Jystad	FR	Mission Viejo
Chelsea Owens	FR	Tesoro
Evonna Ramirez	FR	Capistrano Valley
Nicole Urban	FR	Hemet



SAN BERNARDINO VALLEY

“Wolverines”

Foothill Conference

Head Coach: Ken Blumenthal

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Yahaira Grijalua	SO	San Gorgonio
Irene Lebel	SO	Dikajos Christian
Scotica Stewart	FR	San Gorgonio
Yesenia Trujillo	SO	Rialto
Kirsten Kamstra	FR	Colton
Marissa Schoenen	FR	Rialto
Kalla Martgan	FR	Pacific
Damanjot Kaub	FR	A.B Miller
Jessica Mach	FR	Norco
Ashley Slayton	FR	Indio
Allicyn Walker	FR	West Valley
Pricilla Herrera	FR	Colton



SAN DIEGO CITY

“Knights”

Pacific Coast Athletic Conference

Head Coach: Kylie Edwards

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Kirra Adams	FR	Mission Bay
Caitanya Cook	FR	SDSCPA
Betina Cress	FR	Morse
Samantha Del Torro	FR	Mar Vista
Fatima Duran	FR	Mar Vista
Mayra Guillen	SO	Gompers
Erendira Hernandez	FR	Hoover
Emily Joyce	FR	Emerson College
Cassidy Lothrop	FR	Chaparral
Isabel Magana	FR	Chula Vista
Danielle Scheurer	FR	ML King
Kyndl Spencley	SO	Horizon
Marcia Villavicencio	FR	Miami Killian
Ellen Webster	FR	Convent of Sacred Heart



SAN DIEGO MESA

“Olympians”

Pacific Coast Athletic Conference

Head Coach: Renee Ross

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Niki Novak	FR	Mira Mesa
Mandy Blume	FR	Mt. Carmel
Amanda Stintsman	FR	Mt. Carmel
Amanda Meidinger	FR	Northrop (IN)
Elaine Rosas	FR	Notre Dame
Stacey Rabanal	FR	Mira Mesa
Katie Nuzzo	FR	Downsville Central (NY)
Helen Sosa	FR	University City
Kim Nichols	FR	Mira Mesa



SANTA ANA

“Dons”

Orange Empire Conference

Head Coach: Miriam Mitzel

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Norah Abasto	FR	Tustin
Kristy Fabian	FR	Santiago
Reyna Fonseca	FR	Santa Ana
Rosa Gonzalez	FR	Bolsa Grande
Susana Marquez	FR	Santiago
Cassandra Melendrez	FR	Santiago
Mayra Ocampo	FR	Century
Saira Perez	SO	Los Amigos
Michelle Valenzuela	SO	Savanna



SOUTHWESTERN

"Jaguars"

Pacific Coast Athletic Conference

Head Coach: Duro Agbede

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Elizabeth Arias	SO	Chula Vista
Miriam Cardenas	FR	Helix
Maby Castan	FR	Eastlake
Valerie Hycz	FR	Monte Vista
Cassandra Luna	FR	Bonita Vista
Aylin Mejia	FR	Sweetwater
Nadine Mulvany	SO	Nile Kinnick (JP)
Ayded Reyes	FR	Mission Bay
Roxanne Terry	FR	San Diego
Tanya Valenzuela	SO	Hilltop



VENTURA

"Pirates"

Western State Conference

Head Coach: Nancy Fredrickson

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Janell Alvarez	FR	Fillmore
Carissa Arce	FR	Oxnard
Ashlee Carter	FR	Santa Paula
Cristina Diaz	FR	Rio Mesa
Courtney Forbess	SO	Nordhoff
Andrea Martinez	FR	Pacifica
Victoria Oliaz	FR	Rio Mesa
Mayra Sahagun	SO	Pacifica
Alma Trejo	FR	Ventura
Angelica Victorio	FR	Rio Mesa



VICTOR VALLEY

"Rams"

Foothill Conference

Head Coach: Kevin Vidana-Barda

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Catherine Baron-Davis		Granite Hills
Kimberly Champion		Serrano
Monica Casillas		
Cheryl Eastwood		Sultana
Jacinda Fernandez		Hesperia Christian
Melissa Flicker		
Maria Magallanes		Hesperia
Julia Quarton		Serrano
Vanessa Rodriguez		
Amanda Romo		
Tiffany Verduzco		Apple Valley



INDIVIDUALS

<u>Name</u>	<u>College</u>
Lee MacKanzie	Santa Monica City
Sanna Malinen	Santa Monica City
Andrea Webber	El Camino
Samantha Allen	Long Beach City
Naomi Altamirano	El Camino
Miriam Cardenas	Imperial Valley
Cassandra Luna	Cuyamaca
Aby Castan	Cuyamaca

ANTELOPE VALLEY

“Marauders”

Foothill Conference
Head Coach: Mark Covert

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Ulises Aquino	SO	Pete Knight
Uriel Aquino	SO	Pete Knight
Josef Armstrong	FR	Rosamond
Kevin Cellurs	FR	Palmdale
Luis Flores	FR	Lancaster
Christian Powers	FR	Rosamond
Larry Quevedo	FR	Palmdale
Adrian Ramos	FR	Palmdale
Daniel Ramos	FR	Palmdale
Travis Remp	FR	Palmdale
Manider Sohail	SO	Lancaster
Fritz Vieane	SO	Palmdale



BAKERSFIELD

“Renegades”

Western State Conference
Head Coach: Dave Frickel

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Keenan Colditz	FR	Telachapi
Jobe Espinoza	SO	Bethel Christian
Patrick Gomez	FR	Garces
Ariel Hurtado	SO	Highland
Richard Langdeaux	FR	Sherman Indian
Santiago Lazarit	FR	East
Robert Meyer	SO	Foothill
Jorge Perez	FR	Shafter
Eli Quintana	SO	
Pablo Santiago	FR	East
Jason Troust	FR	Tehachapi



COLLEGE OF THE CANYONS

“Cougars”

Western State Conference
Head Coach: Lindie Kane

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Thomas Cahill	SO	Hart
Abel Contreras	FR	Kennedy
Ryland Del Valle	SO	Golden Valley
Greg Kilpatrick	FR	Crescenta
Chris Low	FR	Canyon
Daniel Maldonado	FR	Canyon
Zach McGraw	FR	Saugus
Ryan Melton	FR	Saugus
Mynor Perez	FR	Kennedy
Jimmy Sherman	FR	Saugus
Travis Van Leeuwen	FR	Hart

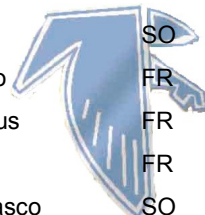


CERRITOS

“Falcons”

South Coast Conference
Head Coach: John Goldman

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
John Acuna	SO	Cypress
Johnny Arellano	FR	Norwalk
James Arredondo	FR	El Rancho
Brian Bayani	FR	Kennedy
Luis Calderon	FR	Whittier
Julio Canepa	FR	Norwalk
Luis Castillo	FR	Tokay
Sean de la O	SO	El Rancho
Robert Duran	FR	Whittier
Johnathan Givens	FR	Mayfair
Gabriel Hilbert	SO	Kennedy
Thomas Jimenez	SO	El Rancho
Daniel King	FR	El Rancho
Alan Leyva	SO	El Rancho
Joey Moreno	FR	El Rancho
William Pettus	FR	Esperanza
Mark Rios	FR	El Rancho
Andrew Velasco	SO	Santa Fe



CUESTA

“Cougars”

Western State Conference

Head Coach: Brian Locher

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Ruben Aguilar	FR	Morro Bay
Juan Alvarez	FR	Arroyo Grande
Drew Babb	FR	Morro Bay
Jonathan Campbell	SO	Los Gatos
Tyler Gates	FR	De La Salle
Chris Gobell	FR	Salinas
Travis Hallanan	SO	Paso Robles
Paul Jackson	FR	Campolindo
Michael Salvatierra	FR	Jesuit
Vince Shaffer	FR	Truckee
Micah Silver	SO	Truckee
Gordon Sturgess	FR	Paso Robles
Bryce Van Boxtel	SO	Shandon
Jeff Williams	FR	Arroyo Grande



CUYAMACA

“Coyotes”

Pacific Coast Athletic Conference

Head Coach: Timothy Seaman

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Eddie Corvera	SO	Serra
Johnny Williams	SO	El Capitan
Mike Gorney	FR	Valhalla
Nick Christie	FR	Grossmont
Nick Haines	SO	Patrick Henry
Ryan Lawler	FR	Steele Canyon
Tony Gonzalez	FR	Monte Vista



COLLEGE OF THE DESERT

“Roadrunners”

Foothill Conference

Head Coach: Wendy Ansley

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Juan Alvarado	FR	Escuela
Armando Alvarez	SO	Toluca
Alejandro Becerra	FR	Coachella Valley
Martin Caniza	FR	La Quinta
Jesus Cantu Flores	FR	Indio
Juan Cazarez	FR	Desert Hot Spring
Jorge Ceja	FR	La Quinta
Alejandro Cortes	FR	Indio
Aaron Dodson	FR	La Quinta
Jonathan Flores	FR	Desert Hot Spring
Brandon Hopson	FR	La Quinta
Gumercindo Melecio	FR	Palm Desert
Manuel Montalvo	FR	La Quinta
Daniel Nortonluna	FR	La Quinta
Anthony Rodriguez	FR	La Quinta
Jose Rodriguez	FR	Indio
Alexander Vasquez	FR	Desert Hot Spring



EAST LOS ANGELES

“Huskies”

South Coast Conference

Head Coach: Luis Ramirez

<u>Name</u>	<u>Yr.</u>
Carlos Hernandez	SO
Adrian Gaytan	FR
Alan Almaraz	SO
Greg Alaniz	FR
Joel Arellano	FR
Elber Arroyo	FR
Michael Vallejos	FR
Guadalupe Baquero	FR
Kenny Valencia	SO
Noel Barrera	SO



EL CAMINO

“Warriors”

South Coast Conference
Head Coach: Dean Lofgren

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Ruben Aguilar	FR	Morro Bay
Juan Alvarez	FR	Arroyo Grande
Drew Babb	FR	Morro Bay
Jonathan Campbell	SO	Los Gatos
Tyler Gates	FR	De La Salle
Chris Gobell	FR	Salinas
Travis Hallanan	SO	Paso Robles
Paul Jackson	FR	Campolindo
Michael Salvatierra	FR	Jesuit
Vince Shaffer	FR	Truckee
Micah Silver	SO	Truckee
Gordon Sturgess	FR	Paso Robles
Bryce Van Boxtel	SO	Shandon
Jeff Williams	FR	Arroyo Grande

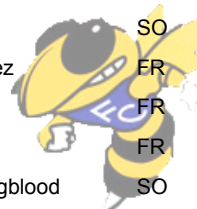


FULLERTON

“Hornets”

Orange Empire Conference

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Lauro-Nate Avalos	SO	Western
Luis Avellaneda	SO	Valencia
David Benavides	SO	Katella
Xavier Bode	FR	St. Paul
Alex Carr	FR	South
Leon Cisneros	FR	Valencia
Sergio Diaz	SO	Katella
Ivan Esparza	FR	Savanna
Randy Fierro	FR	Esperanza
Danny Gonzalez	SO	Valencia
Uriel Gutierrez	FR	Savanna
Kurtis Klym	FR	Troy
Shivnay Kumar	FR	Valencia
Angel Martinez	SO	Katella
Erik Miranda	FR	Valencia
Miguel Molina	SO	Loara
Allan Rodriguez	FR	Valencia
Ernest Sierra	FR	Esperanza
Ivan Terrones	FR	Katella
Zachary Youngblood	SO	Brea Olinda



GLENDALE

“Vaqueros”

Western State Conference
Head Coach: Ed Lopez

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Ricky Avila	SO	North Hollywood
Miguel Flores	SO	Birmingham
Rico Gutierrez	SO	Birmingham
Neil Jones	SO	Crescenta Valley
Erick Lopez	FR	Lincoln
Nicholas Marquez	FR	Birmingham
Michel Noris	FR	Canyon



LOS ANGELES TRADE TECH

“Beavers”

South Coast Conference
Head Coach: Wendy Vallejo

No Roster Provided



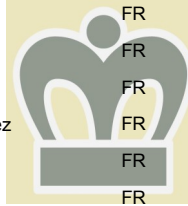
LOS ANGELES VALLEY

"Monarchs"

Western State Conference

Head Coach: Francois Wolman

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Paulo Anzaldo	SO	Bell Jeff
Segundo De Leon	FR	Poly
Samuel Dominguez	FR	Poly
Ivan Flores	SO	Taft
Taylor Garcia-Grisham	FR	Taft
Eduardo Gonzalez	FR	Monroe
Manuel Gutierrez	FR	Panorama
Visael Hermosillo	FR	Panorama
Omar Hernandez	SO	Grant
Dylan Krehl	FR	Van Nuys
Domingo Lito	FR	Santee
Jorge Mendez	FR	Monroe
Juan Carlos Molina	SO	Van Nuys
Emmanuel Montoya	SO	Monroe
Matthew Nitzahn	FR	Taft
Glenn Ochoa	FR	Birmingham
Esteban Olmos	FR	Monroe
Jesus Reyes	FR	Monroe
Sergio Reyes	FR	Poly
Christian Rodriguez	FR	Monroe
Ramiro Rodriguez	FR	Poly
Robert Sandor	FR	Taft



LONG BEACH CITY

"Vikings"

South Coast Conference

Head Coach: George Mehale

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Reynaldo Cruz	FR	Wilson
Victor Duran	FR	Downey
Alex Eastly	SO	Poly
Anthony Fierros	FR	St. John Bosco
Sethunya Gall	FR	Poly
Denny Hernandez	SO	South Gate
Robert Kearney	FR	Lakewood
Oscar Rodriguez	FR	Downey
Jonathan Smith	SO	Poly
Alfredo Velez	SO	Downey



MT SAN ANTONIO

"Mounties"

South Coast Conference

Head Coach: Mike Goff

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Johnnie Aguirre	SO	Baldwin Park
Christian Cameron	FR	Chino Hills
Carlos Caudillo	FR	La Habra
Blaze Fimbres	FR	Bosco Tech
Luis Juarez	FR	Los Altos
Ben Kisner	SO	Esperanza
Eduardo Melgarejo	FR	Baldwin Park
Paul Nay	SO	Arroyo
David Perez	SO	South Gate
Andrew Rodriguez	FR	Rowland
Ricky Singh	FR	Arroyo
Pete Siqueiros	FR	Chaffey
Tommy Tran	FR	Arroyo
Daniel Valentine	FR	Covina
Cody Viers	FR	Esperanza
Brandon Vilareal	FR	Damien
Johnathan Wilson	FR	Upland
Carlos Yurrita	SO	Arroyo
Andres Zavala	SO	Colony



MOORPARK

"Raiders"

Western State Conference

Head Coach: Traycie Kephart

<u>Name</u>	<u>Yr</u>	<u>High School</u>
Keven Alvarado	FR	Thousand Oaks
Andrew Blackwelder	FR	Santa Susana
Carlos Felix	SO	Birmingham
Andrew Gomez	FR	Birmingham
Isaac Gomez, Jr	FR	Birmingham
Ryan Imhof	FR	Moorpark
Shaun Nalamlieng	SO	Oak Park
Charles Petrie	FR	Oaks Christian
Almog Raz	FR	William Howard Taft
Agustin Sanchez	FR	Westlake
Joseph Shapiro	SO	Royal
Andrew Wade	FR	Simi Valley
Roberto Zaragoza	FR	William Howard Taft



ORANGE COAST

"Pirates"

Orange Empire Conference

Head Coach: Marco Ochoa

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Hugo Gutierrez	FR	Arroyo Grande
Jake Dawson	SO	Newport Harbor
Zack Ellis	FR	Long Beach Millikan
Eric Dyson	FR	Fountain Valley
Barron Maizland	SO	Foothill
Arthur Tang	SO	Orange
Francisco Baquero	SO	Santa Ana Valley



PALOMAR

"Comets"

Pacific Coast Athletic Conference

Head Coach: Hugh Gerhardt

<u>Name</u>	<u>Yr.</u>
Cameron Avilez	SO
Saieed Rihan	SO
Dylan Bural	FR
Joshua Lemack	FR
Gregorio Bautista	FR
Micah Groom	FR
Travis Hoary	FR
Omar Herrera	FR
Michael Guzman	FR
Marcos Santiago	FR



PASADENA CITY

"Lancers"

South Coast Conference

Head Coach: Armand Crespo

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Robert Cardozo	FR	Bravo Medical Magnet
Alejandro Esparza	SO	Rosemead
Herminio Flores	SO	Los Angeles
Chris Le	FR	Rosemead
Gilbert Ramirez	FR	Rosemead
Enmanuel Vera	SO	Rosemead
Danny Verdin	SO	Bishop Mora Salesian
Richard Zarazua	SO	John Muir
Esteven Zarazua	FR	John Muir
Will Zentmyer	FR	La Canada



RIO HONDO

"Roadrunners"

Foothill Conference

Head Coach: Gayle Watkins

<u>Name</u>	<u>Yr</u>	<u>High School</u>
Joel Carrillo	SO	Whittier
Jacob Espinoza	FR	Whittier
Carlos Gutierrez	FR	Montebello
Jose Mares	FR	Pioneer
Dwight Ortiz	FR	Montebello
Jesse Penalzoza	FR	Whittier
Crick Russell	FR	Santa Fe



RIVERSIDE

"Tigers"

Orange Empire Conference

Head Coach: Jim McCarron

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Charlie Alvarez	SO	ML King
Alejandro Amarillas	SO	Chaffey
James Avent	FR	Armijo
Eric Brockhoff	FR	Calexico
Ruben Danielser	FR	Rancho Verde
Michael Davila	FR	Moreno Valley
Jess Dorado	SO	Rancho Verde
Jose Garcia	SO	Jurupa Valley
Brian Glassey	SO	Rim of the World
Edwin Guzman	SO	Centennial
Miguel Hernandez	FR	Citrus Hill
Jason Herrera	FR	Poly
Allen McBride	SO	Arlington
Jarod Nocella	FR	ML King
Jose Orozco	SO	Arlington
Christian Paco	FR	Calexico
Joshua Potter	SO	Bloomington
Johnathan Smith	SO	Vista Murrieta
Keith Sousa	SO	Hemet
Jordan Storkerson	FR	Great Oak
Ray Villalobos	FR	Vista Murrieta
Nezanet Woldai	SO	Valley View
Kevin Wright	FR	Rim of the World



SAN BERNARDINO VALLEY

"Wolverines"

Foothill Conference

Head Coach: Wes Asford

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Tim Abarca	FR	Arroyo
Chad Andrews	FR	Yucaipa
Adam Arroyo	FR	Valley View
Justin Bailey	FR	Rancho Cucamonga
Ivan Chavez	FR	Bloomington
Ray Dominguez	SO	Paloma Valley
Felix Garza	FR	Cajon
Jonathan Lopez	SO	Roosevelt
Julian Lopez	SO	Roosevelt
Carlos Macias	FR	Pacific
Tyler MacDonald	FR	Beaumont
Robert Macknamul	FR	San Gorgonio
Daniel Melling	FR	Etiwanda
Eric Guerrero	FR	Rialto
Travis Nemchik	SO	Paloma Valley
Ricardo Nevarez	FR	Cathedral City
Asante Perez	FR	Cathedral City
Erik Perez	FR	Arlington
JC Portugal	FR	Etiwanda
Bert Rodriguez	SO	Colton
Brad Rutledge	FR	Cajon
Adam Sanchez	SO	San Gorgonio
Chris Sanchez	FR	Indio
Martin Sanchez	SO	Rancho Cucamonga
Samuel Sanchez-Ruelas	SO	Don Lugo



wolverines

SANTIAGO CANYON

“Hawks”

Orange Empire Conference
Head Coach: Shawn Cummins

<u>Name</u>	<u>Year</u>	<u>High School</u>
Diego Baiza	FR	Valencia
Michael Heranic	FR	Temescal Canyon
Patrick Imfeld	SO	El Modena
Stephen Lawrence	SO	El Modena
Beau McRoberts	FR	El Toro
Bryan Yoshinaga	FR	Esperanza
Jesse Zweig	SO	El Toro



SAN DIEGO MESA

“Olympians”

Pacific Coast Athletic Conference
Head Coach: Thom Hunt

<u>Name</u>	<u>High School</u>
Pedro Aguilar	
Deng Akuien	San Diego
Eric Brown	Mission Bay
Arturo Canela	Mission Bay
Isaac Lara	Clairemont
Wesley LaSogga	Serra
Richard Le	
Dylan Marx	Mt. Miguel
Luis Medina	Otay Ranch
Corey Miekosz	Mt. Miguel
Jared Pasquarella	Mission Bay
Temesgen Petros	Kearny
Eddie Ramos	Patrick Henry
Nick Tammadge	Patrick Henry
Aaron Thomas	Grossmont
Patrick Tilley	Grossmont
Charlie Trucchi	Mt Everest Academy



SOUTHWESTERN

“Jaguars”

Pacific Coast Athletic Conference
Head Coach: Duro Agbede

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Alejandro Aparicio	SO	Sweetwater
Leonardo Banales	FR	Brawley
Juan Cardenas	FR	Otay Ranch
Benga Eshugbohunge	FR	Sacramento
William Gonzalez	SO	Rialto
Edwin Mejia	FR	Sweetwater
Dahir Mohamed	SO	Hoover
Victor Munoz	SO	Junipero Serra
Jonathan Rodriguez	FR	Bonita Vista
Ryan Sherman	FR	Cibola



VENTURA

“Pirates”

Western State Conference
Head Coach: Tony Veney

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Dominick Allen	FR	Channel Islands
Justin Booth-Ortega	SO	Buena
Zachary Bunker	FR	Rio Mesa
Ricardo Carranza	FR	Pacifica
Paul Gonzalez	FR	Fillmore
Juan Hernandez	FR	Ventura
Cody Kempema	FR	Buena
Hugo Maciel	FR	Pacifica
Esequiel Martinez	SO	Channel Islands
Paul Morales	FR	Pacifica
Martin Navarro	FR	Oxnard
Ed Ramos	FR	Santa Paula
Manuel San Jose	FR	Oxnard
Casey Schroepfer	SO	Ventura
Antonio Tovar	FR	Channel Islands



VICTOR VALLEY

"Rams"

Foothill Conference

Head Coach: Kevin Vidana-Barda

<u>Name</u>	<u>High School</u>
Edwardo Almada	
Salvador Aranda	Apple Valley
Anthony Barron	
Francisco Casillas	Excelsior
Daniel Contreras	Apple Valley
Cory Deyonker	
Alex Espinosa	Sultana
Kyle Gallagher	Sultana
Andrew Garlatz	Apple Valley
Brian Gutierrez	Apple Valley
Michael Lombardo	Hesperia Christian
Donald Lovejoy	Serrano
John McCreadle	Apple Valley
Chris Reeves	Apple Valley
Rafael Rodriguez	
Andrian Rivera	
Nicolas Sanchez	Sultana



WEST LOS ANGELES

"Wildcats"

Western State Conference

Head Coach: Dan Fitzpatrick

<u>Name</u>	<u>Yr.</u>	<u>High School</u>
Luis Aparicio	FR	Locke
Rafael Aracena	FR	Gardena
Edwin Espinal	FR	Venice
Jose Gonzalez	SO	Gahr
Issac Gray	SO	South Hills
Anthony Riley	FR	Dominguez
Miguel Ruiz	SO	Banning



INDIVIDUALS

<u>Name</u>	<u>College</u>
Sam Grosso	Saddleback
Michael Moss	Golden West
Josh Eisenberg	Saddleback
Luis Garnica	Santa Barbara
Benito Camarillo	Allan Hancock
Israel Ruvaccaba	Santa Barbara
Spencer Hirhara	Santa Monica City
Michael Guajardo	Citrus
Nick Bernal	San Diego City