

# 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)

### 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

### Donald Peoples

Basketball Guard  
PD All-Empire 2007; brother of  
Ashley Peoples, see above; son of  
Donald Peoples, Head Coach bk  
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 Segal

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 800mtrs  
NCS Champ 96 (1:49.5)

### Andrew Suesue

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

### Christina Traugher

Softball Shortstop

# Sonoma County

(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); PD All-Empire 2009 & 10

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

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 red 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)

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); PD All-Empire 2002

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-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

# Sonoma County

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 rcd 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

Orlando Cortez

Soccer Midfielder  
(Santa 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 rcd 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

Margy 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 rcd freshman pts 97 (529); AH rcd 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); PD All-Empire 2010; JC State Champs 11

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  
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)

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); 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 Caren Franci, Head Coach women’s bk SRJC; twin sister of Karl Franci, see above

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)

Todd Gardner

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

Ellen Gazdowicz

Volleyball Middle Hitter

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

rbi (61), slug avg (.714), 10 BAvG (.458), runs (46), hits (77), dbls (19), hr (14), walks (29), slug avg (.829)

PD All-Empire 98

## Vince Gray

Football Running Back  
PD All-Empire 78

## Juan Carlos Hernandez

Soccer Midfielder  
PD All-Empire 2005

## Zak Kahane

Soccer Forward  
All-Empire 2003

## Mark Grech

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

## Cary Hiner

Football Offensive Line  
PD All-Empire 85; fitness trainer

## Ed Keegan

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

## 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

## Tiffany Holder

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

## Dan Kida

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

## 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

## Garrett Hoppe

Baseball Pitcher  
PD All-Empire 2001

## Adam Krist

Basketball Forward  
PD All-Empire 86

## Diana Gustafson

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

## Max Horrell

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

## Katie Krone

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

## Mitch Hackwood

Baseball 1B/Outfielder  
(Santa Rosa JC); PD All-Empire 2005 & 06

## Dave Houlemard

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

## Sandy Krone

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

## Alicia Hagen

Volleyball Setter  
PD All-Empire 91

## Syl Houlemard

Football Linebacker  
PD All-Empire 78

## Mike LaBue

Football Defensive Back  
PD All-Empire 93

## Jim Hall

Football Running Back  
PD POTY 61

## Vernal Howard

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

## Mike Lamb

Basketball Guard  
PD All-Empire 2007

## Jack Hayes

Football Linebacker  
PD All-Empire 2003

## Blake Hudelson

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

## Skye Landeri

Baseball 1B  
PD All-Empire 2000

## Dan Healy

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

## Robyn Hurst

Softball 3B/Shortstop  
PD All-Empire 2004

## Jason Larin

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

## Deanna Heintz

Soccer Midfielder  
PD All-Empire 96

## Jackie Hurt

Track High Jump  
NCS Champ 89 (5-7)

## Mike Larsen

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

## 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),

## Danny Hutten

Baseball Shortstop  
PD All-Empire 2002

## 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)

## Zack Hyde

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

## Lara LeDonna

Softball Pitcher  
PD All-Empire 89

## 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

# Sonoma County

- 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
- Pete Masuoka**  
Track Pole Vault  
NCS Champ 40 (12-11 1/8-tie)
- Casey McLaughlin**  
Soccer Midfielder  
PD All-Empire 2003
- 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
- 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
- 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
- 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)
- 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)
- Patrick O'Leary**  
Baseball 1B  
PD All-Empire 95
- Kaname Ono**  
Track Pole Vault  
NCS Champ 36 (12-7 1/2) & 37

# Sonoma County

(12-9); 2nd State Meet 36 (NR);  
2nd State Meet 37 (12-6-tie); Empire  
rcd 37 (12-9)

season 2001 pts (17), asst (9),  
shots (39), 02 pts (21), goals (8),  
asst (5)

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

## Sam Ono

Track Pole Vault  
(Santa Rosa JC); NCS Champ  
32 (11-10-tie)

## 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 Rich

Soccer Defender  
PD All-Empire 2007

## Rosanna Parizek

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

## Melvin Ristau

“Lefty”  
Baseball Pitcher  
PCL SF Seals 37

## Keith Pastorino

Soccer Defender  
PD All-Empire 2010

## Thomas Pirinoli

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

## Leah Rosser

Softball Outfield  
PD All-Empire 2003

## Rae Paulson

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

## Kasey Poet

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

## Teresa Rucinski

Softball Infielder  
PD All-Empire 89

## Sarah Payette

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

## 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

## Nate Rust

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

## Ashley Perlman

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

## Jennifer Price

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

## Dillon Sanchez

Soccer Defender  
PD All-Empire 2009

## Jason Perry

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

## Emily Pringle

Volleyball Setter  
PD All-Empire 91

## Michael Schmidt

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

## Bob Petersen

Football Quarterback  
PD All-Empire 78

## Laurence Proctor

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

## Jason Schmuhl

Golf  
PGA Tour; pro Windsor Golf  
Course

## Doug Petersen

Football Defensive Line  
PD All-Empire 78 & 79

## Jenny Sheldon

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

## 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 rcd career kills  
per set (3.72), pts per set (4.27)

## Evan Putnam

Soccer Defender  
PD All-Empire 96

## Kristen Shultz

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

## Marla Petrucci

Volleyball Setter  
PD All-Empire 2010

## Damon Rance

Football Wide Receiver  
PD All-Empire 77

## Samantha Siebert

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

## 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 rcd soc career  
2001-02 asst (14), shots (104); ldr

## Bruce Rhode

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

## George Silva

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

## Chris Rhode

Football Defensive Line  
PD All-Empire 2002

## 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

## Andy Rich

## Fred Simpson

Football Halfback

# Sonoma County

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

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  
rd 82 (6-10 1/2)

Floyd Talbot

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

Wilburn Talbot

Track 440yds  
(Univ of California); NCS Champ  
23 (52.6), 24 (51.4); State Champ  
24 (51.6); Cal track team captain 28

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 Tressenrider

Swimming Backstroke  
(Claremont-Mudd-Scripps  
College); SCIAAC 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

Taylor Varnadore

Soccer Forward  
(Sonoma St); PD All-Empire 2009;  
CCAA Champs 10; All-CCAA 11;  
All-West Region 11; SS ldr season  
11 goals (12), pts (25)

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 rd 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  
PD All-Empire 2007

Gavin Winter

Basketball Guard  
PD All-Empire 2009

Alex Winters

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

Megan Winters

Softball Shortstop/P  
PD All-Empire 2010 (ss) & 11  
(p/ss)

Brittany Yolo

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

Devon Young

Soccer Defender  
PD All-Empire 2000

# Sonoma County

## Jared Young

Soccer Defender  
PD All-Empire 97

## Laura Young

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

## 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; 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-Lyssa

Volleyball Outside Hitter  
(William & Mary College); PD All-Empire 2008 & 09; daughter of Laiyne Lyssa, 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)

## Ruth Atkins

Softball Infielder  
(Univ of Arkansas & Point Loma Nazarene Univ); PD All-Empire 2001 & 02; All-GSAC 04

## Sam Atoe

Football Linebacker  
(San Diego St); 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

## 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  
PD All-Empire 2010

## 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

## 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; National POTY 11 scored 4goals in Championship Gm and earned tournament MVP; National JC ldr season 11 goals (38); SRJC career rcd 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; did not play soccer in high school; twin sister of Cara Curtin, see above



# Sonoma County

## 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 Medley/Free  
(Stanford Univ); NCS Champ 2008  
200 IM (2:00.54), 09 200 IM  
(1:57.08); 10 (1:56.17-U.S. recd), 10  
100yds fs (49.82); Empire recd 10  
(49.82), 200yds fs (1:50.44), 500yds  
fs (4:55.45); Member National Jr.  
Team; PD AOTY 09 & 10; Pac-12  
Champs 13

## Ashley Drady

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

## Dan Farris

Football Offensive Line  
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

Volleyball Middle Blocker  
PD All-Empire 2012

## Adam Froman

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

## 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); JC State Champs  
2011

## 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); PD All-Empire  
2008; PD Co-POTY 2008

## 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-  
DPOY 2005

## Keith Hitman

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

## 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; OU 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

## 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 Champs 11

## Riley Kovatch

Soccer Defender  
(Univ of California); PD All-Empire  
06-08; Member California Cup  
Champs 2001, 02, 04 & 06; son of  
Mike Kovatch, Santa Clara Univ  
soccer player

## Scott Lacy

Football Offensive Line  
PD All-Empire 2008

# Sonoma County

PD All-Empire 2006

## 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

## 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

## 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  
PD All-Empire 2010

## 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

## Joey Monize

Football Running Back  
PD All-Empire 2004

## 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

## Shannon Peters

Soccer Midfielder  
PD All-Empire 2000

## Forest Podva

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

## 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

## 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

# Sonoma County

Baseball                  Outfielder  
PD All-Empire 2004

## Kathryn Robertson

Volleyball                Middle Hitter  
PD All-Empire 2005

## Pat Rodriguez

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

## Jon Ross

Football                  Running Back  
PD All-Empire 2001

## Lee Sandwina

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

## Kristen Sanzari

Track    400/800/1600/3200mtrs  
(Cal Poly-SLO); PD Empire Track  
Co-AOTY 07; MCH red 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)

## 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)

## Kaitlin Sather

Volleyball                Outside Hitter  
(UCLA); PD All-Empire 2002 & 03;  
PD Co-POTY 03 & 04; PD Empire  
POTY 04; All-Pac-10 09; UCLA ldr  
season 07 kills (447), 09 attk  
(1,001)

## 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

## Jeff Schelter

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

## Kristina Schmuhl

Golf  
PD Empire POTY 2011; daughter  
of Jeff Schmuhl, golf pro at  
Windsor Golf Club

## Calan Seitz

Volleyball                Setter/OH  
PD All-Empire 201-12

## Caylie Seitz

Volleyball                Outside Hitter  
(Cal St Bakersfield); PD All-Empire  
2009 & 10; PD Empire POTY 10;  
sister of Calan Seitz, see above

## Emily Sellner

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

## Zack Sheets

Football                  Defensive Back  
PD All-Empire 2008

## Zander Sheets

Football                  Defensive Back  
PD All-Empire 2006

## Anthony Shideler

Football                  Tight End  
PD All-Empire 2002

## Kelli Smith

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

## Chris Stasse

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

## 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  
red 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 red 09 50 fs (23.9), 100 fs  
(51.84), 50 bs (27.10), 100 s (57.01)

## Matt Stuhr

Swimming                Freestyle/Fly  
(Santa Rosa JC); 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 red 2010  
50 fs (20.81), 100 fs (45.64), 1000  
fs (9:24.18), 100 bf (49.36);  
brother of Allison Stuhr, see above

## Omar Teuttle

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

## Lizzie Thiele

Swimming                Backstroke  
(Santa Rosa JC); State JC Champs  
2008 & 09

## Tasha Thiele

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

## Calvin Thigpen

Cross Country  
(UC Davis); Big West Champs 2010

## Sarah Thompson

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

## Richard Tigner

Baseball                  Outfielder  
PD All-Empire 2006

## Chris Toran

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

## Sara Tosti

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

## Molly Trejo

Wrestling                146lbs  
NCS Champ 2011

## Arlene Tuttle

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

## Paul Wabl

Football                  Linebacker  
PD All-Empire 97 & 98

## 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 Weisner

Volleyball                Setter  
PD All-Empire 2012

## 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

# Sonoma County

## 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 rcd gm pts04 (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 rcd sacks 2009 (15-tie)

## Derek Baldwin

Swimming Freestyle  
(UC Davis); Big West Champs 2010

## Adrian Barajas

Football Linebacker  
PD All-Empire 2003

## Frankie Barone

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

## Brian Bender

Basketball Forward  
PD All-Empire 81

## Jason Bender

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

## 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); SCIAAC 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

## 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  
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  
(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  
PD All-Empire 2011

## 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

# Sonoma County

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

## Connor Derby

Football Kicker/Punter  
(Sacramento St); PD All-Empire  
08; CGH red fg season 2007  
(9-tie), career 2007-08 (16)

## Taylor Derby

Soccer Defender  
PD All-Empire 2008 & 10

## 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 red 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)

## 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 red pass yds  
2005 (1300-plus)

## 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)

## 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  
red 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 red pass int season 09  
(11), career 2008-09 (14)

## Nicole Geffre

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

## 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, Bos  
Red Sox 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 red hit by pitch  
(28); also atnd 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  
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  
(5), sb (9)

## Ashley Harris

Volleyball Outside Hitter

# Sonoma County

(Univ of Arizona); PD All-Empire  
2011-12; AVCAA AA 12

## 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 Helioates

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  
PD Empire POTY 2007

## Joey Homen

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

## Malek Hurd

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

## Mike Ielmorini

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

## Sara Ivey

Softball 1B  
PD All-Empire 94 & 95

## Cami James

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

## Renee James

Track Shot Put  
NCS Champ 86 (40-8 3/4)

## 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  
PD All-Empire 2010

## 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  
PD All-Empire 2009 & 10

## 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  
Cal-Hi All-State (multi-purpose  
sophomore) 2011

## Marcell Lawson

Track 100mtrs  
NCS Champ 87 (10.7)

## 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  
rcd 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); PD All-Empire 2008;  
State JC Champs 11

# Sonoma County

## 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 Markovich

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 Mihalka

Wrestling 122lbs  
NCS Champ 2012

## Angel Minor

Softball Outfielder  
PD All-Empire 88

## Ashley Moffett

Cross Country  
NCS Champ Div 2 2010 (18:43); PD ROTY 2010

## Justin Montante

Baseball 3B  
PD All-Empire 2006

## 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); PD All-Empire 08 (fb); PD All-Empire 09 (bb); Empire AOTY 09; Cal-Hi Div. 2 State POTY 09; CGH rcd career pass recep 2006-08 (110)

## Michelle Norton

Softball Pitcher  
PD All-Empire 92

## Libby O'Black

Softball Outfielder  
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 rcd all-purpose yds season 08 (2,853), career 2006-08 (5,941)

## 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

## 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 rcd 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; ld SRJC scoring 07 & 08; daughter of Russell Poole, Marin JC football player; brother of Anthony Poole, see above

## 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

# Sonoma County

Football                  Running Back  
PD All-Empire 94

Christina Rebata

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

Courtney Rebata

Soccer                      Forward  
(Santa Rosa JC); 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

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)

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)

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)

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  
CCR0TY 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 Tieken

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 red  
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



# Sonoma County

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

## 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

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

## 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

# Sonoma County

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 red 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 red 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

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 red 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 red 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 atnd  
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 atnd 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

# Sonoma County

& 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

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-; CIF Nor Cal Div 3 Final Gm red 84 pts (46), fg (17), ft att (18); CIF State Div3 Final Gm red 83 pts (37), fg (14), ft att (17), ft (9); CH red 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/LB  
(Santa Rosa JC); PD All-Empire 2006 (ss-small), 07 (p-small) & 08 (p/lb-small)

# Sonoma County

## 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; Mendocino  
JC HOF

## Rich Rowland Jr.

“Richie”  
BK/Baseball Fwd/Catcher  
(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;  
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)

# Sonoma County

PD All-Empire 2000 (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

## 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

## 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-

## 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  
(Santa Rosa JC); PD All-Empire 78

## Korlyn Bolster

Volleyball Middle Blocker

(Univ of Alaska-Fairbanks); All-GNAC 2008; UAF ldr season 2008 kills (292), bcks (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

## 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

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 Cruickshank

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

# Sonoma County

## 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 (NFLE);  
El Molino HOF

## Wes DeSoto

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 68;  
PD DPOY 68

## 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; El  
Molino HOF

## Elise Engler

Volleyball Outside Hitter  
PD All-Empire 2003

## Brittany 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

## Kathleen Fox

Volleyball Outside Hitter  
PD All-Empire 2005

## 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

## 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  
(Marist University); PD All-Empire  
2002; MC rcd career service aces  
03-06 (168)

## 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  
& 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

## Nicole Lane

CC/Track 1600mtrs  
NCS Div. 4 Champ 2011 (17:43);  
Empire ldr season 2011 (5:07.29)

# Sonoma County

## 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

## 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

## Rich Manaro

Baseball  
(Santa Rosa JC); State JC Champs 2005

## Rosie Manton

Volleyball Outside Hitter  
(Sonoma St); PD All-Empire 2003

## Taylor Manton

Volleyball Libero  
(Chico St); All-CCAA 2007; SS ldr season 05 sigs (479), aces (36-tie); sister of Rosie Manton, see above

## John Marshall

FB/BK/BB  
El Molino HOF

## Ken Marshall

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

## Crystal Matich

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 Menezes

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)

## 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

# Sonoma County

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 red asst gm 02 (97), career asst avg 99-02 (12.58)

## 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 red 74 110HH (14.2), 300LH 75 (37.1); SRJC red 77 400 IH (52.04); El Molino HOF

## Jennifer Rye

“Brans” (married name)  
Tennis/BK/Softball Infielder  
(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

Softball Infielder  
El Molino HOF

## Nathan Skalicky

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

## 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)

## 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

## Dziko Standard

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

## Kim Steen

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

## Dylan Stivers

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

## Boyd Stockholm

Football Defensive End  
PD All-Empire 80

## 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)

## Brianne Suacci

Volleyball Setter  
PD All-Empire 96

## Shay Swetech

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

## 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

## Karen Taussig

Basketball Forward  
El Molino HOF

## Chrissy Teeter

Volleyball Libero  
PD All-Empire 2006

## Clay Thistle

Football Linebacker  
PD All-Empire 94

## Erin Thomas

“Wasiak” (married name)  
Swimming Freestyle  
(UCLA); El Molino HOF

## 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

## Mark Tieman

Football Guard  
PD All-Empire 2003

## Tim Titus

Football Halfback  
PD All-Empire 76 & 77

## Stan Urmann

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

## Sue Warmack

Basketball Forward  
(Santa Rosa JC); El Molino HOF

## Ben White

Soccer Forward  
PD All-Empire 95

## Jim Winkler

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

## Claire Wood

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

## Glenn Yamamoto

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

## Greg Yamamoto

Football Linebacker  
PD All-Empire 72

## Melissa Young

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

## Dave Yoxall

Football Defensive Line  
PD All-Empire 88

## Katya Zaharoff

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

## [Healdsburg High](#)

## [Greyhounds](#)

## [Healdsburg](#)

[\(estab. 1880\)](#)

[\(aka Hounds\)](#)

## [Efrain Aguado](#)



# Sonoma County

Soccer	Midfielder	CC/BK/Soccer	Forward	see above
PD All-Empire 2005 & 06		(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		
<u>Ryan Alves</u>				<u>Kate Bugarske</u>
Football	Wide Receiver			Lacrosse
PD All-Empire 2000				(UC Davis); All-Western Women's Lacrosse Lg 2002
<u>Wendy Armitage</u>				<u>Jeff Burchett</u>
Basketball	Guard			Football
PD All-Empire 96				PD All-Empire 91 (wr) & 92 (both ways)
<u>Justin Arowcavage</u>		<u>Eddie Beeson</u>		<u>Andrew Cameron</u>
Football	Wide Receiver	Track	HJ/120HH/220ydLH	Football
(Santa Rosa JC & Cal Poly-SLO); PD All-Empire 2005		(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		Offensive Line
				(Univ of California); Pac-10 Co-Champs 2006; Holiday Bowl Champs 2006
<u>Mitch Arreguin</u>				<u>Tobin Cameron</u>
FB/Wrestling	LB/145lbs			Football
(Santa Rosa JC); PD All-Empire 2005 & 06; NCS Champ 07; PD WOTY 07				Offensive Line
		<u>Bell</u>		(Santa Rosa JC & Old Dominion Univ); PD All-Empire 2005 & 06; Region 1 JC All-State 08
		Track	Pole Vault	
		AAL Champ 01 (9-9 1/4)		
<u>Todd Azevedo</u>		<u>Brett Bischofberger</u>		<u>Travis Carranza</u>
Basketball	Guard	Football	Defensive Line	Swimming
PD All-Empire 95 & 96		(Univ of California, Butte JC & Texas Tech Univ); PD All-Empire 2000; JC AA 02; Holiday Bowl Champs 04		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)
<u>Christopher Bach</u>				<u>Dillon Cattalini</u>
Football	Offensive Line			Football
PD All-Empire 2006				Linebacker
		<u>Sean Bombace</u>		PD All-Empire 2009
		Football	OL/DL	
		PD All-Empire 88		<u>Susy Charles</u>
<u>Milo Badger</u>				Basketball
BK/BB/Track./Golf				Guard
(Santa Rosa JC & San Jose St); Coached 35 years Mission Hill Jr. High, Santa Cruz; Healdsburg High HOF		<u>Ray Borowicz</u>		PD All-Empire 88 & 89; PD POTY 89; All-Nor Cal 89
		Football	Quarterback	
		(Santa Rosa JC); PD All-Empire 66		<u>Chris Childress</u>
<u>Kofi Banks</u>				Softball
Football	Running Back			Catcher
(Santa Rosa JC & UNLV); PD All-Empire 89; Co-BOTY 89; SJ SaberCats 95, Port Forest Dragons 99 (AFBL)		<u>Carroll Brigham</u>		PD All-Empire 92
		"Cal"		
		FB/BK/Tck/Crew	Guard	<u>Mark Clausen</u>
		(Univ of California); Rowed 8-oar crew in college; Healdsburg High HOF		Basketball
				Center
<u>John Barber</u>				(BYU); PD All-Empire 87
Football	Wide Receiver	<u>Addison Brush</u>		<u>Rachel Constantini</u>
(Santa Rosa JC); PD All-Empire 78		Basketball	Forward	Soccer
		PD All-Empire 2009		Midfielder
				(William Jessup Univ); Cal Pac Champs 2008 & 10
<u>Darrell Barbieri</u>				<u>Homer Coolidge</u>
FB/BB/Track	Coach/AD	<u>Scott Bryn</u>		Track
(Santa Rosa JC & Humboldt St) Press Democrat Service Award 2005; AD at Healdsburg High 21 years; Head Coach fb, bk, golf; Healdsburg High HOF		Football	Defensive Line	Discus/Hammer
		PD All-Empire 95		Stanford Invitational Champ 09 (107-7), (167-3); AAL Champ 09 (155-5 1/2)
				<u>Sherri Cooper</u>
<u>Cheryl Barlow</u>				Softball
"Brown" (married name)		<u>Mechelle Buchignani</u>		Infielder
		VB/BK/Softball		PD All-Empire 91
		(Santa Rosa JC & USF); Healdsburg High HOF		
				<u>Matt Crippes</u>
		<u>Aaron Bugarske</u>		Wrestling
		Football	Quarterback	132/147/140lbs
		(UC Davis); PD All-Empire 91; played te in college; professional actor		(U. S. Air Force Academy); NCS Champ 2001-03; PD Empire AOTY 2003
<u>Andrew Baroni</u>				
Football	Defensive End	<u>Jordan Bugarske</u>		
PD All-Empire 2007		Football	Tight End	
		(UC Davis); PD All-Empire 95; UCD Co-Outstanding Freshman 97; brother of Aaron Bugarske,		
<u>Lainie Bebber</u>				
"Walling" (married name)				

# Sonoma County

AAL Champ 11 (NR); Stanford  
Invitational Champ 11 (11-2)

## Audra Cutler

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

## Cassidy Dadoes

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

## 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;  
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

## Daniel Erdman

Football Defensive End  
PD All-Empire 06; Empire ldr  
season 2005 shot put (49-5 1/2),  
06 (57-5 1/2)

## 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-; 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  
Healdsburg High HOF

## 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

## 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

## Frank Hernandez

Football Linebacker  
PD All-Empire 94 & 95

## Justin Herrguth

Football Defensive Back

# Sonoma County

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

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

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

Jeff Heth

Football Quarterback  
 PD All-Empire 85

Art McCaffrey

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

Mike Hollingsworth

Football Kicker  
 PD All-Empire 90

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

Rosealio Perez

Soccer Forward  
 PD All-Empire 96

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)

Colin Metzger

Soccer Midfielder  
 PD All-Empire 2003

Andy Phillips

Football Linebacker  
 PD All-Empire 2008

Jacqueline Jones

"Banks" (married name)  
 VB/BK/Softball  
 (St. Mary's College); Healdsburg  
 High HOF

Jeremiah Michener

Football Linebacker  
 PD All-Empire 96

Jerry Pinola

Football Guard/DL  
 PD All-Empire 78

Jana Jones

Softball Infielder  
 PD All-Empire 89

Kevin Miller

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

Judd Plumley

Football Linebacker  
 PD All-Empire 92

Jeremy Kennedy

Football Defensive Back  
 PD All-Empire 89

Greta Mund

Basketball Guard  
 PD All-Empire 97

John Ponts

Soccer Defender  
 PD All-Empire 98

Shelly Kern

Golf  
 NCS Champ 92 (81)

Lance Munselle

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

Jeff Pounds

Baseball Infielder  
 PD All-Empire 90

Ryan Kirkpatrick

Football Quarterback  
 PD All-Empire 95 & 96

Doug Murphy

Football Offensive Line  
 PD All-Empire 90

Roxanne Pourroy

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

Kendra Klein

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

David Murray

Football Linebacker  
 PD All-Empire 2002

Americo Rafanelli

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

Tina Lee

Basketball Forward  
 PD All-Empire 98

Tony Muzzin

Football OL/DL  
 PD All-Empire 91

Gary Randolph

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

Mike Leicht

Football Defensive Back  
 PD All-Empire 91

Brad O'Donnell

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

John Randolph

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

Javier Macias

Football Offensive Line  
 PD All-Empire 93

Travis Paasche

Football Offensive Line  
 PD All-Empire 2008

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)

Porfirio Madrigal

Wrestling 130lbs  
 (Stanford Univ); NCS Champ 2007

Kevin Parent

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

Joe Rochioli

Football/BB Linebacker  
 (Cal Poly-SLO); Winemaker;  
 Healdsburg High HOF

Chad Matteri

Football Kicker

Francis Passalacqua

# Sonoma County

## Smith Robinson

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

## Andrew Rogers

Wrestling 127/145lbs  
NCS Champ 2004, 06; State Champ  
06; PD WOTY 05

## 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)

## George Rojas

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

## Tamra Roman

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

## 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

## Alex Ross

Football Offensive Line  
PD All-Empire 94

## Bev Rowe

Basketball Forward  
PD All-Empire 86

## 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

## Bob Russell

Football Back  
PD All-Empire 63

## Victor Sales

Football Linebacker  
PD All-Empire 80

## Ricardo Sandoval

Wrestling 171lbs  
NCS Champ 2011

## Junior Sani

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

## Evan Scaeles

Football Linebacker  
PD All-Empire 85

## Carson Seanor

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

## Mia Shirley

Soccer Defender  
PD All-Empire 2004

## 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 1dr season  
65 BAvG (.445), hr (9), walks (29);  
Redlands HOF; Healdsburg High  
HOF

## Buddy Siebenthal

Basketball  
PD All-Empire 71

## Mitch Sindle

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

## Alec Skee

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

## Dennis Sousa

Football End  
PD All-Empire 63

## Brandon Souza

Baseball Infielder  
PD All-Empire 90

## Jared Souza

Football Running Back  
PD All-Empire 97 & 98

## Tim Souza

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

## Jeff Steindorf

Football Tight End  
PD All-Empire 85

## Shondra Stibi

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

## Tom Stine

Football Linebacker  
PD All-Empire 97 & 98

## Bob Stockham

FB/BK/BB Quarterback  
(Santa Rosa JC & UNLV); PD All-  
Empire 87 & 88 (fb); BOTY 87;  
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

## Rich Stritzel

Football Defensive Line  
PD All-Empire 87

## 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

## Mike Swicegood

Football Offensive Line  
PD All-Empire 97

## Cheree Tappin

BK/Softball Forward  
(St Mary's College); PD All-Empire  
85-87 (bk); PD Empire POTY 86 &  
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 red pts 87 gm  
(42), season (907); SMC rcd 89 pts  
gm (38), career 87-91 (1,742), fg  
(664), reb (546), season 89 fg

# Sonoma County

(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 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); PT Empire ROTY 87; State JC Champ 88 (19:25); SRJC rcd 90 5000mtrs (14:20.51); SRJC 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; 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

## Andrew Vasquez

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

## Mark Vellutini

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

## Mariah Volk

Basketball 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

## 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

[\(estab. 1958\)](#)

[\(aka Vikes\)](#)

## 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 Defensive End  
PD All-Empire 77, son of Andy Alkire, see 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

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

## Mike Americh

Baseball Pitcher  
PD All-Empire 97

## Tony Americh

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 Americh, see above

## Noah Ashton

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

## Jeremy Avilla

Football Defensive Back  
PD All-Empire 2004 & 05

## Melissa Azevedo

Basketball Forward

[Montgomery High Vikings](#)  
[Santa Rosa](#)

# Sonoma County

(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); 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 300mtrLH  
NCS Champ 96 (38.79); prep pr 96 (38.02)

## 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

## 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); 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; 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); Sacramento Meet of Champions HOF; Montgomery HOF; sister of Amy Bei, see above; wife of Ryan Hall, Stanford 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); NEC Mijmegan Netherlands (soc); 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 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

## 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

# Sonoma County

(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)

Tom Buzzard

BK/Track      Fwd/High Jump  
PD All-Empire 73; MH & Empire  
rd 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

Ashley Cella

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

Christen Chalmers

Soccer      Midfielder  
(UC San Diego); CCAA-South  
Co-Champs 2011

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 BAv (.420), ERA (0.69);  
HS rcd season era 83 (0.69), ldr  
season 81 BAv (.421); Humboldt  
State HOF

Chelsea Cleland

# Sonoma County

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);  
MH ldr season 2004 (4:52.58)

## 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; ldr 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); prep  
pr, MH rcd & Empire rcd 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); SRJC HOF

## Julie Devine

Basketball Guard  
PD All-Empire 93

## Steve Doolittle

Football Defensive Line  
(Santa Rosa JC); PD All-Empire 72

## 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

## Shayne Elkins

Soccer Midfielder  
(Dominican Univ); All-Cal Pac  
2008

## Stan Ericksen

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

## 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



# Sonoma County

Basketball Forward  
PD All-Empire 78  
(Dominican Univ); PD All-Empire  
2006 & 07; DU ldr season 11 fg  
(76-tie), reb (148)

## 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, 10-11; Co-Head Coach 09;  
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 Gariss

Soccer MF/Defender  
PD All-Empire 93-95

## 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; prep  
pr 89 (56-3 1/2)

## Manny Gomes

Football Defensive Line  
(BYU); PD All-Empire 88

## Raquel Gomes

“Roc”  
Basketball Forward

## 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

## 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 rcds &  
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 Steeplechase  
(Wake Forest Univ); NCS CC Div  
1 Champ 90 (12:15); 3rd State  
Meet 91 (4:13.85); National prep  
rcd 3000mtr steeplechase 91  
(15:43.90); 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  
(Santa Rosa JC); JC State Champs  
2011

## Colin Hall

Basketball  
PD All-Empire 2006 & 07; PD Co-  
POTY 07

## Tom Hall

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

## Heather Harrison

Basketball Forward  
PD All-Empire 87

## Reid Hartz

Swimming Medley  
(UC Davis); Big West Champs 2010

## 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

## Aaron Henderson

Football Defensive Line  
PD All-Empire 2001

## 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)

## Scott Hess

Golf  
(Santa Rosa JC & USF); NCS  
Champ 2004 (71)

## 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)

## Gabriela Hirsh-Gonzalez

Basketball Guard  
(Occidental College); SCIAC Co-  
Champs 2010; SCIAC Champs 11  
& 12

## Ben Hoop

Football Tight End  
PD All-Empire 96

## Stu Hornsby

Baseball Utility  
PD All-Empire 89

## Nima Hosseini

Soccer Midfielder  
(Univ of California); PD All-  
Empire 92 & 93

## 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)

# Sonoma County

## Daniel Howard

Soccer Defender  
(Santa Rosa JC); PD All-Empire 2000; Member JC State Champs 02; brother of Crystal Howard, see above

## Chris Humes

Football Punter  
(UC Davis); PD All-Empire 87; All-Nor Cal 87; NCAC Champs 89-92; UCD Outstanding Spec Teams Player 91; UCD red career 89-92 punt avg yds (39.92); UCD All-90s Team

## Chris Hunter

Football Offensive Line  
PD All-Empire 96

## Tiffany Hurst

Soccer Midfielder  
(San Diego St); PD All-Empire 2006 & 07; All-Mountain West 11

## 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)

## 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

## Tom Jarvis

Soccer Forward  
(UC Davis); PD All-Empire 96

## 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); Slingers (Singapore) 11

## DeVaughn Jenkins

Football Running Back  
PD All-Empire 92; Head Coach Santa Rosa Scorchers (IWFL)

## Anandi Jiminez

Basketball Forward  
PD All-Empire 2009-11

## Rick Johnke

Football Linebacker  
PD All-Empire 96

## Kevin Johnston

Football Defensive Line  
PD All-Empire 70

## Brittany Jones

Basketball Guard  
(Cal Poly-Pomona); PD All-Empire 2008 & 09; Empire Co-POTY 09

## Caleb Jones-Sharpe

Football Defensive Line  
PD All-Empire 2009

## Jon Kast

Baseball Infielder  
PD All-Empire 98

## Etienne Katz

Baseball Catcher  
PD All-Empire 90

## Jill Keegan

Soccer Defender  
PD All-Empire 94

## Robert Keegan

Football Linebacker  
(Humboldt St); PD All-Empire 2008; GNAC Champs 11

## 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 red 3pt fg (6)

## Deven Kestler

Softball Outfielder  
PD All-Empire 2009

## Brian Kilkenny

Football OL/DL  
(Oregon St); PD All-Empire 98 ; Pac-10 Co-Champs 2000-; Fiesta Bowl Champs 2000

## Kelly Kline

Football Running Back  
PD All-Empire 71

## Kevin Kline

Football Defensive Line  
(Santa Rosa JC & Cal Poly-SLO); PD All-Empire 98 & 99; PD Co-DPOTY 99

## 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 (MLS) 06-10; FS red saves season 03 (106)

## 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); prep pr 92 (18-0 1/4)

## Mike Manor

Football Defensive Back  
(U. S. Air Force Academy); PD All-Empire 88; played bb in college

## 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

# Sonoma County

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

## 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 04, 05, 08 & 09 (swim); California Community College COTY 04, 05, 07-09

## Matt McCorick

Football Center  
PD All-Empire 76

## 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 McKeever

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

Soccer Midfielder  
PD All-Empire 2002

## Heather Moore

Wrestling 98lbs  
NCS Champ 2007

## Lex Murray

Basketball Forward  
(Santa Rosa JC); PD All-Empire 77; Montgomery HOF

## Jamie Murrow

Basketball Guard  
PD All-Empire 80 & 81

## Matt Murvin

Football Offensive Line  
PD All-Empire 2007

## Julie Nacouzi

Cross Country  
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

## Michael Nathan

Soccer Midfielder  
(Chico St & Sonoma St); NCAA Div 2 Champs 2002 (SSU); Jewish Sports Review AA 2004

## Deanne Neff

“Malvino” (married name)  
“Janel” (married name)  
Track HJ/LJ/Heptath  
(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

## Joe Neidlinger

Football Guard  
(Santa Rosa JC); PD All-Empire 67

## Cassie Nelson

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

## Sarah Netto

Soccer Midfielder  
PD All-Empire 98

## Josh North

Football Defensive Line  
PD All-Empire 2006

## Kevin O'Neill

Football Offensive Line  
PD All-Empire 89

## Doug Orr

Football Defensive Line  
All-Nor Cal 81

## David Ower

Soccer Midfielder  
(UC San Diego & Sonoma St); PD All-Empire 99 & 2000

## Sarah Pacheco

Judo 52kg  
Member National Team 2002

## Tami Page

Soccer/Softball FB/MF/Inf/OF/P

# Sonoma County

(Santa Rosa JC & Sonoma St); PD All-Empire 91 & 92 (soc); PD All-Empire 92 & 93 (sb)

## Casey Parisi

Soccer Midfielder  
(New Jersey Institute of Technology & UC San Diego); CCAA-South Co-Champs 2011

## Nicole Park

Soccer Midfielder  
PD All-Empire 91

## Val Parnell

Football Linebacker  
PD All-Empire 2002

## Stefanee Patterson

Softball Infielder  
PD All-Empire 2007

## Mike Pavlovich

Basketball Guard  
PD All-Empire 77

## Tulio Perez

Football Defensive Line  
PD All-Empire 2001

## Oscar Pesqueda

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

## E. C. Phillips

Football Running Back  
PD All-Empire 85

## Soutchay Phong

Badminton Singles  
NCS Champ 90

## Jason Picard

Football Defensive Back  
PD All-Empire 88

## Jason Pigg

Football Defensive Back  
(Chico St); PD All-Empire 97; Hip Hop & Rapper as J.Pigg

## Larry Plinski

Track Discus  
NCS Champ 82 (180-9); father of Melissa Plinski, see Windsor High (Son)

## Earl Prosser

Football Running Back  
PD Empire POTY 87

## Brian Purcell

Baseball Infielder  
PD All-Empire 90 & 91

## Jeff Purcell

Soccer Forward  
PD All-Empire 92

## Gerry Quinn

Baseball Infielder  
PD All-Empire 91

## Shawn Ramsay

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 2003 & 04

## Geoff Ramsey

Track 880yds  
NCS Champ 73 (1:55.0); prep pr 73 (1:54.48)

## Hilary Read

Basketball Forward  
PD All-Empire 88; MH rcd pts gm 88 (37)

## Alan Reed

Football Running Back  
PD All-Empire 89; Co-BOTY 89

## Charrise Reece

Basketball Point Guard  
(Biola Univ); PD All-Empire 2005-07; BU ldr season 11 asst (96)

## Jessica Reese

“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 Chardonnay Golf Club, Napa; Head Coach American Canyon High (N); wife of C. J. Quayle, Rancho Cotate High baseball player

## Breanne Reid

Soccer Defender  
PD All-Empire 94

## John Rhodes

Football Linebacker  
PD All-Empire 78

## 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)

## Kathryn Ripple

Soccer Defender  
(Dominican Univ); PD All-Empire 2009

## Brad Robinson

Football WR/DB  
PD All-Empire 74; PD DBOTY 74

## Dave Rodriguez

Track 880yds  
NCS Champ 79 (1:54.6); MHS rcd 81 (1:51.54)

## Kareli Rodriguez

Soccer Forward  
(Sonoma St); PD All-Empire 2010; JC State Champs 11

## Rich Rollin

Basketball  
Chron All-North Coast 67; EX All-North Bay 67

## Titus Romero

Baseball Outfielder  
PD All-Empire 2009; also attn James Logan (Ala)

## Trish Rooney

SB/BK/Track Discus  
(Santa Rosa JC); SRJC rcd discus 80 (123-11); SRJC HOF

## Aaron Ross-Swain

Football Offensive Line  
(Butte JC & Chico St); PD All-Empire 97

## Tiffany Rupp

Basketball Forward  
(Santa Rosa JC & Colorado Christian College); PD All-Empire 93 & 94; JC All-State 96

## Frank Scalercio Jr.

“Frankie”  
Football Offensive Line  
(Santa Rosa JC & UC Davis); PD All-Empire 2004; Great West Champs 09

## 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

## Justin Scarr

Soccer Defender  
(UC San Diego); PD All-Empire 2000

## Kelly Schnur

Soccer Midfielder  
(UC Santa Barbara); PD All-Empire 2010

## Jake Scott

Football Offensive Line  
PD All-Empire 2004

## J. D. Seger

Baseball Pitcher/OF

# Sonoma County

(Butte JC, Santa Rosa JC & Texas Tech Univ); PD All-Empire 96 & 98; PD Co-POTY 98

## Ryan Settle

Football Kicker/WR  
PD All-Empire 98

## 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

## Ethan Shawlee

Soccer Defender  
(UC Davis); PD All-Empire 2007

## 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

## 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

## Ross Simmons

Football Offensive Line  
(Santa Rosa JC & Oregon Tech); PD All-Empire 84

## 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

## Paul Sims

Swimming Freestyle  
(Univ of California); NCS Champ 77 100 fs (46.4), 200 fs (1:41.6); set several MH swim rcds; father of Amanda Sims, see above

## Brandon Smith

Baseball Outfielder  
PD All-Empire 90

## Jason Smith

Badminton Singles  
NCS Champ 88 & 89

## Selam Solomon

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

## Danielle Spann

Soccer Midfielder  
(St. Mary's College); PD All-Empire 2003 & 04; Empire Co-POTY 04

## Nico Spann

Soccer Midfielder  
(Sonoma St); CCAA Champs 2010

## Marc Spina

Track 800mtrs  
(Cal Poly-Pomona); NCS Champ 86 (1:53.85); prep pr 86 (1:52.36)

## Tim Stanley

Football Linebacker  
PD All-Empire 76

## Lynn Steele

Football Defensive End  
PD All-Empire 74

## Joe Stender

Football Running Back  
(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

## 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

## Alyssa Teddy

Soccer Defender  
(UC Davis); PD All-Empire 2003 & 04

## Anthony Tedesco

FB/Rug/Wrstle 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  
PD All-Empire 2011

## Beth Thompson

Soccer Forward/MF  
(UCLA); PD All-Empire 94 (fwd) & 95 (mf)

## Steve Tiedeman

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; achilles tendon injury 10, WCAA Giants Bergen (Holland)

# Sonoma County

11; MH career pts ldr 2001-03 (1,560); BS ldr season 3pt fg pct 08 (.488)

PD All-Empire 2000 (soc); PD All-Empire 2000 & 01 (bk)

## 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

## 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)

## 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

Soccer Midfielder PD All-Empire 2010

## Jared Wilburn

FB/Baseball DL/1B (UC Davis); PD All-Empire 2000; PD Co-DPOTY 2000

## Lisa Wilkinson

Softball/Soccer OF/Fwd/Def (UC San Diego); PD All-Empire 92 (sb); PD All-Empire 92 & 93 (soc)

## Frank Williams

Football Linebacker PD All-Empire 63

## Mathias Williams

Wrestling 173lbs NCS Champ 2005

## Rob Williams

Baseball Shortstop (Santa Rosa JC & Univ of Hawaii); PD All-Empire 88

## Marissa Wilson

Track Discus NCS Champ 96 (126-0)

## Stan Wise

FB/Track DB/180ydLH PD All-Empire 65; NCS Champ 66 (19.4)

## Tom Wood

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

## Kevin Woods

Baseball Outfielder PD All-Empire 2005

## Danny Wright

Soccer Defender PD All-Empire 2002

## Penelope Yamauchi

Swimming Medley (Arizona St); NCS Champ 2007 200 IM (200.98); Empire rcd 2007 (2:00.98); 500yds fs (4:58.44)

## 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 10; sister of Penelope Yamauchi, see above

## Ashley Young

“Ash” Soccer Defender (UC Santa Barbara); PD All-Empire 2002

## Kristin Young

Soccer Defender PD All-Empire 2000

## Kyle Young

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

## Dina Zancanelli

Softball Infielder (Santa Rosa JC); PD All-Empire 88; JC All-State 91

## Alec Ziegler

Soccer Defender (Dominican Univ); PD All-Empire 2006

## John Zimmerman

Football End PD All-Empire 65; PD Empire POTY 65; North-South Prep All-Star Gm 66

[Cardinal John Henry Newman High Cardinals Santa Rosa \(estab. 1964; co-ed 2011 after Ursuline High closed\) \(aka Newman\)](#)

## Rich Aguirre

Tennis Doubles

# Sonoma County

NCS Champs 89

(Santa Rosa JC); PD All-Empire 2008 & 09; played baseball (inf) in jc

Football Running Back  
(Santa Rosa JC & Univ of Texas-Pan American); PD All-Empire 2000

Brian Albin

Football Defensive Back  
PD All-Empire 2010

Ross Blondin

Baseball Pitcher/3B  
(GrossmontJC & Lubbock 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)

Josh Buhagiar

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

Jason Alexander

Baseball Pitcher  
(Santa Rosa JC); PD All-Empire 2009 & 11; PD Empire POTY 11; MaxPreps All-State 11 (medium schools)

Tony Bolander

Golf  
(William Jessup Univ); PD Empire POTY 2010

Curtis Byrd

Track 440yds  
NCS Champ 73 (48.6)

Scott Alexander

Baseball Pitcher  
(Pepperdine Univ & Sonoma St); PD All-Empire 2007; PD Empire POTY 2007; WCC All-Freshman 08; WCC Champs 08

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 (222-121); 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

Travis Amaral

Football Defensive Line  
PD All-Empire 2007

Wade Amaral

Football Wide Receiver  
PD All-Empire 2008

Stuart Campbell

Football Tight End  
PD All-Empire 97

Devin Andolsen

Soccer Defender  
PD All-Empire 99

Jihan Bowes-Little

Basketball Guard  
(Univ of Portland & Brown Univ); PD All-Empire 97; hip-hop performer known as "Metis"

Phil Ching

Basketball Guard  
(Menlo College); PD All-Empire 99

Mike Angell

Football Offensive Line  
PD All-Empire 87

Brad Bowman

Football Defensive Back  
PD All-Empire 80

Evan Chambers

Soccer Midfielder  
(UC Santa Cruz); PD All-Empire 2006

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

Tyler Bowman

Football Offensive Line  
PD All-Empire 2008

Nate Chambers

Soccer Midfielder  
PD All-Empire 2004

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)

Kelly Bradley

Football Nose Guard  
(Ft. Lewis College); PD All-Empire 2004

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); prep pr & CNH rcd 97 (175-4); PD All-Empire 95 (ol) & 96 (both ways); PD Empire AOTY 97

Bob Barham

Football Linebacker  
PD All-Empire 77

Tanner Briggs

Football Defensive Line  
PD All-Empire 2006

Chris Ciraulo

Baseball Catcher  
(Sonoma St); PD All-Empire 91 & 93; NCAC Champs 98

Andy Bean

Boxing 165/172lbs  
(Santa Clara Univ); National Collegiate Boxing Association Champ 90 & 91

Jerry Brown

Football Offensive Line  
(Utah St); All-Big West 88

Jered Clark

Football Running Back  
PD All-Empire 97

Arthur Behr

Soccer Midfielder  
(Santa Rosa JC & Cal St Los Angeles); CCAA-North Champs 2009

Lucas Buchanan

Soccer Defender  
PD All-Empire 94

Connor Coates

Tennis  
(UC Davis); PD Empire POTY 2007; graduated from Roseville High

Danny Binz

Basketball Forward

Jason Buhagiar

FB/Baseball QB/Outfielder  
(Santa Rosa JC, Univ of Texas-Pan American & Sonoma St); PD All-Empire 2002 (fb); PD All-Empire 03 (bb); State JC Champs 05 (bb); CCAA Champs 07

Cletus Coffey

Football WR/DB  
(Lewis & Clark College-Oregon);

Jordan Buhagiar

# Sonoma County

PD All-Empire 92; Port Forest Dragons 97-98 (AFBL); brother of Lacey Coffey, see Montgomery High (Son) & Lynsey Coffey, see Ursuline High (Son)

(UC San Diego); NCAA Div 3 Champs 91

91-94 (1,565); Cal-Hi Grid-Hoop Team 94

## Olin Cohan

Baseball Infielder  
(St. Mary's College); PD All-Empire 94; SMC ldr season 99  
BAvg (.325), walks (19), 97 hr (8)

## Austin Davis

Track Discus  
(Univ of Oregon); NCS Champ 2008 (158-3); PD Co-AOTY 2008; Empire ldr season 2008 (165-1)

## Joe Domenichelli

Football RB/Linebacker  
PD All-Empire 74 (rb) & 75 (lb)

## Matt Cohen

Golf  
NCS Champ 89 (152 & sudden death playoff); Windsor Golf Club pro

## Derek DeBenedetti

Soccer Goalkeeper  
PD All-Empire 93

## Lonnie Dyer

Football Tackle  
PD All-Empire 75

## Evan Collins

Football Defensive Line  
PD All-Empire 91

## Joe Del Castillo

Football Tight End  
(UNLV); PD All-Empire 2001

## Prince Edwards

Football Running Back  
(San Mateo JC); PD All-Empire 2003

## Jeff Collins

Football Defensive Back  
PD All-Empire 84

## Nick DeLorenzo

Baseball 1B  
(Santa Rosa JC); PD All-Empire 2009; SRJC ldr season 10 dbls (12), trpls (1-tie), slug pct (.529)

## Tim Escobar

Baseball Pitcher  
PD All-Empire 96

## Matt Collins

FB/Baseball WR/OF  
(Santa Rosa JC & Sonoma St); NCAC Champs 91 (bb); Head Coach fb Hartnell JC 2007-

## Hilton Derouen

Football Defensive Back  
PD All-Empire 78

## Bill Facendini

Football Defensive End  
PD All-Empire 72

## Gordon Cooper

Football OL/DL  
PD All-Empire 84 (dl) & 85 (both ways)

## Michael deRutte

Football Wide Receiver  
(Ft. Lewis College); PD All-Empire 2005 & 06

## Ross Fakhouri

Football Tackle  
(College of Sequoias JC); PD All-Empire 78; played baseball in jc

## Ryan Corriveau

Soccer Midfielder  
(St. Mary's College); PD All-Empire 2004 & 05; PD Empire POTY 05

## Dave Devencenzi

Football Guard  
PD All-Empire 75 & 76

## Wade Farris

Golf  
Nor Cal Champ 81 (149); Superintendent Sebastopol Golf Club

## 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

## Chris Devine

Basketball Forward  
(Chico St); PD All-Empire 92; Cal-Hi Div 4 All-State 92

## Luke Fay

Football Linebacker  
PD All-Empire 2005

## Ethan Crandall

Football Tight End  
PD All-Empire 2006

## Chris Dezorzi

Football Defensive Back  
PD All-Empire 90

## Alan Feagin

Football DB/WR  
PD All-Empire 2001 (db) & 02 (wr)

## Stuart Crandall

Football Tight End  
(Northern Arizona Univ); PD All-Empire 96 & 97

## 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)

## Joe Ferguson

Football Running Back  
(Truman St); PD All-Empire 2008

## Dan Culbertson

Baseball Infielder  
(St. Mary's College); SF Giants batboy 87 & 88; PD All-Empire 89; Head Coach softball Marymount High, Westwood

## Jarrod Dillon

Football Tight End  
(Univ of Oregon); PD All-Empire 94 & 95

## Kenny Ferrigno

Football Offensive Line  
PD All-Empire 2006

## Todd Curran

Soccer

## 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

## 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)



# Sonoma County

08, Eugene Emeralds (Northwest Lg) 11-

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

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 PD All-Empire 2011

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 PD All-Empire 78

Billy Fuston

Baseball Pitcher (San Diego Christian College & La Sierra Univ); PD All-Empire 2008

Daniel Galvin

Basketball Official (Santa Rosa JC & USF); Prep & college official 79-; board president Cardinal Newman High

Val Gamber

Baseball Catcher Catholic Monitor All-Bay 68

Ron Garzoli

Football Kicker PD All-Empire 78

Chris Gaston

Soccer/ Track FB/1600mtrs (Santa Rosa JC & Univ of Kansas); PD All-Empire 91; NCS Champ 92 (4:18.68)

Nico Gaytan

Soccer Forward PD All-Empire 95

Ben Gleason

Football Defensive Line PD All-Empire 93

Roy Gmitter

Soccer Defender (Portland Univ); PD All-Empire 91; PD Empire POTY 91; Gatorade POTY 91; Member National Under-17 Team 91

Derek Goble

Football Tackle (UC Davis); PD All-Empire 2003 & 04

Neils Goodwin

Football OL/DL (Cal Poly-SLO); PD All-Empire 97

Jacob Gowan

Football Offensive Line (Stanford Univ); PD All-Empire 2007 & 08; Chron All-Metro 08; Max Preps Div 3 All-State 08; Pac 12 Champs 12; Orange Bowl Champs 10; Rose Bowl Champs 13

Parish Green

"Mike" Football Running Back (Santa Rosa JC); PD All-Empire 79

Caleb Gretton

Soccer Defender PD All-Empire 93

Bond Griffin

Soccer Midfielder PD All-Empire 97

Percy Grogans

Football Running Back

(Santa Rosa JC & Oregon St ); PD All-Empire 69 & 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)

Garrett Guanella

Football Defensive Line PD All-Empire 2010

Ritz Guggiana

Football Linebacker (USF); PD All-Empire 70

Rick Hardesty

Football Quarterback PD All-Empire 93

Dave Haug

Football Tackle PD All-Empire 76

David Healy

Football Wide Receiver (Santa Rosa JC); PD All-Empire 2004

Kevin Healy

Football Offensive Line PD All-Empire 2007

David Henry

Basketball Center (Cal Poly-SLO); PD All-Empire 98; CSL Dijon (France) 02; Dusseldorf (Germany) 03

Nico Hoehne

Football Kicker PD All-Empire 2011

Mike Hogan

Football Quarterback PD All-Empire 79

Mike Hostetter

Basketball Forward (Skyline JC & Univ of Southern Florida); PD All-Empire 88 & 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)

Cledith Hunter

Football Defensive End PD All-Empire 75

Brian Hutton

Football Running Back (Santa Rosa JC); PD All-Empire 2004-06; PD Co-OPOTY 06

Tom Jackson

Football Linebacker PD All-Empire 68

# Sonoma County

(UC Davis); PD All-Empire 91;  
PD OPOTY 91

## J. J. Jamerson

Baseball Pitcher/1B  
(Santa Rosa JC); PD All-Empire  
2011

## Chris Jensen

Baseball Catcher/Pitcher  
PD All-Empire 2005

## Joe Johnson

Football Running Back  
PD All-Empire 93

## Dan Joseph

Football Offensive Line  
PD All-Empire 93

## Dan Karbousky

Football Safety/LB  
PD All-Empire 2001 (1b) & 02 (s/lb)

## Mike Keefer

Football Defensive Back  
PD All-Empire 71

## Tony Keefer

Football QB/Coach  
(Portland St, Santa Rosa JC &  
Northern Arizona Univ); PD All-  
Empire 97; Head Coach Tamalpais  
High (M) 2007 & 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)

## Kyle Kerchan

Football Linebacker  
PD All-Empire 99

## Dennis Kimmel

Football Center  
PD All-Empire 69

## Brad Kloes

Basketball Center  
(Santa Rosa JC & UC Davis); PD  
All-Empire 86

## Michael Knott

Baseball Outfielder  
PD All-Empire 2009

## Karl Kobler

Baseball Outfielder  
(UC Davis); PD All-Empire 2008  
& 09

## Kyle Kozak

Football Wide Receiver  
PD All-Empire 2003

## Alex Krohn

Tennis Singles  
(Fresno St); NCS Champ 97

## Vince LaGatta

Football RB/DB

## John Lawler

Football Offensive Line  
PD All-Empire 2008

## Keller Lawson

Soccer Goalkeeper  
PD All-Empire 2010

## 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

## Sean Levesque

Football Offensive Line  
PD All-Empire 96

## 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

## 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

## Tony Lopez

Football WR/DB/QB/RB  
(Santa Rosa JC); PD All-Empire 75  
(wr & db), 76 (qb); PD Empire  
POTY 76; EX All-Bay Area 76; All-  
Nor Cal 76; Nor Cal Co-POTY 76

## Jody Lucas

Football Linebacker  
PD All-Empire 94

## Mike Lucas

FB/Baseball Punt/Pitch/Inf  
PD All-Empire 90 (fb & bb)

## 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)

## Jared Madden

Baseball Outfielder  
(Grossmont JC); PD All-Empire  
2005

## Ben Madill

Soccer Forward  
All-Empire 2003

## Scott Magnuson

Football DB/WR  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 2005 (db) & 06 (wr)

## Phil Magrini

Basketball Forward  
(Santa Rosa JC); PD All-Empire 72;  
CNH rcd career pts 69-72 (1,065)

## Kyle Mahoney

Baseball 1B/Pitcher  
PD All-Empire 2004

## Dave Maignret

Football Offensive Line  
PD All-Empire 84

## Mark Marcia

Football Tackle  
PD All-Empire 68

## Jeff Marquis

FB/Basketball OL/DL/Fwd  
PD All Empire 84 (fb-both ways);  
PD All-Empire 85 (bk)

## Robert Mauritson

Football Linebacker  
PD All-Empire 88

## Dwayne May

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 79

## John Mazariegos

Baseball Outfielder  
PD All-Empire 89

## Xavier McCall

"X"  
Basketball  
(Santa Rosa JC); PD All-Empire  
2010 & 11; son of Dave McCall,  
Utah St bk player

## Adien McCarthy

Baseball Outfielder  
PD All-Empire 90

## Keenan McCullough

Basketball Guard  
(UC Santa Barbara); PD All-Empire  
2003

## Dan McGee

Football Defensive End  
PD All-Empire 87

## Reed McMains

Baseball Pitcher  
PD All-Empire 2000

## Rich Mellott

# Sonoma County

Basketball Guard  
(Santa Rosa JC); Catholic Monitor  
All-Bay 68

PD All-Empire 2006; Great West  
Co-Champs 11

Head Coach Ursuline High (Son)  
2007-11; Head Coach girls bk  
Windsor High (Son) 2012-

## Brian Meyer

Baseball Pitcher  
(Santa Rosa JC & Arizona St Univ);  
PD All-Empire 2005

## Mike Nakord

Baseball Pitcher  
(Santa Rosa JC & Sonoma St);  
CCAA Champs 99; SS ldr season  
99 era (2.15)

## Nic Pederson

Basketball Center  
(Santa Rosa JC & Cal St  
Stanislaus); PD All-Empire 2004

## Santo Militello

Baseball Infielder/OF  
(Santa Rosa JC); State JC Champs  
2005

## Chris Sol Navarette

Football Wide Receiver  
PD All-Empire 96

## Vaughn Pena

Baseball Outfielder  
(Santa Rosa JC & Arizona St); PD  
All-Empire 92; played bk in JC

## Casey Miller

Football WR/DB  
PD All-Empire 2008

## Al Netter

Football Offensive Line  
(Northwestern Univ); PD All-  
Empire 2006

## 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)

## Bari Mims

Football Wide Receiver  
(Southwestern Oregon JC); PD  
All-Empire 2007; played bk in jc

## Dan Nilsen

Football Defensive Line  
PD All-Empire 92; North-South  
Prep All-Star Gm 93

## 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

## Ryan Nolton

Football Offensive Line  
PD All-Empire 2007

## Steve Perez

Football Offensive Line  
PD All-Empire 79

## Brad Monahan

Football DL/Tight End  
(Univ of California); PD All-Empire  
88 (dl & 89 (both ways); PD Co-  
LOTY 89

## Ben Noonan

Football WR/DB  
(Santa Rosa JC & Bemidji St); PD  
All-Empire 94

## Anthony Perry

Baseball Pitcher  
(Santa Barbara JC); PD All-Empire  
2008

## Bryan Monson

Football Offensive Line  
(Yale Univ); PD All-Empire 2006

## Dan Ochoa

Soccer Midfielder  
PD All-Empire 97

## Todd Phillips

Tennis Doubles  
(UC Davis); NCS Champs 89

## Vince Montano

Soccer Defender  
PD All-Empire 2000

## Travis Oglesby

Baseball Catcher  
(Santa Rosa JC & Armstrong St);  
PD All-Empire 95 & 96; PD Empire  
POTY 96; Cal-Hi All-State 96;  
played minor league baseball

## 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

## Ben Monticello

Baseball Infielder  
(Santa Rosa JC); PD All-Empire  
2007

## Marc O'Hair

Football Quarterback  
PD All-Empire 75; All-Nor Cal 77

## Joe Pierre

Football Defensive Line  
PD All-Empire 75 & 76; PD Co-  
DPOTY 75; EX All-Bay Area 76;  
All-Nor Cal 76

## Mark Moran

Football Defensive Back  
PD All-Empire 79

## Andrew Owenson

Soccer Defender  
(Gonzaga Univ); PD All-Empire  
2008 & 09

## Mike Pierre

Football Guard/DL  
PD All-Empire 69

## Tim Moreno

Football Defensive Back  
PD All-Empire 2010

## Courtland Palmer

Football Defensive Line  
PD All-Empire 2011

## 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)

## Aaron Morie

Football Wide Receiver  
(Santa Rosa JC); PD All-Empire 97

## Bart Pellandini

Football Linebacker  
(Santa Rosa JC); PD All-Empire  
76; PD Co-DPOTY 76

## Pat Moore

Football Offensive Line  
PD All-Empire 2005

## Emily Papale

Volleyball Outside Hitter  
PD All-Empire 2011-12

## Max Pond

Football DB/QB  
(Univ of Oregon); PD All-Empire  
2006 (db) & 07 (qb); PD OPOTY

## Kyle Murphy

Football Defensive End  
(Santa Rosa JC & Cal Poly-SLO);

## Jeff Paul

Football/BK LB/Coach  
(Pacific Univ); PD All-Empire 78  
& 79 (fb); All-Nor Cal 79 (fb);

# Sonoma County

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

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  
PD All-Empire 92 & 93

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

Football            Tight End  
PD All-Empire 84

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

# Sonoma County

(Santa Rosa JC & UC Davis); PD All-Empire 84; PD LOTY 84; All-Nor Cal 84 (lb); NCAC Champs 88

PD All-Empire 2011; PD POTY 2011; Chron All-Metro 2011

Soccer Defender  
(Santa Rosa JC); PD All-Empire 99; State JC Champs 2002

Steve Stout

Baseball OF/Pitcher  
PD All-Empire 2010

Chris Summers

Football Running Back  
PD All-Empire 96

Corey Sunday

Baseball Pitcher  
PD All-Empire 2006

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)

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

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 red 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

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

# Sonoma County

"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  
(UTEF); PD All-Empire 2004; PD  
Co-OPOTY 2004

## Phil Wright

Football RB/DL  
(Santa Rosa JC & Long Beach St);  
PD All-Empire 84; PD Empire  
POTY 84

## Phil Wright

Football Linebacker  
PD All-Empire 2011

## 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)

## Kyle Yamamoto

Football Linebacker  
PD All-Empire 91

## Kyle Young

Football Linebacker  
(Univ of Oregon); PD All-Empire  
2006; Sun Bowl Champs 07

## Mark Zappelli

Football Defensive Back  
All-Nor Cal 83

## Petaluma High Trojans

### Petaluma (estab. 1873)

## 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

## Jeffery J. Aderholt

"J. J."  
Swimming Diving  
(Univ of Arizona); NCS Champ  
2002 (394.5)

## Akers

Track Javelin  
State Champ 27 (174-4 1/4)

## Sherry Alcorn

Softball Infielder  
(Univ of Nebraska); PD All-Empire  
92 & 93; PD Co-POTY 93

## 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 3 Champs 2005 (both);  
Empire rcd 75 (1:49.21); SRJC rcd  
77 (3:47.10); CPSLO rcd (3:40.67);  
Pr Mile 81 (3:59.9); Petaluma High  
HOF; SRJC HOF; father of Jenny  
Aldridge, see Maria Carrillo High  
(Son)

## John Alejos

Football Defensive Back  
(Santa Rosa JC); PD All-Empire 72;  
PD DPOTY 72; Petaluma High HOF;  
SRJC HOF

## Martin Alejos

Football TE/Linebacker  
(UOP); PD All-Empire 79; Petaluma  
High HOF

## Sarah Allen

Basketball Center  
(UC Davis); PD All-Empire 97 &  
98; PD Co-POTY 98

## Lisa Allena

Softball Infielder  
PD All-Empire 96

## 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

## Isabel Andrade

Cross Country  
NCS Div 3 Champ 2008 (17:47)  
& 09 (18:06)

## Eric Antonelli

Football Offensive Line  
PD All-Empire 95

## Stan Augustine

Football Defensive Back  
PD All-Empire 65; Head Coach  
football & girls track Sonoma  
Valley High (Son); NCS Honor  
Coach track 87

## Aldo Baccala

"Butch"  
Baseball Pitcher  
(San Francisco St); All-Nor Cal 80;  
FWC POTY 82; played minor  
league baseball; Scout Cin Reds;  
SFS rcd season wins 82 (12); SF  
State HOF; Petaluma High HOF

## Dee Dee Baddeley

Softball 1B  
(Cal St Northridge); State JC Champs  
82; NCAA Div II Champs 85;  
Petaluma High HOF; SRJC HOF

## Shelby Baldwin

Soccer/Softball GK/3B  
(Santa Rosa JC); PD All-Empire 94  
(soc); PD All-Empire 95 (sb)

## Samantha Banister

"Sam"  
Softball Infielder/OF  
(Univ of Arizona); PD All-Empire  
2003 (inf), 04 (of) & 05 (1B);  
Pac-10 Champs 07; NCAA Champs  
06 & 07; Akron Racers (National  
Pro Fastpitch) 09; daughter of Jon  
Banister, rodeo cowboy

## Dennis Bardsley

Wrestling 150lbs  
(Santa Rosa JC & Cal Poly-SLO);  
State JC Champ 73; President  
California Wrestling HOF; SRJC  
HOF; SRJC Wrestling HOF

## Brian Barnacle

Football Defensive Line  
PD All-Empire 2002

## Kenneth Battaglia

Track 220/100yds  
(Santa Rosa JC); NCS Champ 36  
(22.2) & 37 (10.2), (22.2)

## Jerry Beatie

Football End  
(Stanford Univ); Petaluma High  
HOF

## Gene Benedetti

Football QB/Center  
(Santa Rosa JC & USF); Owner  
Petaluma Leghorns sem-pro fb team  
46-58; Founder Clover-Stometta  
Farms (known for cartoon "Clo The  
Cow"); Petaluma High HOF; SRJC  
HOF; USF HOF; Sonoma St HOF;  
brother of Dante Benedetti, USF fb  
player

# Sonoma County

## Gary Bettinelli

Football Guard  
PD All-Empire 65

## Al Bettman

Football Linebacker  
(Utah St); PD All-Empire 71

## 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  
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  
PD All-Empire 77

## 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); SCIAC Champ  
4x100mtrs Relay (NR); SCIAC  
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  
PD All-Empire 2010 (3b/p) & 11  
(3b)

## 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  
avg 69 (24.9)

## Mike Dean

Football Defensive Back  
PD All-Empire 94

# Sonoma County

## 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

## 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  
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

## 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)  
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

## 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); 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 Geraldi

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  
(Santa Rosa JC); NCS Champ 99;  
JC Nor Cal Champ 2001; SRJC  
Wrestling HOF

## Kevin Gilmore

Baseball Umpire  
Pac-10, WAC umpire, worked  
College World Series; Petaluma  
High gym named after his father;  
Petaluma High HOF

## Casey Gilroy



# Sonoma County

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| <p><b>Football</b>                      <b>Quarterback</b><br/>         PD All-Empire 77</p> <p><u>Ali Giraud</u><br/> <b>Volleyball</b>                      <b>Outside Hitter</b><br/>         (U. S. Military Academy); PD All-Empire 2006 &amp; 07</p> <p><u>Greg Goebel</u><br/> <b>Football</b>                      <b>Offensive Line</b><br/>         PD All-Empire 2004</p> <p><u>Janeen Gold</u><br/> <b>Softball</b>                      <b>Outfielder</b><br/>         PD All-Empire 95</p> <p><u>Kerry Goldberg</u><br/> <b>Softball</b>                      <b>Outfielder</b><br/>         PD All-Empire 93</p> <p><u>Casey Goltermann</u><br/> <b>Football</b>                      <b>OL/DL</b><br/>         PD All-Empire 87; Petaluma High HOF</p> <p><u>Riley Gong</u><br/> <b>Soccer</b>                      <b>Defender</b><br/>         PD All-Empire 2010</p> <p><u>Ross Goree</u><br/> <b>Basketball</b>                      <b>Forward</b><br/>         Chron All-North Coast 70</p> <p><u>Bill Govan</u><br/> <b>Football</b>                      <b>Defensive Line</b><br/>         PD All-Empire 79</p> <p><u>Mike Graham</u><br/> <b>Football</b>                      <b>Linebacker</b><br/>         PD All-Empire 93</p> <p><u>Mia Greco</u><br/> <b>Basketball</b>                      <b>Point Guard</b><br/>         (Santa Rosa JC &amp; St. Mary's College); PD All-Empire 2008 &amp; 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)</p> <p><u>Tara Grieser</u><br/> <b>Track</b>                      <b>High Jump</b><br/>         (Santa Rosa JC); NCS Champ 84 (5-5)</p> <p><u>Eric Gross</u><br/> <b>Football</b>                      <b>Running Back</b><br/>         PD All-Empire 92; PD OPOTY 92</p> <p><u>Dave Guest</u><br/> <b>Rugby</b>                      <b>Wing</b><br/>         (Univ of California); NCAA Champs 99-2002; AA 2002; Cal rcd season pts 2002 (295)</p> <p><u>Garrett Hagerla</u><br/> <b>Football</b>                      <b>Defensive Line</b></p> | <p>(Southern Oregon Univ); PD All-Empire 2007; played rugby in college</p> <p><u>Les Hamilton</u><br/> <b>Football</b>                      <b>Quarterback</b><br/>         (San Francisco St &amp; Snow JC); PD All-Empire 89; PD Empire POTY 89</p> <p><u>Chad Hansen</u><br/> <b>Football</b>                      <b>Linebacker</b><br/>         PD All-Empire 96</p> <p><u>Melissa Hansen</u><br/> <b>Soccer</b>                      <b>Forward</b><br/>         PD All-Empire 98</p> <p><u>Gina Hardy</u><br/> <b>Soccer</b>                      <b>Goalkeeper</b><br/>         PD All-Empire 91</p> <p><u>Blair Hart</u><br/> <b>Track</b>                      <b>Pole Vault</b><br/>         NCS Champ 17 (10-1)</p> <p><u>Kirk Hay</u><br/> <b>Football</b>                      <b>Defensive End</b><br/>         PD All-Empire 65</p> <p><u>Casey Healy</u><br/> <b>Basketball</b>                      <b>Guard</b><br/>         (Grossmont JC); PD All-Empire 2009</p> <p><u>Clyde Healy</u><br/> <b>Track</b>                      <b>880yds</b><br/>         AAL Champ 1900 (2:10.2) &amp; 01 (2:08.0)</p> <p><u>Roy Hennis</u><br/> <b>Football</b>                      <b>Guard</b><br/>         PD All-Empire 63</p> <p><u>Beva Hernandez</u><br/> <b>Badminton</b><br/>         PD Empire POTY 2008</p> <p><u>Kevin Hicks</u><br/> <b>Football</b>                      <b>Defensive Line</b><br/>         PD All-Empire 95</p> <p><u>Peter Hicks</u><br/> <b>Football</b>                      <b>Defensive Line</b><br/>         PD All-Empire 93</p> <p><u>Frank Hiebakes</u><br/> <b>Football</b>                      <b>Running Back</b><br/>         PD All-Empire 91</p> <p><u>Juan Higueros</u><br/> <b>Football</b>                      <b>Tight End</b><br/>         PD All-Empire 91</p> <p><u>Kirsten Hilbert</u><br/> <b>Soccer</b>                      <b>Forward</b><br/>         (Cal Lutheran Univ); PD All-Empire 2008</p> | <p><u>Clifford Hoffman</u><br/>         "Biff"<br/> <b>Track/Football</b>                      <b>Discus/Back</b><br/>         (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</p> <p><u>Krista Hoffman</u><br/> <b>Basketball</b>                      <b>Center</b><br/>         PD All-Empire 2002 &amp; 04</p> <p><u>Chuck Holmes</u><br/> <b>Football</b>                      <b>Linebacker</b><br/>         PD All-Empire 70</p> <p><u>Scott Householder</u><br/> <b>Golf</b><br/>         (College of the Desert JC &amp; Cal St San Bernardino); NCAA Div 2 Champ 97 (273); played pro golf; CSSB HOF</p> <p><u>Phoebe Hudson</u><br/> <b>Softball</b>                      <b>OF/Utility</b><br/>         PD All-Empire 97 (of) &amp; 98 (util)</p> <p><u>Mark Ibanez</u><br/> <b>All Sports</b>                      <b>Broadcaster</b><br/>         (Santa Rosa JC &amp; Univ of Idaho); KXTV Sacramento sportscaster; KTVU Channel 2 sports reporter 83-87; sports anchor 87-; also atnd San Rafael High (M)</p> <p><u>Nate Irvine</u><br/> <b>Football</b>                      <b>RB/LB</b><br/>         PD All-Empire 95</p> <p><u>Chris Iversen</u><br/> <b>Football</b>                      <b>Tackle</b><br/>         PD All-Empire 65</p> <p><u>Christopher Arnold Iversen</u><br/>         "Duke"<br/>         "Arnold" (known by middle name)<br/>         "Iverson" (frequently seen surname)<br/> <b>Football</b>                      <b>DB/RB/LB</b><br/>         (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</p> <p><u>Damon James</u><br/> <b>Soccer</b>                      <b>Midfielder</b><br/>         (UCLA); PD All-Empire 2002</p> <p><u>Roman Jennings</u><br/> <b>Football</b>                      <b>Tight End</b><br/>         PD All-Empire 2010</p> |
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# Sonoma County

## 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)

## 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

## 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  
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  
(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

# Sonoma County

(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

## 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); 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)

## 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 400mtrLH 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 BAvg (.446); 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

## Blake Olson

Football Linebacker  
PD All-Empire 2009

## 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

# Sonoma County

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)

Don Ramatici

Football Tackle  
(USF); Player-coach Petaluma  
Leghorns semi-pro fb team 51;  
Petaluma High HOF; also atnd 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); JC State Champs  
2011

Chris Robfogel

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;  
Jyvaskyla 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)

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;  
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

# Sonoma County

## 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

## 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 red 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

## Jaclyn Wittshire

Soccer Midfielder  
PD All-Empire 95

## Kiera Woerner

Soccer Defender  
(Chico St & Belmont Abbey  
College); Conference Carolina  
Champs 2010

## Tom Woodard

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

# Sonoma County

(Charleston Southern Univ); PD All-Empire 94; Piner HOF

Univ); PD All-Empire 97; JC AA 2000; SRJC rcd season B Avg 2000 (.475); played dh in college

NCS Champ 76 (9.9) & 77 (9.7), (21.8); 3rd State Meet 77 (21.45); PH rcd 100mtrs 77 (10.69); Piner HOF

Mike Aronson

Track Discus  
NCS Champ 83 (165-7)

Greg Boitos

FB/Baseball LB/1B/Pitcher  
(Mendocino JC); PD All-Empire 2006 (fb); PD All-Empire 07 (bb)

Zack Candalerio

Football Linebacker  
PD All-Empire 90

Jim Artseros

Football Wide Receiver  
(Univ of Maryland); PD All-Empire 88

Guy Bondi

Soccer Midfielder  
PD All-Empire 95

Matt Carlson

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire 98 & 99; State JC Champs 2001 & 02; JC National Champs 2001

Cavin Askew

Football Offensive Line  
(Santa Rosa JC); PD All-Empire 2002

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)

Jason Carr

Football Defensive Back  
(Santa Rosa JC & Fort Hayes St); PD All-Empire 2003; JC All-State 06

Bob Babson

Football Wide Receiver  
(Mendocino JC & Sonoma St); PD All-Empire 90

Dustin Boone

Soccer Forward  
(Sonoma St); PD All-Empire 98; brother of Brandon Boone, see above

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

Faith Baggett

Volleyball Middle Hitter  
(Santa Rosa JC); PD All-Empire 97

Brian Botteri

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

Jessica Cavanaugh

Softball Catcher  
PD All-Empire 2008

Janet Barbaria

Tennis Singles  
Sonoma County Women's Champ (age 14); Piner HOF

Amanda Bratberg

Swimming Freestyle  
(Santa Rosa JC); State Champs 2005

Rocky Cavanaugh

Softball Catcher  
PD All-Empire 2007

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)

Matt Brenner

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

Monica Cinquini

Softball Pitcher  
PD All-Empire 91

Joe Barich

Basketball Forward  
All-Nor Cal 82; PH rcd season 82 pts (695), pts avg (26.7)

Evan Bridewell

Football Quarterback  
(Santa Rosa JC); PD All-Empire 2001

John Collier

Swimming Butterfly  
NCS Champ 71 100 bf (53.61)

Beth Barnes

Softball Outfielder  
PD All-Empire 90

Brandon Bridges

Wrestling 129lbs  
(Santa Rosa JC); NCS Champs 81

Elliot Collins

Basketball Guard  
PD All-Empire 2010

Rebecca Barragan

"Becky"  
Track Shot Put/Discus  
Piner HOF

Stan Brooks

Football Tackle  
(Santa Rosa JC & USF); PD All-Empire 69

Ian Collins

Basketball Forward  
(Santa Rosa JC & Dominican Univ); PD All-Empire 2005; PD Co-POTY 2005

Terrence Bell

Football Wide Receiver  
(Santa Rosa JC & Univ of Nevada-Reno); PD All-Empire 2005

Kirstin Bryan

VB/BK/Softball  
Piner HOF

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

Mark Bennett

Soccer Defender  
PD All-Empire 93

Greg Buletti

Baseball Catcher  
PD All-Empire 89 & 90

Sergio Contreras

Soccer MF/Forward  
PD All-Empire 92 & 93

Nick Blankenship

Baseball Infielder  
(Santa Rosa JC & Texas Tech)

Jim Burrell

Track 100/220yds

Paul Cronin

Football QB/Coach

# Sonoma County

(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

(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  
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

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 Hodgin  
Football                              Defensive Line  
PD All-Empire 2002

Ashley Holloway  
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

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  
Cross Country  
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

# Sonoma County

**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); Empire PH rcd  
11 (8:55.43); Empire 1dr 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 1dr 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  
PD All-Empire 90

**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

**Moises Medrano**

Soccer Midfielder  
(Santa Rosa JC); PD All-Empire  
2002 & 03; PD Co-POTY 2002;  
also atnd high school in Mexico

**Christian Melhorn**  
Baseball Pitcher  
PD All-Empire 2007

**Tom Mertle**  
FB/BK/Baseball  
Piner HOF; father of Monica & Heidi  
Mertle, see Ursuline High (Son)

**Brad Michnevich**  
Football Linebacker  
PD All-Empire 87

**Guy Miller**  
Swimming  
Head Coach Santa Rosa Neptunes  
Swim Club; Rohnert Park  
Recreation Services Mngr; Piner  
HOF

**Mike Miller**  
Baseball Outfielder  
PD All-Empire 93

**Dave Montano**  
Wrestling 118lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

**Lisa Montgomery**  
Softball Catcher/Inf  
PD All-Empire 97 (c) & 98 (inf)

**Jessica Mullan**  
Soccer Defender  
PD All-Empire 93-95

**Lavelle Musfin**  
Football Flanker  
(Santa Rosa JC); PD All-Empire  
2006

**John Noland**  
Wrestling 160lbs  
NCS Champ 80; State Champ 80;  
34-0 rcd 80; Piner HOF

**Randy Nunes**  
Football End  
PD All-Empire 70; Piner HOF

**Alex Ocegueda**  
Soccer Midfielder  
(Santa Rosa JC & Chico St); PD  
All-Empire 2000; JC State Champs  
02; NSCAA/Adidas Div 3 AA 04

**Ishmael Ocegueda**  
Soccer Defender  
(Santa Rosa JC); JC State Champs  
2001

**Kasey Olenberger**  
Baseball Pitcher



# Sonoma County

(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)

soccer Piner High; Director  
Coaching Sonoma County  
Alliance; Player Development  
Program Coordinator NorCal Premier  
Lg; Western Regional Rep U. S. Club  
Soccer

PD All-Empire 99

## Adolfo Ortega

Football Linebacker  
PD All-Empire 89

## Gary Palmer

Track 1600mtrs  
Sonoma County Lg Champ 69  
(4:33.7); 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

## Nikki Pappas

Softball Outfielder  
(Santa Rosa JC); PD All-Empire  
2002

## Mario Pascal

Basketball Point Guard  
PD All-Empire 2009

## Reyna Payan

Wrestling 122lbs  
NCS Champ 2011

## Maggie Percell

Soccer Forward  
(Sonoma St); PD All-Empire 97

## Paige Phillips

Softball Shortstop  
PD All-Empire 95

## Kendrick Pilegaard

Baseball Outfielder  
PD All-Empire 95

## Stacey Puterbaugh

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

## Travis Rhymes

Baseball Pitcher/SS  
(Santa Rosa JC & UC Irvine); PD  
All-Empire 2001

## Nick Rodda

Baseball Shortstop  
(USF & Santa Rosa JC); PD All-  
Empire 2007-09

## Tony Rodriguez

Wrestling 115lbs  
NCS Champs 83

## Gabe Rood

Soccer Midfielder  
(USF); PD All-Empire 96; played  
pro Brazil, Rumania; Head Coach

## Kameron Rose

Football Kicker/Punter  
(UNLV); PD All-Empire 2009; PD  
Male AOTY 10; prep pr punt 82yds;  
PHS ldr 2009 rec, yds. td

## 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 Schlich

Cross Country  
(Biola Univ); GSAC Champs 2010

## 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

## 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

## 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

## 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  
(Santa Rosa JC, Mesa JC & Univ of  
California); PD All-Empire 99; PD  
Co-POTY 99

## 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

# Sonoma County

(Santa Rosa JC); PD All-Empire 2004; JC State Champs 05

98; JC All-State 2000; WAC Champs 02; Humanitarian Bowl Champs 02; played minor league football

## 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

Soccer Forward  
(Point Loma Nazarene Univ); PD All-Empire 97

## Casey Adelson

Softball Pitcher  
PD All-Empire 90; PD Empire POTY 90

## Kayla Aggio

Wrestling 132/136/146lbs  
NCS Champ 2010 (132), 11 (136), 12 (146); Nor Cal Champ 2010; Empire WOTY 11

## Ken Aggio

Football Defensive Back  
PD All-Empire 80

## Chauncey Ako

Football Defensive Back  
(Santa Rosa JC & Boise St); PD All-Empire 97 & 98; PD DPOTY

## Casey Alderson

VB/BK/Softball  
Rancho Cotate HOF

## Anthony Alicea

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)

## 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)

## 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

## 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

# Sonoma County

## 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

## Lynn Christensen

Football Quarterback  
PD All-Empire 80

## Shonna Christianson

Softball OF/Pitcher  
PD All-Empire 2010 (of) & 11  
(p/of); PD Empire POTY 11

## Ron Cincera

Baseball Infielder  
(Santa Rosa JC & Univ of  
Wyoming); PD All-Empire 93

## Kym Clark

Softball 2B  
PD All-Empire 2003

## Aimee Cohen

Soccer Forward  
(Univ of Hawaii); PD All-Empire  
2003 & 04

## 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; sister of Kelly  
Deem, Rancho Cotate High

## 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

## Heather Davis

Softball Infielder  
PD All-Empire 91

## Kendra Davis

Softball Infielder  
PD All-Empire 99

## 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

## 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

## 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)

## 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

## Jon Fote

Football Running Back  
PD All-Empire 87

## 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 Gatton

Basketball Forward  
(San Diego JC & Cal Maritime  
Academy); PD All-Empire 2004

# Sonoma County

## 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

## Floyd Given

Baseball Outfielder  
(Sacramento JC & Pepperdine  
Univ); PD All-Empire 2007

## Kaleo Goetas

Football Defensive Back  
PD All-Empire 2005

## Kylie Goltze

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

## 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

Wrestling 157lbs  
(Santa Rosa JC); SRJC Wrestling  
HOF

## Pat Hagler

Basketball Forward  
PD All-Empire 90

## Mark Hadeen

Football/BK Defensive Line  
(Washington St); PD All-Empire  
97 (fb); PD All-Empire 98 (bk)

## 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

Football Offensive Line  
PD All-Empire 87

## Kevin Harrington

Football Offensive Line  
(CCSF); PD All-Empire 94

## Karimah Hay

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

## Briona Hendren

Wrestling 108/114lbs  
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-  
DPOTY 02

## Wayne Hill

Football Linebacker  
(Idaho St); PD All-Empire 72; All-Big  
Sky 75 & 76; RCH red gm tackles 72  
(19); Rancho Cotate HOF

## Larry Hoffman

Football Tackle/DL  
PD All-Empire 74

## Gehrig Hotaling

Football Wide Receiver  
(Univ of Redlands); SCIAC  
Champs 2003

## Ryan Huag

Baseball Catcher  
PD All-Empire 2011

## 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

## 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 red 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

# Sonoma County

Shawna Kelley

Soccer Defender  
(UC Davis); PD All-Empire 2006

Jim Knight

Football Running Back  
PD All-Empire 78; PD BOTY 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

Kirsten Lambertson

Softball Catcher  
(Yavapai JC); PD All-Empire 2008  
& 09; Empire AOTY 09

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

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  
PD All-Empire 2010

Jorge Martinez

Soccer Midfielder  
PD All-Empire 99

Andrew Martini

Baseball Pitcher  
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

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)

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

Karl Mikolon

Football Running Back  
(Santa Rosa JC & Bemidji St); PD  
All-Empire 99

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

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; 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); PD All-Empire  
2009; SRJC ldr season 10 losses  
(5), hits (68), runs (41), walks (28),  
wp (7); brother of Brandon  
Morrow, see above

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

# Sonoma County

## 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 (NFLE); pro track;  
Head Coach track El Molino High  
(Son); Empire rcd 95 (46.89);  
SRJC rcd 400mtrs 96 (46.38);  
RanchoCotate HOF

## Justin Nixon

Football Offensive Line  
(Santa Rosa JC & Mississippi  
Valley St); PD All-Empire 98; JC  
All-State 2001

## Eric Nommsen

“Tuck”  
Baseball Pitcher/OF  
PD All-Empire 2004

## Nathan Novelo

Soccer Midfielder  
PD All-Empire 95

## Bob O'Connor

Football Guard  
PD All-Empire 74; 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)

## Monica Onkubo

Softball Infielder  
PD All-Empire 98

## Sergio Orduna

Football Linebacker  
PD All-Empire 2009

## Jack Padia

Football Kicker  
PD All-Empire 78

## Oscar Pesqueda

Soccer Midfielder  
PD All-Empire 98

## Quintin Picciau

Football Defensive Line  
PD All-Empire 2005

## Denny Plyer

Wrestling/BB 118lbs  
(Santa Rosa JC); Head Coach  
wrestling Petaluma High 75-; also  
atnd high school in New Mexico;  
Rancho Cotate HOF

## Siosi Poti

Baseball Outfielder  
PD All-Empire 2010

## Scott Potter

Baseball Pitcher  
PD All-Empire 2000

## Sam Pou'eu

Football Linebacker  
(Santa Rosa JC & St. Mary's,  
Bismarck, ND); PD All-Empire 94

## Sam Pou'eu

Football Guard  
(Santa Rosa JC); PD All-Empire  
2002; 372-pound contestant on  
“Biggest Loser” tv show 09

## Sheri Pou'eu

Softball Pitcher  
PD All-Empire 93; also All-Empire  
92 at Petaluma High (Son)

## Tracy Pou'eu

Softball Infielder  
(Santa Rosa JC); PD All-Empire 90

## Clarence Pozzi

Football Defensive Line  
PD All-Empire 72

## Cynthia Rail

Soccer Midfielder  
(UC Davis); PD All-Empire 98; All-  
CCAA 2000 & 01; CCAA-North  
Champs 01; UCD rcd 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

## Bob Rea

Football Defensive Back  
PD All-Empire 74

## Lara Reese

Softball Outfielder  
(Iowa CentralJC); PD All-Empire  
2006

## Jeremy Reisdorf

Soccer Midfielder  
PD All-Empire 93 & 94

## Nick Reynolds

Football Offensive Line  
PD All-Empire 2010

## Blake Robinson

Football RB/Linebacker  
(Santa Rosa JC & Univ of Hawaii);  
PD All-Empire 2002

## Tina Rogers

Basketball Forward  
PD All-Empire 87

## Mark Ross

Football Kicker  
PD All-Empire 80

## 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)

## Stephanie Sarris

Softball Pitcher  
(Delaware St); PD All-Empire 2009

## Torin Schultz

BK/Tennis Singles  
(Foothill JC & Univ of Colorado);  
PD All-Empire 86 (bk); State JC  
Champ 88 (tennis); played pro ITF  
circuit

## Frank Selto

FB/Track RB/Sprints  
(Santa Rosa JC & Idaho St); PD All-  
Empire 82; 82; All-Big Sky 87  
(kick returner)

## Casey Senecal

Baseball Pitcher  
(Santa Rosa JC); PD All-Empire  
2010; PD Empire POTY 2010

## Grady Sheehy

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

## Ed Shiffler

Football Running Back  
(BYU); WAC Co-Champs 95 & 96;  
Cotton Bowl Champs 97

## Drew Simpkins

Basketball Forward  
(San Diego St); PD All-Empire 2003

## Casey Slate

Baseball Pitcher  
(Santa Rosa JC & Sonoma St); PD  
All-Empire 2005

## Joe Slater

Baseball Infielder  
(Sonoma St); CCAA Champs 2008

## Damon Smith

Football Running Back  
(Santa Rosa JC & Lindenwood  
College); PD All-Empire 94

## Lindsay Smith

Volleyball OH/Coach  
(Fullerton St, Santa Rosa JC &  
Sonoma St); PD All-Empire 99;  
Head Coach girls El Molino High  
(Son) 2006-08; Head Coach  
women Marin JC 2009-

# Sonoma County

## 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

## 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)

## 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  
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  
PD All-Empire 2010

## 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

Football Defensive Back  
PD All-Empire 88

## 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

## Chase Williamson

Football Linebacker  
(Santa Rosa JC & Univ of  
Charleston); PD All-Empire 2000

## 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

## Claire Bailey

Basketball Forward  
PD All-Empire 2010 & 11 (small)

## Katie Bailey

Basketball Forward  
(Santa Rosa JC); PD All-Empire  
2002 & 03 (small); Cal-Hi Div 5  
All-State 03

## 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

# Sonoma County

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)

## Jared Cake

Basketball Guard  
PD All-Empire 2003 (small)

## 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  
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  
PD All-Empire 2010 (small)

## Michaela Halpin

Basketball Guard  
(Santa Rosa JC); PD All-Empire 2009 (small); State Jc Champs 11

## Erik Hanson

Football/BK WR/DB/Fwd  
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

## 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



# Sonoma County

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; also atnd 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)

## 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 rd season pts 97 (725);  
Empire rd 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

Softball Pitcher  
PD All-Empire 2007 & 08 (small);  
PD Co-POTY 08 (small)

## Lauren Wisdom

Softball  
PD All-Empire 2005 (small)

## 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 Univ); All-Cal Pac  
2011

## [Roseland University Prep Knights Santa Rosa \(estab. 2004\)](#)

## 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 Gayer

Basketball Guard  
PD All-Empire 2011 (small)

## 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

Soccer Defender  
PD All-Empire 2007 (small)

## Robert Macias

Soccer Defender  
PD All-Empire 2010 (small)

## Jacque Melendez

Basketball  
PD All-Empire 2012 (small)

## Gustavo Moreno

Soccer Midfielder  
PD All-Empire 2008 (small)

## Josiah Nikkel

Basketball  
PD All-Empire 2010 (small)

## Angelica Sotelo

Soccer Midfielder  
PD All-Empire 2009 & 10 (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  
(Sonoma St); PD All-Empire 2005

## Nick Baldocchi

Baseball Pitcher

# Sonoma County

(Marin JC); PD All-Empire 2007 (small)

PD All-Empire 77 (small)

Baseball                      Outfielder  
PD All-Empire 2007 (small)

Kacie Ballard

Softball                      Catcher  
PD All-Empire 2003 & 04 (small)

Rich Capella

Football                      Offensive Line  
PD All-Empire 74 (small)

Eric DeVost

Soccer                      Midfielder  
PD All-Empire 2000 (small)

Jon Barbato

Baseball                      Pitcher/3B  
PD All-Empire 99 (small)

Michael Carrillo

Baseball                      Catcher  
PD All-Empire 2009 (small)

Rebecca Dodele

Soccer                      Midfielder  
PD All-Empire 2012 (small)

Kevin Bartell

Soccer                      Forward  
PD All-Empire 98 (small)

Cullen Carroll

Football                      Running Back  
(Willamette Univ); PD All-Empire 2008 (small); PD OPOTY 2008

Bob Dolcini

Baseball                      Pitcher  
PD All-Empire 91 (small)

Ursula Baumgarten

BK/SB                      Catcher  
PD All-Empire 2012 (both-small); PD POTY (sb-small) 2012

Tony Castillo

Football                      Offensive Line  
PD All-Empire 89 (small)

Nick Eastham

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

John Berg

Football                      Defensive Back  
PD All-Empire 2003

Claire Chadwell

Basketball                      Center  
PD All-Empire 2007 (small)

Conor Egidie

Soccer                      Defender  
PD All-Empire 2010 (small)

Dona Marie Bosque

Basketball                      Guard/Official  
(Marin JC); prep, JC & NCAA Div 2 referee; SVDPH rcd season 77 pts avg (41.0)

Angela Cheda

Softball                      1B/Pitcher  
PD All-Empire 99 (1b-small), 2000 & 01 (p-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

Cindy Broadbent

“Maynard” (married name)  
Track/CC  
St. Vincent High HOF

Lee Christensen

Football                      Back  
Catholic Monitor All-Bay 51

Steve Cummings

Football                      Defensive Line  
PD All-Empire 2000 (small)

Anthony Fabbrini

Football                      Linebacker  
PD All-Empire 2006 (small)

Miguel Bunting

Football                      Linebacker  
PD All-Empire 92 (small); St. Vincent High HOF

Nikki Curtin

Basketball  
PD All-Empire 2006 (small)

Tim Burnett

Football                      Back  
PD All-Empire 74 (small)

Jason Danba

Football                      Tight End  
PD All-Empire 89 (small)

Kris Farinha

Football                      Running Back  
(Sacramento St); PD All-Empire 2007-09 (small)

Michelle Calero

Basketball  
PD All-Empire 89 (small)

Blake Davis

Soccer                      Forward  
PD All-Empire 2010 (small)

Martin Ferria

Baseball                      Catcher  
PD All-Empire 2000 (small)

Brian Campbell

Football                      Wide Receiver  
PD All-Empire 91 (small); Cal-Hi All-State 91 (small schools)

John Davis

Football                      Offensive Line  
PD All-Empire 85 (small)

Brandon Ferrua

Football                      Defensive Line  
PD All-Empire 2002 (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 ldr season starts (15), wins (10), era (2.67), ip (108), runs (47), hits (90), so (80)

Jim DeCota

Football                      QB/Utility  
PD All-Empire 93 (qb) & 94 (small); St. Vincent High HOF

Justin Ferrua

FB/Baseball                      RB/Catcher  
(Menlo College); PD All-Empire 2001 (fb-small); PD All-Empire 2001 & 02 (bb-small)

Devin Campbell

Baseball  
PD All-Empire 97; PD Empire POTY 97 (small)

Sharon Derr

“Ferrer” (married name)  
VB/BK/Track                      High Jump  
Prep pr 92 (5-6); St. Vincent High HOF

Jason Filippi

Baseball                      Catcher  
PD All-Empire 98 (small)

Mark Capella

Football                      Defensive Line

Tyler DeShazer

Soccer                      Defender  
(San Francisco St); PD All-Empire 2000 (small)

Courtney Fitzgerald

Soccer                      Forward  
(Dominican University); PD All-Empire 97 & 98 (small); PD Empire POTY 98

Mike Dessel

Jordan Fleischmann

Baseball                      Shortstop

# Sonoma County

- Joe Fonfara  
Baseball      Outfielder  
PD All-Empire 2008 (small)
- Danielle Frisk  
Softball      2B  
PD All-Empire 2005 & 06 (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)
- 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 coach St. Vincent de Paul High; brother of Megan Galloway, see above
- Alyssa Garcia  
Softball      Catcher  
PD All-Empire 2008-10 (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)
- Jake Garcia  
Football      Defensive Line  
PD All-Empire 2008 (small)
- Gabby George  
Soccer      Defender  
PD All-Empire 2010 (small)
- Joe Giacomini  
Football      RB/DB  
PD All-Empire 89 (both ways-small)
- Tony Giacomini  
Baseball      Pitcher  
(Marin JC); PD All-Empire 93 (small)
- Vicki Gilles  
Soccer      Forward  
(Sonoma St); PD All-Empire 97-99 (small)
- Pat Glassmaker  
Football      Wide Receiver  
(Santa Rosa JC); PD All-Empire 85 (small)
- Sonny Gonella  
Football      Defensive Back  
PD All-Empire 2008 (small)
- Teresa Green
- Softball      Catcher  
(Santa Rosa JC & Sonoma St); PD All-Empire 95; played soccer in jc & college (gk)
- Jon Grinnell  
Baseball      Pitcher/C/OF  
PD All-Empire 2005 & 06 (small)
- Cory Griffin  
Football      Quarterback  
(Santa Rosa JC & Tusculum Univ); PD All-Empire 98 (small)
- Gabe Griffith  
Football      Linebacker  
(UC Davis); PD All-Empire 94 (small)
- Ryan Guinan  
Soccer      Defender  
PD All-Empire 2007 (small)
- Mark Gunn  
Football      Linebacker  
PD All-Empire 77 (small)
- John David Haig  
Football      Offensive Line  
PD All-Empire 2008 (small)
- Alexandra Haslam  
CC/Track  
St. Vincent High HOF
- Kyle Hayes  
Soccer      Goalkeeper  
PD All-Empire 2000 (small)
- Shawna Hettrich  
Softball      Pitcher  
PD All-Empire 2005-07 (small)
- Jonathan Hoopes  
Basketball  
PD All-Empire 2002 (small)
- Preston Hoopes  
Basketball      Guard  
PD All-Empire 2003 (small); brother of Jonathan Hoopes, see above; graduated from Marin Catholic High (M)
- Brian Hopkins  
Baseball      Outfielder  
PD All-Empire 2000 (small)
- Sarah Iniquez  
Soccer      Forward  
PD All-Empire 2009 (small)
- Stephanie Isola  
Soccer      Midfielder  
PD All-Empire 2002-04 (small); PD Co-POTY 04 (small)
- Joe Jackson  
Football      Wide Receiver
- PD All-Empire 88 (small)
- Bryan Jensen  
Baseball      Pitcher  
PD All-Empire 95 (small)
- Megan Jensen  
Softball      3B/Pitcher  
PD All-Empire 2001 (small)
- Vince Jensen  
Football      Offensive Line  
PD All-Empire 77 (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)
- Kelsey Joyce  
Softball      Pitcher  
PD All-Empire 2008 (small)
- Matt Kabunuch  
Baseball      Infielder  
PD All-Empire 93 (small)
- Nadine Kay  
Basketball  
PD All-Empire 85 (small)
- Sean Keaney  
Football      Linebacker  
(Santa Rosa JC); PD All-Empire 2007 (small); PD Co-DPOTY 2007 (small)
- Jeff Kesler  
Baseball      Pitcher/2B  
PD All-Empire 2010 (small)
- Jeff Ketchu  
Football      Wide Receiver  
PD All-Empire 89 (small); St. Vincent High HOF
- Jack King  
Basketball      Forward  
(USF); CalBA Champs 55 & 56; NCAA Champs 55; Most Inspriational Player 57
- John Kingsbury  
Football      Linebacker  
PD All-Empire 96 (small)
- Mike Koniaris  
FB/Baseball      Quarterback  
St. Vincent High HOF
- Dave Laine  
Soccer      Defender  
PD All-Empire 99 (small)
- Dale Leonhart  
Soccer      Midfielders  
PD All-Empire 2012 (girls-small)

# Sonoma County

## 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

## Natalie Lucas

Softball Outfielder/2B  
PD All-Empire 98 (of) & 2000  
(2b-small)

## Nicole Lucas

Softball Infielder/Pitcher  
PD All-Empire 94-96 (small)

## Tom Luther

Football Defensive Line  
PD All-Empire 74 (small)

## Will Magana

Soccer Defender  
PD All-Empire 2000 (small)

## Ryan Mahoney

Football Tackle/LB  
PD All-Empire 2003 (both-small)

## Chris Margaronis

Baseball Pitcher/SS  
(UC Riverside); PD All-Empire  
2003; PD Empire POTY 2003  
(small)

## Kevin Markovich

Baseball/FB OF/RB  
(Marin JC); PD All-Empire 2005  
fb-small); PD All-Empire 2005 &  
06 (bb-small)

## 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)

## Mike Markovich

Football Linebacker  
PD All-Empire 2000 (small)

## Boo Martinez

Football Linebacker  
PD All-Empire 98 (small)

## Cassie Martinez

Soccer Forward  
(Sonoma St); PD All-Empire 98 &  
2000 (small)

## Kim Mattei

Softball Pitcher  
PD All-Empire 92 (small)

## Jeff Matthews

Baseball Catch/Pitch/3B  
PD All-Empire 2011 (small)

## Tommy Matthews

Baseball Outfielder  
PD All-Empire 2008 (small)

## Paul McAllister

Baseball Outfielder  
PD All-Empire 2002 (small)

## Nick McCarthy

Football Linebacker  
PD All-Empire 2008 (small)

## Glynnis McConnell

Soccer MF/Forward  
PD All-Empire 2003 (mf), 04  
& 05 (fwd-small); PD Co-POTY 05  
(small)

## Tim McGrath

Boxing Trainer/Second  
Worked Bay Area training camps,  
pro bouts; trained heavyweight  
champ Tom Sharkey; mgr  
heavyweight Joe Choynski; state  
boxing inspector

## Adam McKenzie

Baseball Catcher  
PD All-Empire 2008 (small)

## Bobby McMillan

Football Offensive Line  
PD All-Empire 2001 & 02 (small)

## Ryan McMillan

Baseball Pitcher  
PD All-Empire 2001 (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)

## 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

# Sonoma County

PD All-Empire 93 (small)

## Mike O'Hare

Football Linebacker  
PD All-Empire 89 (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  
PD All-Empire 98 & 99 (small)

## Ken Scalmanini

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

## Stacey Schendel

Basketball/VB  
PD All-Empire 89 (bk-small); St.  
Vincent High HOF

## Jim Schloetter

Football Defensive Back  
PD All-Empire 77 (small)

## David Scott

Baseball Utility  
PD All-Empire 97 (small)

## Morgan Selmi

Softball 2B  
PD All-Empire 2011 (small)

## Alex Shaffer

Softball Infielder  
PD All-Empire 2006 (small)

## Dylan Shelly

Football Quarterback  
PD All-Empire 89 (small)

## Gabrelle Siragusa

"Gabi"  
Soccer Midfielder  
PD All-Empire 2005 (small)

## P. J. Siragusa

Football Wide Receiver  
PD All-Empire 2005 (small)

## Tommy Siragusa

Soccer Goalkeeper  
(UC Davis); PD All-Empire 2005 &  
06 (small)

## Rose Smedley

Soccer Defender  
(Howatrd Univ); PD All-Empire  
2009 (small)

## Jenna Spaan

Softball  
PD All-Empire 2007 (small)

## Danielle Stave

Soccer Defender  
(Southern Oregon Univ); PD All-  
Empire 2008 (small)

## Natalie Surnodjo

Soccer Forward  
PD All-Empire 2008 & 10 (small)

## 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 red season 99 recep yds (1,152),  
recep tds (16); career recep 99-2000  
(155), recep yds (2,155), td recep (28)

## Brendan Tarrant

Football Offensive Line  
PD All-Empire 2008 (small)

## Bob Theis

FB/Baseball Halfback  
Catholic Monitor All-Bay 57 (fb);  
St. Vincent High HOF

## Bill Timpe

Baseball Outfielder  
PD All-Empire 2003 (small)

## Dan Tocchini

FB/BK/Baseball Fullback  
(Santa Clara Univ); PD All-Empire  
72 (fb-small); St. Vincent High  
HOF

## Kristen Trott

Soccer Midfielder  
PD All-Empire 97-99 (small)

# Sonoma County

Greg Urmani  
Soccer Forward  
PD All-Empire 99 & 2000 (small)

Vince Urmani  
Soccer Defender  
PD All-Empire 98 (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

Bill Vyeniolo  
Football Defensive Back  
(UC Davis); PD All-Empire 74 (small)

Barry Weiss  
Basketball Center  
(Sonoma St); PD All-Empire 2002 (small); Cal-Hi Div 5 All-State 2002

Brian Wheale  
Football Running Back  
PD All-Empire 98 (small)

Josh Wheless  
Football Quarterback  
(Carnegie Mellon Univ); PD All-Empire 2008 (qb) & 09 (k/p) (small); SVH rcd season yds 09 (2,159)

Michael White  
Football Quarterback  
PD All-Empire 96 (small)

Paul White  
Football Defensive Back  
PD All-Empire 76 (small)

Robbie White  
Baseball Pitcher/Utility  
(Sonoma St); PD All-Empire 2007 & 08 (small); PD Empire POTY 08 (small)

Ian Williams  
Baseball SS/Pitcher  
(UCLA); PD All-Empire 2008 (ss-small) & 09 (p/ss -small)

Kim Williams  
Softball Catcher  
PD All-Empire 2002 (small)

Spencer Willin  
Football Defensive Line  
PD All-Empire 2008 & 09 (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)

## 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)

Nick Abbott  
Soccer Goalkeeper  
PD All-Empire 95; Herfolge (Denmark)

Steve Albini  
Football Linebacker  
PD All-Empire 66

Eli Alexander  
Soccer Defender  
PD All-Empire 96

Andy Alkire  
Football Tackle  
(Univ of Washington); AAUW Champs 60; Rose Bowl Champs 61; Charleston Rockets 65-66 (Continental FB Lg); father of Andy Alkire, see Montgomery High (Son)

Tom Allen  
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  
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

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

# Sonoma County

Kris played bk UCSB; grandfather played bb & bk Univ of La Verne

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 Broadus

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); Head Coach track & bk Contra Costa JC; USFL official; prep bk official; Stanford 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)

Reese 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); 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)

Thomas Crottogini

# Sonoma County

Soccer Midfielder  
(Cal Poly-SLO); PD All-Empire  
2005

Stanford Invitational Champ 08  
(11-3 1/2)

Soccer Midfielder  
PD All-Empire 94

## Lindsay Culp

Soccer Goalkeeper  
(UCLA); PD All-Empire 95; PD Co-  
POTY 95; UCLA red season wins 97  
& 98 (17), Sho (10); ldr career wins  
96-99 (55), Sho (32), saves (265)

## Steve Donaldson

Football Back  
(Santa Rosa JC); PD All-Empire 77;  
PD BOTY 77

## Bob Fish

Football Center  
(USF); SF Clippers 47-48 (PCFL)

## Jim Cuneo

Baseball Catcher  
(Santa Rosa JC); State JC Champs  
52

## Rick Doyle

Basketball Center  
PD All-Empire 78

## Bill Fisher

Track Sprints  
(Santa Rosa JC & Univ of  
California); SRJC HOF

## Bill Cunningham

Tennis Singles  
NCS Champ 43

## B. F. Drake

Track Hammer Throw  
AAL Champ 11 (153-3) & 12  
(162-6)

## Everett Fisher

“Ev”  
“King”  
Football Back/End/LB  
(Santa Clara Univ); Sugar Bowl  
Champs 37 & 38; Chi Cardinals  
38-39, Pitt Steelers 40

## Jacquelyn Davis

“Jackie”  
Wrestling 108lbs  
NCS Champ 2005; Nor Cal Champ  
06

## Josh Duncan

Basketball Guard  
PD All-Empire 2008; also atnd  
Berkeley High (A) in senior year

## Judd Fleming

Football Defensive Back  
(Santa Rosa JC & Sacramento St);  
PD All-Empire 89

## Joe DeDora

Track 440yds  
(Santa Rosa JC & Brown Univ);  
NCS Champ 70 (48.6) & 71 (48.0);  
Empire red 71 (47.17)

## Elden Eckman

“Bim”  
“Hook”  
Basketball Forward  
(Santa Rosa JC & Santa Clara  
Univ); also played golf in college;  
SRJC HOF; SCU HOF (bk)

## Norton Forsyth

BK/BB/Tennis/Track  
(Santa Rosa JC & Oregon St);  
SRJC Trustee; Executive Director  
SRJC Foundation; SRJC HOF

## Jim Delaughter

Basketball  
PD All-Empire 71

## Peter Egerton

Cross Country  
(Univ of California); NCS Div 1  
Champ 94 (16:50)

## Katie Freeman

Soccer Goalkeeper  
(Univ of California); PD All-Empire  
98 & 99

## 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)

## Manfred Eisenacher

Football Kicker  
EX All-Bay Area 69

## 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

## Katie Deneau

Soccer Midfielder  
(Cal St Monterey Bay & Santa Rosa  
JC); JC Div 3 AA 2010

## 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

## Kelly Fuller

Softball Infielder  
PD All-Empire 93

## 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), 2nd State  
Meet 81 (63-6 3/4); PD-All Empire  
80; Empire rcd 81 (63-10 1/2);  
SRJC HOF; son of Eugene DeSoto,  
Head Coach track Santa Rosa High,  
65-83

## Mike Enemark

Baseball 1B/Pitcher  
(Chico St); PD All-Empire 90; PD  
POTY 90; All-NCAC 94

## JoAnne Galardy

“Jo”  
Soccer MF/Defender  
(Dartmouth College & Cornell  
Univ); PD All-Empire 99; Parade  
AA 2000

## Dave Devito

Football Wide Receiver  
(Santa Rosa JC, UOP & San  
Francisco St); SRJC HOF

## Laura Ennis

Volleyball Setter  
(Cornerstone Univ); PD All-Empire  
98; Wolverine-Hoosier Conf POTY  
2001; CU rcd career 99-02 aces  
(219)

## Jose Galindo

Soccer Forward  
PD All-Empire 2009

## Dickson

Track SP/PV  
AAL Champ 08 (47-2 1/2);

## Cruz Escutia

Soccer Goalkeeper  
PD All-Empire 91

## John Gash

Track Pole Vault  
(Stanford Univ); NCS Champ 84  
(15-0); Empire rcd 84 (15-6);  
Stanford freshman rcd 85 (16-0-tie)

## Fermin Escutia

Soccer Forward  
PD All-Empire 96

## Melanie Gephart

Soccer Defender

## Stephanie Ferguson



# Sonoma County

(UC San Diego); PD All-Empire 96

Fred Giannini

Basketball  
Chron All-Metro 54; EX All-Nor  
Cal 54

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; Cdenral 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  
steeplechase 91 (5:43.90); also  
attnd Montgomery High (Son)

Cheryl Hall

“Sandoval” (married name)  
Soccer Fullback  
(Cal Poly-SLO); PD All-Empire 91

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)

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

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 red 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)

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

# Sonoma County

Soccer Midfielder  
PD All-Empire 2009 & 10

Manuel Leon

Soccer Defender  
PD All-Empire 2006 & 07

Al Leonesio

Track 100yds  
NCS Champ 32 (10.3)

Lauren Levine

Soccer Defender  
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

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

Pete Magrini

Baseball Pitcher  
(Santa Clara Univ); Bos Red Sox 66

Joe Mallory

Track Broad Jump  
NCS Champ 20 (19-11 1/2)

Gabe Manville

Track High Jump  
(Cal Poly-SLO); NCS Champ 89  
(7-0); 2nd State Meet 89 (6-10);  
Empire red 89 (7-0)

Barry Maroni

Football Defensive Back  
PD All-Empire 63

Kyle Marsh

Soccer Forward  
(Univ of California); PD All-Empire  
2008

Robby Marsh

Football Defensive Back  
PD All-Empire 2007

Michael Martinelli

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

Jacob Martini

Soccer Goalkeeper  
PD All-Empire 99

Bob Maydenbauer

Football Offensive Line  
PD All-Empire 88

Mike Maydenbauer

Football Linebacker  
PD All-Empire 89

Rhonda Mazza

Cross Country  
(Lewis & Clark College-Oregon);  
NCS Div 1 Champ 90 (18:43)

Kristi McCall

Basketball Center  
(Cal Poly-SLO); PD All-Empire 89;  
All-Nor Cal 89; SRH & Empire red  
pts gm 89 (48)

Owen McCann

Track Discus  
NCS Champ 29 (134-1 3/4); 3rd  
State Meet 29 (NR)

Michelle McConnico

Cross Country  
NCS Div 1 Champ 93 (21:27.5)

Emily McDonald

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

John McFarlin

Soccer Midfielder  
(Loyola Marymount Univ); PD All-  
Empire 2009; Empire MVP 2009;  
WCC All-Freshman Team 11

Eli McGarva

Soccer Midfielder  
(Cal Poly-SLO); PD All-Empire 96;  
PD Co-POTY 96

Jordan McGowan

Football Defensive Back  
(Santa Rosa JC & Humboldt St);  
GNAC Champs 11

Therman McGowan

Football Running Back  
(Santa Rosa JC & San Mateo JC);  
PD All-Empire 2007

Alex Melo

Soccer Forward  
PD All-Empire 96; PD Co-POTY 96

Clifford Merritt

Track PV/Discus

NCS Champ 15 (10-3); State  
Champ 15 (113-0)

Mariah Metras

Soccer Midfielder  
(UOP); PD All-Empire 96 & 97; PD  
POTY 97; also atnd Rancho Cotate  
High (Son)

Cheryl Miller

Fencing  
Nor Cal Champ 63

Dave Miller

Track Pole Vault  
NCS Champ 48 (11-8 3/4-tue)

Jodie Miller

Volleyball Setter  
(Pepperdine Univ); PD All-Empire  
91

Davey Miramontez

Basketball Center  
(Napa Valley JC); PD All-Empire  
2005

Selah Misquez

Volleyball Middle Hitter  
(Fresno St); PD All-Empire 95

Pete Moore

Track Mile  
3rd State Meet 19 (NR)

Rob Moore

Track Long Jump  
NCS Champ 86 (22-3)

Jeff Narduzzi

Soccer/BB MF/Outfielder  
(Cal Poly-SLO); PD All-Empire 97  
(soc); PD Empire POTY 97; PD All-  
Empire 98 (bb); PD Empire AOTY  
98

Mike Navas

Baseball Catcher  
PD All-Empire 2010

Aimee Nazari

Softball Infielder  
PD All-Empire 88

Rick Newport

Wrestling 198lbs  
NCS Champ 77

Ernie Nevers

“Big Dog”  
FB/BK/BB RB/Fwd/Pitcher  
(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;

# Sonoma County

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

Joey Oliva

Football Linebacker  
PD All-Empire 88

Caelan O'Meara

Baseball Pitcher  
(Santa Rosa JC & Univ of Hawaii-Pacific); PD All-Empire 2004 & 05; All-Pac West 10; Pac West Conf Pitcher of the Year 10; Pac West Champs 10; UHP ldr season 09 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

Football Offensive Line  
PD All-Empire 2009

Leann Patrick

Wrestling 152lbs  
NCS Champ 2005; State Champ 2005

Gretchen Payne

Volleyball  
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

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

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  
PD All-Empire 2009

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

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

# Sonoma County

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

Football RB/OL  
PD All-Empire 2007 (rb) & 08 (ol)

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

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); Member  
National Under-23 Team 2007-08;  
World Under-23 Champs 08

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);  
considered one of state’s greatest  
prep distance runners

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)

Carolina Templeton

Soccer Forward  
PD All-Empire 2002

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); 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

# Sonoma County

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.,  
see above; also atnd St. Mary's  
High (A) & Napa High (N)

Denia Vera  
Softball Pitcher  
PD All-Empire 2011

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); also atnd  
Montgomery High (Son)

Pete Winters  
Football Offensive Line  
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 red 2004 200 IM (2:08.93),  
100 bs (1:05.15); JC State Champs  
04 & 05

## Sonoma Academy Coyotes Santa Rosa (estab. 2001)

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)

Ashley Cliver  
Soccer Midfielder  
PD All-Empire 2007-09 (small)

Chloe Colbert  
Soccer Midfielder  
PD All-Empire 2012 (small)

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  
Basketball  
PD All-Empire 2012 (small)

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)

Savannah Stoughton  
Soccer Forward  
PD All-Empire 2012 (small)

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

# Sonoma County

Basketball Guard  
PD All-Empire 2009 (small)

(Univ of California); PD All-Empire  
2006 & 07

Yvette Carlascio  
Softball Utility  
PD All-Empire 89

## Sonoma Valley High Dragons Sonoma (estab. 1880s)

Mike Benziger  
Basketball Forward  
(Manhattanville College); PD All-  
Empire 2001

Ellie Ceja  
Soccer Midfielder  
PD All-Empire 2010

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)

Robin Bergman  
Basketball Forward  
PD All-Empire 81; PD Empire  
POTY 81

Mike Charles  
Football Tackle  
PD All-Empire 78

McKenzie Albrecht  
Volleyball Setter  
PD All-Empire 2012

Charlie Bettinelli  
Football Tight End/LB  
(Columbia Univ); PD All-Empire  
92; Sonoma Valley High HOF

Willie Church  
Baseball Outfielder  
PD All-Empire 92 & 93

Bob Alexander  
Basketball Center  
(Santa Rosa JC & Grand Canyon  
College); PD All-Empire 94

Ryan Blum  
Football Quarterback  
(Santa Rosa JC); PD All-Empire  
2006; SVH rcd season 2006 pass  
att (272), pass comp (139), pass  
yds (2,084), pass tds (18)

Travis Clegg  
Basketball  
(Santa Rosa JC); PD All-Empire  
2001 & 02; PD Co-POTY 02

Richard Alexander  
"Butch"  
CC/Track 440/880/Mile/2-Mile  
Head Coach cc Sonoma Valley  
High; SVH rcd 70 (50.8), (1:58.2);  
71 (4:18.7), (9:42.6); Sonoma  
Valley High HOF

Beau Bradley  
Soccer Midfielder  
PD All-Empire 2003 & 04

Brian Clementino  
Soccer Defender  
(Sonoma St); PD All-Empire 2009

Megan Arner  
Volleyball Setter  
(Univ of Tennessee & New Mexico  
St); PD All-Empire 98 & 99

Joe Brain  
Football Defensive Line  
(Santa Rosa JC); PD All-Empire  
77 & 78

Joe Cossins  
FB/Baseball  
Sonoma Valley High HOF

Dave Bailey  
Football Linebacker  
PD All-Empire 77

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

Nick Crews  
FB/Baseball LB/1B/Pitcher  
(Marin JC); PD All-Empire 2001  
(fb); PD All-Empire 02 (bb)

Karina Baxter  
Volleyball Libero  
(Santa Rosa JC); PD All-Empire  
2006

Stephen Brooks  
Football Defensive Line  
PD All-Empire 2009

Greg Crist  
Football Offensive Line  
PD All-Empire 84

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

Heather Bruno  
Golf  
(Univ of California); Nor Cal  
Champ 95 (76)

Ben Curley  
Baseball Shortstop  
PD All-Empire 2005

Frank Becerril  
Soccer Defender  
(Sonoma St); CCAA-North Co-  
Champs 2009; CCAA Champs 20

Kristi Bruno  
Softball Catcher  
(Cal St Stanislaus); PD All-Empire  
2001

John Curotto  
Baseball 1B  
PD All-Empire 88

Lauren Benward  
Volleyball Middle Hitter  
(Univ of Arizona); PD All-Empire  
97; Pac-10 Co-Champs 2000

Scott Brunton  
Football OL/DL  
(Cal Poly-SLO); PD All-Empire 92

Brooke Dagner  
Golf  
PD Empire GOTY 2009

Katie Benz  
Soccer Forward

Kevin Burkett  
Football Offensive Line  
PD All-Empire 2006

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

Matt Campagno-Pinto  
Football Wide Receiver  
(Santa Rosa JC & Northern St); PD  
All-Empire 98; played rugby in  
college

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

# Sonoma County

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

## 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); 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

## 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

## Russ 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

## Cary Hendrickson

Basketball Center  
PD All-Empire 80; All-Nor Cal 80

## Jorge Hernandez

Soccer Goalkeeper  
PD All-Empire 98

## Ginny Hinman

Volleyball Outside Hitter  
(Santa Rosa JC, Sonoma St &  
Henderson St); PD All-Empire 91

## Jason Hipkiss

Football Offensive Line  
PD All-Empire 90

## Ollie Hoban

Basketball  
(Redwoods JC); PD All-Empire 91;  
Head Coach girls Sonoma Valley  
High 99-

## Michelle Honeyson

Soccer Goalkeeper  
(Sonoma St); CCAA Champs 2010

## Eric Hoursecht

Football Linebacker  
PD All-Empire 87

## Mitch Isetta

Football Defensive Back  
PD All-Empire 2006

## Brian Israel

Football Offensive Line  
PD All-Empire 2000

## Sara Jakel

Track 1600/3200mtrs  
Sonoma County Lg Champ 93  
1600 (NR) & 3200 (NR); NCS 2A  
Champ 93 3200 (NR); SVH rcd 93  
(11:07.8), 94 (5:12.28); Sonoma  
Valley High HOF

## Ryan Jensen

Wrestling 171lbs  
NCS Champ 2004

## John Henry Johnson

Baseball Pitcher  
Oakl Athletics 78-79, Tx Rangers  
79-81, Bos Red Sox 83-84, Mil  
Brewers 86-87

## Seamus Keith

Football Linebacker

# Sonoma County

(Univ of San Diego); PD All-Empire 98

## Jim Knego

Golf  
(Chico St); Head pro Bennett Valley Golf Club; Chico State HOF; Sonoma Valley High HOF

## Alan Kreuzberger

Baseball Pitcher  
(Pima-Ariz JC); PD All-Empire 2001

## Mike Lazzaroni

Baseball Outfielder  
PD All-Empire 89

## Erin Lee

Soccer Defender  
PD All-Empire 2000

## 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 rcd except sb) BAvg (.477), hits (117), runs (89) 2b (23), 3b (10), rbi (57), sb (38); Sonoma St HOF

## Matt Linder

Soccer Midfielder  
PD All-Empire 2007

## Dan Littlefield

Track Long Jump  
(Cal Poly-SLO); NCS Champ 97 (22-0 1/2) & 98 (23-1)

## Braden Lyons

Football Offensive Line  
(Humboldt St); GNAC Champs 2011; son of Gerald Lyons, San Francisco St bk player

## Tommy Lyons

Baseball 1B  
(Sonoma St & Santa Rosa JC); PD All-Empire 2008

## 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

## Dana Margreiter

"Richards" (married name)  
Softball Pitcher/OF  
(Santa Rosa JC); PD All-Empire 2000

## Bill Marioni

Football Defensive Back  
(Univ of Nevada-Reno); Little All-Coast 71; UNR HOF

## Hank Marioni

Football End/DE  
(UOP); PD All-Empire 68; Sonoma Valley High HOF

## Tony Martinez

Football Defensive Back  
PD All-Empire 85

## Devin McCauley

Baseball P/OF/Utility  
PD All-Empire 99; PD Co-POTY 99; Cal-Hi All-State 99 (medium schools-util)

## Devon McCauley

Baseball Pitcher  
PD All-Empire 2008

## Matt McEntee

Baseball DH/1B  
PD All-Empire 88 & 89

## Bryan McGrath

Football Linebacker  
PD All-Empire 94

## John McNeilly

FB/Basketball  
Sonoma Valley High HOF

## Brian McVeigh

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

## Mark McVeigh

Football Back  
(Univ of Nevada-Reno); PD All-Empire 80; Sonoma Valley High HOF

## Mike McVeigh

Football Linebacker  
PD All-Empire 2004

## Jake Mogelson

Soccer Defender  
(UC Davis); PD All-Empire 2004

## Tony Moll

Football Defensive Line  
(Univ of Nevada-Reno); PD All-Empire 2000; WAC Co-Champs 05; GB Packers 06-08; Balt Ravens 09

## 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-DPOTY 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 Phillies 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 Nouguier

Baseball 3B  
(Santa Rosa JC & Sonoma St); All-CCAA 2001; CCAA Champs 2001



# Sonoma County

PD All-Empire 2004

## 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

"Nebes" (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 DPOTY 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

## 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); PD  
All-Empire 2010

## Jim Reis

Track High Jump  
(San Jose St); NCS Champ 85 (6-6);  
SVH rcd 85 (6-10)

## 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

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)

## 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)

## Jim Scribner

Track Discus  
SVH rcd 59 (147-0); Sonoma  
Valley High HOF

## Sarah Semenero

Basketball Forward  
(Cal Poly-Pomona); PD All-Empire  
2007 & 08; CPP ldr season 11 gm  
(33-tie), 3pt fg (44), 3pt fg att (126)

## Matt Sevenau

# Sonoma County

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

## 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  
(Santa Rosa JC); PD All-Empire  
2000

## 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

## 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)

## Ben Vendt-Pearce

Wrestling 197lbs  
(Santa Rosa JC); SRJC Wrestling  
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)

## 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

# Sonoma County

Soccer Forward  
PD All-Empire 94

PD All-Empire 95 (1b) & 96

State Div4 Final Gm red 92 pts (28)

Jaime Zavala  
Soccer Midfielder  
PD All-Empire 94

Rachel Buscovich  
Soccer Midfielder  
(UNLV); State Under-17 Champs  
95 & 96; PD All-Empire 97-99

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

## Summerfield Waldorf School Mustangs Santa Rosa (estab. 1974; 1st high school graduation 1991)

Kellie Carlton  
Softball 3B  
PD All-Empire 2005 & 06; Chron  
All-Metro 06; Cal-Hi All-State 06

Amanda Delwiche  
Soccer Midfielder  
PD All-Empire 92

Ken Boyd  
Basketball Forward  
PD All-Empire 2009 (small)

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

Kayla Douglas  
Baseball  
MLB Pitch-Hit-Run Champ (age  
13-14) 2010; she won in summer,  
entered high school in fall

Ilan Zur  
Basketball  
PD All-Empire 2013 (small)

Adelaide Cartan  
"Addie"  
Soccer Defender  
(Univ of San Diego); PD All-Empire  
2005 & 06; PD Co-POTY 2006

Kristin Dunlap  
Soccer MF/Forward  
(Fresno St); PD All-Empire 93-95;  
played pro Netherlands 2002-03;  
Head Coach Ursuline High

## 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)

Christina Cary  
"Chrissy"  
Volleyball  
(Jacksonville St); All-Ohio Valley  
Conf 03; OVC POTY 03; JS ldr  
season kills 2002 (338), 03 (409)

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

Kathleen Alvarez  
Basketball  
(UC San Diego); PD All-Empire 87  
& 88 (small); PD Empire POTY 88

Erica Claussen  
Soccer Forward  
(Cal Poly-SLO); PD All-Empire 99

Nisana Andersen  
Track Pole Vault  
(Santa Rosa JC & Arkansas St);  
State JC Champ 03 (11-10); State  
JC red 03 (11-10); prep pr 2000  
(10-1)

Jennifer Clouse  
"Jen"  
Track 400mtrs/Relays  
(Concordia Univ); GSAC Champ  
400mtrs 2005 (NR), 4x400 Relay  
06 (NR), 4x800 Relay 07 (NR)

Melissa Azevedo  
Basketball Forward  
(U. S. Air Force Academy); PD All-  
Empire 2002 & 04; also atnd  
Montgomery High (Son)

Lynsey Coffey  
Soccer Fwd/Defender  
(Washington St); PD All-Empire 93  
(fwd) & 94 (def); sister of Cletus  
Coffey, see Cardinal Newman High  
(Son) & Lacey Coffey, see  
Montgomery High (Son)

Lorraine Etchell  
Basketball Guard  
(Academy of Art Univ); PD All-  
Empire 2008

Laura Bahno  
Soccer Midfielder  
(Sacramento St); PD All-Empire  
2006

Alexis Cooper  
Softball Catcher  
PD All-Empire 2003 & 04

A. D. Bertoli  
Soccer Forward  
PD All-Empire 2008

Laura Crandall  
Softball Shortstop  
PD All-Empire 2000 & 01

Nanci Bialkoski  
Softball 1B  
(Univ of San Diuego); PD All-Empire  
89 (small)

Meredith Crotty  
Soccer Goalkeeper  
(Boston College); PD All-Empire  
98

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

Natalie Birch  
Softball 1B/Pitcher

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

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

# Sonoma County

“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

## 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  
(Sonoma St); PD All-Empire 2005

## 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

# Sonoma County

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 rd 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

## 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 06

## 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

# Sonoma County

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

Allie Davis  
Swimming Freestyle  
PD Empire POTY 2011; Empire rcd 500 fs 2011 (NR); daughter of Catherine Davis, Head Coach swimming Windsor High; granddaughter of Ken Hicken, Great Britain swimmer 1944 Olympics (not held)

Drew Davis  
Basketball Guard  
(Menlo College); Cal Pac Champs 2011

Eileen Depenbrock  
Softball Catcher  
PD All-Empire 2008

Max Devlin  
Football Offensive Line  
(Fresno St); PD All-Empire 2007

Cameron Erion  
Football Running Back  
(San Mateo JC); PD All-Empire 2008; Metro Area rcd 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

Meaghan Kari  
Golf  
PD Co-POTY 2006 & 07

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); JC State Champs 2011

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

# Sonoma County

(Univ of Utah); PD All-Empire  
2003-05

## Brittany Peterson

Soccer MF/Defender  
(Sonoma St); PD All-Empire 2003  
& 04; All-CCAA 08

## Jake Steiner

Basketball Guard  
PD All-Empire 2008

## Brooke Peterson

Soccer Defender  
(Sonoma St); All-CCAA 2006;  
twin sister of Brittany Peterson,  
see above

## Elsa Tang

Softball Pitcher  
PD All-Empire 2004

## 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)

## Etianro Tavares

Soccer Forward  
PD All-Empire 2010

## Nick Thysell

Football Offensive Line  
PD All-Empire 2005

## Charlene Popoff

Basketball Forward  
(Santa Rosa JC & Cal Poly-  
Pomona); PD All-Empire 2008;  
JC All-State 10

## 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

## Joe Ramos

Football Running Back  
(Mendocino JC); PD All-Empire  
2007; WH rcd yds rushing gm  
2007 (263)

## Andres Torres

Wrestling 103lbs  
NCS Champ 2009

## 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)

## Kayla Tyler

Softball Shortstop  
(Univ of Illinois); PD All-Empire  
2009-11

## Jenna Reed

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

## Luigi Valencia

Basketball Guard  
(Napa Valley JC); PD All-Empire  
2008

## Jill Rizzo

Softball Pitcher  
(Dominican Univ); Cal-Hi All-State  
2008 (medium schools)

## Joe Van Cleve

Baseball Utility  
(San Jose St, Santa Rosa JC &  
Sonoma St); PD All-Empire 2007

## Lauren Rusert

Rugby Prop  
(Penn St); NCAA Champs 2007 &  
09; AA 09; Member National Team  
09; wrestled with boy's team in  
high school

## Tim Walton

Football Offensive Line  
PD All-Empire 2006

## Keenan Soares

Basketball Forward  
PD All-Empire 2005

## Jordan Winkler

Football Offensive Line  
PD All-Empire 2009

## 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