

## 2019 City Conference Highlights

School	Season	Sport	Team Highlight	Name	Individual Highlight
Christian	Fall	Cross Country	City SDCC Champions (Girls)	Alaina Zamorano	SD CIF D5 Champion
Coronado	Fall	Cross Country		Landon Mullins	SD CIF D4 9th Place
Coronado	Fall	Football		Tristan Rinko	Central SDCC Kicker Athlete of the Year
Coronado	Fall	G. Golf	CA CIF 3rd place	Crista Izuzquiza	1st Team All SD CIF, Western SDCC Athlete of the Year
Coronado	Fall	G. Golf		Mary Darien	2nd Team All SD CIF
Coronado	Fall	G. Tennis	Western SDCC Champions		
Crawford	Fall	Cross Country	SD CIF D4 Champions	Byaombe Mloko	SD CIF D4 4th Place
Crawford	Fall	Cross Country		Misgina Elias	SD CIF D4 8th Place
Crawford	Fall	G. Tennis	City League Doubles Champions	Tina Tran	CA CIF Spirit of Scholarship Sport winner
HTHSD	Fall	Cross Country		Reed Harris	SD CIF D4 Champion
HTHSD	Fall	Cross Country		Nate Osborn	SD CIF D4 5th Place
HTHSD	Fall	G. Tennis		Olivia Madarang	Eastern SDCC Athlete of the Year
La Jolla	Fall	Cross Country		Monica O'Brien	SD CIF D4 9th Place
La Jolla	Fall	Football	Eastern SDCC Champions	Max Smith	Eastern SDCC Defensive Athlete of the Year
La Jolla	Fall	Football	SD CIF D3 Champions	Devin Bale	Eastern SDCC Kicker Athlete of the Year
La Jolla	Fall	Football	SoCal Regional D4 Champions	Coach Roach	Eastern SDCC Coach of the Year
La Jolla	Fall	G. Volleyball	Qualified for Regional State D1 Playoffs		
Lincoln	Fall	Football		Coach Dunn	Western SDCC Coach of the Year
Mira Mesa	Fall	Cross Country		Jyden Schmid	SD CIF D1 3rd Place
Mira Mesa	Fall	Cross Country		Mallory Asis	Eastern SDCC Athlete of the Year
Mira Mesa	Fall	Football		Elijah Thomas	RB, All SD CIF Team, Eastern SDCC Offensive Athlete of the Year
Mira Mesa	Fall	Football		Leomiti Fa'avae	LB, All SD CIF Team
Mira Mesa	Fall	G. Volleyball	City SDCC Champions	Coach Taylor	City SDCC Coach of the Year
Mission Bay	Fall	Cross Country		Gina Queck	SD CIF D4 8th Place
Mission Bay	Fall	Cross Country		TK Berhe	SD CIF D4 7th Place
Mission Bay	Fall	G. Tennis	City SDCC Champions for the 1st time in school history	Ryan Stone	City SDCC Athlete of the Year
Mission Bay	Fall	B. Water Polo		Coach Sutterley	City SDCC Coach of the Year
Morse	Fall	G. Golf		Alyssa Manalac	1st Morse girl to make SD CIF
Morse	Fall	G. Volleyball	Central SDCC Champions	Danica Corpuz	Central SDCC Athlete of the Year

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Morse	Fall	G. Volleyball		Coach Sahagun	Central SDCC Coach of the Year
OLP	Fall	Cheer	SD CIF Non-Tumbling Div. Champions		
OLP	Fall	G. Tennis		Jolie Morgan	Western SDCC Athlete of the Year
Patrick Henry	Fall	Cross Country	Eastern SDCC Champions (Boys)	Aiden Davis	SD CIF D1 6th Place, Eastern SDCC Athlete of the Year
Patrick Henry	Fall	Cross Country		Coach Myette	Eastern SDCC Coach of the Year
Patrick Henry	Fall	B. Water Polo	Eastern SDCC Champions (Co-Champions), SD CIF D2 Champions, SoCal Regional D3 Semifinalists		
Point Loma	Fall	Cross Country		Jake Richardson	SD CIF D2 3rd Place, 1st Team All CIF
Point Loma	Fall	Cross Country	Eastern SDCC Champions (Girls)	Sophie Compton	SD CIF D2 8th Place
Point Loma	Fall	Cross Country		Katherin Taylor	SD CIF D2 10th Place
Point Loma	Fall	Cross Country		Coach DeLong	Eastern SDCC Coach of the Year
Point Loma	Fall	G. Golf		Taylor Riley	1st Team All SD CIF
Point Loma	Fall	G. Tennis	Eastern SDCC Champions		
Point Loma	Fall	B. Water Polo	Eastern SDCC Champions (Co-Champions)	Chase Rodi	Eastern SDCC Athlete of the Year
Point Loma	Fall	B. Water Polo		Coach Toma	Eastern SDCC Coach of the Year
San Diego	Fall	Cross Country	City SDCC Champions (Boys)	Henry McClish	SD CIF D1 Champion, City SDCC Athlete of the Year
San Diego	Fall	Cross Country		Coach Ramos	City SDCC Coach of the Year
San Diego	Fall	Football		Coach James	Inducted in to the SDHS "Coaching Legend"
Scripps Ranch	Fall	Cross Country		Giancarlo de Silva	SD CIF D2 5th Place
Scripps Ranch	Fall	Cross Country		Caden Farrow	SD CIF D2 7th Place
Scripps Ranch	Fall	G. Golf	Western SDCC Champions 4 years in a row	Coach Wilson	Western SDCC Coach of the Year
Scripps Ranch	Fall	Field Hockey	Western SDCC Champions	Erin Burgess	Western SDCC Athlete of the Year
Scripps Ranch	Fall	Field Hockey	SD CIF Open Div. Champions 2 years in a row	Coach Morrill	Western SDCC Coach of the Year

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Scripps Ranch	Fall	Football	City SDCC Champions, 1st undefeated season in school history	Mekhi Shaw	City SDCC Defensive Athlete of the Year
Scripps Ranch	Fall	Football		Nicholas Gardinera	City SDCC Offensive Athlete of the Year
Scripps Ranch	Fall	Football		Matthew Killam	City SDCC Kicker Athlete of the Year
Scripps Ranch	Fall	Football		Coach Gardinera	City SDCC Coach of the Year
Scripps Ranch	Fall	G. Volleyball		Coach Greenwood	Western SDCC Coach of the Year
Serra	Fall	Football	Central SDCC Champions	Broock Desta	Central SDCC Defensive Athletes of the Year
Serra	Fall	Football	SD CIF Champion	Timmy Zebroski	Central SDCC Offensive Athletes of the Year
Serra	Fall	Football	State Regional Runner Up	Coach Smith	Chargers Coach of the Week, Chargers Coach of the Year, Central SDCC Coach of the Year
Serra	Fall	G. Volleyball		Camila Rodriguez	City SDCC Athlete of the Year
St. Augustine	Fall	Cross Country		Joey Buzzella	SD CIF D4 3rd Place
University City	Fall	Cross Country		Bryce Kueker	SD CIF D3 5th Place, CA CIF D3 13th Place
University City	Fall	Field Hockey	Eastern SDCC Champions	Emma Podhorsky	Eastern SDCC Athlete of the Year
University City	Fall	Field Hockey		Coach Zmimmermann	Eastern SDCC Coach of the Year
University City	Fall	G. Golf	Eastern SDCC Champions	Lynn Pham	Eastern SDCC Athlete of the Year
University City	Fall	G. Golf		Coach Hall	Eastern SDCC Coach of the Year
University City	Fall	G. Volleyball	Eastern SDCC Champions	Megan Waldichuk	Eastern SDCC Athlete of the Year
University City	Fall	G. Volleyball		Coach Ransom	Eastern SDCC Coach of the Year