

Athletics

US Cross Country



Head Coach: [Dave Parsons](#) (3rd Season)

First Day of Practice: Monday, August 25, 2025

Game Schedules:

[Varsity](#)

Please note the playoff schedules will be released near the end of the regular season once finalized.

History and Tradition:

Girls Cross Country

State Appearances: 2023 (10th), 2022 (2nd), 2018 (14th)

District Champions - 2022

League Champions - 2021 (spring), 2022

State Academic Champions – 2004

League Honors

2024

Avani Bansal

2023

Sara Guralnick

Sae Komatsu

Avani Bansal

2022

Sarah Guralnick

Talia Wilson

Sae Komatsu

Avani Bansal

Sameeksha Dangi

Team Sportsmanship Award

Colton Umberger - Coach of the Year

2021

Olivia Stiles

Talia Wilson

Sameeksha Dangi

2021 (Spring Season)

Talia Wilson

Sophie Sharp

Sara Guralnick

2019

Sameeksha Dangi
Anya Sharma
Sophie Sharp

2018

Liv Sather
Anya Sharma
Sophie Sharp

2017

Anya Sharma

2015

Bryn Damon

Maddie Home

Hannah Sather

2013

Sonja Johnson-Yu

2012

Sonja Johnson-Yu

2011

Sonja Johnson-Yu

2010

Mariel Frank

Sholeh Hajmiragha

Sonja Johnson-Yu

Devyn Parry

Boys Cross Country

History and Tradition:

**State Finishes – 2022 (5th), 2021 (7th), 2013 (11th), 2015 (11th), 2016 (12th), 2017 (12th), 2021(7th),
2022 (5th)**

League Champions – 2012

Bi-District Champions - 2021

State Academic Championships – 2005, 2008

League Honors

2023

Keith Hunter

Jack Kehoe

Alesky Umbers

2022

Keith Hunter
Jack Kehoe
Alesky Umbers
Mateo Whatley
Colton Umberger - Coach of the Year

2021
Aleksy Umbers
Keith Hunter

2021 (Spring Season)
Aleksy Umbers

Mateo Whatley

2019

Ryan Bartlow

2018

Zachary Foster

Alan Ngouenet

Oliver Thomas

2017

Spencer Arons

Zachary Foster

Alan Ngouenet + Rookie of the Year

2015

Zachary Foster

Eduardo Gutierrez

Esteban Sanchez

Tyler Strafford

Luke Wetherbee

2014

Spencer Arons

Kai McConnell

Tyler Strafford

Jack Toland

Cole Tsang

2013

Dylan Reynolds

Jack Toland

Cole Tsang

Coach of the Year – Micah Orr

2012

Omar Aldahleh

Connor Buhaly

Dylan Reynolds

Erik Risa

Team Sportsmanship Award

2011

Erik Risa

Team Sportsmanship Award

2010

Connor Buhaly

Dylan Reynolds

Coaches

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