

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

**Dave Parsons**  
*Boys & Girls Cross Country Head Coach*  
[dparsons@overlake.org](mailto:dparsons@overlake.org)