

ECR Athletic Achievements 2009-2010

CIF City Section Champions

- Girls Soccer – Division I
- Girls Basketball – Division II
- Boys Golf
- Baseball – Division 1

(Note: Football, Boys Basketball, Wrestling competed in the championship game)

CIF Individual Champions

- Girls Tennis – Doubles Team
- Wrestling 112 lbs – Ali Naser
- Wrestling 119 lbs – Nasim Naser
- Boys Diving – Paul Joung
- Girls Diving – Montana Monahan
- Boys Pole Vault – Alexander Hamidzadeh
- Track & Field 100M – Jasmine Woods
- Track & Field 200M – Jasmine Woods

West Valley League Champions

- Football
- Girls Basketball
- Girls Soccer
- Boys Soccer
- Wrestling
- Baseball
- Boys Golf

ECR Senior Athlete of the Year

- Jasmine Woods (Track & Field)
- Rashon Harper (Football and Track)

ECR Senior Scholar Athlete of the Year

- Kayla Dahlerbruch (Softball)
- Ryan Meier (Football and Track)

ECR Distinguished Senior Athlete of the Year

- Cody Kornack (Girls Soccer)
- Mitch Bluman (Baseball)

NCAA College Commitments

- Tre Holden – Cal State Dominguez Hills University – Men's Basketball
- Juan Alberto Velazquez – Virginia Tech University – Men's Soccer
- Keon Parsa – Georgetown University – Men's Soccer
- Kenji Murao – Humboldt State University – Men's Soccer
- Kian Kohen – Oakland City University (NCCAA) – Men's Soccer
- Mitch Bluman – San Diego State University – Baseball
- Kayla Dahlerbruch – University of Pennsylvania – Softball
- Daniel Slovis – Sonoma State University – Men's Golf

Coach of the Year

- Josh Lienhard – Baseball CIF City Section Coach of the year

Fall Sports

Football – City Section Division II Finalist, West Valley League Co-Champions, 12-2 record

- Ra'shon Harper – 1st Team All-City Section, City Section Division II Co-Player of the Year, Daily News All-Area 2nd Team, West Valley League Co-Player of the Year, ECR All-Time Leading Rusher
- Logan Bates – City Section Division II Defensive Player of the Year, 2nd Team All-City Section, Daily News All-Area 2nd Team
- Keon Parsa – City Section Division II Punter of the Year, All-City Section 2nd Team
- Kawan Rally – 1st Team All-City Division II, All-City Section 2nd Team
- Andrew Duenes – All-City Section Division II 1st Team
- James Marsden – All-City Section Division II 1st Team
- Reggie Lockett – All-City Section Division II 1st Team

Girls Tennis – City Section Division I Semifinalist

- Minda Le and Denise Poltavski – City Section Doubles Champions, 1st Team All-City Section Doubles, 1st Team Daily News All-Area
- Samantha Jacobs – 1st Team All-City Section Singles, Daily News All-Area 2nd Team

Girls Volleyball – City Section Division I Quarterfinalist

- Casandra De La Cruz – All-City Section Division I 2nd Team

Cross Country

- Julia Mills – All-City Section 2nd Team

Boys Water Polo

- All City Team - Paul Joung, Ryan Schoenbaum, and Aaron Chayo

Winter Sports

Girls Basketball – City Section Division II Champions, West Valley League Champions

- Brooke Amenta – West Valley League Player of the Year
- Sarah Rebibo – Daily News All-Area 2nd Team, All West Valley 1st Team
- Cora Chan – All West Valley 1st Team
- Shannon Kingery – All West Valley 2nd Team
- Bahar Rohani – All West Valley 2nd Team

Boys Basketball – City Section Division III Finalist

- Tre Holden – 1st Team All-City Section Division III, All-City Section 2nd Team, Daily News All-Area 2nd Team, All West Valley 1st Team
- Temjae Singleton – 1st Team All-City Section Division III, All West Valley 1st Team
- Jeffrey Nemit – All West Valley 2nd Team

Girls Soccer – City Section Division I Champions, West Valley League Champions

- Dylann O'Connor – City Section Player of the Year, West Valley League Player of the Year, Daily News All-Area 1st Team, 1st Team All City Section, All West Valley Team
- Zoe Fishman – 1st Team All-City, Daily News All-Area 2nd Team, All West Valley Team
- Carley McBeath – 1st Team All-City Section, All West Valley Team
- Katie Chamberlin – All-City Section 2nd Team, All West Valley Team
- Jackie Hilario – All-City Section 2nd Team, All West Valley Team
- Cody Kornack – All West Valley Team

Boys Soccer – Preseason #1 in the nation, West Valley League Champs

- Juan Alberto Velazquez – 1st Team All-City Section, 1st Team All-West Valley League, 1st Team Daily News All-Area
- Emanuel Munguia – All City 2nd Team, 1st Team All-West Valley League
- Ericson Penate – 1st Team Daily News All-Area, 2nd Team All-West Valley League
- Sebastian Rodriguez – 1st Team All-West Valley League, Daily News All-Area 2nd Team
- Jack Chanrioet – 1st Team All-West Valley League
- Kenji Murao – 2nd Team All-West Valley League
- Jason Trejos – 2nd Team All-West Valley League

Wrestling – City Section Runner-Up, #4 in Daily News Final Ranking

- Nasim Naser – City Section Champion at 119 lbs, 1st Team Daily News All-Area, 1st Team All City
- Ali Naser – City Section Champion at 112 lbs, Daily News Newcomer of the Year, California State Freestyle Champion, 1st Team All City, CA State Greco Champion
- All City 2nd Team: Bruce Holmes, Jack Medina, Al Shuman, Aaron Tracht, Spencer Howell, Chris Rolan, Ahmad Ayamuddin
- West Regional Champions 1st Team: Al Shuman, Jack Medina, Ahmad Ayamuddin, Ali Naser, Nasim Naser
- West Regional Champions 2nd Team: Chase Gold, Enea Celmeta, Bruce Holmes, Josh Adad, Aaron Tracht, Isac Lazarovits, Chris Rolan, Spencer Howell

Girls Water Polo

- All City Team – Heather Klempfner-Borek, Allie Roverud

Spring Sports

Baseball – LA City Section Division I Champions, West Valley League Co-Champions

- Jose Cardona – City Section Player of the Year, City Section Playoff MVP (Les Haserot Award), All West Valley 1st Team
- Mitch Bluman – 1st Team All-City Section, West Valley League Co-Player of the Year, All West Valley 1st Team
- Chris Whitmer – 1st Team All-City Section, All West Valley 1st Team
- Justin Scovel – Most Outstanding Player City Section Championship game (Sid Witherow Award), All West Valley 2nd Team
- Osvaldo Ivan Vela – 2nd Team All City, All West Valley 1st Team
- Kyle Keppel – All West Valley 1st Team
- Chris Nicholson – All West Valley 1st Team
- Jake Mills – All West Valley 2nd Team
- Daniel Dungan – All West Valley 2nd Team

Track & Field

- Jasmine Woods – City Section Champion 100 and 200 M, West Valley League Champion 100 and 200 M
- Alexander Hamidzadeh – City Section Champion Pole Vault

Boys Volleyball – City Section Division I Quarterfinalist

- Mikel Duboise – 1st Team All-City Section, 1st Team All-West Valley League
- Kris Duboise – 2nd Team All-City Section, 1st Team All-West Valley League

Boys Golf – LA City Section Champions

- Daniel Slovis – City Section Individual 4th Place, 2010 Male Jewish High School Athlete of the Year (SCJHofF)

Diving

- Paul Joung – City Section Boys Diving Champion
- Montana Monahan – City Section Girls Diving Champion

Softball – City Section Division I Quarterfinalist

- Dani Gilmore – 1st Team All-City Section, West Valley Co-Player of the Year
- Kayla Dahlerbruch – 1st Team All-City, 1st Team All West Valley
- Karyn Wright – All-City 2nd Team, 1st Team All West Valley
- Whitney West – All-City 2nd Team
- Dylann O'Connor – All West Valley 1st Team
- Alex Conway – All West Valley 2nd Team
- Cassandra Perez – All West Valley 2nd Team