

CIF/CENTRAL COAST SECTION
ATHLETIC ALUMNI

A LIST OF ATHLETES FROM CCS MEMBER SCHOOLS WHO CONTINUED TO ACHIEVE
RECOGNITION IN SPORTS AFTER LEAVING HIGH SCHOOL

***** Please note that all achievements are not listed *****
** Want to know more? Search the internet or check your local library **

➤ **CRITERIA**

These athletes gained recognition after their graduation from high school for being:

- 1) an individual national, National Collegiate Athletic Association (NCAA), or world record holder
- 2) an individual national, NCAA, world or Olympic champion (*)
- 3) a member of a national, NCAA, world or Olympic championship team (*)
- 4) a consensus All-American, All-Pro or winner of a national award
- 5) a player in a major professional league or sport for a minimum of five years.
- 6) an inductee into a university, regional, national or international Hall of Fame.

(*) Some Olympic team members and medalists may not be listed because they were still attending high school at the time of their achievement.

Additions are welcomed. Please contact the Central Coast Section headquarters at nblaser@cifccs.org

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George Achica (Andrew Hill). Consensus All-America defensive lineman at USC in 1982.

Luca Adriani (St. Francis). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Chris Aguilera (Bellarmine). Water Polo goalkeeper was All American in 1996-1998.

Mike Aldrete (Monterey). Played infield and outfield for teams in the National and American Leagues for a decade starting in 1986.

Kelechi Anyanwu (Silver Creek). University of California woman won the 2007 NCAA discus championship with a throw of 188-11.

Allison Andrade (Live Oak). Softball infielder was a member of Arizona's 2001 NCAA softball championship team.

C.J. Ankrum (Branham, Leigh, Saratoga). Outfielder played on Cal State Fullerton's 1995 NCAA champion baseball team.

Kelechi Anyanwu (Silver Creek). University of California woman won the 2007 NCAA discus championship with a throw of 188-11.

Pat Arnold (Bellarmine). Cal football defensive back played wing on the Golden Bears' national champion rugby teams in 1985 and 1986.

Karen Athanacio (Hillsdale). Texas A&M University softball pitcher and a member of the San Mateo County Sports Hall of Fame.

Thomas "Tea" Austin (San Mateo). Won NCAA Div 2 swimming freestyle and backstroke titles for U.C. Davis in 2001 and 2002.

Dennis Awtrey (Blackford). Santa Clara University basketball center holds many school records and played 11 seasons in the NBA.

Brendon Ayanbadejo (Santa Cruz). Linebacker from UCLA played in NFL Europe, the Canadian Football League and the NFL starting in 2001

Obafemi Ayanbadejo (Santa Cruz). San Diego State running back has been playing in the National Football League since 1998.

Jeff Baicher (Homestead). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Boris Bandov (Silver Creek). Professional soccer player from 1974 to 1986.

Dan Barbara (San Mateo) Slugging first baseman is a member of the Long Beach State Hall of Fame.

Neill Barnett (Sacred Heart Cathedral). A member of the University of California's National rugby champions in 2008.

Matt Barreras (Live Oak). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Ted Barrett (Los Altos). Major league umpire who worked behind the plate in David Cone's perfect game for the New York Yankees on July 18, 1999.

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Brett Barron (Westmoor). Three-time U.S. Open Judo Champion won Pan American Games gold medal in 1983.

Steve Bartkowski (Buchser). All-American quarterback at the University of California in 1974 and in the NFL from 1975 to 1986.

Brian Baskaukas (Palo Alto). Amherst College forward was a member of the 2007 NCAA Div. 3 basketball national champions.

Kevin Bass (Menlo School). Outfielder played in both the American League and National League from 1982 to 1995.

Kristen Bayless (Mitty). Catcher/outfielder on the University of California's 2002 NCAA softball champions.

Eddie Baza (Sunnyvale). San Jose State Hall of Fame wrestler won four conference titles (1979-82) and is the Spartans' career leader with 133 wins.

Barbara Beainy (Burlingame). UC Santa Barbara basketball player who is in the San Mateo County Sports Hall of Fame.

Jordan Beck (San Lorenzo Valley). Cal Poly-San Luis Obispo Div. I-AA All-America linebacker led nation in solo tackles and was NCAA Division I-AA Defensive Player of the year in 2004.

Ben Bennett (Peterson). Duke University quarterback set NCAA career passing record of 9,614 yards in 1983.

Vanessa Bergman (Pinewood). Brigham Young University diver was the NCAA 1-meter board champion in 1994.

Ed Berry (Carlmont). College and pro defensive lineman who has been inducted into the San Mateo County Sports Hall of Fame.

Dann Bilardello (Marello Prep). Catcher in the National League for eight seasons between 1983 and 1992.

Denise Bilbaeno (South San Francisco). UC Davis All-America volleyball player was member of the 1990 NCAA Div. 2 champs.

Mark Bingham (Los Gatos). Member of Cal's National rugby champions 1991-93. Hero of Flight 93 terrorist attack on 9-11-2001.

David Binn (San Mateo). University of California long snapper played for the San Diego Chargers from 1994 to 2005

Tony Biondi (Lincoln). Baseball outfielder has been inducted into the San Jose State Hall of Fame.

Cassie Bobrow (Sacred Heart Prep). Pitcher on the University of California's NCAA softball champions in 2002.

Brian Boitano (Peterson). U. S. Men's Figure Skating champion from 1985 to 1988 and gold medalist in the 1988 Olympics.

Kim Bokamper (Milpitas). Miami Dolphins defensive end and linebacker from 1977 to 1985.

Ato Boldon (Piedmont Hills). UCLA sprinter set NCAA 100-meter record with 9.92 clocking in 1996 and won Olympic silver or bronze medals for Trinidad and Tobago in the 1996 and 2000 Games.

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Barry Bonds (Serra). National League MVP in 1990, 1992, 1993, 2001-04 who hit major league record 73 home runs in 2001.

Rich Bordi (El Camino). Major league pitcher from 1980 to 1988.

Joe Bottom (Santa Clara). USC swimmer who was an NCAA champion in five events between 1974 and 1977.

Mike Bottom (Santa Clara). Member of the NCAA champion swimming relay team while attending USC in 1976.

Lana Bowen (Mitty). Defender was member of Santa Clara University's 2002 NCAA soccer champs.

DeAnna Earsley Bowers (Carlmont). Utah State All-American softball pitcher who is in the San Mateo County Sports Hall of Fame.

Maureen Brady (Hillsdale). All-American softball pitcher who holds many Fresno State records and is in the San Mateo County Sports Hall of Fame.

Tom Brady (Serra). Quarterback led the New England Patriots to three Super Bowl championships in the early 2000s.

Mike Brannan (North Salinas). He won the U.S. Junior Amateur Golf Championship in 1971.

Paul Bravo (Santa Teresa). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Benny Brown (Sunnyvale). UCLA sprinter won an Olympic gold medal in 1976 with the USA relay team.

Wendy Brown (Woodside). NCAA heptathlon champion in 1988 while competing for USC.

Barrie Bulmore (Gunn). University of California tennis player is in the Gold Bears' Hall of Fame.

Don Bunce (Woodside). All-Pac-8 quarterback who has been inducted into the Stanford Hall of Fame.

Megan Burmeister (Menlo School). She was a member of UCLA's 2009 NCAA water polo champs.

Pat Burrell (Bellarmine). Miami University third baseman won 1998 Golden Spikes Award as America's top collegiate player.

Megan Burmeister (Menlo School). A defender on UCLA's 2008 NCAA water polo championship team.

Loni Burton (Monta Vista). Cal State Bakersfield swimmer tied NCAA record by winning 12 championships 2003-2005 and was NCAA Div. 2 Swimmer of the Year all three seasons.

Alton Byrd (Riordan). Columbia basketball guard who won 1979 Pomeroy-Naismith Award as best the collegian under 6 feet.

Eric Byrnes (St. Francis). Major league outfielder since 2000.

Dennis Calonico (Serra). Winner of four swimming gold medals in the 1993 International Dwarf Games.

Ernie Camacho (Alisal). A major league baseball relief pitcher from 1980-1990.

Ken Caminiti (Leigh). San Diego Padres' third baseman was the National League's Most Valuable Player in 1996.

Reggie Camp (Jefferson). Defensive end played in the National Football League from 1983 to 1988.

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Rich Campbell (Santa Teresa). Cal quarterback set NCAA record in 1980, completing 43 passes in 53 attempts against Florida.

Joe Cannon (St. Francis). Professional goalkeeper in U. S. and France was Major League Soccer Goalkeeper of the Year in 2002.

Doug Capilla (Westmont). Pitched six seasons in the National League from 1976 to 1981.

Andre Carter (Oak Grove). All-American defensive end at Cal in 2000 played in the National Football League.

Chris Cavanaugh (Lynbrook). Won an Olympic swimming gold medal in 1984 with the USA relay team.

Paul Cayard (Crestmoor). Skipper of USA yacht that won round-the-world title in 1992. Member of Sailing World Hall of Fame.

Dan Chaid (Gunderson). Won an NCAA 190-pound wrestling title in 1985 while attending the University of Oklahoma.

Laurel Champion (Palo Alto). Member of Stanford's 2002 NCAA water polo champion team.

Ernie Chandler (North Salinas). Motorcycle racer won national Superbike titles in 1990 and 1996.

Joe Charboneau (Buchser). Outfielder was the 1980 American League Rookie of the Year with Cleveland.

Brandi Chastain (Mitty). A member of USA's 1996 and 2004 Olympic women's soccer champs and 1999 World Cup champions.

Guiseppe Chiamonte (Soquel). All-American baseball catcher is in the Fresno State Hall of Fame.

Amy Chow (Castilleja). Olympic team gold medalist gymnast has been inducted into the San Jose Sports Hall of Fame.

Daniel Christian (Terra Nova). City College of San Francisco offensive lineman played on the 2001 national junior college championship team.

Jeff Clark (Half Moon Bay). Surfer who popularized big wave surfing at Mavericks is in San Mateo County Sports Hall of Fame.

Bobby Clampett (R. L. Stevenson). PGA tour pro and network television golf analyst is in the California Golf Hall of Fame.

K. K. Clark (Sacred Heart Prep). Played utility for UCLA's NCAA water polo champions in 2009.

Claudia Clevenger (Blackford). Olympic swimmer is in the Campbell Union High School District Hall of Fame.

Kay Cockerill (Los Gatos). Won the U. S. Women's Amateur Golf Championships in 1986 and 1987.

Sherman Cocroft (Watsonville). National Football League defensive back between 1985 and 1989 is in the San Jose State Hall of Fame..

Chris Codioli (Mitty). Pitched in the American League for eight seasons from 1982 to 1990.

Janet Coles (Watsonville). Professional golfer played on the LPGA and Senior tours.

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Keith Comstock (San Carlos). Pitched in the major leagues between 1984 and 1991.

Glen Corbus (Pioneer). National Gold Gloves welterweight boxing champion in 1981 and later a professional boxer.

Theresa Cornwell (Carlmont). A midfielder and member of the USC Trojan's 2007 NCAA women's soccer team.

Ramiro Corrales (North Salinas). Played iwth the San Jose Earthquakes and other MSL teams from 1996-2003

Doug Cosbie (St. Francis). Santa Clara University Hall of Fame tight end played for the Dallas Cowboys from 1979 to 1988.

John Coughran (Piedmont Hills). UC Santa Barbara forward played professional basketball all over Europe and in Argentina between 1993 and 2005.

Dan Craig (Oak Grove). Cal Poly-San Luis Obispo running back was a member of the NCAA Division 2 champion team in 1980.

Nathaniel Crosby (Crystal Springs-Upland). Son of singer "Bing" Crosby was the U. S. amateur golf champion in 1981.

Scott Cruickshank (Bellarmine). Played utility on the University of California's 2006 NCAA water polo champions.

Alberto Cruz (Riordan). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Troy Dalbey (Gunderson). Won two swimming relay Olympic gold medals in 1988.

Chris Dalman (Palma). NFL offensive lineman was member of the San Francisco 49ers' Super Bowl XXIX championship team.

Lucius Davis (Piedmont Hills). U.C. Santa Barbara has inducted this basketball forward into it's Hall of Fame.

Marty Davis (Leland). Cal tennis player won the national indoor singles title in 1980.

Steve Davis (Campbell). Infielder who set Pac-10 Conference record with 237 hits in his career is in the Stanford University Hall of Fame.

Sean Dawkins (Homestead). National Football League wide receiver was an All-American in 1992 at the University of California.

Gale Dean (Carlmont). Softball pitcher who holds many San Jose State records and is in the school's Hall of Fame.

Jan Deering (North Salinas). Pitcher-first baseman was a member of the University of California's NCAA softball champs in 2002.

Rosanna DeLurgio (Soquel). Won three NCAA Div. 2 swimming titles in 2005 while attending UC San Diego.

Kevin Dempsey (Bellarmine, Santa Teresa). A forward on UCLA's 1995 NCAA basketball champions.

Mark DiGirolamo (Harbor). Cal Poly-San Luis Obispo wrestler won the NCAA's 118-pound title in 1976.

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Tim Dixon (Santa Teresa). A pitcher on the 1995 Cal State Fullerton NCAA National champions.

Trent Dilfer (Aptos). Quarterback started his NFL career in 1994 and led the 2000 Baltimore Ravens to Super Bowl XXXV title.

Megan Dirkmaat (Lincoln). Member of University of California's eight-women national champion crew in 2002 and 2003.

Tim Dixon (Santa Teresa). A pitcher on the 1995 Cal State Fullerton NCAA National champions.

Michelle Do (Notre Dame-San Jose). National champion singles and doubles table tennis player for Santa Clara University in 2003

Cyrus Dorosti (Los Altos). Member of University of California's National rugby champions in 2002, 2004 and 2005.

Chris Dorst (Menlo-Atherton). Stanford's first water polo All-American was goalkeeper on the 1976 NCAA championship squad.

Mark Dougherty (Monta Vista). Goalkeeper for Major League Soccer teams from 1996 to 2002.

Justis Durkee (St. Ignatius). Basketball center played on the 1998 U.S. Davis NCAA Div. 2 champions.

Becky Dyroen (Valley Christian). United States World and Olympic champion synchronized swimmer in the 1990s.

Kevin Eagleson (Riordan). Santa Clara University basketball guard is in the school's Hall of Fame.

DeAnna Earsley (Carlmont). Utah State softball pitcher has been inducted into the San Mateo County Sports Hall of Fame.

Herman Edwards (Monterey). NFL Defensive back (1977-1986) became head coach of the New York Jets in 2001

Carl Ekern (Fremont). Linebacker with the Los Angeles Rams from 1976 to 1988 who is in the San Jose State Hall of Fame.

Mark Eichhorn (Watsonville). Pitched 12 seasons in the major leagues from 1982 to 1996.

Scott Erickson (Homestead). Major league pitcher beginning in 1990 was a member of Minnesota's 1991 World Series champions.

Dave Esquer (Palma). Shortstop was a member of Stanford University's 1987 College World Series champions.

Lorrie Fair (Los Altos). Midfielder was a member of the 1999 Women's World Cup champion USA soccer team.

Mark Fairchilds (Aptos). Pro tennis player has been inducted into the U. S. Tennis Association Northern California Hall of Fame.

Catriona Fallon (Mercy-Burlingame). Member of San Mateo County Sports Hall of Fame rowed with national and world champion eight-oar crews in 1990's.

Jim Ferguson (Awalt). Water polo player is in both the U.S. and International Halls of fame for the sport.

Mervyn Fernandez (Andrew Hill). Receiver played six years with Los Angeles Raiders. Canadian Football League MVP in 1985.

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Dan Ferrigno (Riordan). San Francisco State's Hall of Fame has honored this football wide receiver

Mike Finneran (Santa Clara). National AAU outdoor springboard diving champion in 1971 and 1972.

Sharon Finneran (Santa Clara). Set many American and World records and is in the International Swimming Hall of Fame.

Derek Fitzpatrick (Mitty). Won NCAA Division 3 tennis singles and doubles titles in 2001 for UC Santa Cruz.

Valerie Fleming (Hillsdale). Won silver medal in 1006 Winter Olympics as member of two-women bob sled team.

Spencer Folau (Sequoia). University of Idaho offensive lineman played eight seasons in the National Football League starting in 1997.

Rick Foley (Leigh). Pitcher for Santa Clara University who has been inducted into the school's hall of fame.

Mirando Ford (Palo Alto). Soccer midfielder/defender was member of Notre Dame University's 2004 NCAA women's soccer champions.

Dan Fouts (St. Ignatius). San Diego Chargers' quarterback 1973 to 1987, who is enshrined in the Pro Football Hall of Fame.

Jethro Franklin (Yerba Buena). Defensive lineman was an All-American at San Jose City College in 1985 and later played at Fresno State.

Jesse Freitas Jr. (Serra). San Diego State quarterback who led the NCAA in passing in 1973.

Kelley French (Menlo School). Played midfield on the University of Southern California's NCAA women's soccer championships in 2007.

Lauren Gagnier (Santa Cruz). Pitcher on Cal State Fullerton's 2004 NCAA baseball championship team.

Cindy Galarza (Hollister-San Benito). San Jose State basketball player is in the San Mateo County Sports Hall of Fame.

John Gall (St. Francis). 1999 All-American set Stanford career baseball records in hits, doubles and runs batted in.

Bob Gallo (St. Francis). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Jeff Garcia (Gilroy). Pro quarterback in Canada and the NFL for more than a decade in late 1990s and early 2000s.

Mike Garcia (Woodside). Baseball infielder who was a member of Cal State Fullerton's 1979 College World Series champions.

Linda Gates (Burlingame). Stanford Hall of Fame member who won NCAA tennis singles and double titles in the 1980s.

Diana Gee (Sequoia). Eight-time U. S. national table tennis doubles champion in 1980s and 1990s.

Thurlis Gibbs (Hill). Established national junior college high jump mark of 7-3 ¼ at San Jose City College in 1978.

Ed Giovanola (Bellarmine). Infielder was a member of the World Series champion 1995 Atlanta Braves.

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Chris Giullacci (Burlingame). Member of Sonoma State's 2002 NCAA Div 2 soccer champs.

Dan Gladden (Monta Vista, Westmont). Played outfield for the 1987 and 1991 World Series champion Minnesota Twins.

Steve Glaum (Aptos). University of California-Riverside pitcher was the tournament's Most Outstanding Player when his team won the NCAA Div 2 baseball title in 1977.

Kim Gleeson (Lynbrook). U.C. Davis shot putter won 2005 NCAA Div 1 Independence women's championship with a toss of 47-6.

Beatrice Godoy (Mercy-Burlingame). Softball and basketball player at San Mateo College and Pepperdine University is in the San Mateo County Sports Hall of Fame.

Kevin Gogan (Sacred Heart). Offensive lineman was a member of the Dallas Cowboys' Super Bowl XXVII and XXVIII champions.

Ramiro Gomez (Watsonville). Major League Soccer player from 1999-2004.

Shane Gould (St. Francis). Won three swimming gold medals for Australia in the 1972 Olympic Games.

Kelly Gray (Leigh). University of Portland defender played in Major League Soccer in early 21st Century with Chicago, San Jose, Houston and Los Angeles.

Eric Guerrero (Independence). Won NCAA wrestling titles at Oklahoma State in 1997, 1998 and 1999.

Antwon Guidry (Leigh). CCSF defensive back was member of the 2003 national JC football co-champs.

Matt Guisto (San Mateo). University of Arizona runner who won the NCAA 5000 meter race in 1988.

Don Hahn (Campbell). Played outfield in the National League between 1969 and 1975.

Adam Haley (Menlo School). He was a member of the University of California's 2006 NCAA water polo championship team.

Brian Hall (Monta Vista). Major League Soccer referee worked two World Cup final matches in 2002.

Rhett Hall (Live Oak). NFL defensive lineman 1991-98 was on San Francisco's Super Bowl XXIX championship team.

Steve Hamann (Sequoia). San Jose State water polo goalkeeper who is in the U. S. Water Polo Hall of Fame.

Millard Hampton (Silver Creek). Sprinter won a gold medal in the 1976 Olympics and is in the San Jose Sports Hall of Fame.

Jim Harbaugh (Palo Alto). National Football League quarterback for 14 seasons starting in 1987.

Donnell Harris (North Salinas). Center was a member of Arizona's 1997 NCAA basketball champion team.

Lachlan Harris (St. Ignatius). Played for Cal's 1999 NCAA rugby champions.

Ronnie Harris (Valley Christian). National Football League wide receiver from 1993 to 1999.

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Ryan Harris (Bellarmine). Played wing on the University of California's National rugby champions in 2006 and 2008.

Alvin Harrison (North Salinas). Won gold medal in 1996 and 2000 with USA's Olympic 4x100-meter relay teams.

Mary Harvey (Los Altos). Member of the USA women's soccer team that won the 1996 Olympic gold medal.

Bill Haselman (Saratoga). Catcher who played major league baseball from 1990 to 2003.

Adam Haysbert (San Mateo). Wide receiver was a member of Brigham Young University's 1984 national champion football team.

Fred Haywood (Santa Clara). NCAA 100-meter backstroke champion in 1969 while swimming for Stanford.

Dan Hayes (Riordan). Topped all NCAA Division 2 quarterbacks in passing in 1975 while playing for UC Riverside.

Mike Hayes (Bellarmine). He was an attacker on the University of California's 2006 NCAA water polo champions.

Molly Hayes (Los Gatos). Diver was a member of the University of California's 2009 NCAA champion swimming team.

Rich Heintz (Serra). Place kicker was a member of the CCSF's national junior college football champs in 2001.

John Hencken (Cupertino). Won 1972 and 1976 Olympics gold medals and was five-time NCAA breaststroke champ at Stanford.

Scott Henderson (Palo Alto). He was a member of Cal's NCAA Championship water polo teams in 1990-92.

Jan Henne (Menlo-Atherton). Swimmer won Olympic gold medals in the 100 freestyle and 400 freestyle relay in 1968.

Keith Hernandez (Capuchino). Played first base in the major leagues from 1974 to 1990.

Eric Hiatt (Lynbrook). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Mary Hile (Peterson). University of San Francisco Hall of Fame basketball player holds many records, coached USF women from 1988 to 2006.

Bobby Hill (Leland). Shortstop played on University of Miami's 1999 NCAA baseball champion team.

Glenallen Hill (Santa Cruz). Outfielder appeared in both the American and National Leagues from 1989 to 2001.

Dave Hodgins (Buchser). Catcher was a member of USC's 1978 NCAA baseball champion team.

James Hodgins (Oak Grove). Running back played in the National Football League starting in 1999.

Dave Hoffman (Pioneer). University of Washington linebacker won All-America honors in 1992.

Erik Howard (Bellarmine). NFL defensive lineman from 1986-1996 played on the New York Giants Super Bowl XXV champion team.

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Lisa Ice (Santa Teresa). San Jose State volleyball player who is in the university's hall of fame.

Mike Ichiyama (Del Mar). Football running back has been inducted into the University of California-Davis Hall of Fame.

Pete Incaviglia (Monterey). Played outfield in the American and National Leagues for more than a decade starting in 1986.

Thomas Incaviglia (Salinas). First baseman played on the University of Texas' College World Series champions in 2005

Julie Inkster (Santa Cruz). Won U. S. Women's Amateur Golf titles 1980-82 and seven majors on the LPGA tour.

Marie Inouye (Gunn). National equestrian vaulting champion in 2001.

Ernie Irvan (Salinas). Race car driver was named one of NASCAR's "50 Greatest Drivers" in 1998.

Jabari Issa (San Mateo). All-Pac-10 defensive lineman in 1999 at University of Washington played pro football in Canada, Europe and the NFL.

Mitch Ivey (Santa Clara). National AAU swimming champion in the 100 meter backstroke in 1969.

Gregg Jefferies (Serra). Versatile, hard-hitting infielder-outfielder performed in the major leagues from 1987 to 2000.

Liv Jensen (Palo Alto). Swam with the winning 400-yard freestyle relay team as the University of California captured the 2009 NCAA swimming championship.

Linda Jezek (Homestead). Won 16 national AAU swimming titles plus five NCAA backstroke titles in 1979 and 1980 at Stanford.

Brian Job (Santa Clara). Swimmer won NCAA 200 meter breaststroke titles in 1970-72. Member of the Stanford Hall of Fame.

Charlie Johnson (Sequoia). NBA guard with the Golden State Warriors and Washington Bullets from 1973 to 1979.

Gail Johnson (Santa Clara). Winner of several national and world solo and duet synchronized swimming titles in the 1970s.

Johnny Johnson (Santa Cruz). National Football League running back for five seasons from 1990 to 1994.

Ron Johnson (Monterey). Long Beach State sent this wide receiver to the NFL, where he played from 1985-1989

Jennifer Joines (Presentation). University of Pacific All-American middle blocker helped the USA National Team win the 2005 North America, Central America and Caribbean Volleyball Confederation (NORCECA) championship.

Brent Jones (Leland). Eleven-year NFL tight end played with San Francisco 49ers' Super Bowl XXIII, XXIV and XXIX champions.

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Howard Kaeding (Campbell). Race car driver who won more than 300 main events is in the San Jose Speedway Hall of Fame.

Jim Kauffman (Capuchino). Stanford defensive back who is a member of the San Mateo County Sports Hall of Fame.

Kyle Kaveny (St. Francis). Defender played for U.C. Santa Barbara, the 2006 NCAA soccer champions.

James Keady (Bellarmine). A member of the Varsity University of California at Berkeley's National Rugby champions in 2006 and 2007.

Rich Kelley (Woodside). Seven footer who played center in the National Basketball Association between 1976 and 1986.

Trish King (Menlo-Atherton). University of Oregon high jumper is in the San Mateo County Sports Hall of Fame.

Randy Kirk (Bellarmine). Linebacker played with six National Football League teams between 1987 through 1998.

Ann Kiyomura (Aragon). Member of the Northern California Tennis Hall of Fame won Wimbledon tennis doubles title in 1975.

Claudia Kolb (Santa Clara). 1968 Olympic gold medal swimmer who has been inducted into the San Jose Sports Hall of Fame.

Lisel Kolbisen (San Mateo). National swimming freestyle champion in 1996 and 1999.

Tyreese Knox (Jefferson). Running back at University of Nebraska who is in the San Mateo County Sports Hall of Fame.

Karen Kraft (Hillsdale). Member of the national pairs rowing championship team in 1999.

David Kramer (Bellarmine). Fresno State goalkeeper played in the MLS from 1996-2002.

Anna Kraus (St. Francis). Midfielder was a member of Santa Clara University's 2001 NCAA soccer champions.

Art Kuehn (Cubberley). Center played in the National Football League from 1976 to 1983.

Frank LaCorte (Gilroy). Major league pitcher, mainly in relief role, from 1974 to 1984

Mark Langston (Buchser). Pitcher was American League Rookie of the year in 1984 and a major leaguer until 1999.

Carney Lansford (Wilcox). Fifteen year major leaguer won the 1981 American League batting title with a .336 average.

Francie Larrieu (Fremont). Track and Field Hall of Famer set indoor and outdoor records at distances from 880 yards to 2,000 meters.

Ed Lasquette (Mount Pleasant). Cal Poly-San Luis Obispo pole vaulter set Philippines national record at 16-4 $\frac{3}{4}$ during the 1992 Olympics

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Rudy Law (Ravenswood). Infielder played seven seasons in baseball's major leagues between 1978 and 1986.

Jackie Lee (St. Ignatius). University of California player was the 2005 national collegiate table tennis champion.

Matt Lemos (St. Francis). USC defensive back played for the 2003 national football co-champions.

Jim Leonard (Harbor). Santa Clara University Hall of Famer played center and offensive guard in NFL from 1980-1986.

Steve Lipinski (St. Francis-Mtn. View) USC Water polo player was on the NCAA championship team in 2003.

Dan Lloyd (Lick). Linebacker played in the NFL from 1976-79 and the USFL in 1983 and is in the East Side Union High School District Hall of Fame.

Gloria Smith-Lofton (Hollister). Guard on USF's late 1970s basketball teams has been enshrined in the San Mateo County Sports Hall of Fame

Gavin Long (Westmoor). University of Miami pitcher was a first team All-American in 1976.

Derek Loville (Riordan). Played halfback with San Francisco 49ers' Super Bowl XXIX and Denver's Super Bowl XXXII champs.

Charles Lowery (Ravenswood). Guard played only 20 games in the NBA, but it was with the Milwaukee Bucks 1971-72 league champs.

Matt Lyles (Los Gatos). Played pro beach volleyball 1996 to 2003. Member of Long Beach State's 1991 national champion team.

Lars Lyssand (Woodside). San Jose State soccer forward was Mountain Pacific Soccer Federation Player of the Year in 2001.

Stacey MacDonough (Wilcox). School's volleyball career leader in many categories and is in Santa Clara University Hall of Fame.

Chris Mackie (Mitty). Played on the University of California's national rugby champions in 1972.

Wyatt Maker (North Salinas). He played on the Villanova basketball team that won the NCAA title in 1985.

Jonathan Makonnen (Woodside). Wide receiver was on CCSF's 2001 national junior college football champion team.

Roger Maltbie (James Lick). Professional golfer was PGA Rookie of the Year in 1975 and is in the San Jose State Hall of Fame.

Julie Mariani (St. Francis-Mtn. View). She was on USC's 2002 NCAA volleyball champion team.

Jhoana Maristela (Milpitas). Member of Hawaii Pacific University's 1998 NCAA Division 2 volleyball championship team.

Marie Marsman (Mountain View). Carleton College swimmer set NCAA Div. 3 records in 100 and 200 freestyle events in 2003.

Rich Martig (Bellarmine). Little All-America football defensive back is a member of the Santa Clara University Hall of Fame.

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Brian Martin (Palo Alto). Luge racer won National titles from 1998-2002 and again in 2005 and World championships in 1998, 1999 and 2003.

Russ Martin (Los Gatos). A member of Stanford's 2003 NCAA cross country champions.

Gerardo Martinez (Yerba Buena). Professional boxer from 1985 to 1994 held North America bantamweight titles.

Chris Martinon (Yerba Buena). Won national Golden Gloves women's 106-pound boxing championship in 2001.

Tom McBreen (Serra). USC and Olympic swimmer who has been inducted into the San Mateo County Sports Hall of Fame.

Brian McClenahan (St. Francis). Member of University of California's National rugby champions in 2004 and 2005.

Ed McCleskey (Santa Clara). Won two swimming events in the 1971 Pan American Games.

Bob McClure (Terra Nova). Relief pitcher who appeared in 698 major league games between 1975 and 1993.

Pellom McDaniels (Silver Creek). National Football League defensive lineman from 1993 to 1999.

Jim McMahan (Andrew Hill). NFL quarterback from 1982 to 1992 attended Hill as a freshman and sophomore.

Kevin McMahan (Bellarmine). Hammer thrower won National championships in 1997 and 2001.

Mark McNamara (Del Mar). Center spent eight seasons in the NBA and played with the 1983 champion Philadelphia 76ers.

Cade McNown (Hollister). UCLA quarterback won the 1998 Johnny Unitas Golden Arm Award as nation's top senior QB.

Suzy Meckenstock (Los Gatos). Santa Clara University basketball star in the 1980s is a member of the school's hall of fame.

Bob Melvin (Menlo-Atherton). Catcher played for a decade in the major leagues beginning in 1985.

Julie Middleton (San Mateo). Cal State Northridge sprinter won All-American honors in the late 1980s.

Jay Miller (Lynbrook). Brigham Young University football receiver led the nation in receptions and receiving yards in 1973.

Charlee Minkin (Half Moon Bay). National judo champion at 52 kilos in 2001 and 2002.

Matt Mitchell (Gunn). NCAA tennis singles champion at Stanford in 1977.

Mike Mitchell (Capuchino). Basketball guard who played at Notre Dame is in San Mateo County Sports Hall of Fame.

Eric Mittlestead (Branham). Cal State Bakersfield wrestler was NCAA Div. 2 champion at 190 pounds in 1987.

Karen Moe (Santa Clara). International Swimming Hall of Famer won 1972 Olympic gold medal in the 200 meter butterfly.

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Carl Monroe (Overfelt). San Francisco 49ers running back from 1983 to 1987.

Carina Moreno (Watsonville). Won the World Boxing Council's 106-pound World Strawweight title in 2007

Zac Monsees (Leland). Played attacker on the University of California's 2006 NCAA water polo champs

Edward Montague Jr. (Westmoor). Umpire worked more than 25 years in the National League starting in 1974.

Pablo Morales (Bellarmine). Won a record 11 NCAA titles swimming for Stanford and Olympic gold medals in 1984 and 1992.

Melissa Mordell (Sacred Heart Prep). Played attach for UCLA's 2008 NCAA water polo champs.

Duane Morgan (Oak Grove). California Wrestling Hall of Fame inductee officiated numerous state community college and high school wrestling championships and became the Central Coast Section Assistant Commissioner July 1, 2007.

Alfonso Motagalvan (Gilroy). U.C. Santa Barbara midfielder was a member of the 2006 NCAA soccer championship team.

Forrest Mozart (St. Francis). USC defensive back was a member of the 2003 football national co-champs.

Edwin Mulitalo (Jefferson). National Football League offensive lineman played from 1999 to 2003.

Dustin Muhn (Live Oak). Played wing on the University of California's National rugby championship team in 2008.

Don Myrah (Homestead). National Cross-country cycling champion in 1980 to 1991 and 1993.

John Naber (Woodside). Took four swimming gold medals in the 1976 Olympics. Member of the Bay Area Sports Hall of Fame.

Joe Nedney (Santa Teresa). National Football League kicker with many teams in late 1990s and early 2000s.

Tom Newton (Overfelt). Running back played for the New York Jets from 1977-1982

Scott "Corky" Nelson (Gunderson). National Collegiate Boxing Association featherweight champion in 1988 and 1989.

Pete O'Brien (Carmel). Played first base in the major leagues between 1982 and 1992.

Deltha O'Neal (Milpitas). National Football League defensive back began career in 2000.

Cliff Odle (Blackford). Played with the 1994 Las Vegas Dustdevils, champions of the national professional Continental Indoor Soccer League

Ralph Ogden (Lincoln). Santa Clara University Hall of Fame member who was high scoring basketball forward.

Steve Oravetz (Campbell). West Valley College pole vaulter set national JC record of 17-7 in 1977.

John Orton (Soquel). Catcher played with the California Angels from 1989 to 1993.

Kassim Osgood (North Salinas). Cal Poly All-American wide receive led NCAA Div. I-AA in receiving yards in 2000.

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Shaun Paga (Menlo-Atherton). Member of the University of California's national rugby champion teams in 1998 to 2001.

Jessica Pamanian (Milpitas). Played second base on the University of California's NCAA softball champions in 2002.

Dan Pastorini (Bellarmine). Quarterback in the NFL from 1971 to 1983 and a member of the Santa Clara University Hall of Fame.

John Paye (Menlo School). Stanford football QB and basketball guard who is in the San Mateo County Sports Hall of Fame.

Kate Paye (Menlo School). Played guard on Stanford's 1992 NCAA women's basketball championship team.

Bill Pecota (Peterson). Infielder played in the American League and National League from 1986 to 1994.

Ishmael "Easy" Perez (Sunnyvale). San Jose State's career leader with 75 soccer goals is in the university's hall of fame.

Andre Phillips (Silver Creek). Hurdler won a gold medal in the 1988 Olympics and is in the San Jose Sports Hall of Fame.

Jack Pierce (San Jose). First baseman hit 395 minor league home runs including 294 in Mexico, where he is in the Mexican Baseball Hall of Fame (Salon de la Fama).

Dorian Pieracci (St. Francis). Played wing on the University of California's National Rugby champions in 2004.

Bob Pifferini Jr. (Homestead). Linebacker played five seasons in the National Football League between 1972 and 1977.

Kevin Platshon (Menlo School). He was a member of the University of California's NCAA water polo championship team in 2006.

Tony Plummer (Sequoia). Defensive back who played in the National Football League from 1970 to 1974.

Jim Plunkett (James Lick). Stanford QB won the Heisman Trophy in 1970 and led Raiders to wins in Super Bowls XV and XVIII.

Cyndy Poor (Leigh). Track club runner was national 800 meter indoor champion in 1977.

Matt Pope (Burlingame). Center on University of California's 1999 NCAA rugby champions.

Tom Popp (Bellarmine). U.S. Naval Academy graduate is in the Collegiate Water Polo Association Hall of Fame.

Dean Prince (South San Francisco). Golfer won the National Public Links championship in 1979.

John Radetich (San Carlos). Set the world indoor high jump record at 7-4 3/4 in 1973.

Kurt Rambis (Cupertino). Played for the Los Angeles Lakers when they won NBA titles in 1982, 1985, 1987 and 1988.

Carol Redmond (Mills). 1960s synchronized swimming champ has been honored by the International Swimming Hall of Fame.

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Ron Reis (Monta Vista). Santa Clara University basketball center was pro wrestler from 1995 to 2000.

Ken Reitz (Jefferson). A third baseman who played in the National League from 1972 to 1982.

Jennifer Renola (Saratoga). All-American goalkeeper at Notre Dame University was 1996 NCAA Woman Player of the Year.

Kevin Restani (Riordan). A rugged forward who spent eight seasons in the National Basketball Association from 1975 to 1982.

Dave Righetti (Pioneer). Sixteen-year major league pitcher won the American League Rookie of the Year award in 1981.

Bill Ring (Carlmont). San Francisco 49ers running back from 1981 to 1986 who played on two Super Bowl champions.

Carol Rische (Crestmoor). Holder of many U.C. Davis basketball records, she is in the San Mateo County Sports Hall of Fame.

Ron Rivera (Seaside). University of California Hall of Fame linebacker played with the Chicago Bears from 1984-1992.

Steve Robertson (Oak Grove). Member of Santa Clara University's 1989 NCAA soccer co-championship team.

Rene Robinson (Sacred Heart Prep). University of Virginia basketball point guard is in the San Mateo County Sports Hall of Fame.

Albert Romero (Lincoln). National AAU heavyweight champ in 1978 later was pro boxer.

Afsoon Roshanzamir (Independence). Female wrestler won a Silver Medal at 47 kilos in the 1990 World Championships

Keena Rothhammer (Santa Clara). Won 1972 Olympic freestyle gold medal and is in the International Swimming Hall of Fame.

Roger Ruzek (El Camino). National Football League kicker from 1987 to 1993.

Tim Ryan (Oak Grove). Defensive lineman was a consensus All-American at USC in 1989.

Keri Sanchez (Santa Teresa). University of North Carolina soccer player on teams that won four NCAA titles in the 1990s.

Marco Sanchez (Independence). Arizona State wrestler won Pac-10 134-pound title in 1991 and was member of Puerto Rico Olympic Team in 1996.

Ray Sanchez (Live Oak). Major league infielder for more than a decade starting in 1991.

Ron Sani (Bellarmine). Football center in the 1960s has been inducted into the Santa Clara University Hall of Fame.

Gabriel Saucedo (St. Ignatius). A member of Cal's NCAA rugby champions in 1999.

Kim Schnurpfeil (San Mateo). Stanford Hall of Fame runner who was the NCAA 10000 meter champion in 1982.

Dave Schultz (Palo Alto). Won one NCAA wrestling title and a gold medal in the 1984 Olympic games.

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Mark Schultz (Palo Alto). Won three straight NCAA wrestling titles at Oklahoma and a gold medal in the 1984 Olympics.

Jeff Schweiger (Valley Christian-San Jose). Linebacker was a member of USC's football national champion team in 2005.

Tom Scott (Serra). Honored by San Mateo County Sports Hall of Fame for career as wide receiver at University of Washington and in the Canadian Football League.

Dan Serafini (Serra). Pitcher with five major league teams between 1996 and 2003.

Kacey Sevier (Salinas). Infielder was a member of U.C. Davis' 2003 NCAA Div. 2 softball champions.

Jeff Sevy (Homestead). Offensive and defensive lineman played six seasons in the National Football League from 1975 to 1980.

Steve Sewell (Riordan). Wide receiver and running back played seven seasons with the NFL's Denver Broncos starting in 1985

Nick Sgarlata (Bellarmine). Played for the University of California's 2006 water polo champions.

Lisa Sharpley (Los Altos). Setter on Stanford's 1994, 1996 and 1997 NCAA champion volleyball teams has been inducted into the university's Hall of Fame.

Samantha Shaver (Los Altos). Played for the UCLA's 1989 NCAA volleyball champs.

Eileen Shea (Pinewood). One of Michigan State's greatest basketball centers, she played five pro seasons in the 1990s in Denmark and Sweden and was player of the year in both countries.

Mike Sheredy (Mitty). University of California goalkeeper was the tournament MVP when the Golden Bears won the NCAA water polo championship in 2006.

Chris Sherrard (St. Francis). Played with the University of California's National rugby champions in 2005.

Adam Shilling (Bellarmine). He was goalkeeper on the University of Southern California's 2005 NCAA water polo champions.

Heather Simmons (Santa Clara). A member of the USA 1996 Olympic gold medal synchronized swimming team.

Kirsten Simonds (Mitty). A goalkeeper on the 2009 NCAA water polo championship team from UCLA.

J. D. Simpson (St. Francis). Played on Duke University's 2001 NCAA basketball championship team.

Chris Skieller (Castilleja). A member of the Stanford University 2008 National collegiate rugby club champions

Danielle Slaton (Presentation). All-American defender was a member of Santa Clara University's 2001 NCAA soccer champs.

Gloria Smith-Lofton (Hollister-San Benito). Guard on USF's late 1970s basketball teams has been enshrined in the San Mateo County Sports Hall of Fame.

Jay Smith (Homestead). Flanker was on the University of California's 2005, 2006, and 2007 National rugby champion teams.

Rex Smith (North Salinas). Football tight end is a member of the Chico State University Hall of Fame.

Steve Smith (Leland). Captain of Stanford University's 1980 NCAA water polo championship team.

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Alyssa Sobolik (St. Francis-Mtn. View). Goalkeeper for Santa Clara University's 2001 NCAA soccer champs.

Mark Spitz (Santa Clara). Swimmer won the 1972 Sullivan Award after capturing an unprecedented seven Olympic gold medals.

Kathy Stahl (Mitty). A two-time softball All-American at Oregon University, where she set many of the school's career records.

Sue Stednitz (Camden). Gymnast won NCAA balance beam and all-around titles in 1982.

Carrie Steinseifer (Saratoga). Olympic gold medal swimmer is in the International Swimming Hall of Fame.

Dave Stieb (Oak Grove). Pitched for the 1992 World Champion Toronto Blue Jays during a 16-season career from 1979 to 1998.

Ted Stickles (Hillsdale). Olympic swimmer has been inducted into the International Swimming Hall of Fame.

Terri Stickles (Santa Clara). Swimmer won national AAU titles in 1960s and is in the San Mateo County Sports Hall of Fame.

Bob Stoddard (Leland). A major league pitcher from 1981 to 1987.

Camy Sullivan (Menlo School). UCLA attacker was on the 2009 NCAA water polo champion team.

Lynn Swann (Serra). USC All-American receiver who played nine NFL seasons and is in College and Pro Football halls of fame.

Erica Swanson (Menlo School). Played on the Stanford University National collegiate rugby club championship team in 2008.

Doug Swingley (Live Oak). Won Alaska's Iditarod Trail Sled Dog Race in 1995, 1999 and 2000.

Jennifer Symons (Los Gatos). All-America soccer player is in the Santa Clara University Hall of Fame.

Julie Szukalski (Homestead). Member of University of Pacific Hall of Fame set school basketball records for career points, rebounds and blocks from 1987-1990.

Gregg Tafralis (Capuchino). National indoor shot put champion in 1986 and member of San Mateo County Sports Hall of Fame.

Bob Tanaka (Awalt). Member of the University of California's 1983 NCAA rugby champions.

Kellen Taylor (Oak Grove). CCSF wide receiver was member of the national junior college football championships teams in 2000 and 2001.

Ken Taylor (Yerba Buena). Oregon State kick return specialist played with the Chicago Bears 1985 Super Bowl championship team.

Anthony Telford (Silver Creek). San Jose State Hall of Fame pitcher played in the big leagues from 1990 to 2003.

Laura Terheyden (St. Ignatius). Rowed for University of California's national eight-oar champs in 2005.

Debi Thomas (San Mateo). U. S. and world figure skating champion in 1986 honored by the U. S. Figure Skating Hall of Fame.

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Pat Tillman (Leland). NFL player and San Jose Sports Hall of Fame honoree was killed in action in Afghanistan in 2004.

David Tipton (Hollister-San Benito). Stanford defensive lineman played for three teams in the National Football League from 1971-9176.

Jeff Toews (Del Mar). Guard played seven seasons in the National Football League with Miami from 1979 to 1985.

Loren Toews (Del Mar). Linebacker on the 1974, 1975, 1978 and 1979 Pittsburgh Steelers Super Bowl championship teams.

Anthony Toney (North Salinas). Texas A&M running back played with the NFL's Philadelphia Eagles from 1986 to 1990.

Ray Townsend Jr. (Mitty, Camden). Guard was a member of UCLA's NCAA 1975 basketball champions.

Rich Troedson (Camden). Santa Clara University Hall of Fame pitcher set university and conference career baseball records

Jossy Tseng (Palo Alto). Four-time All-American flyhalf starred for Stanford University's National collegiate rugby club champs in 2005, 2006 and 2008.

Peter Tuipulotu (San Mateo). Running back was All-Western Athletic Conference at Brigham Young University

Jim Turpin (San Mateo). San Jose State Hall of Fame gymnast who coached Oregon State women's team to four Pac-10 titles

Mike Vail (Mitty). Major league outfielder from 1975 to 1984.

Brandon Valenzuela (Bellarmine). Played offensive line for USC's 2003 national football co-champions.

Bryan Van Meter (Aptos). Played on the University of California's 2005 through 2008 National rugby championship teams.

Nick Vanos (Hillsdale). Santa Clara University Hall of Fame center whose NBA career ended when he died in a 1997 plane crash.

Eric Van Dillen (Burlingame). National amateur tennis champion is in the San Mateo County Sports Hall of Fame.

Jimmy Vasser (Live Oak). Professional race car driver was national CART Fed Ex Champion in 1996.

Barron Vaught (Woodside). Member of University of California's National rugby champions in 2005 through 2008.

Brandon Villafuerte (Live Oak). Major league pitcher from 2000 to 2004.

Ali Wagner (Presentation). Member of Santa Clara University's 2001 NCAA soccer champs and 2004 Olympic champions.

Jim Wahler (Bellarmine). A National Football league defensive lineman between 1989 and 1993.

Marcia Wallis (Los Gatos). Pro golfer who was All-American soccer player at Stanford in 2001 and 2002.

Kerri Walsh (Mitty). Four-time Stanford All-American volleyball player won a gold medal in that sport in the 2004 Olympics.

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Rex Walters (Piedmont Hills). Outstanding guard played seven seasons in the National Basketball Association in the 1990s.

Neil Walton (Santa Cruz). Starting shortstop for Cal State Fullerton's NCAA baseball champions in 2004.

Lynn Washington (Andrew Hill). Indiana University forward has been playing pro basketball overseas in Finland and Japan since 2001.

Lillian "Pokey" Watson (Woodside and Santa Clara). Olympic gold medal swimmer is in the San Mateo County Sports Hall of Fame.

Dave Weiss (Independence). Center played in Japan's pro basketball league from 1997-2004 and was a member of that nation's national team.

Kim Welshons (Santa Clara). 1960s national synchronized swimming champ and in the International Swimming Hall of Fame.

Geri Wheeler (Terra Nova). Skyline College softball pitcher has been inducted into the Pacifica Hall of Fame.

Robin White (Pioneer). Professional tennis player from 1983 to 1994.

Gabriel Williams (Oak Grove). Defensive Back was on CCSF's national junior college football championships teams in 2000 and 2001.

Kenny Williams (Mount Pleasant). Major league outfielder from 1986 to 1991 became a Chicago White Sox executive.

Lori Wilson (Terra Nova). UC Irvine distance runner is in the Pacifica Hall of Fame.

Jason Windsor (Leigh). Cal State Fullerton pitcher was College World Series Most Outstanding Player of the NCAA national champion baseball team in 2004.

Ryan Wolters (Leland). One half of Stanford's 1999 NCAA tennis doubles championship team.

Rick Worman (Saratoga). Eastern Washington University quarterback played in the Canadian Football League from 1986-1990.

Eric Wright (Riordan). USC defensive back played on the National co-champion team in 2003.

Mike Wright (Bellarmine). A member of the Cal State Fullerton NCAA baseball champions in 1995.

Mardell Wrench (Monta Vista). All-conference volleyball player in 1995 and 1996 has been inducted into the Loyola Marymount Hall of Fame.

Emily Wyatt (Notre Dame-Belmont). Played for Stanford University's National collegiate rugby club champions in 2008

Eric Yamamoto (Bellarmine). Goalkeeper on the Santa Clara University's 1989 NCAA soccer co-championship team.

Lucas Yancey (Woodside). Played on the University of California's National rugby champions in 2005 through 2008.

Nick Yancey (Woodside). A member of the University of California's National rugby champions in 2005 through 2008

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Susan Zerzan (Notre Dame-Belmont). Willamette University runner won NCAA Div. 3 Cross Country championships in 2006 and 2007.

Paul Zuvella (Ayer). Infielder in baseball's big leagues for nine seasons between 1982 and 1991.