

FOR IMMEDIATE RELEASE

May 28, 2019

NorCal Chapter of US Lacrosse names North Coast, Sac-Joaquin and Fresno section Girls All-Americans

I am pleased to announce the US Lacrosse Northern California NCS/Sacramento-Joaquin/Fresno area All American and All-Academic award winners for the 2019 Girls' Lacrosse Season.

Players were nominated by their coaches and voted on by members of the NCS/Sacramento-Joaquin/Fresno area coaching community, in accordance with US Lacrosse policy.

US Lacrosse defines an All-American player as: ***the best players from their area. They exhibit superior skills and techniques, possess exceptional game sense and knowledge, and embody good sportsmanship.***

US Lacrosse considers an All-Academic player to be: ***one who exhibits exemplary lacrosse skills, good sportsmanship on the field, and represents high standards of academic achievement in the classroom.***

Additionally, please congratulate Lena Zentgraf from Oakland Technical High School for being named 2019 Coach of The Year.

Congratulations to these fine representatives from Northern California.

Jason DeWitt
NCS/Sac-J/Fresno Area All American Chair

Award	Name	Grad Year	Position	High School
All-American	Alex Agnew	2019	Midfield	Davis
All-American	Amanda Morse	2019	Midfield	Redwood
All-American	Ashley Laing	2019	Goalie	Oak Ridge High
All-American	Boo DeWitt	2020	Midfield	Miramonte
All-American	Elie Cole	2019	Midfield	Piedmont
All-American	Emerson Bohlig	2021	Midfield	Miramonte
All-American	Essemena Atherton	2019	Midfield	Head Royce
All-American	Gabby Riva	2020	Midfield	Carondelet
All-American	Isabella Mayo	2020	Midfield	Amador Valley
All-American	Rachel Leonardi	2020	Midfield	California
All-American	Tatum Geist	2020	Midfield	San Ramon Valley
All-Academic	Andrea Zak-Lee	2019	Midfield	Oakland Tech
All-Academic	Boo DeWitt	2020	Midfield	Miramonte

All-Academic	Ellen Jurgens	2019	Defense	Carondelet
All-Academic	Kira Kappos	2020	Midfield	Granite Bay
All-Academic	Madysyn Sweeney	2020	Midfield	Amador Valley
All-Academic	Maria del Rosario Chan	2020	Midfield	Piedmont
All-Academic	Mary Almy	2019	Midfield	Cardinal Newman
All-Academic	Megan Carey	2019	Attack	Hoover
All-Academic	Rachel Leonardi	2020	Midfield	California
All-Academic	Victoria Macres	2019	Goalie	Granite Bay
All-Academic	Zoe Torok	2019	Midfield	Piedmont
Jackie Pitts	Essemena Atherton	2019	Midfield	Head Royce
Coach of the Year	Lena Zentgraf			Oakland Tech

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