Palos Verdes High School
Senior Athlete of the Year Nominees 2019-2020
Julian has played football for Palos Verdes High School for 4 years. Julian was 1st all-league for two years and was 1st team all-CIF and Daily Breeze all-area. He was also team captain, offensive MVP, and special teams MVP.

Julian’s favorite memory is from the CIF semifinal game against Glendora when he threw the game winning touchdown to Jake Jellison.

Next year, Julian will be studying and playing football at UC Davis.
Lucy has been on the Cheer team for Palos Verdes High School for 4 years. Her accomplishments include being named Best Jumper, “Pay it Forward” recipient, and Safe Stunter. She was also an All-American Nominee.

Lucy’s favorite memory is performing sideline routines in front of Red Tide and her family.

Next year, Lucy will be studying at Cal State University San Marcos.
Justin has played football for Palos Verdes High School for 4 years. Justin was 1st team all-league, 1st team all-CIF, Daily Breeze all-area, and Bay League MVP. He was team captain and recipient of the Sea King award. Justin also played on the PVHS lacrosse team.

Justin’s favorite memory is the last-minute victory of Glendora in the CIF semifinals.

Next year, Justin will be studying and playing football at Long Beach Community College.
Kai Brady
Tennis

Kai has played tennis for Palos Verdes High School for 2 years. Kai was team MVP in 2019 and Bay League Doubles Champion, Ojai Doubles Champion, and CIF Doubles Champion.

Kai’s favorite memory is being able to play for his dad (Coach Kip Brady) and going out to eat with the boys.

Next year, Kai will be studying and playing tennis at UC Santa Barbara.
Emma Chang
Swim

Emma has swum for Palos Verdes High School for 4 years. Emma was team MVP each year and was team captain. She was also on the Daily Breeze all-area team each of her first three years. Emma qualified for CIF swim playoffs each year and qualified for the CIF Championship her junior year.

Emma’s favorite memory is going to CIF her junior year and making finals.

Next year, Emma will be studying at Columbia University.
Dane Dawson

Basketball

Dane has played basketball for Palos Verdes High School for 4 years. Dane was 1st team all-league in 2020. He was also named to the all-area team. Dane was the team MVP and led the team in scoring and rebounding during league play and was team captain.

Dane’s favorite memory is the beating Redondo during his junior year for the first time since PVHS reopened and then beating them for the first time at home during senior year.

Next year, Dane will be studying at the University of Texas.
Aubrey Fixen
Lacrosse

Aubrey has played lacrosse for Palos Verdes High School for 4 years. Aubrey was on the all-league team twice and was the team captain. Her team won the Rose Bowl Championship twice and the LA Championship in 2019.

Aubrey’s favorite memory is right after PVHS won the LA championship against our biggest rival, Redondo Union. She was in goal and after the final buzzer went off everyone ran towards her and they all were hugging and celebrating.

Next year, Aubrey will be studying and playing lacrosse at Embry-Riddle Aeronautical University.
Megan has played golf for Palos Verdes High School for 4 years. Megan was 1st team all-league all 4 years. She was the 2018 individual league champion and her team won the CIF Championship in 2019. Megan was team captain in 2018 and 2019 and was also a CID Southern Section Finalist in 2016.

Megan’s favorite memory is winning CIF her senior year with her team.

Next year, Megan will be studying and playing golf at Georgetown University.
Grady Hoffman
Volleyball

Grady has played volleyball for Palos Verdes High School for 4 years. Grady was team captain and defensive player of the year.

Grady’s favorite memory is shutting out Mira Costa at home 2 years in a row as well as beating Peninsula in 5 sets at home. Beating Costa was awesome because at the time they were ranked #2 in the nation.

Next year, Grady will be studying at University of Arizona.
Tyler Imbach
Baseball

Tyler has played baseball for Palos Verdes High School for 4 years. Tyler was 1st team all-league for baseball twice. He was also selected to the all-area team in 2019. Tyler was the PVHS Baseball MVP in 2019.

Tyler’s favorite memory is beating Peninsula High School at LMU in April 2019 to complete a sweep and clinch a playoff spot.

Next year, Tyler will be studying and playing baseball at the University of San Francisco.
Jake has played lacrosse for Palos Verdes High School for 4 years. He has also played football for 4 years. Jake was 1st team all-league for lacrosse twice and 1st team all-league in football. Jake was captain for both the lacrosse team and the football team.

Jake’s favorite memory in lacrosse was beating St. Margaret’s during his sophomore year for the first time in school history. His favorite football memory was catching a throwback pass to send the team to the CIF championship. Jake adds, “I couldn’t have asked for better coaches and athletic staff and I would not trade my sports career at PVHS for anything.”

Next year, Jake will be studying at the University of Georgia
Addison Kostrencich

Softball

Addy has played softball for Palos Verdes High School for 4 years. Addy was 1st team all-league each year. She has been team captain and team MVP and Daily Breeze Player of the Week.

Addy’s favorite memory is from a game against Inglewood. Inglewood had struggled to field a team and was down by 15 runs, but they could not be happier to be playing. They put in a girl who had never pitched and was scared. My coach asked if I would be able to work with her in-between innings. During my team’s at bats, I would go to Inglewood’s dugout to work on drills with Morgan. One inning, she actually struck out one of our girls, and I will never forget the smile on her face.

Next year, Addy will be studying and playing softball at Cal State University Long Beach.
Kate has played volleyball for Palos Verdes High School for 4 years. Kate was all-league 3 times and Daily Breeze all-are two times. Kate was team captain and team MVP for two years.

Kate’s favorite memory is beating Mira Costa for the first time in school history.

Next year, Kate will be studying and playing volleyball at UCLA.
Jake Leonard
Water Polo

Jake has played water polo for Palos Verdes High School for 4 years. Jake was all-league two times and was 2\textsuperscript{nd} team all-CIF in 2019. Jake was also a member of the swim team.

Jake’s favorite memory is playing categories on the way home from games and tournaments and his senior year CIF run.

Next year, Jake will be studying and playing water polo at UCLA.
AJ has played football for Palos Verdes High School for 4 years. AJ was on the all-league and all CIF teams. He was the team defensive player of the year as a junior and the offensive player of the year as a senior. AJ was all the Bay League MVP this year.

AJ’s favorite memory is scoring the equalizer with 30 seconds left against St. Francis in the first round of CIF this year to help PVHS end up winning in OT.

Next year, AJ will be studying and playing football at UC Riverside.
Alexander Mizrachi
Golf

Alex has played golf for Palos Verdes High School for 4 years. Alex was on the all-league team, was Most Improved in 2019 and was team captain for his senior season.

Alex’s favorite memory is competing for a league title with the boys during his junior year.

Next year, Alex will be studying at USC.
Alyssa Padron
Soccer

Alyssa has played soccer for Palos Verdes High School for 4 years. Alyssa was all-league two years and all-CIF her senior year. She was team captain for two years and Bay League MVP.

Alyssa’s favorite memory is beating Mira Costa in over-time. With minutes left in golden goal, she took a shot from the 18-yard box where the ball slipped between the goalie and the crossbar. The team ran over and dog-piled in celebration. Winning this game secured PVHS the title of Bay League champions.

Next year, Alyssa will be studying and playing soccer at UC Davis.
Ryan has danced on the song team for Palos Verdes High School for 4 years. Ryan has been team captain and Most Valuable for the Song Team.

Ryan’s favorite memory is dancing at class competitions with her song sisters.

Next year, Ryan will be studying at Yale University.
Amanda Price
Water Polo

Amanda has played football for Palos Verdes High School for 4 years. Amanda was on the all-league team for two years. She was the best offensive player for three years and tam MVP in 2019.

Amanda’s favorite memories are the time spent at tournaments. There were lots of games and many late at night. Winning and losing was not as important and the bus rides home were always filled with music and laughing.

Next year, Amanda will be studying and playing water polo at Cal State Long Beach.
Frankie has run cross country for Palos Verdes High School for 4 years. Frankie was a top 25 individual at the CIF Championships and helped his team win the CIF Championship in 2018. He was the team captain and most outstanding in his grade each year. Frankie also ran Track and Field and was a team captain as well.

Frankie’s favorite memory is winning the CIF title his junior year with his 6 senior teammates.

Next year, Frankie will be studying and running cross country and track and field at school yet to be determined. He is interested in multiple schools in Oregon.
Savannah is a nominee for three sports. She has run cross country and track and field and surfed for Palos Verdes High School for 4 years. Savannah was Surf team MVP for all 4 years and team MVP for cross country and track and field as well. She was the individual cross country champion in the Bay League and CIF this year and 2nd place in the state. Savannah helped PVHS win CIF Championships in 2016, 2018, and 2019 and a state championship in 2016 along with a trip to nationals. Savannah holds the records for the best times ever run by females in the history of the South Bay at 3 miles (16:28) and 5km (17:22).

Savannah’s favorite memory is from the 2019 CIF cross country championship when she and her teammate, Samantha Steman, finished 1st and 2nd and the team won the team championship.

Next year, Savannah will be studying and running cross country and track and field at UCLA.
Mari Shigekawa
Basketball
Tennis

Mari is a nominee for two sports. She has played basketball and tennis for Palos Verdes High School for 4 years. Mari was all-league 3 years for basketball and one year for tennis. She was team captain for both teams and team Most Outstanding/Most Valuable for both sports her senior year.

Mari’s favorite basketball memory was when PVHS beat Redondo at home her sophomore year for the first time in 6 years. Mari’s favorite tennis memory was the Stanford tournament her junior year when PVHS won first place and were able to explore San Francisco at night.

Next year, Mari will be studying at UCLA.
Matthew Smalling
Track & Field

Matthew has run track and field for Palos Verdes High School for 4 years. Matthew was a 3-time Bay League finalist. He also ran on the cross country team.

Matthew’s favorite memory from running for PVHS was breaking 2 minutes in the 800m. When he came across the line in his last race and heard that he made it, he was absolutely ecstatic.

Next year, Matthew will be studying and running track and field and cross country at Rensselaer Polytechnic Institute in New York.
Charlie Winkworth
Surf

Charlie has surfed for Palos Verdes High School for 4 years. Charlie has recorded multiple first place competition finishes and qualified for the state championships.

Charlie’s favorite memory is the State Championship competition down in Oceanside.

Next year, Charlie will be studying at the University of Washington.