

CIF San Francisco Section Flag Football Championship



SATURDAY, APRIL 15, 2023
at GALILEO HS



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CIF San Francisco Section



Announcer

Jordan Watkins

Awards

Gail D. Barksdale

Commissioner of Athletics

Edwin Weathersby

Assistant Commissioner of Athletics



Officials

Patrick Farley - Referee

Randal Krejcarek - Umpire

Pete Mortensen - Head Linesman

Andy Wu - Line Judge



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AAA Flag Football Championships

April 15, 2023

Lowell Cardinals

Number	Name	Position	Year
1	Eva Lewis-Katz	C	11
2	Anna Dustrud	OLB	10
5	Annika Meyer	S	9
6	Ksenya Gotlieb	DE	11
7	Damaris (Mari) Cruz	QB/RB	10
8	Mary Pilotte	OLB	11
9	Sitara Keopaseut	S	9
10	Iria (Nalani) Keopaseut	OLB	9
11	Cailey Ng	OL	9
12	Grace Lam	DE	12
13	Nami Unzicker	MLB	11
14	Ceanne Nichols	DE/MLB	10
15	Morgan Wilson	S	9
16	Sujita (Su) Karmacharya	RB	11
17	Reina Lui	RB	11
20	Lastevia Muir	OLB	10
22	Sophia Martinez	RB	9
23	Annie Nussbaum	WR/QB/S	10
24	Toeta Saleutogi	S	12
25	Bernice Lam	OLB	9
26	Diamon Altamirano-Garett	WR	10
27	Natalia Reis	OL/DE	9
28	Vickie Zhen	OLB	11
30	Amia Ignacio	OL	9
31	Rachael Lin	RB	12
35	Charlene Kwok	QB	12
36	Emma Bui	RB	11
42	Ella Herring	OL/C	9



Head Coach:	William Woodruff
Assistant Coaches:	Eddie Donnelly Tina Hu David Woodruff
Athletic Director:	Robert Ray
Principal:	Dr. Michael Jones

AAA Flag Football Championships

April 15, 2023

Galileo Lions

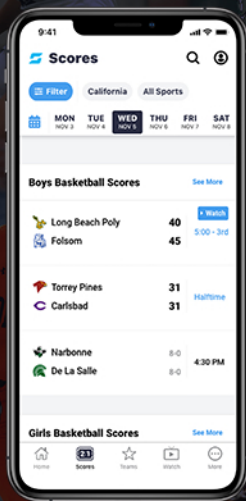
<u>Number</u>	<u>Name</u>	<u>Position</u>	<u>Year</u>
3	Sherlyn Gante	RB/CB	12
4	Katelyn Arguello	C/LB	12
6	Cali Lipscomb	WR/LB	12
7	Sariyah Duong	QB/LB	11
8	Abby Hirobe	WR/S	9
9	Julieta Juarez	WR/DE	12
10	Kayla Jimeenez	RB/CB	11
11	Amelia Corin Garcimo	WR/CB	9
13	Maritza Pimentel	WR/DE	12
16	Lourdes Briviesca	WR/DE	12
19	Daniela Chaname	WR/S	11
20	Ruby Nazzal	WR/S	11
24	America Ramirez	TE/DE	11
35	Angelica Hunter	TE/LB	9
44	Daisy Infante	C/LB	9



Head Coach:	Adrian Poot
Assistant Coaches:	Nick Naudin Linore Rong
Athletic Directors:	Joe Keough
Principal:	Peter Avila

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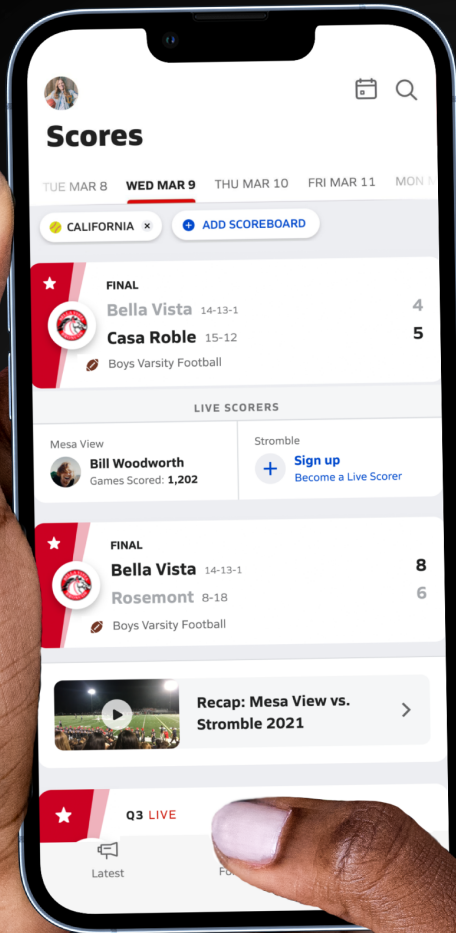
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AAA/CIF San Francisco Section 2022-23

FLAG FOOTBALL GIRLS VARSITY
Standings and Results

As of April 13, 2023

Team	Wins	Losses	Ties	Games Behind
Galileo Lions-y	6	0	0	--
Lincoln Mustangs-xa	4	2	0	2.0
Lowell Cardinals-x	4	2	0	2.0
Washington Eagles -xz	3	3	0	3.0
Balboa Buccaneers	3	3	0	3.0
ICA Spartans	1	5	0	5.0
Burton Pumas	0	6	0	6.0

X – clinched playoff spot

Y – clinched first place

A – earns 2nd place by virtue of victory over Lowell

Z – earns 4th place by virtue of victory over Balboa

Playoff Results:

4/12/23: Washington 0, Galileo 26

Lowell 12, Lincoln 6

Results:

4/5/23: Lincoln 12, Lowell 6

Balboa 0, Galileo 19

3/24/23: Lincoln 0, Galileo 7

Washington 19, Burton 6

3/22/23: Burton 0, Lincoln 1 (forfeit)

Washington 0, Galileo 40

Lowell 14, Balboa 13

3/17/23: Lowell 59, Burton 0

Washington 32, ICA 6

3/15/23: Lincoln 12, Washington 0

ICA 0, Balboa 33

Galileo 47, Burton 0

3/10/23: ICA 12, Burton 0

Galileo 6, Lowell 0

3/8/23: ICA 6, Lowell 33

Washington 6, Balboa 0

3/3/23: Lincoln 46, ICA 0

Lowell 14, Washington 0

Balboa 26, Burton 0

3/1/23: Lincoln 0, Balboa 14

Galileo 53, ICA 0

AAA FLAG FOOTBALL GIRLS ANNUAL CHAMPIONS

<u>YEAR</u>	<u>VARSTY</u>
2021-22	Lincoln
2020-21	No Champion
2019-20	Not Played
2018-19	Galileo
2017-18	Galileo
2016-17	Balboa
2015-16	Galileo
2014-15	Balboa
2013-14	Balboa
2012-13	Lincoln



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OF CHAMPIONSHIP ATHLETES

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XL

Principles of Pursuing Victory with Honor

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership -including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.



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