



# HERITAGE ATHLETICS

Patriot Newsletter, Volume 8

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## Volleyball goes to new heights

Entering the 2019 season, the Heritage boys volleyball team had its sights set on goals never before achieved by the program. Consider those goals accomplished, and they are not done yet.

This year's team has smashed the previous program record of 21 wins in a season, and currently sports a 29-3 overall mark. That includes a perfect 10-0 mark in league play, which resulted in back-to-back BVAL titles. It also resulted in the three seed for the NCS Division I playoffs, and so far the Patriots have lived up to billing. Tuesday night, they swept Clayton Valley in convincing fashion, winning 25-7, 25-9, 25-13. That set up a quarterfinal showdown with defending NCS champion Irvington on Thursday. After dropping the first set, 26-28, the Patriots responded by winning 25-15, 25-14, 25-18 to advance to the semifinals for the first time in program history. They will play at two-seed Amador Valley on Tuesday, May 7, at 7 pm.

### Did You Know?

17 of our 19 teams in the spring, including all levels, earned Distinguished Scholastic Team honors with a team GPA over 3.0. For the school year, 44 of our 50 teams earned that distinction, which means 88 percent of our teams are Distinguished Scholastic Teams. True student-athletes!!!



Boys Volleyball after defeating Deer Valley to go 10-0 in league play

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Boys and girls swim both won BVAL titles for the 10th straight year

## Swim captures team titles

The Patriots' boys and girls swim teams completed a decade of dominance this past Saturday, winning BVAL team titles in the same year for the 10th straight season.

Both teams went unbeaten in the BVAL dual meets, meaning that they needed only a top-two finish at Saturday's championships to ensure overall team titles. Christy Foster was a double-winner for the girls, in the 200 medley and 500 freestyle, while Courtney Coplan and Eisha Pasamonte each captured individual titles and Ray Fitch added an individual title for the boys. The Patriot girls won all three relays, while the boys captured the 200 freestyle relay. Alexis Sanabria was also crowned BVAL diving champion.

Three different Heritage divers advanced to the NCS Championships, where Jade Inderbitzen earned a top-15 finish on Thursday. 20 different Patriot swimmers are competing at this year's NCS Championships.

## Boys Golf does it again

40-0. That's the four-year league record for the seniors which will graduate from this year's boys golf team. Heritage not only captured the BVAL title for the fourth straight year, but has not lost a dual match during that stretch. And they followed that success with a school-record 379 at the BVAL Championships, also capturing that title. The Patriots compete at the NCS Championships on May 13, at Monarch Bay.

## Athlete Spotlight

Athlete: Ryan Jackson

Year: Junior

Sport: Baseball

He's just a junior, and the season is not over yet, but Ryan Jackson set a new school mark for hits when he smashed a double down the line in the Patriots' 4-0 win over Liberty on Tuesday. That was Jackson's 40th hit of the season, surpassing Jake Cosgrove ('17) for the single-season record. He followed that performance with three more hits in Thursday's win over Antioch.



Heritage junior Ryan Jackson



## Softball captures outright title

The Heritage softball team clinched its sixth straight BVAL title on Thursday afternoon, with its 12-4 win over Antioch. Unlike the past four seasons, when the Patriots shared the league crown with Freedom, this time it belongs solely to our girls.

Senior Xiara Diaz continued an amazing campaign by going 3-for-4 with a home run in the win over the Panthers, while Julia Barnett and Lyndsey Burrow added three hits each, as the Patriots improved to 20-2 overall. Two days earlier, senior Delia Scott blanked rival Liberty during a 3-0 victory.

Heritage completes the regular season next week against Pittsburg and Deer Valley, and should receive the number two seed in the upcoming NCS playoffs, which begin the week after next.

## Baseball holding lead

The Patriots continue to hold a one-game edge over Freedom in the BVAL standings, after their 11-1 win over Antioch on Thursday and 4-0 win over Liberty this past Tuesday.



The Heritage boys tennis team brought home its sixth straight league title

## Boys Tennis wins BVAL

The Heritage boys tennis team not only captured its sixth straight BVAL title by going unbeaten once again in the dual match portion of the schedule, but then had another banner championships meet, this past Monday and Tuesday at Diamond Hills.

Junior Seiya Duran won the singles title for the third straight year, and again advances to the NCS Championships after reaching the quarterfinals as a sophomore. He is joined by four other teammates this season. Herman Austero and Sahil Chandra successfully defended their doubles title at the BVAL Championships, also claiming the title for the third straight year. They advance to NCS, as does the doubles team of Gabriel Sison and Tom Hall, who reached the BVAL title match against their teammates and received an at-large berth to the section championships.

Heritage showcased its depth in doubles when Connor Zell and Damanpreet Singh captured third place in a thrilling three-set tie-break match to finish the tournament.

The NCS Championships are this Friday and Saturday at Harbor Bay in Alameda and De Anza HS in El Sobrante.