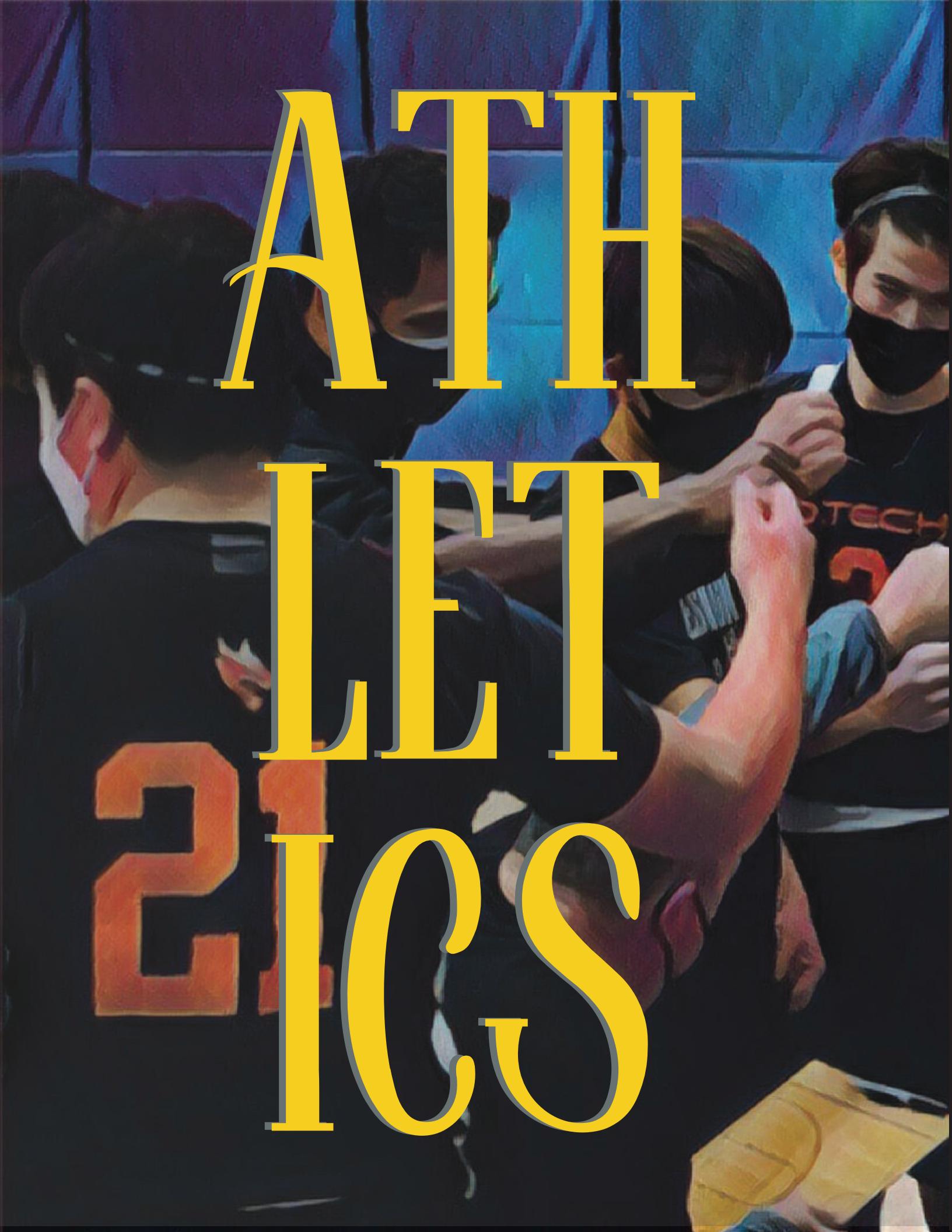


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SAILING



What do sailing team members have to say about sailing? Junior Claire Malykin comments, "The sailing program was good," and noted that the team could tell d.tech was dedicated to the sport "when they brought an Olympic sailor to talk to students" and by taking them on a field trip to the pier to show and give them "more professional sailing opportunities." Junior Simone Karlon commented on her favorite aspect of sailing, saying how she "love[s] speeding through the water in the sailboat and building camaraderie with [her] my teammates." Finally, both students, along with Sophomore Emily Hong, commented on the coaches' enthusiasm, saying how they are "nice and experienced," helpful in "guiding other sailors and me," and "genuinely want to help everyone get better."





The d.tech sailing team had a good season this year; this year, the team grew in size with a total of 18 people on the team. The team even got to meet an Olympic sailor!



CROSS COUNTRY

This year's cross country season was extremely different from previous years. For starters, the team grew from around eight runners to over 20.

Additionally the meets were in-person meets rather than time-trial meets. Many players have enjoyed this change as well.

[1] Cross Country team photo. Photo taken by iClickSmiles.



The Cross Country team had a fun community that gave their all and showed up to most practices. So, it's no surprise that the team itself did very well this year and even though they didn't win every meet, they had a successful season.

[2] d.tech leads the pack during a long run to the finish.



[4] Jacob Blaylock ('25) and other cross country members running the track.

[5] The cross country team meeting beside their backpacks.



[3] Girls of the cross country team line up in preparation.



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[6] Nico Noravian ('24) running down the track at the cross country meet.

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[8] Kavi Bidlack ('25) and Greyson Sloan ('24) neck-and-neck with other cross country runners.

[9] Nalini Kotecha ('25) giving all her energy as she runs down the path.



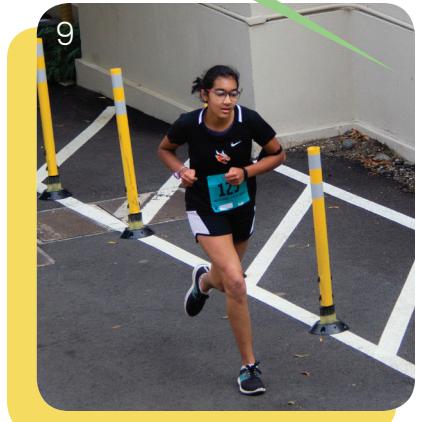
[Above] The Cross Country Team Photo.

Top Row: Kira Hermansson ('25), Nalini Kotecha ('25), Ethan Im ('25), Eko Guerrero ('24)

Middle Row: Greyson Sloan ('24), Elias Wu ('23), Nicholas Lewis ('24), Kavi Bidlack ('25), Aidan Sam ('25), Assistant Coach John Chapman, John Chapman ('22), Jacob Blaylock ('25), Ian Hermansson ('25)

Bottom Row: Nate Posner ('23), Nico Noravian ('24), Coach Sunny Diaz, Samantha Saito ('22), Thomas Saito ('24), Ryan Quisol ('22), Roman Noravian ('24), Owen Chapman ('22), Nico Chapman ('22)

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To end this off, here is a quote from the team's head coach, Sunny, "I organized the d.tech cross country team based on the philosophy of building a strong foundation in both team structure and athletes' development of character and performance. The athletes believe in the process of training, which leads them to succeed in their high school sports participation."

VOLLEYBALL



[1] The girls volleyball team huddle together before the start of the game.

The volleyball team at d.tech was a fun experience for everyone involved. The players say “the coach was really kind and there was plenty of team bonding.” The team itself played decently and are excited to play again next year. There are things that everyone is planning on improving on; with these improvements the team knows that they can make next season even better than this season.



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[3] Senior Night (left to right): Zoe Hong ('22), Julia Hom ('22), Assistant Coach Rikako Ono, Coach Kabria Dame

[4] Chloe Ho ('23) and Kendall Lee ('24)

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[7] Jeneva Fletcher ('25) at St Thomas More Game

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[5] Girls of the volleyball team line up in preparation before the start of a game.

[6] Kiana Lew ('23)



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[8] Top Row (left to right): Assistant Coach Rikako Ono, Zoe Hong ('22), Julia Hom ('22), Kendall Lee ('24), Margaux Knobel ('23), Jeneva Fletcher ('25), Lila Hong ('25), Elizabeth Cheng ('24), Maiko Ono ('25), Coach Kabria Dame

[8] Bottom Row (left to right): Chloe Ho ('23), Kiana Lew ('23), Isabelle Louie ('24), Tala Pantua ('25), Lia Santos ('24)

[9] Senior Night (left to right): Zoe Hong ('22), Akira Eernisse ('22), Chloe Ho ('23), Kendall Lee ('24), Yoshi Eernisse ('22), Kiana Lew ('23), Elizabeth Cheng ('24), Isabelle Louie ('24), Geneva Fletcher ('25), Lila Hong ('25), Lia Santos ('24)

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SOCCE

Both the boy's and girl's soccer teams experienced great seasons this year. Pre-season practices and games are always tough, but the teams were able to push through and win many league games.

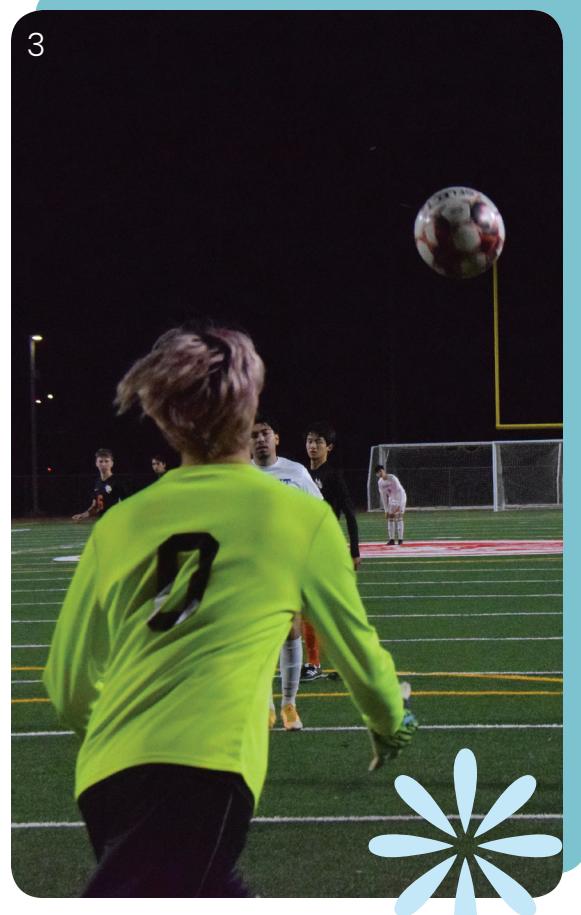


[1] The girls soccer team and their coach gather around to take a photo.



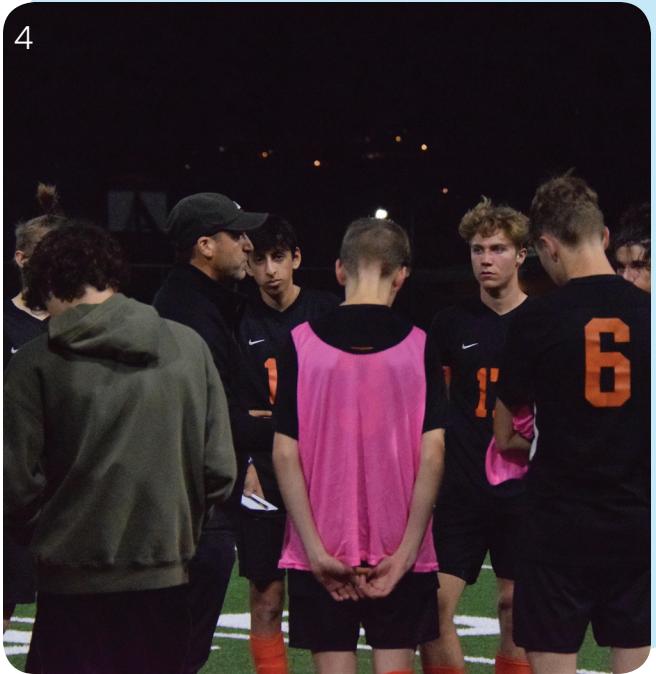
[2] The boys soccer team. Photo taken by iClickSmiles.

[3] d.tech's goalie kicks the ball back across the field.



Most people on both teams agreed that everyone had great chemistry, and playing on the soccer team brought them enjoyment and improved their skills -- many stated it's something they look forward to each school year.

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[4] The boys soccer team huddled around their coach for a quick discussion during timeout.

Players agreed that there were things that the teams could improve upon for next season; examples are technical aspects of soccer, commitment to the team, and strength and ability.

But this does not take away from many people's accomplishments this season: a player getting their first goal, beating rival teams, and improving as soccer players.

Here is what senior Jade Lau said would impact them the most as they leave high school, "I will remember this soccer season by all the scrimmages and late-night games we've had. I will also remember how cool Annie is when she dribbles past a whole team's defense."

[5] A d.tech athlete takes the ball down the field as other teammates--and rivals--join nearby.

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[6] The girls soccer team. Photo taken by iClickSmiles.

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[7] The boys soccer team forming a tight huddle on the sidelines.



BASKETBALL



Basketball at d.tech provided a great athletic and team-building outlet for players. This year the basketball teams consisted of Varsity Girls Basketball and Varsity and JV Boys Basketball.

Students said their favorite part of their experience was their teammates. Their coaches were very supportive and helped them grow as they played. Players specifically noted the highlights of basketball were the exercise, the team-building, and the leadership skills they gained throughout the season. One player stated, what they love about basketball is "the whole concept, the family, the competition" they said, "my love for it is boundless as it's such a special sport."

[1] The girls Varsity basketball team. Photo taken by iClickSmiles.

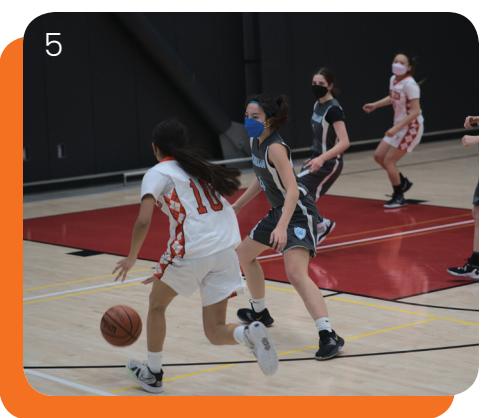
[2] Families, coaches, students and team members gather to commemorate Senior Night.

[3] [Photo by Jade Lau] A member of the girls Varsity team shoots over her defender towards the net.



[4] Playing at the Crystal Springs game. [Photo by Kirin Guinto]
Pictured: Christian Figueroa ('22)

[5] [Photo by Jade Lau] A member of the girls Varsity team dribbling down the court.



[6] The boys Varsity basketball team. Photo taken by iClickSmiles.

Although the girl's basketball team was relatively small, they accomplished quite a bit; 11th grader Margot Knobel said, "I think our team did really well this season.

We worked really hard and were able to accomplish a lot, especially considering we had typically about six girls playing." The d.tech Varsity Girls Basketball team showed how far determination could take a team, even when it's smaller.



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[7] The boys Junior Varsity basketball team. Photo by iClickSmiles.

[8] Senior Night [Photo by Kirin Guinto] Pictured left to right (top row): Dylan Chang, Akira Eernisse, Thandapani Chandrasekaran, Yoshi Eernisse, Nico Chapman, Alex Bone, Akshay Sunkara, Kyle Fong, Zach Chan, Christian Figueroa Bottom Row: Jacquelyn Lomano

[9] [Photo by Kirin Guinto] Pictured (left to right): Dylan Chang ('22), Coach Michael Gutierrez, Coach Ben Guinto, Fumi Shinagawa ('22), Akira Eernisse ('22), Kyle Fong ('22), Yoshi Eernisse ('22), Nico Chapman ('22), Luchi Tateishi ('24), Christian Figueroa ('22), Akshay Sunkara ('22), Alex Bone ('22)

[10] Varsity Boys team members make their way through a bustling crowd during Senior Night.

[11] A member of the boys Varsity team shoots a free throw during the game at Crystal Springs.

TRACK & FIELD

This year's Track and Field team did exceptionally well. There were 35 people on the team this year -- the largest team yet.

There were also three coaches this year! Sunny Diaz as Head Coach, John Chapman as JV Head Coach, and Clint Bidlack as Assistant Coach. Sophomore Nick Lewis said, "the whole team got along and connected pretty well even when we were split into different groups."



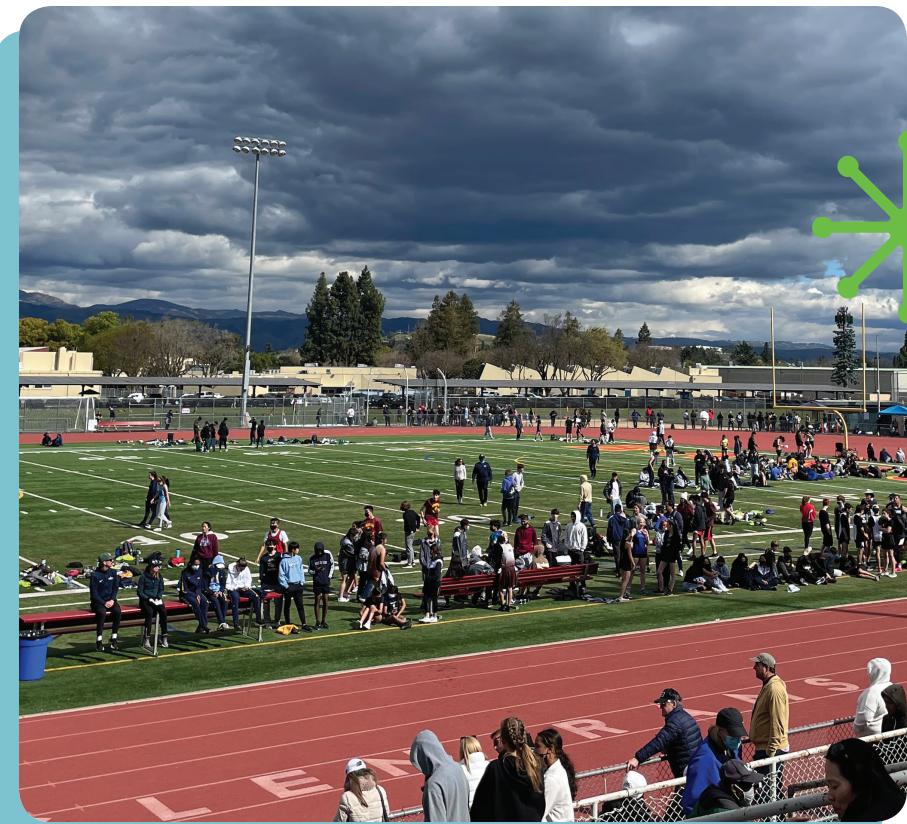
A d.tech Track & Field sprinter (in black) racing at the Willow Glen meet.



Students line up on the track, waiting to receive the signal from the starting gun.



With Andrew Manrao ('25) in the lead, the d.tech track & field runners go the final distance as they close in on the finish line.



A cloudy sky looms over athletes training on the field at the Willow Glen meet.



The track and field team had an outstanding season, with players often winning 1st, 2nd, and 3rd place. Their practices were usually held at San Mateo High School and Crystal Springs Course. Coach Sunny Diaz said the highlight of the season was that "each runner significantly improved from where they were at the start of the season."



[Above] Moss Kataoka ('24) running towards a fellow teammate after a tough race.

[Left] The morning bustle of the track and field meet.





B|ASEBALL



Players feel that the team improved on feeling more comfortable and composed in game situations with intense pressure. Senior baseball player Steven Maganaris said what younger players are working on improving is their confidence in hitting when they get to the plate.



[1] Steven Maganaris ('22) pitching at St Thomas More game



[1] Dawson Loo ('24) up at bat.

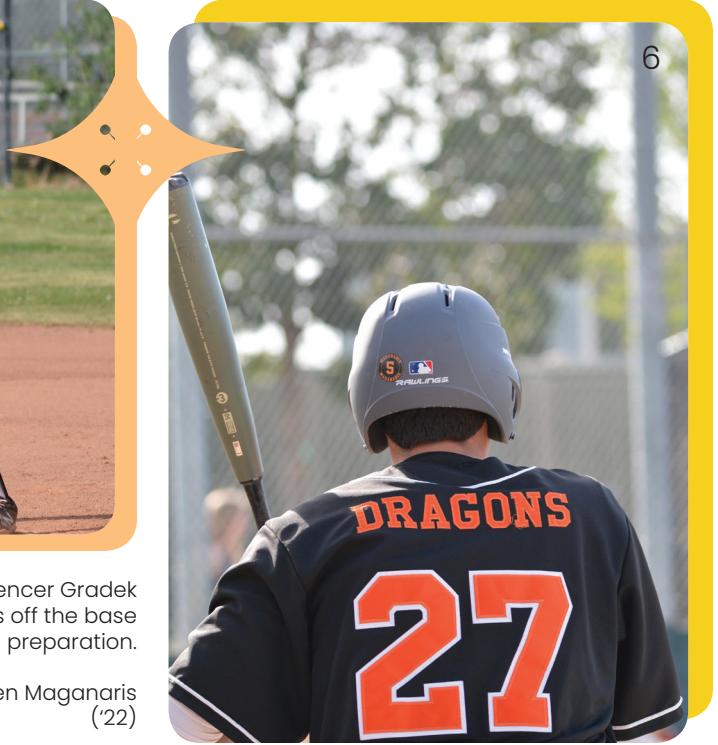
[3] From left to right, Timothy Fong ('25) and Edison Yee ('25) on the pitching mound.

[4] Diego Mendoza ('23) as catcher at the St. Thomas More game.

Baseball was one of the very first sports founded at d.tech. This year's Baseball team was very large. One student said that the beginning of the season was tough "as the team was very young and not as experienced as it has been in recent years, but the team started to get better, as the younger players started catching up pace-wise and started to feel more comfortable." The players liked their coaches; they said their coaches were the "perfect mix of being loose but also not letting the team screw around at practice."

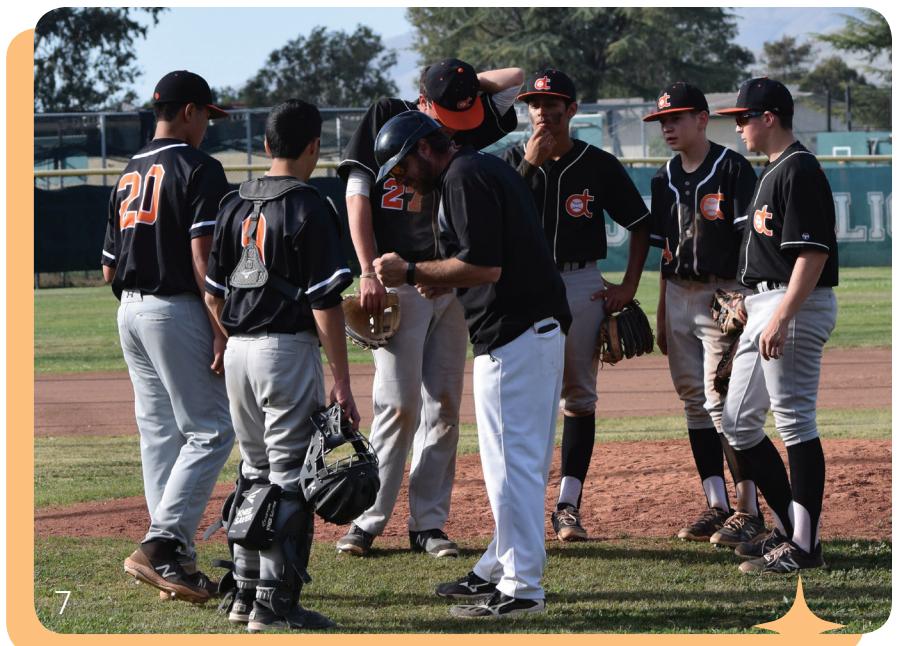


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Players have developed strong relations with one another, creating an engaging community that keeps them coming back to practice; Steven Maganaris noted "being able to play and practice with kids I have created huge bonds with over the years is super fun and rewarding" and "baseball has really helped me grow, by teaching me how to stay composed, focused, and disciplined."



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[7] From left to right, Edison Yee ('25), Timothy Fong ('25), Steven Maganaris ('22), Arjun Godbole ('24), Isaac Gradek ('25), and Spencer Gradek ('23) meet on mound when Coach Brad calls time.

[8] Spencer Gradek ('23) and Steven Maganaris ('22)

[4] Maddox Hom ('24) pitching at the St. Thomas More Game

SWIMMING



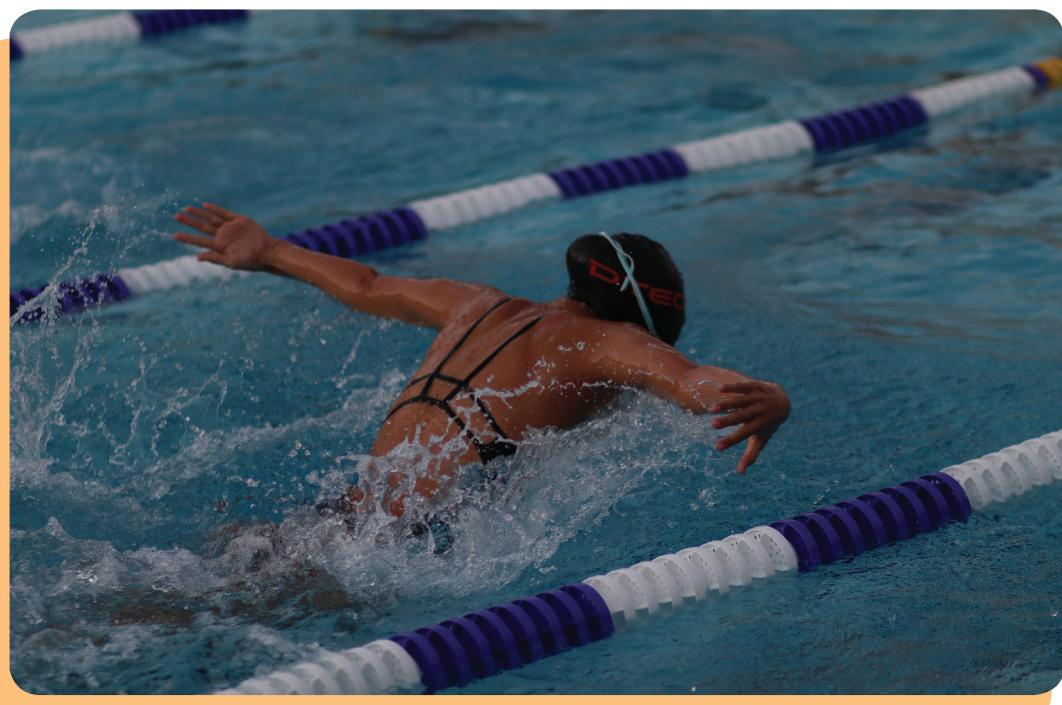
As this was their first year doing meets, it took some time for the coaches and team to get accustomed to the routines of meets. The team did very well, with swimmers winning 1st, 2nd, and 3rd place at many different meets. One swimmer noted, "swimmers placed pretty high in the events they swam, and it looks more like a team than it did in other years."



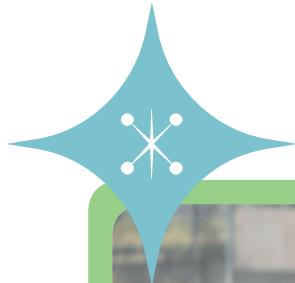
This year was pivotal for the d.tech Swim team, as it was their first league season because of the pandemic in the past two years.



The swimmers say their favorite part of d.tech swim is the athletic outlet it provides and the connections they can make across grade levels.



SOFTBALL



This year was the second entire season of the d.tech Softball team, as the season in 2020 was canceled due to the pandemic. This year the team was notably larger than previous years, filled with both beginners playing for the first time and advanced players who have been playing for over 10 years. Players said everyone on the team improved very quickly, and right from the start of the season, players were hitting home runs and winning almost every game.





The players say it was the combination of the skill and team dynamics that led them to success. Senior Kasvi Singh said, "softball was very fun because of how much we worked together and the welcoming team atmosphere."

