



# SAN BERNARDINO PREP SPORTS

Keepin' it real on high school sports

## About T.J.

T.J. Berka has been covering sports for The Sun since 2006. As a graduate of the University of Michigan, T.J. know good sports when he sees them - at least he thinks he does.

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## About this Entry

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## All-Sierra League football team

By [TJ Berka](#) on December 16, 2009 3:55 PM | [No Comments](#) | [ShareThis](#)

By popular demand, here's the all-Sierra team. The Sierra does the MVP thing better than anyone else, with six different Most Valuable Players. Pretty crazy stuff.

### SUPERLATIVES

#### Athlete of the Year

Ifo Ekpre-Olomu, Jr., Chino Hills

#### Offensive MVP

Phillip Sainz, Sr., Damien

Chad Jeffries, Jr., Glendora

#### Defensive MVP

Michael Gonzales, Sr., Glendora

#### Placekicking specialist

Wes Feer, Sr., Chino Hills

#### Punting specialist

Jake Capraro, Sr., Damien

### FIRST TEAM

#### OFFENSE

Ryan Verdugo, Chino Hills, QB, Sr. Michael Trujillo, Ayala, RB, Sr. Nate Harris, Chino Hills, RB, Jr. Calvin Bishop, Diamond Bar, RB, Sr. Dawani Bankhead, Glendora, RB, Sr. Andre Holmes, Glendora, RB, Sr. Dylan Lada, Ayala, WR, Sr. Ryne Morrison, Damien, WR, Sr. Aaron Stockham, Glendora, WR, Sr. Patrick Kim, Ayala, OL, Sr. Joe Iriberry, Chino, OL, Sr. Jordan Miller, Chino Hills, OL, Sr. Josh Polonio, Damien, OL, Sr. Regis William, Glendora, OL, Jr.

#### DEFENSE

Michael Yanes, Ayala, DL, Sr. Austin Johnson, Chino, DL, Jr. Tre Hale, Damien, DL, Sr. Chris Sayegh, Damien, DL, Sr. Tim Manning, Glendora, DL, Sr. Josh Rottler, Chino Hills, LB, Sr. Chad Lindsay, Glendora, LB, Sr. Nick Thomas, Ayala, LB, Sr. Justin Robles, Chino Hills, LB, Sr. Trevor Manly, Damien, LB, Sr. Brock Tracey, Damien, LB, Sr. Nate Harris, Chino Hills, DB, Jr. Eric Lewis, Damien, DB, Sr. Rodney Matthews, Damien, DB, Sr. Thomas Corwin, Glendora, DB, Jr.

### SECOND TEAM

#### OFFENSE

James Guillen, Damien, QB, Sr. Mauricio Reynoso, Ayala, RB, Jr. Promise Amadi, Chino, RB, Jr. Xavier Brown, Chino, RB, So. James Ramirez, Damien, RB, Jr. Donovan Holmes, Glendora, RB, Sr. Scott Calles, Chino Hills, WR, Jr. Josh Dominguez, Damien, WR, Sr. Neil Ignacio, Diamond Bar, WR, Jr. Casey Busch, Ayala, OL, Sr. Trevor Androus, Chino Hills, OL, Sr. Brandon Maxson, Damien, OL, Sr. Zack Pucci, Damien, OL, Sr. Bing Tan, Diamond Bar, OL, Sr. Thomas Thayer, Glendora, OL, Sr.

#### DEFENSE

Shawn Faucette, Ayala, DL, Sr. Brad Bergan, Chino Hills, DL, Jr. James Grigorian, Diamond Bar, DL, Sr. Blaize Sanchez, Diamond Bar, DL, Jr. Matt Nava, Glendora, DL, Sr. Anthony Weiler, Ayala, LB, Jr. Trevin Loza, Chino, LB, Sr. Austin Simons, Damien, LB, Sr. Sam Uweh, Diamond Bar, LB, Sr. Alex Flinch, Glendora, LB, Sr. Christian Villia, Glendora, LB, Sr. Timothy Alexander, Ayala, DB, Jr. Lucas Chavez, Ayala, DB, Jr. Brandon Portal, Chino Hills, DB, Jr. Calvin Bishop, Diamond Bar, DB, Sr. Dylan Nichols, Glendora, DB, Sr.

#### HONORABLE MENTION

Andrew Cameron, Diamond Bar, QB, Jr. Alex Sanchez, Ayala, WR, Sr. George Katrib, Diamond Bar, WR, So. Nick Gonzales, Chino Hills, OL, Jr. Ryker Cook, Diamond Bar, OL, Sr. Justin Adema, Glendora, OL, Sr. Joe Antociccio, Chino, DL, Sr. Brian Chong, Diamond Bar, DL, Jr. Alan Ayers, Ayala, LB, Sr. Brian Bracci, Ayala, LB, Sr. Ron Velarde, Chino, LB, So. Carlos Barron, Chino Hills, LB, Sr. Troy Lanning, Diamond Bar, LB, So.

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