

2021 FOLSOM HIGH SCHOOL

BULLDOGS



FOLSOM LAKE TOYOTA





FOLSOM BULLDOGS



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A Message from The Head Coach

We are beyond excited to welcome you to the 2021 season. This year in particular brings new appreciation and gratitude for even the opportunity to be a part of a community and a team that will help shape and mold our young student athletes through competition. Last year brought a wave of emotions for all players, parents and coaches alike who were all impacted differently from a global pandemic. As much as this message is intended to welcome all of you to the season, it is equally an immense appreciation to the droves of supporters, players and parents specifically, that have sustained us to this point. It is from that perspective, from my family, my beautiful wife Kari and our two sons Luke and Liam that we want to reciprocate the appreciation. Folsom truly is a wonderful place, one that we are happy to call home, and one that we want to continue to build in community, camaraderie and accomplishment.

Anticipation always looms in the early fall for aspirations of football glory, and this season is no different. Coming off of an incredible 6-0 Spring season, one that left so many potential scenarios unfinished for a resilient group of kids, no one is more eager for the next challenge than this team. The list of accomplishments in recent years are well documented and need no introduction here. The coaches have no hesitation promoting confidence in even greater accomplishments. Winning football games is certainly a part of the story, but it is our goal as a coaching staff and school to ensure that each and every student athlete in our program experiences everything that high school football has to offer. The opportunity to commit to a team, something bigger than themselves and to pursue common goals as young people by contributing to a culture of excellence, humility and respect where we are all grateful to be a part of something so special.

The long list of people and organizations to thank is endless. It takes a village to raise a child and nowhere has that been more evident than in this program. So thank you to all of you. All the parents and players for whom the program is for. Thank you to all the coaches at all levels for the countless hours of thankless time. Thank you to all the sponsors, community members, donors and supporters who make this program happen with successful events such as our annual "Meet the Bulldogs" night. Thank you to the administration, principals and District Office who create and sustain the infrastructure of people, facilities and programs that support everyone in the program both coaches and players alike.

Special thank you and recognitions are appropriate for so many of you, and you all know who you are.

The rewards of a positive high school football experience go far above and beyond any trophy we can hoist overhead. It is an experience that has brought me here today to this point with all of you. My personal experience has built real life long relationships with former players, coaches and my immediate family that I cherish so deeply. Without football, none of these would have been possible, and without a positive experience that cultivates a culture of excellence, humility and accountability on all fronts, the same will not be available to these young players.

We as a school, a program, an administration and community couldn't be more thrilled for the coming season, and we ask for your continued support in all that lies ahead.

Respectfully,
Paul Doherty, Head Varsity Football 2021



2021 FOOTBALL SCHEDULE

VARSITY

DATE	LOCATION	TIME	OPPONENT
AUG. 20	AWAY	7:30pm	@ MONTEREY TRAIL
AUG. 27	HOME	7:00pm	JESUIT
SEPT. 3	HOME	7:00pm	PITTSBURGH
SEPT. 10	BYE WEEK		
SEPT. 17	HOME	7:00pm	OAK RIDGE
SEPT. 24	AWAY	7:00pm	@ GRANT
OCT. 1	AWAY	7:00pm	@ DEL ORO
OCT. 8	HOME	7:00pm	DE LA SALLE
OCT. 15	AWAY	7:00pm	@ ROCKLIN
OCT. 22	HOME	7:00pm	WHITNEY
OCT. 29	HOME	7:00pm	GRANITE BAY

JV

DATE	OPPONENT
AUG. 20	@MONTEREY TRAIL
AUG. 27	JESUIT
SEPT. 3	PITTSBURGH
SEPT. 10	BYE
SEPT. 17	OAK RIDGE
SEPT. 24	@GRANT
OCT. 1	@DEL ORO
OCT. 8	DE LA SALLE
OCT. 15	@ROCKLIN
OCT. 22	WHITNEY
OCT. 29	GRANITE BAY

FROSH

DATE	OPPONENT
AUG. 19	@MONTEREY TRAIL
AUG. 26	JESUIT
SEPT. 2	PITTSBURGH
SEPT. 9	BYE
SEPT. 16	OAK RIDGE
SEPT. 23	ELITE PUBLIC SCHOOLS
SEPT. 30	@DEL ORO
OCT. 7	DE LA SALLE
OCT. 14	@ROCKLIN
OCT. 21	WHITNEY
OCT. 28	GRANITE BAY

* Opponents, Dates & Times Subject to Change

SENIORS



BLAISE WILLIAMS



Blaise,
We are so proud of
you! You've worked
so hard for this
moment, and you
have made us proud.
Remember to always
stay strong, stay
true and follow our
dreams.

*We love you,
Dad, Mom, Adia,
Thomas, and
Carter*



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TYLER TREMAIN #7



Tyler,

We have loved every Moment
watching you grow, both on the
field and off!

We can not wait to see what
you do with every Moment
in your future!

Be an inspiration to yourself,
and you will inspire others!

Continue to dream big and
write Your Legacy every day
with all the things you do!

*We love you Always!
Your Family*

LUCAS WOLFE #24

We are so proud of you and all your accomplishments on and off the field. Keep working hard and good luck in the upcoming season.

Go Bulldogs!

Love,
Mom, Dad & Dylan



We Believe

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MORE THAN
JUST TIRES.**



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2006... M League Champs
2007... JPW League Champs
2008... MM League Runner Up
2010... MM League Champs
2011... JPW League Champs
2012... JPW League Champs
2013... PW League Champs
2014... JM League Runner Up
2015... JM Final Four
2016... JPW League Champs
2017... PW Final Four
2018... JM League Champs
2019... M League Champs

GO DOGS!

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JUSTIN ARNAZ #1

From your Jr. Bulldog games to now on the blue, it has been our pleasure watching you grow into the young man you are today. We look forward to your senior year with your Bulldog family. Keep putting in the work. We love you Mijo!

Love, Mom, Dad & Julianna



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#14

JOSH TREMAIN



Josh,

We are so very proud of you and what you stand for in life!

Whether on the field or off... We will always be your biggest fans!

Create Your Moments daily!

Continue to dream big and write Your Legacy every day with all the things you do!

*We love you Always!
Your Family*



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JACOB VIEGA #11

We are beyond proud
Of you!!! Your will,
determination and character
both on and off the field
continues to amaze us!

Embrace every
moment and
have a great
senior season!

*All our love,
Mom, Dad
& Justin*



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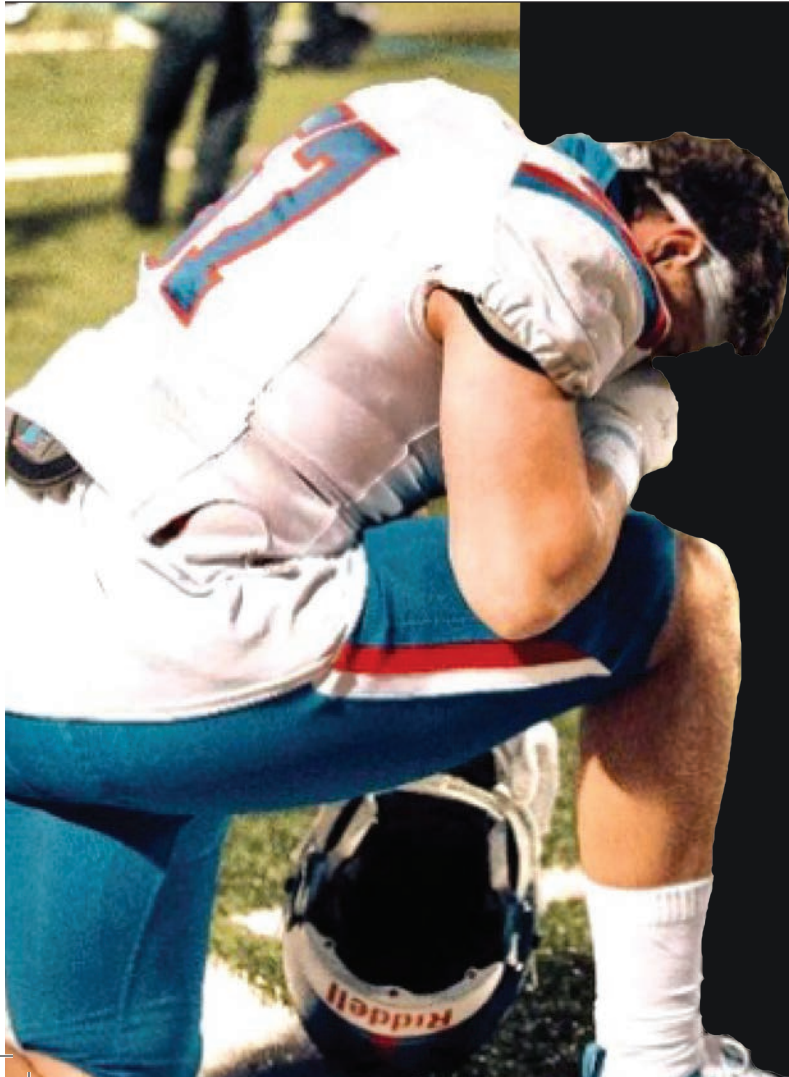
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HUNTER MASTERSON

Hunter – You are such an amazing young man on and off the field. Your passion for the game is contagious and your love for others is to be commended. We are so blessed to be your parents.

We love you so much!

Love –
Mom, Dad &
Remington



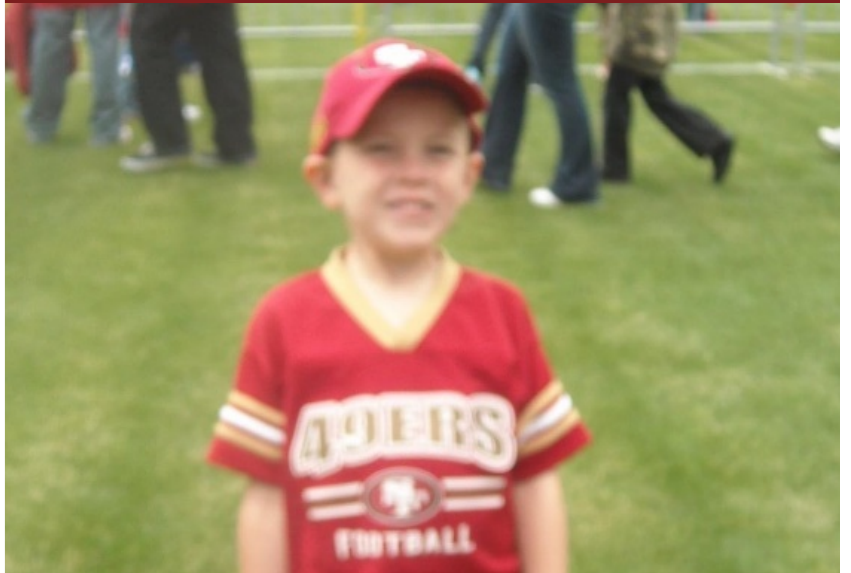


DOMINIC MATTHEWS

Never give up. We are so proud of you.
When you set your mind to something
you're unstoppable. Keep moving forward.

Love, Your Family

AYDEN DAVANZO



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2021 FOLSOM FOOTBALL VARSITY COACHING STAFF



PAUL DOHERTY
HEAD COACH



JORDAN BANNING
ASST. HEAD COACH



VAL LAOLAGI
DEFENSIVE COORDINATOR



MATT NAVONE
SPECIAL TEAMS & LB



ZACH SCLATER
OFFENSIVE LINE



JALEN ANGEL
WIDE RECEIVERS



BRAD OUALIS
WIDE RECEIVERS



ROB LOBESE
DEFENSIVE LINE



ADAM LOPEZ
DEFENSIVE LINE



JORDAN IRSIK
DEFENSIVE BACKS



SCOTT ROBISON
DIRECTOR OF
FOOTBALL OPERATIONS



COACH SMITH
DEFENSE



MATT WATSON
RUNNING BACKS

(NOT PICTURED) ROBERT MOSHER - QUARTERBACKS, TIM CARROLL - TIGHT END, MIKE DARIANO - DEFENSIVE BACK



FOLSOM BULLDOG FOOTBALL

STATE CHAMPIONS

2010, 2014, 2017 & 2018

SIERRA FOOTHILL LEAGUE DIVISION I CHAMPIONS

2014, 2015, 2017, 2018, 2019 & 2020

DELTA RIVER LEAGUE DIVISION I CHAMPIONS

2009, 2010, 2012, 2013

SAC-JOAQUIN SECTION CHAMPIONS

1990, 2010, 2012, 2013, 2014, 2015, 2017, 2018

FOLSOM BULLDOGS

20



FRONT ROW: J. Chavez, J. Belmonti, A. McCloskey, S. Wilson, S. Wilson, L. Wolfe, D. Parler, J. Vasquez, DJ Brown, J. Garcia, E. Mezoui, T. Tremain, J. Arnaz, C. Denny, A. Lopez
3RD ROW: Coach Angel, Coach Lobese, Coach Smith, Coach Watson
4TH ROW: Coach Robison, L. Barbaccia, O. Smith, L. Hard
Back Row: A. Smith, J. Mixon, J. Gruele, E. Traynelis, C. Clinger, W. Lyons, R. Sisson, M. Norberg, B.

MISSING FROM PICTURE: J. Eklund, C. McCord, J. Perkins, C. Sepulveda, J. Tremain, S. Edwards, A. McClain

VARSITY FOOTBALL

2021



uez, C. Bienvenue, D. Washington 2ND ROW: A. McMillan, C. Martinelli, G. Carillo, M. Starkey,
 Coach Lopez, Coach Navone, Coach Sclater, Coach Laolagi, Coach Doherty, Coach Banning, Coach Qualls,
 Gardeman, J. Tremain, J. Viega, P. Diehl, H. Masterson, I. Rheume, R. Flores, T. Hendrick, Coach Irsik
 g, B. Freeland

2021 FOLSOM VARSITY FOOTBALL



JUSTIN ARNAZ
SENIOR



GRECO CARRILLO
JUNIOR



CARTER MARTINELLI
JUNIOR



TOURE HENDRICK
SENIOR



AUSTIN MCMILLAN
SENIOR



TYLER TREMAIN
SENIOR



CADEN BIENVENUE
SENIOR



DJ BROWN
JUNIOR



JULIAN PERKINS
SENIOR



JACOB VIEGA
SENIOR



ONTERRIO SMITH JR.
JUNIOR



RICO FLORES JR.
JUNIOR



JOSH TREMAIN
SENIOR



JULIAN VASQUEZ
JUNIOR



DIALLO WASHINGTON
JUNIOR



SKYLER WILSON
SENIOR



MASON NORBERG
JUNIOR



EVAN TRAYNELIS
SENIOR



AYDEN MCCLOSKEY
SENIOR



COLLIN DENNY
JUNIOR



**SLADE WILSON
JUNIOR**



**AYREON SMITH
JUNIOR**



**LUCAS WOLFE
SENIOR**



**JUSTIN BELMONTI
SENIOR**



**ALEX LOPEZ
JUNIOR**



**JOSEPH CHAVEZ
JUNIOR**



**PIERSON DIEHL
SENIOR**



**DONOVAN MAXEY-PARLER
JUNIOR**



**WILLIAM BARBACCIA
JUNIOR**



**ENZO MEZUI
JUNIOR**



**BRAIDAN FREELAND
SENIOR**



**RYAN SISSON
SENIOR**



**JULIO GARCIA
JUNIOR**



**JAYSE MIXON
JUNIOR**



**CHRISTIAN
NEWBERRY JONES
SENIOR**



**ISAIAH RHEUME
SENIOR**



**LUCAS HARDEMAN
SOPHOMORE**



**HUNTER MASTERSON
SENIOR**



**JAKE GREULE
JUNIOR**



**MASON STARKEY
JUNIOR**



**WALKER LYONS
JUNIOR**

NOT PICTURED:

*J. Eklund, C. McCord, J. Perkins,
C. Sepulveda, J. Tremain,
S. Edwards, A. McClain*

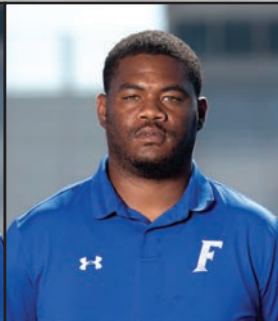
FOLSOM JUNIOR VARSITY FOOTBALL 2021



N. Anderson, A. Woodson, LJ Francis, O. Harfouch, I. Langham, M. Handy, L. Phelps
 S. Pruitt, D. Chavez, T. Cabrera, M. Kelly, A. Coffin, R. Semenza, I. Bonton, E. Benford
 Coach Gruele, Coach Stover, Coach Henderson, Coach Wegner, Coach Gaide, Coach Jackson, Coach Martinez, Coach Johnson, Coach Peterson
 D. Villarreal, L. Murphy, M. Neidlinger, E. Gulewich, C. Dutton, L. Fortier, RJ Whitten, A. Sardo
 R. Masterson, I. Solwazi, M. Ellison, C. Gallagher, A. Mack, T. Knierim, G. Cain, L. Senico, L. Jorge



MIKE GAIDE
HEAD COACH



JOSIAH JOHNSON
OC & QB COACH



JUSTIN PETERSON
OFFENSIVE LINE



LOU MARTINEZ
WIDE RECEIVERS



BRIAN STOVER
WIDE RECEIVERS



DONNI JACKSON
RUNNING BACKS



JAMES GRUELE
DEFENSIVE LINE



JIM WEGNER
LINEBACKERS



DANA HENDERSON
DEFENSIVE BACKS

(NOT PICTURED) BOB TREMAIN - DEFENSIVE COORDINATOR

FOLSOM FRESHMAN FOOTBALL 2021



BOTTOM ROW: T. Mayne, G. Benjamin, A. Rogalski, D. Rivera, F. Thomas-Barrios, C. Beasley, R. Cao ROW 2: T. Brand, D. Dellaroca, T. Sullivan, C. Eathorne, M. Emery, D. Matthews, A. Bowers ROW 3: D. Gates, C. Greenmun, Coach Williams, Coach Hazzard, Coach Hendricks, Coach White, B. Dent, T. McHenry ROW 4: L. Hutton, A. Anderson, B. Williams, L. Alexander, M. Fears, S. Mark, J. Banks, C. Jackson, C. Warren TOP ROW: H. Gladden, L. Sorensen, T. Greule, T. Tupou, I. Ross, P. Shane, I. Okoye, D. Munn, J. Noel, B. Andrus *Not pictured: Coach Harris*

CHRIS HARRIS - HEAD COACH (Not Pictured)



(NOT PICTURED) ROSS GUSTAVSON, MICHAEL LOPEZ, JOVAN PARLER



2021-2022 Varsity Cheer



Back row left to right: Averie McCord, Alexa Rodgers, Bella Hensley, Kiley Shelley, Trinity Samuel, McKenna Jenkins, Addison Vergara, Trinity Odestig, Hannah Verwayen, Morgaan Morris and Holly Wagner. **3rd row left to right:** Avery Cox, Bella Simanhadi, Alissa Timberman, Reese Atterberry, Samantha Cole, Lily Sacay, Olivia Nola, Jocelynn Cooney-Nelson, Samantha Warren **2nd row left to right:** Sofra Hrubá, Brooklyn Try, Loren Beck, Serena Santos, Sydney Frank, Brandi Indrieri, Kaleia Rivera, Kadence Kosaka **Front row left to right:** Alyx Sharp, Andrea O'Neel, Ava Neimann, Ava Reynolds

Head Coach: Lynn Starr (not pictured) | **Assistant Coaches:** Victoria Wilmer and China Martinelli (not pictured)

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JV Cheer



Front Row left to right: Ana Sierra, Mary Pham, Ava Rose Shafto, Isabella Plascencia, Eataney Hormozi, Karlee Momo **Second row left to right:** Monica Aguilar, Natalie Nunez, Camille Springer, Emily Ontiveros, Katelyn Lanni, Abby Lofrano **Third row left to right:** Pari Garlapati, Paige Newton, Hailey Cabrera, Clara Reed, Tara Castle, Danica Sandy **Top row left to right:** Eriyana Burnett, Rossi Abeyta, Calia Catalan, Anna Popoff, Allison Polapink, Megan Klostermann **Stairs from bottom to top:** Alexia Ramirez-Argenzia, Alexis Valleta - left, Saraya Burt- Right, Breah Lewis,

Head coach: Faun O'Neil (not pictured) | **Assistant coaches:** Paige Francis, Emily Pugh (not pictured)



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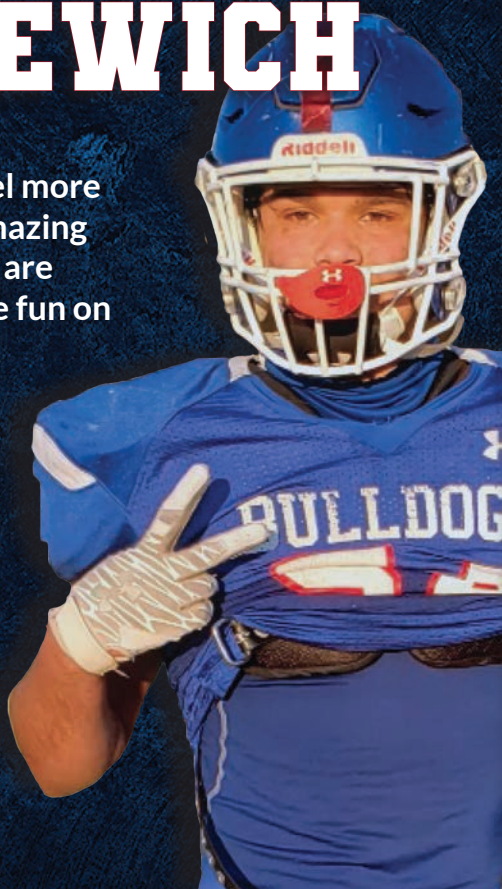
BRE LICENSE #01740500



ELIJHA GULEWICH

We couldn't feel more proud of the amazing young man you are becoming. Have fun on your JV year!

*Massive love,
Mom, Dad,
Ezra & Ira*



BEN BURKETT

Ben,

You are an amazing son. You are a hard worker and we are proud of you for challenging yourself to try a new sport. You are fun to be around and kind to others. We love you and hope you have a great season!

Love, Mom & Dad

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TOYOTA

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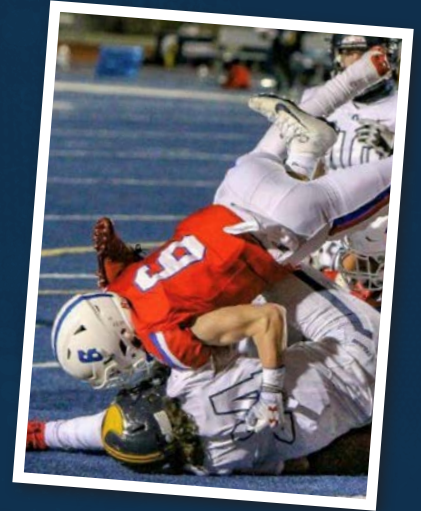
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AUSTIN MCMILLAN #6



It has been such an amazing journey watching you on the football field all these years. Life has thrown you some very hard challenges along the way and you have taken them on with perseverance and strength. We are so proud of the young man you are becoming. Embrace every moment of this year!

*Love you Forever,
Mom, Dad, Brian & Zach*



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Have a great
season Caden!

We are so proud of
you and can't wait
to see what the
future holds for you!

*We Love You,
Your Entire
Family*



ZACHARY WOODWARD



Always stay focused
and remember your
goals.

We are so proud of
you. You are dedicated,
driven
And a great player.
Have a wonderful
season!!

*Love,
Mom, Dad & Mason*



NICHOLAS BOWERS

Anything you want in life is achievable if
you believe it to be so and work hard at it.
Nick, we are beyond proud of you.

*Love, Mom, Dad, Katie,
Papa and Grandma*

LINCOLN PHELPS



Have an amazing season Lincoln.
We are so proud of the young
man you are becoming. Keep
grinding it out and enjoy the ride
along the way. Always keep the
Lord at the center of your life
son - we love you. NEVER QUIT!

*Love,
Dad, Mom,
Sophia, Jet and Jax*

CHRISTIAN NEWBERRY JONES



Christian, it has been the best experience of my life watching you grow into the caring, loving, strong man you are becoming. You can do anything you set your mind to. I can't wait to see where you go in life. I love you!

-Mom



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ONCE A BULLDOG, ALWAYS A BULLDOG!

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LUCAS GRIMES

You always amaze us with your independence and drive to achieve the things you want in life. We're extremely proud of you for following your passion to finally get an opportunity to play football. You're going to have such an amazing year! We support YOU 100%

Love you, Mom, Dad & Seth

JUSTIN EKLUND

Have an amazing senior season. We are so proud of the young man you are and look forward to seeing all that you accomplish in your future.

Love always, Mom and Dad

#5



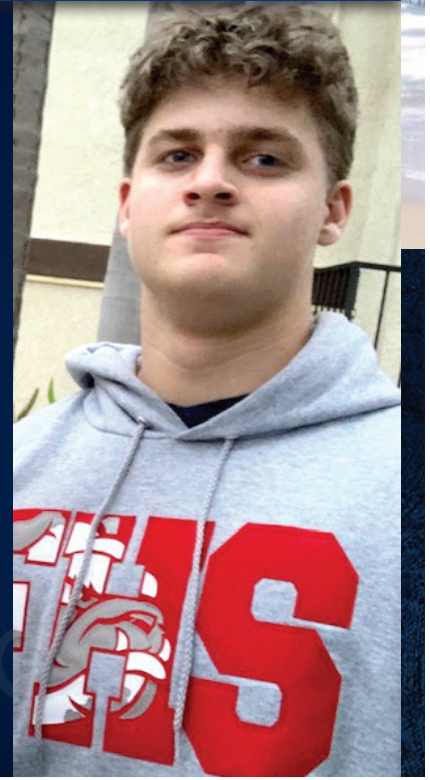
GO BULLDOGS!

CHASE GORMAN

Chase,

Your drive and dedication on and off the field is truly impressive. We are extremely proud of the young man you've become and are looking forward to an exciting football season at FHS!

*With love,
Mom, Dad, &
Natalie*



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PIERSON DIEHL

Pierson, it's been one of our greatest joys watching you play football over the past 10 years. Good luck in your final year of high school.

*Love you always,
Mom & Dad*

#28



FOLSOM



Serving Breakfast

6:30am-10:30am



EVAN TRAYNELIS SENIOR

GRAHAM TRAYNELIS FRESHMAN

Seeing you both play on the blue knowing all of the hard work and long hours you have spent is such an honor. I am looking forward to seeing where this adventure takes you Evan in your Senior year and Graham in your Freshman year.

Have a great season and wonderful year!

Love, Mom



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HANNAH VERWAYEN

We are so proud of your dedication,
spirit, and ability to accomplish the goals
you set your mind to. Have a fun season!

Go Bulldogs!

We love you!



TRINITY ODESTIG

We love you and are so proud of you.
Keep up the hard work.

Congrats on making Varsity Cheer!

*Love,
Mom, Dad & Torin*



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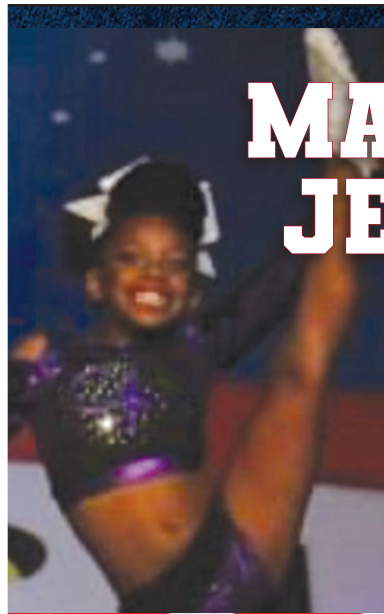
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DOUG GULER

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www.bluehatphotography.com



**MAKENNA
JENKINS**

To Makenna, We are so immensely proud of you and what you have and will continue to accomplish. How you manage to make everyone around you smile is such a precious gift.

You are loved and cherished beyond words!

*-Love Mom,
Michelle, Bryant,
Noah and Brittain*



BLUE HAT PHOTOGRAPHY

*An image is a moment turned into a memory
one shot at a time.*

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**LEXI
VALLETA**

Have a wonderful
season Lexi.

We are so proud
of you!

*Love,
Mom & Dad*

GO BULLDOGS!!!



SERENA SANTOS

Cheerleading is a display of discipline,
dedication, teamwork, determination and
athleticism, foundational life skills you will
use in your journey through life!

Congratulations Serena on your Freshman
and Sophomore Cheer seasons at FHS in
the sport you love! We are so proud of you
on and off the field!

*Love, Mom, Dad,
Jonathan and Tristan Santos*

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ADDY VERGARA

We are so proud
of you Addy!
Varsity cheer as a
freshman WOW.
We can't wait to
spend our Friday
nights watching
you cheer!!

Go Bulldogs!!

XOXO
Mom, Dad
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