

FALL SPORTS 2023

The Girls Varsity Volleyball Team made history by becoming the first to win the league and hang a championship banner in Linden Hall!

“We all came together and worked as one unit. Everyone on the team grew into their position, and we all worked really hard. I hope that in the future the team can continue to build the family-like relationship that we all had.”

Amelia Brown

Varsity Volleyball Capitan

As the Waves women's volleyball season comes to an end, there are plenty of positive takeaways to reflect on. On Tuesday, October 31, the Waves played in their playoffs semifinal match against Country Day, the number 2 ranked team. The Waves played a great match but came up short in a 3-1 loss. This is the Waves second year in a row getting past the first round of playoffs which is a huge accomplishment. And speaking of accomplishments, the girls made SWS history this year becoming the first women's volleyball team to hang a championship banner in Linden Hall . Only losing 1 game in league play, the girls earned themselves co-champions with Woodland Christian. This team has a bunch of talented girls who grind every day to become the best version of themselves both on and off the court.

The Waves also had 4 girls recognized in the All-League Polls. Milan Schwarzinger and Elle Baumgartner were selected to the First Team All-Conference. Iris Mulrooney was selected to be on the Second Team All-Conference. Izzy Hidenrick was selected for Third Team All-Conference.

We hope to continue to see female athletes continue to build and grow the sports programs here at Sacramento Waldorf School. The opportunities are endless.

Kelsey Rice

Varsity Volleyball Coach



Congrats to the Junior Varsity Team on a great season!



HS Boys Soccer tied for third in the league and had their first playoff match in many years!

We look forward to an exciting future for Waves soccer.

