As the 2016–2017 Year in Academy Athletics comes to a close, we have the opportunity to celebrate what we have accomplished, as well as reflect on what we have learned over the course of the year. We started the year with a unique blend of gratitude, flexibility, and adaptability as we unveiled our beautiful new track, surrounded by a construction site, as work began on the new stadium. Our cross country coaches created a new competition course with many loops and repeats to add up to a full course, as their old route was inaccessible. Football fans were relocated to the opposite side of the field, and our new livestreaming staff set up on the third level of temporary scaffolding for their first broadcast. The year has been tinged with possibility and excitement as we have watched the Wynne-Darden Stadium and the softball dugouts go up, strut by strut, brick by brick, clock, bell tower and all. It has been an incredible transformation.

Through it all, our teams have performed at the highest competitive level in every season. Our coaches have upheld our mission to promote sportsmanship, fair play, and respect; encourage initiative, accountability, and self-discipline; emphasize the importance of training and preparation; provide opportunities to become an effective leaders; teach students to handle adversity and thrive in competitive environments; and put the success of the team before the desire of the individual. Our student-athletes have risen to the challenge and represented us with grace, positive energy, determination, and joy.

None of this would be possible without the tireless work and commitment of our athletic administration team. Daily operations are coordinated by our Associate Athletic Director Chad Byler with the help of Bob Needham and our administrative assistant Martha Gentry. We have the best athletic trainers in Hampton Roads in Antoinette Bailey and Joe Ingraham. Our athletes are provided incredible year-round support and programming by our strength and conditioning staff in Steve Monninger and Larry McCarthy. And finally, our teacher-coaches are our greatest strength and resource—our success is a direct result of their dedication, passion, and sacrifice for the program.

Tonight we gather to celebrate the respect, commitment, toughness, and spirit of all of our 2016–2017 varsity student-athletes and especially our seniors. We are proud of your accomplishments and thankful for the opportunity to be a part of your lives through Norfolk Academy Athletics.

Go, Bulldogs!
Aubrey Shinofield
Athletic Director
The varsity football team finished the 2016 regular season with a final record of 7–4. It was a record year for the team as they captured their first TCIS Championship since 2008, made the VISAA playoffs for the first time in ten years and beat a fellow Division 1 team for the first time since 2007. The team dominated conference play and outscored TCIS opponents 248–50.


**JUNIORS:** Grayson Ackaway, Antonio Arcona, Cross Birdsong, Jordan Blackwell, Franklin Bunn, Cam Call, Matthew Dalton, Andrew Dunkel, Will Finney, Clay Littel, Will Locke, Zach Minor, Campbell Pozin, Christian Randolph, Ben Richardson, Perry Smith, Will Spivey, George Stedfast, Joseph Strelitz, John Sykes, Tyler Tabor, Rolf Williams

**SOPHOMORES:** Alexander Burkett, David Byler, Robert Frazier, Jabril Lewis, Landon Porter, Zach Suttle, Lorenzo Thompson

**FRESHMEN:** Kadari Cuffee, Jacob Saffold

**HEAD COACH:** Steve Monninger

**ASSISTANT COACHES:** Witt Borum, Ashby Christian, Nick Merklin, Scott Norrick, Earl Ware

**VIDEOGRAPHER:** Xavier Quinn

**STATISTICIANS:** Neel Kaloji, Nathan Tenfelde

**TEAM STATISTICS**

- **Overall Record:** 7–4
- **TCIS:** 4–0; Champions
- **VISAA:** Semi-Finals

**2ND TEAM ALL-TCIS:**
Grayson Ackaway (DL), Zach Minor (OL), Campbell Pozin (WR), Will Spivey (DB), Tyler Tabor (RB)

**TCIS COACH OF THE YEAR:** Steve Monninger

**2ND TEAM ALL-STATE:** Matt Dalton (DL), Luke Frazier (TE)

**ALL-STATE HONORABLE MENTION:** Christian Randolph (K)

* denotes Team Captain
The varsity soccer team finished with an overall record of 18–5–1. They finished the regular season as TCIS co-champions, avenging their regular season loss to Cape Henry in the TCIS championship with a thrilling 1–0 OT victory. They played a demanding prep league schedule as well, going 5–2 with losses to Collegiate and eventual state champions St. Chris. They secured a #6 state ranking for their regular season and conference performance, but drew a tough 1st round opponent in St. John Paul the Great and their 2016 campaign ended there.

**SENIORS:** Taylor Acra*, Ryan Fulmer, Connor Jacob, Carl Kaufman, Austin Poole, Rice Webb, Jay Wetmore, Tyler Windsor  
**JUNIORS:** Finn Cochrane, William Dickinson, Xander Gaskill, Josh Gould, Griffith McTavish, Jimmy Peccie, Nic Perrault, Tucker Pruden, Ethan Rosenblum, Alex Twelves, Nathan Wachtmeister, Chase Yager*  
**SOPHOMORES:** Cabot McTavish, Austin Sisino, Michael Wakeham

**HEAD COACH:** Greg Monaco  
**ASSISTANT COACHES:** Shelly Cohn, James Denson  
**MANAGERS:** Chloe Ellis, Avery Pierce

**TEAM STATISTICS**  
**Overall Record:** 18–5–1  
**TCIS:** 7–0; Regular Season Co-Champions; Tournament Champions  
**VPL:** 5–2  
**VISAA:** 1st Round

**1ST TEAM ALL-TCIS:** Taylor Acra, Ryan Fulmer  
**2ND TEAM ALL-TCIS:** Jay Wetmore, Chase Yager  
**1ST TEAM ALL STATE:** Taylor Acra  
**2ND TEAM ALL STATE:** Ryan Fulmer  
**TCIS TOURNAMENT OFFENSIVE MVP:** Jay Wetmore  
**ALL-PREP:** Taylor Acra, Ryan Fulmer, Finn Cochrane  
**TCIS PLAYER OF THE YEAR:** Taylor Acra
The Varsity Sailing team established themselves as a force to be reckoned with in one of their first regattas, placing boats as high as 3rd in an 18-fleet race, and coming in 2nd overall as a team. They continued their hot-streak through most of the season, holding on to their #3 state ranking up through the final regatta. They battled their way through the regular season, qualifying for the MASSA Fleet Race championship as well as the MASSA team race championship, coming in 15th and 12th respectively. The team placed 2nd in the TCIS and took a very respectable 5th place in the state.

**ALL-T CIS:** Jack Kilduff (skipper), Cameron Lloyd (Crew)

**ALL-STATE:** Lawson Montgomery, Mihir Damle
The volleyball team posted an overall record of 19–10, 6–3 in the TCIS. They fought their way to the TCIS final match by upsetting #1 seed NSA in the semi-finals before losing in a very tight fifth game to Peninsula Catholic for the championship. For their runner up performance in the conference tournament, they earned a #4 state ranking and the opportunity to host Collegiate in the quarterfinals at home. With a decisive four-game victory over Collegiate, they faced perennial heavyweight and #1 ranked Flint Hill in the semis, which finally ended their impressive 2016 campaign.

**SENIORS:** Katelyn Anderson, Hannah Barcus*, Lena Hinkle*, Jillian Levin*

**JUNIORS:** Juliette Benedetto, Taylor Harvey, Mackenzi Mills, Aven Parker

**SOPHOMORES:** Mia Gilley, Parker Kreiser, Ellie Thornton

**FRESHMEN:** Raegan Fitzgerald

**HEAD COACH:** Patricia Hopkins

**ASSISTANT COACH:** Mike Sarino

**TEAM STATISTICS**

**Overall Record:** 19–10

**TCIS:** 6–3; Regular Season, 4th Place; Tournament Runner-Up

**VISAA:** Semi-finals

**1ST TEAM ALL-TCIS:** Hannah Barcus, Taylor Harvey

**TCIS ALL-TOURNAMENT TEAM:** Hannah Barcus, Taylor Harvey

**1ST TEAM ALL-STATE:** Taylor Harvey

**2ND TEAM ALL-STATE:** Hannah Barcus
Girls’ cross country took first at two home invitationals, Atlantic Coast and Airfield, but was edged out in their final home meet, finishing 2nd. At the TCIS Championship, Julia Lambert set a driving pace early locking up a 1st place finish with almost 17 seconds to spare. Elle Lambert and Maddie Brooks also finished strong to lead the team to 2nd place overall. The very next weekend, the team raced to a 7th place finish at the state meet where Julia Lambert crossed the finish line first as a state champion by over 22 seconds. Elle Lambert took 10th, followed by Maddie Brooks, Katie Oliver and Zoe Lester in the top half of the field.

ALL-TCIS: Julia Lambert, Elle Lambert, Maddie Brooks
ALL-STATE: Julia Lambert, Elle Lambert, Maddie Brooks, Katie Oliver and Zoe Lester
TCIS CHAMPION: Julia Lambert
STATE CHAMPION: Julia Lambert
Boys’ cross country set the pace early in the regular season, winning all 3 invitationals at home as well as at Atlantic Coast and Airfield. The team took 2nd overall at the TCIS championship placing behind Peninsula Catholic by just 1 point. Petey Decker led the team, finishing 2nd; Bascombe Traywick finished 6th, followed by Ned Broach, Zach Paris, and Alex Nevarez. At the state meet, the team took an impressive 3rd with Petey Decker in 4th, followed by Bascombe Traywick in 15th with Ned Broach, Alex Nevarez, Adavya Dhawan, and Zach Paris all in the top 20-25% of the field.

**ALL TCIS:** Petey Decker, Bascombe Traywick, Ned Broach, Zach Paris, Alex Nevarez

**ALL-STATE:** Petey Decker and Bascombe Traywick
The varsity field hockey team dropped just 2 games their entire season, ending with a 20–2 record, 6–0 in the TCIS, TCIS regular season and tournament champions and a 2–1 win over Trinity Episcopal to win the 2016 state championship for the 2nd time in 3 years. This is the first ever Norfolk Academy field hockey team to achieve the triple crown.

**SENIORS:** Jillian Bracken*, Adena Gordon, Julia Minder*

**JUNIORS:** Kaitlyn Antonick, Lily Clarkson, Riley Fulmer, Greer Gill, Halle Gill, Liz Heckard, Sally Izard, Reid Mason, Braden McMahon, Liza Ware

**SOPHOMORES:** Grace Cornbrooks, Holley Cromwell, Kara Kaufman, Sydney LeGuillow, Callie Poole, Peyton Tysinger

**FRESHMEN:** Olivia Highton

**HEAD COACH:** Mary Werkheiser

**ASSISTANT COACHES:** Laura Gibson, Catherine McCallum

**TEAM STATISTICS**

- **Overall Record:** 20–2
- **TCIS:** 6–0; Regular Season and Tournament Champions
- **VISAA:** Champions

**1ST TEAM ALL TCIS:** Riley Fulmer, Greer Gill, Halle Gill, Lilly Crawford, Julia Minder

**2ND TEAM ALL TCIS:** Elizabeth Heckard

**TCIS TOURNAMENT OFFENSIVE MVP:** Riley Fulmer

**TCIS PLAYER OF THE YEAR:** Greer Gill

**TCIS COACH OF THE YEAR:** Mary Werkheiser

**1ST TEAM ALL STATE:** Lily Clarkson, Greer Gill, Halle Gill, Riley Fulmer

**2ND TEAM ALL STATE:** Julia Minder

**VISAA STATE PLAYER OF THE YEAR:** Riley Fulmer

**NFHCA FIRST TEAM ALL AMERICAN:** Greer Gill

**NFHCA SECOND TEAM ALL AMERICAN:** Riley Fulmer

**NFHCA ACADEMIC ALL AMERICANS:** Halle Gill, Elizabeth Heckard, Lily Clarkson, Liza Ware, Braden McMahon
The undefeated 2016 varsity girls’ tennis team finished with an overall record of 15–0 and a TCIS record of 8–0. They were TCIS regular season champions, tournament champions (sweeping through at 27–0) for the 2nd year in a row and state champions, also for the 2nd year in a row.

**SENIORS:** Lindley Richardson*

**JUNIORS:** Jane Carter Chandler*, Anna Mirovski, Caitie Sullivan*

**SOPHOMORES:** Straeten Avery, Ingrid Benkovitz, Kate Furr, Lily Golpira, Lily Hackbirth, Abigail McCammon, Brammy Rajakumar

**FRESHMEN:** Morgan Aufenger

**HEAD COACH:** Michael Duquette

**ASSISTANT COACH:** Eric Acra

**TEAM STATISTICS**

**Overall Record:** 15–0

**TCIS:** 8–0; Regular Season and Tournament Champions

**VISAA:** Champions

**1ST TEAM SINGLES:** Catie Sullivan and JC Chandler

**2ND TEAM SINGLES:** Ingrid Benkovitz and Lily Hackbirth

**1ST TEAM DOUBLES:** Sullivan/Chandler and Benkovitz/Hackbirth

**TCIS PLAYER OF THE YEAR:** Catie Sullivan

**TCIS COACH OF THE YEAR:** Michael Duquette

**TCIS ALL-TOURNAMENT TEAM, DOUBLES:** Sullivan/Chandler, Benkovitz/Hackbirth and Richardson/Furr

**TOURNAMENT MVP FOR SINGLES:** Catie Sullivan

**TOURNAMENT MVP DOUBLES:** Catie Sullivan and JC Chandler

**1ST TEAM ALL STATE:** Catie Sullivan, JC Chandler, Ingrid Benkovitz

**PLAYER OF THE YEAR:** Catie Sullivan

**VISAA COACH OF THE YEAR:** Michael Duquette
Our fall and winter cheerleading squads were infused with spirit, passion and excitement from their new and highly experienced coaches, Melissa Lewis and Catherine Dodd. Enthusiasm was high, and it was clear that these would be dedicated, hard-working, athletic teams. The fall team kicked off our first football season on the stadium turf, while the winter team undertook the exciting challenge of bringing stunting back to Norfolk Academy, increasing skill development and highlighting athleticism on the court. Anyone that attended one of our varsity basketball games this winter saw the difference immediately, with new complex routines that highlighted our program and increased fan engagement.

**FALL:**

**JUNIORS:** Chai Hibbert*, Zelda Zoby*

**SOPHOMORES:** Laila Robinson, Kennedy Watson*

**8TH GRADERS:** Jordan Robinson

**7TH GRADERS:** Lily Mersel, Valerie Spektor

**HEAD COACH:** Melissa Lewis

**ASSISTANT COACH:** Catherine Dodd

**WINTER:**

**JUNIORS:** Erica Washington

**SOPHOMORES:** Scarlett Baughman, Laila Robinson*, Kennedy Watson*

**8TH GRADERS:** Emma Cameron, Sierra Gilliard, Ava Grubb, Darby Jones, Annie Livingood, Layla Mersel, Anaiya Roberts

**HEAD COACH:** Melissa Lewis

**ASSISTANT COACH:** Catherine Dodd
The varsity wrestling team finished the 2016–2017 regular season with an overall record of 5–6, going 2–3 in the TCIS for a 4th place regular season and tournament finish. Petey Decker was the champion at the TCIS Championship while Michael Wakeham and Will Brooks earned runner up finishes. At the Prep League Tournament, Decker and Fitzgerald finished a strong second with Thurmond, Wakeham and Zahn finishing 3rd. The VISAA state wrestling tournament featured Petey Decker turning in a solid performance placing 5th, Will Brooks placing 6th, and Michael Wakeham placing 7th. This team was an extremely young team and there is high hope for the future. We congratulate our lone senior Petey Decker for a great career.

**1ST TEAM ALL-TCIS:** Petey Decker

**HEAD COACH:** Chris Runzo

**ASSISTANT COACHES:** Ray Bousman, Danny Cox, Evan Foggo, Kevin Michaels, Bob Needham, Asher Rolfe, Aaron Runzo

**TEAM STATISTICS**

**TCIS:** 2–3; Regular Season 4th Place; Tournament 4th Place

**VPL:** 5th Place

**VISAA:** 20th Place

**SENIORS:** Petey Decker*

**JUNIORS:** Perry Smith, Justin Zahn*

**SOPHOMORES:** Will Brooks, Kevin Duan, Ray Fitzgerald, Seth Lucas, Michael Wakeham

**FRESHMEN:** Holt Blythe, Nicholas Cowan, Kadari Cuffee, John Gregoire, Jarod Haley, Max Minder, Wyatt Pleming, Jacob Saffold, Ethan Thurmond

**8TH GRADERS:** Riley Dorroh, Max Pollio, Patrick Purdy

**HEAD COACH:** Chris Runzo

**ASSISTANT COACHES:** Ray Bousman, Danny Cox, Evan Foggo, Kevin Michaels, Bob Needham, Asher Rolfe, Aaron Runzo

**TEAM STATISTICS**

**TCIS:** 2–3; Regular Season 4th Place; Tournament 4th Place

**VPL:** 5th Place

**VISAA:** 20th Place
This year the girls won three regular season invitationals, took 3rd place at the LIS championship and 3rd place in the State. The team benefited from standout top 5 conference or state championship finishes from Robinson in the 55m dash and 55m hurdles; Julia and Elle Lambert in the 1600; J. Lambert and Elle Somers in the 3200; Cooper in the pole vault; the 800 relay team of Cooper, J. Robinson, M. Robinson, and LeGuillow; the 1600 relay team of E. Lambert, Chang, Bice, and Jordan and the 3200 relay team of Barbour, Dorroh, Bice and Somers. Many personal bests were set throughout the season highlighted by Julia Lambert, who broke the school record in the 3200 with a time of 10:44.97.

2ND TEAM ALL STATE: Julia Lambert, Kacey Cooper
The boys indoor track team won 2 regular season invitationals, placed 5th in the prep league championship and 9th at the state championship. The team benefitted from top 5 conference and state championship finishes from Traywick and Peccie in the 1000; Traywick in the 1600, and Lloyd in the 55m hurdles. The 800 relay team of Cooper, Lloyd, Ramirez and Pozin put up the 5th fastest relay time ever at Norfolk Academy; the 1600 relay team of Ball, Lloyd, Alex Nevarez and Traywick posted the 2nd fastest time ever in that event in NA indoor track history; and the 4x800m relay team of Peccie, Nevarez, DeLorenzo and Glenn placed 3rd at the prep league and 7th in the state.

**SENIORS:** Tanhen Cooper, Michael Estrada, Seth Zerishnek-Gower*

**JUNIORS:** C.J. Ball, Sammy DeLorenzo, Adavya Dhawan, Jimmy Peccie, Campbell Pozin, Josh Rubin, Bascombe Traywick*

**SOPHOMORES:** Mihir Damle, Grayson Glenn, Andrew Gross, Elijah Holt, Cameron Lloyd, Cabot McTavish, Alex Nevarez, Landon Porter, Ryan Ramirez, Sebastian Singh, Andrew Thetford, Tyson Wittmann

**FRESHMEN:** Asher Baum, Aiden Feigenbaum, Elijah Quamiley, Ben Shine, Nathan Vu, Ali Zaidi

**HEAD COACH:** Ken Lambert

**ASSISTANT COACHES:** Robert Call, Phil Call, Jennifer Gildea, James Lancaster, William Mogen

**TEAM STATISTICS**

**VPL:** 5th Place

**VISAA:** 9th Place
The girls basketball team posted an overall record of 5–18, going 2–6 in the TCIS—earning the 8th seed which matched them up against the #1 seed in the first round of the tournament. Highlights of the season included victories on Someone Special night vs Greenbrier Christian and a big win on senior night over Norfolk Collegiate.

1ST TEAM ALL-TCIS: Chelsea Worthy
The varsity boys basketball team got off to a 1–4 start, but then went on a 16–5 streak, finishing with a 17–9 record overall. They finished 7–2 in the TCIS, knocking off cross-town rivals and traditional conference foes Cape Henry, HRA, NSA, Norfolk Christian and finally Norfolk Collegiate in an exciting overtime thriller on their home court. They grabbed the 3 seed for the TCIS tournament where they made it to the semi-finals before their season finally ended.

CARY HOLIDAY TOURNAMENT ALL-TOURNAMENT TEAM: Taylor Acra

1ST TEAM ALL-TCIS: Taylor Acra, Mark Williams

TCIS COACH OF THE YEAR: Eric Acra
The varsity boys swimming and diving team posted an overall record of 25–3, coming in 5th in the prep league and winning the TCIS Championship by 1 point over Hampton Roads Academy. At Virginia Tech, the boys earned 6th place finish at the VISAA Championships. Their season concluded with a 15th place finish at the Eastern Interscholastic Swimming and Diving Championships held at Franklin & Marshall College.

The varsity girls swimming & diving team finished with an overall record of 24–2, placing 4th in the LIS and winning the TCIS Championship. The team went on to place 5th in the state and 9th in the Easterns Championships. Cementing their place in NA Swimming history, the varsity girls broke the following 6 school records: the 200 medley relay, the 50 and 100 free, the 100 fly, the 200 free relay and the 400 free relay, as well as a TCIS record in the 200 and 400 free.

**TEAM STATISTICS**

**Overall Record:** 25–3

**VPL:** 5th Place

**TCIS:** Champions

**VISAA:** 6th Place

**Eastern Interscholastic Championships:**

15th Place

**BOYS’ SWIMMING:**

**SENIORS:** Travis Cole*, Eric Hope*, Tyler Windsor*

**JUNIORS:** Ben Levy, Will Spivey

**SOPHOMORES:** Solomon Duane, Ben Furchtenicht, James Hood, William Klena, Jacob Knapp, John Leo Luecke, Jason Park, B. Gray Randolph, Destin Rodgers, Robbie Russell, Malcolm Schlossberg, Alastair Sterns

**FRESHMEN:** Benjamin Summers, Guil Ware

**8TH GRADERS:** James Coleman

**HEAD COACH:** Jay Leach

**ASSISTANT COACHES:** Kellyn Caldwell, Kristen Kirkman

**TCIS ALL-CONFERENCE:** Eric Hope, Will Klena, B. Gray Randolph, Guil Ware, Tyler Windsor

**TCIS ALL-CONFERENCE:** Ellie Jones, Justine Kaskel, Madison Kirkman, Jenna Lancey, Abigail McCammon, Maggie O’Berry, Tobi Oliver, Emme Pike, Liza Ware

**TCIS MVP:** Liza Ware

**ALL-STATE:** Liza Ware

**NATIONAL/EASTERN MEDALISTS:** Justine Kaskel, Emme Pike, Abigail McCammon, Liza Ware, Madison Kirkman

**NISCA ACADEMIC ALL-AMERICANS:** Ryan Fulmer, Tyler Windsor, Justine Kaskel, Grace Lyon, Margaret O’Berry
GIRLS’ SWIMMING:

SENIORS: Justine Kaskel*, Grace Lyon*, Maggie O’Berry*
JUNIORS: Gabi Diskin, Katie Mele, Payton Stredler, Liza Ware

SOPHOMORES: Samantha Farpour, Gabrielle Foley, Peyton Hope, Madison Kirkman, Jenna Lancey, Abigail McCammon, Emme Pike, Windsor Warlick

FRESHMEN: Camille Foley, Ava Foy, Ellie Jones, Tobi Oliver

DIVING:

BOYS

SENIORS: Ryan Fulmer*
SOPHOMORES: Balthazar Denk, Peyton McNider

GIRLS

JUNIORS: Kaitlyn Antonick, Anna Mirovski

HEAD COACH: Charlie Knape

TEAM STATISTICS

Overall Record: 24–2
LIS: 4th Place
TCIS: Champions
VISAA: 5th Place
Eastern Interscholastic Championships: 9th Place

TEAM STATISTICS

LIS/VPL Championships:
Ryan Fulmer - 2nd
Balthazar Denk - 4th
Peyton McNider - 11th
Anna Mirovski - 12th

VISAA Championships:
Ryan Fulmer - 4th
Balthazar Denk - 7th
Peyton McNider - 9th
Kaitlyn Antonick - 12th

Eastern Interscholastic Championships:
Ryan Fulmer - 10th
Balthazar Denk - 13th
Peyton McNider - 24th
Varsity Baseball finished with a 12–13 overall record and went 6–3 in the TCIS, good enough for the #4 seed in the tournament. Highlights of the season included their 6–4 victory over Steward, 2–1 victory over top ranked conference foe NSA and a 5–4 victory over St. Christopher’s School. The team knocked off NSA, a team they beat 2–1 in the regular season, in the TCIS quarterfinals but a 8–2 loss in the semis to eventual conference champions Greenbrier Christian ended their run. Making the state tournament as the 9th seed, they beat Trinity Episcopal 10–2 to advance to the quarterfinals. They met #1 ranked St. Christopher’s in the quarterfinals, ending their 2017 campaign with an 8–2 loss.

**SENIORS:** Matthew Cooper*, Luke Cromwell, Nico Moscoso*, Will Tysinger, Ryder Wagnon, Nick Warden

**JUNIORS:** Franklin Bunn, Mathew Dalton, Micah Whitmire, Colby Worden

**SOPHOMORES:** David Byler, Connor Holland, Brendan Kastner, Brett Pezzella, Landon Porter, Ryan Ramirez

**FRESHMEN:** Julian Franks-Pollock, Ethan Hennessy

**HEAD COACH:** Tim LaVigne

**ASSISTANT COACHES:** Steven Goldburg, Brian Hennessy

**MANAGERS:** Chloe Ellis, Chessie Scott

**TEAM STATISTICS**

- **Overall Record:** 12–13
- **TCIS:** 6–3
- **TCIS:** Tournament Quarterfinals

**1ST TEAM ALL-TCIS:** Matt Cooper

**2ND TEAM ALL-TCIS:** Nico Moscoso

**VISAA 1ST TEAM ALL-STATE:** Matt Cooper
The boys’ varsity crew team had a successful 2017 season. One of the largest boys crew team in Bulldog rowing history, the boys were able to compete in the Varsity 8, 2nd Varsity 8, Varsity 4, 2nd varsity 4, lightweight 4 and junior 4. This depth along with a positive competitive spirit contributed to Bulldog rowing winning the EVSRA and ISR championship. The team performed well at the state championship and looks forward to more improvement on their overall state placement as the program moves forward.

**SENIORS:** Chris Kazakis, Sophia Nevarez, Anthony Peters, Tyler Windsor*

**JUNIORS:** Hans Christoffersen*, Catherine Debbas, Jack Kilduff

**SOPHOMORES:** Anthony Asuncion, Kevin Duan, James Hood, William Klena, Cameron Lloyd, John Leo Luecke, Neil Malik, Peyton McNider, Daniel Moscoso, Jason Park, B. Gray Randolph, Destin Rodgers, Robbie Russell, Nicholas Sabatino, Malcolm Schlossberg, Alastair Sterns, Zach Suttle

**FRESHMEN:** Jarod Haley, Kedar Johnson-Smith, Ethan Thurmond, Nathan Vu

**HEAD COACH:** Katie Roberts

**ASSISTANT COACHES:** Matthew Lilly, Chris Nelson

**TEAM STATISTICS**

**EVSRA:** 1st Place

**ISR:** 1st Place
The 2017 varsity girls’ crew team was as fast and as deep as it has ever been. The team was able to field competitive boats in the varsity 8, 2nd varsity 8, varsity 4, junior 4 and lightweight 4. Any questions about their potential for speed were answered early as the varsity 8 went undefeated and the varsity 4 and lightweight 4 battled among the top 6 boats all season. The 2nd varsity 8 was agile, able to break down into 4s when needed to help out the overall finish of the team. In combination with the boys’ crew team, the program won the EVSRA championship for the 3rd year in a row, beating out local public and private schools for the coveted trophy.

**SENIORS:** Hannah Auerbach*, Nat Danso, Alix Galumbeck*, Justine Kaskel, Karen Tan*

**JUNIORS:** Emily Batts, Gabi Diskin, Ann Driskill, Bryn Galumbeck, Chai Hibbert, Tai Jeffers, Claire Mansoor, Fiona Murchake, Shruti Vachhani

**SOPHOMORES:** Virginia Darden, Gabrielle Foley, Lily Golpira, Frances Harrington, Jayda Kerlew, Madison Kirkman, Abigail McCammon, Emme Pike, Anna Willis, Sarah Yue

**FRESHMEN:** Lauren Beckman, Sarah Haugh, Leah Smith, Elaina Tenfelde

**HEAD COACH:** Rob Hansen

**ASSISTANT COACHES:** Chris Nelson, Aubrey Shinofield

**TEAM STATISTICS**

**EVSRA:** 1st Place

**ISR:** 1st Place
Varsity Golf has only given up one match all season, losing a close one to Collegiate School 160–153. They rolled through the rest of the competition, posting a 11–1 overall record and staying undefeated in the TCIS, earning the regular season championship title. The team hosted VPL rival St. Chris and TCIS rival Cape Henry in the 1st Norfolk Academy Tri Match at the Princess Anne Country Club, defeating both teams by six strokes and 37 strokes respectively. Co-captain Will Clark ’17 led the team as medalist five times, but the fact that four other players also medaled over the course of the season speaks to the team’s depth and ability. The team won the TCIS Tournament over runner-up Cape Henry with Cullen Campbell as co-medalist with a 73 for the course. They came in 4th in a very competitive VPL tournament and will also be in the hunt for the state title.

**ALL-TCIS:** Will Clark*, Perry Frazer, Andrew Jordan*, Zachary Paris, Pretlow Parrott, Jessica Thornton

**JUNIORS:** Neel Kaloji

**SOPHOMORES:** Jack Limroth, Kevin Smedley

**8TH GRADERS:** Cullen Campbell

**HEAD COACH:** Paul Feakins

**ASSISTANT COACH:** Stewart Howard

**TEAM STATISTICS**

**Overall Record:** 11–1

**TCIS:** 6–0; Regular Season and Tournament Champions

**VPL:** 4th Place

**VISAA:** TBD
The 2017 Varsity Boys’ Lacrosse team was long on talent and depth. Maxing out the roster at 44 student-athletes, this team posted an overall record of 20–4, with their three regular season losses coming from Paul VI (11–10), Gilman (12–6) and St. Stephens & St. Agnes (8–7). They steamrolled through the TCIS, posting a 7–0 record, with their closest conference match being a decisive 11–2 victory over Cape Henry Collegiate. They also went 5–0 in the VPL, undefeated and season champions, with the highlight being their OT 16–15 victory over STAB. They clinched the TCIS championship in a decisive 13–3 victory over Cape Henry. Going into VISAA play with a #2 ranking, the Bulldogs rolled over Episcopal 15–9, and topped STAB by one again, beating them 12–11 in the VISAA semis. The final game pitted them against two-time state champions St. Stephen’s & St. Agnes, to whom they lost by one (7–6) in a defensive struggle reminiscent of the regular season, earning them 2nd place in the state.

**1ST TEAM ALL-TCIS:** Taylor Acra, Luke Frazier, Christian Randolph, Chase Yager

**2ND TEAM ALL-TCIS:** George Steadfast, Campbell Pozin

**TCIS TOURNAMENT OFFENSIVE MVP:** Christian Randolph

**TCIS TOURNAMENT DEFENSIVE MVP:** Luke Frazier

**TCIS PLAYER OF THE YEAR:** Taylor Acra

**VPL ALL-PREP:** Christian Randolph, Taylor Acra, Campbell Pozin, Chase Yager, Luke Frazier, Grayson Ackaway, David Pyle

**TCIS AND VPL COACH OF THE YEAR:** Tom Duquette

**VISAA ALL-STATE:** TBD
The varsity girls' lacrosse team season opened with a tough schedule, leading to an 0–8 start but turned it around in the second half, finishing with a 9–12 overall record, 3–1 in the TCIS and clinching co-champion status for the conference regular season. Highlights of their season included big wins over Cape Henry Collegiate and Trinity Episcopal School. The team avenged their regular season losses to Bishop Sullivan when it mattered most, beating them 14–9 to win the TCIS Championship.

1ST TEAM ALL-TCIS: Kate Furr, Audrey Neuman

2ND TEAM ALL-TCIS: Ingrid Benkovitz, Jane Carter Chandler, Reid Mason, Braden McMahon

TCIS TOURNAMENT DEFENSIVE MVP: Kara Kaufman
Varsity Girls’ Soccer had a standout season, giving up only two ties in the TCIS and one loss to non-conference foe First Colonial. Never a team to shy away from the opportunity for competitive play, their strength of schedule underscores their impressive journey this season. With an overall record of 18–1–3, they went 6–0–2 in the TCIS, and took over the coveted #1 state ranking after knocking off Collegiate School in a 2–1 upset victory at home. Varsity Soccer rolled through the TCIS tournament, clinching the title with a hard fought 3–0 victory over Norfolk Collegiate after tying them in the regular season. The team also gave Coach Peccie his 300th career win, and set a school record with fifteen shutouts, while only allowing nine goals all season. The Bulldogs fought their way to the state finals, remaining tied through double overtime to two-time state champions St. Catherine’s, but lost 4–3 in penalty kicks to end their 2017 campaign.

**HEAD COACH:** Rich Peccie  
**ASSISTANT COACHES:** John Craig, David Hirschler  
**MANAGERS:** Jillian Bracken, Taylor Harvey

**SENIORS:** Reagan Harwood, Julia Minder*, Holly Power, Tracey Whalen, Haley Young*  
**JUNIORS:** Kaitlyn Antonick, Juliette Benedetto, Abby Feigenbaum, Riley Fulmer, Greer Gill, Liz Heckard, Sydney Lawrence, Katie Mele, Mackenzi Mills, Catherine Moore, Makayla Thornton  
**SOPHOMORES:** Holley Cromwell, Ellie Prodan  
**FRESHMEN:** Hannah Antonick, Kacey Cooper, Julia Duarte, Courtney Kilduff, Meghan Lawrence, Alexis Sisino, Rose Steingold, Sophie Wilson

**TEAM STATISTICS**  
**Overall Record:** 18–1–3  
**TCIS:** 6–0–2; Regular Season and Tournament Champions  
**VISAA:** Runner Up (2nd)

**1ST TEAM ALL-TCIS:** Hannah Antonick, Mackenzie Mills, Haley Young  
**2ND TEAM ALL-TCIS:** Kaitlyn Antonick  
**TCIS TOURNAMENT OFFENSIVE MVP:** Haley Young  
**TCIS TOURNAMENT DEFENSIVE MVP:** Sophie Wilson  
**TCIS COACH OF THE YEAR:** Rich Peccie  
**VISAA ALL-STATE:** TBD
Varsity softball posted a 6–10 overall record, and ended the regular season ranked 4th in the conference with a 5–3 record, recording big wins over Bishop Sullivan, Cape Henry, Norfolk Collegiate, HRA and Peninsula Catholic. Although they fought until the last out to advance, their season ended in a 13–12 loss in the quarterfinals of the TCIS tournament.

1ST TEAM ALL-TCIS: Lily Purdy
2ND TEAM ALL-TCIS: Ashley Cress

TEAM STATISTICS
Overall Record: 6–10
TCIS: 5–3; Tournament Quarterfinals
Boys’ Tennis

Varsity Boys’ Tennis posted an overall record of 18–3–1, going 7–1 in the TCIS with their only loss in the third match of the season against Cape Henry Collegiate. They shared the regular season championship in a three way tie with Norfolk Collegiate and Cape Henry Collegiate. The TCIS championship was truncated due to the weather to the top four seeds in every flight. Refusing to miss a beat, the Bulldogs won the championship by taking 1–6 singles and doubles at #2 and #3. They went into the state tournament with the #1 ranking, and showed why, beating St. Stephen’s & St. Agnes 5–4, followed by Collegiate in the semifinals 5–2. Facing an extremely talented team from Potomac School in the finals, the Bulldogs saw their season end with a 5–1 defeat, earning them 2nd place in the state.

ALL-TCIS 1ST TEAM, SINGLES: Connor Jacob, Romesh Kahatapitiya
ALL-TCIS 2ND TEAM, SINGLES: Jack Kalfus, Arman Shekarriz
ALL-TCIS 1ST TEAM, DOUBLES: Jacob/Kahatapitiya
ALL-TCIS 2ND TEAM, DOUBLES: Shekarriz/Jordan

TCIS ALL-TOURNAMENT TEAM, SINGLES: Nicky Benkovitz, Romesh Kahatapitiya, Connor Jacob, Jack Kalfus, Arman Shekarriz, Max Steingold
TCIS ALL-TOURNAMENT DOUBLES: Shekarriz/Jordan, Kalfus/Steingold
TCIS COACH OF THE YEAR: Mike Duquette
VISAA ALL-STATE: TBD
The Varsity Boys’ Track & Field team progressed through their regular season with many improvements, seasonal bests and PRs. Although not a clear favorite going into the TCIS, the team came together in impressive fashion to beat Bishop Sullivan 141.50 to 122.50 for the championship. It was a full team effort with Jacob Saffold and Kadari Cuffee going 1–2 in the 100m dash, Cuffee 2nd in the 200m dash, CJ Ball winning the 400m dash, Alex Nevarez and Bascombe Traywick going 2–3 in the 800m run, Petey Decker 1st and Jimmy Peccie 3rd in the 1600m run, and Michael Wakeham 3rd in the 3200m run. The Bulldogs also won the 4x100, 4x400 and 4x800 relays. In the field events, Seth Zerishnek-Gower won the shot put and Zach Minor took 2nd in the discus. The team came in 6th in the VPL championship where Petey Decker took 3rd in the 1600m, the 4x800m relay team took 2nd and Zach Minor placed 2nd in the discus throw. The team placed 7th overall in the state, behind impressive performances from the state champion 4x800 relay team of Jimmy Peccie, Sammy DeLorenzo, Bascombe Traywick and Petey Decker; Alex Nevarez, Petey Decker and Bascombe Traywick who went 2–3–5 in the 800m; and Zach Minor who placed 4th in the discus.

**TCIS ALL-CONFERENCE:** CJ Ball, Ezekial Boderick, Tanhen Cooper, Petey Decker, Sammy DeLorenzo, Alex Nevarez, Jimmy Peccie, Franklin Reid, Jacob Saffold, Bascombe Traywick, Michael Wakeham

**TCIS COACH OF THE YEAR:** Ken Lampert

**VISAA 2ND TEAM ALL-STATE:** Alex Nevarez

**VISAA HONORABLE MENTION:** Petey Decker

**STATE CHAMPIONS:** Jimmy Peccie, Sammy DeLorenzo, Bascombe Traywick, Petey Decker (4 x 800m relay)
The Varsity Girls’ Track & Field team saw seasonal bests and PRs at every regular season meet, setting the table for strong showings in conference and state championships. They won the TCIS Championship in impressive fashion scoring 172.50 to win to Walsingham’s 95 points to secure the runner-up spot. Olivia Newsome was named Overall MVP for her wins in the 100 and 200m dash, long jump, and triple jump while placing 2nd in the discus and 3rd in the shot put. Julia and Elle Lambert went 1–2 in the 800 and 1600m run, Sydney Beverly and Megan Robinson went 1–2 in the 300m hurdles, Emma Somers took 2nd in the 3200m run and Helen Shaves won the discus. Locking up the win in the 4x100 meter relay were Jordan Pagach, Sydney Beverly, Olivia Newsome and Megan Robinson. The girls placed 2nd in the LIS behind St. Catherine’s with impressive performances by Olivia Newsome (2nd and 1st in the 100m and 200m dash respectively), Julia Lambert (1st in the 3200m, 2nd in the 800m and 1600m), Megan Robinson (2nd in the 300m hurdle), Emma Somers (2nd in the pole vault) and Helen Shaves who won the discus throw. The Bulldogs put up equally impressive performances at the state championship with Olivia Newsome winning the 200m dash and Julia Lambert winning the 3200m. Newsome also placed 2nd in the 100m dash, 3rd in the long jump and 4th in the triple jump. Julia and Elle Lambert went 2–3 in the 1600m, while Emma Somers placed 2nd in the pole vault and Helen Shaves took 3rd in the discus. The team placed 2nd overall in the state.

**TEAM STATISTICS**

**TCIS:** Champions  
**LIS:** 2nd Place  
**VISAA:** Runner Up (2nd)

**SENIORS:** Lilly Dorroh, Julia Lambert*, Helen Shaves  
**JUNIORS:** Lily Clarkson, Anna Mirovski, Olivia Newsome  
**SOPHOMORES:** Elle Lambert*, Marissa Mejia, Megan Robinson, Emma Somers*  
**FRESHMEN:** Sydney Beverly, Alexis Blackwell, Katherine Chang, Olivia Highton, Tobi Oliver  
**8TH GRADERS:** Finlova Berry, Jordan Pagach, Jordan Robinson  
**HEAD COACH:** Ken Lampert  
**ASSISTANT COACHES:** Ashley Hartson, Zach Lampert, James Lancaster, William Mogen, Bob Needham, Karilyn Sheldon  

**TCIS ALL-CONFERENCE:** Sydney Beverly, Julia Lambert, Olivia Newsome, Jordan Pagach, Megan Robinson, Helen Shaves  
**TCIS OVERALL MVP:** Olivia Newsome  
**TCIS COACH OF THE YEAR:** Ken Lampert  
**LIS ALL-CONFERENCE:** Olivia Newsome, Julia Lambert, Helen Shaves  
**LIS RUNNING MVP:** Julia Lambert  

**VISAA 1ST TEAM ALL-STATE:** Julia Lambert, Olivia Newsome  
**VISAA 2ND TEAM ALL-STATE:** Olivia Newsome, Emma Somers  
**VISAA HONORABLE MENTION:** Elle Lambert, Olivia Newsome, Helen Shaves  
**STATE CHAMPIONS:** Julia Lambert (3200m), Olivia Newsome (200m Dash)
Conference Champions

Football

Boys' Soccer

Girls' Tennis

Field Hockey
Conference Champions

Boys’ and Girls’ Crew

Boys’ and Girls’ Swimming

Golf

Girls’ Soccer
BOYS’ AND GIRLS’ LACROSSE

BOYS’ TENNIS

BOYS’ AND GIRLS’ TRACK & FIELD
State Champions

JULIA LAMBERT: CROSS COUNTRY

FIELD HOCKEY

GIRLS’ TENNIS
OLIVIA NEWSOME: TRACK AND FIELD (200M DASH)

JULIA LAMBERT: TRACK AND FIELD (3200M RUN)

JIMMY PECCIE, SAMMY DELORENZO, BASCOMBE TRAYWICK, PETEY DECKER: TRACK AND FIELD (4X800M RELAY)
FALL 2017 VARSITY PRACTICE DATES AND TIMES

<table>
<thead>
<tr>
<th>SPORT</th>
<th>HEAD COACH</th>
<th>START</th>
<th>TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football: Varsity</td>
<td>Mr. Monninger</td>
<td>Wed. 8/9</td>
<td>7:30–11:00/12:30–3:00</td>
<td>Athletic Pavilion</td>
</tr>
<tr>
<td>Soccer: Varsity</td>
<td>Mr. Monaco</td>
<td>Mon. 8/14</td>
<td>8:00–10:00/12:15–2:15</td>
<td>Varsity Soccer Field</td>
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<tr>
<td>Cross Country: V/JV*</td>
<td>Mr. Lampert</td>
<td>Mon. 8/14</td>
<td>9:00</td>
<td>Track</td>
</tr>
<tr>
<td>Volleyball: Varsity</td>
<td>Mrs. Hopkins</td>
<td>Mon. 8/14</td>
<td>8:30–11:00/1:30–3:30</td>
<td>Athletic Pavilion</td>
</tr>
<tr>
<td>Tennis: Varsity</td>
<td>Mr. Duquette</td>
<td>Mon. 8/14</td>
<td>8:00–11:00</td>
<td>Tennis Courts</td>
</tr>
<tr>
<td>Field Hockey: Varsity</td>
<td>Mrs. Werkheiser</td>
<td>Mon. 8/14</td>
<td>8:30–10:30/12:30–2:30</td>
<td>Gibson Lobby</td>
</tr>
<tr>
<td>Cheer: V/JV*</td>
<td>Dr. Lewis</td>
<td>Mon. 8/14</td>
<td>9:00</td>
<td>Athletic Pavilion</td>
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<tr>
<td>Sailing: Varsity</td>
<td>TBD</td>
<td>Mon. 8/21</td>
<td>3:30 pm</td>
<td>NYCC</td>
</tr>
</tbody>
</table>

*For Sailing, all varsity athletes are required to attend the meeting at 11:15AM on Monday, August 14th in Price Auditorium. The first team practice will be at NYCC on Monday 8/21 at 3:30PM. JV sailors interested in joining the team should wait for the first meeting on 8/28.

*For Cross Country and Cheerleading, JV athletes are strongly encouraged to attend practices starting on Monday, August 14th.

IMPORTANT DATES:
Monday August 14th: Meeting for Varsity Athletes, Price Auditorium, 11:15–12pm
Monday, August 21st: Meeting for JV Athletes, Price Auditorium, 5:30–6:15pm
Wednesday, August 23rd: Meeting for Fall Athletes, 1:00–2:30pm:
  Fall Varsity team photos, 3:00pm
Wednesday August 30th: Athletic Orientation for Grades 7–12,
  Burroughs Gymnasium, 5:30–6:30pm