Celebration of the Year in Athletics
May 24, 2018
#CULTURE

It starts on campus over the summer... the echoing of the field hockey ball hitting the back of the cage over and over, as aspiring teammates show up to fine-tune their skills and prepare for pre-season... the crowded weight room at 5 p.m. on a Tuesday in the dog days of July, followed by practice sessions on the fields for both soccer and football... sailors who travel on their own to regattas all summer... cross country runners training early in the morning before the heat becomes unbearable... volleyball players back in the Pavilion gearing up, getting ready. The rebuilding of teams, the dreaming of possibilities, and the setting of new expectations begin, as the days of summer slip by and the fall season comes ever closer.

This thing called culture is the way we do things at Norfolk Academy. It’s what it means to be a Bulldog, as defined by our student-athletes and team leaders in the actions that they take when nobody is looking, setting the example for their teammates. They show willingness and desire to prepare before preparation has been asked of them. Setting a strong culture takes sacrifice, hard work, and relentless repetition of excellence, and it can only be put into motion by those involved in the process. As we look back at the 2017–2018 Year in Athletics, we are defined not just by the incredible results and awards that we are celebrating tonight but by the small decisions made by individuals and teammates that happened before the season even started.

All of this is made possible by the incredible people who work behind the scenes in athletics. Daily operations are coordinated by our Associate Athletic Director Chad Byler with the help of Assistant Director of Athletic Facilities/Equipment Manager Bob Needham and our Administrative Assistant Martha Gentry. Our athletic trainers Antoinette Bailey and Joe Ingraham keep our athletes healthy, on the field and in the game; Larry McCarthy, Earl Ware, and Steve Monninger provide cutting-edge strength and conditioning programming for teams and individuals; and Elbert Watson is our secret weapon for team stretching and flexibility sessions. Our greatest fans are our parents, who provide encouragement, support and love, sometimes the tough kind, every day. Above all, our teacher-coaches are the force that shapes each team, with their skill and depth of knowledge for their sports, and with their understanding and passion for teaching student-athletes what it means to be a Bulldog.

This evening is dedicated to our graduating senior athletes in the Class of 2018, whom we have watched since they started to sprinkle the varsity teams as 8th graders. They have grown in numbers and talent and impressive athletic ability every year since. As fans, we will miss their ability to turn a game around on a single play and to whip the crowd up into a game-ending frenzy; as administrators and coaches and teammates, we will miss their leadership; but as Bulldogs, we will watch with pride as they go off and represent Norfolk Academy at colleges and universities across the nation.

Go, Bulldogs!

Athletic Director
The Varsity Football team finished the 2017 regular season with a final record of 8–2, going 4–0 to win the TCIS Championship for the second consecutive year, and recording 8 wins in a single season for the first time in over 20 years. Their historic season opened with a victory at Norfolk Academy’s first-ever “Friday Night Lights” in Wynne-Darden Stadium, and culminated with a convincing win at home that honored 22 senior football players.

TEAM STATISTICS
Overall Record: 8–2
TCIS: 4–0; Champions
VISAA: Semi-Finals


Nicholas Sabatino, Leif Smith, Michael Smith, Zach Suttle, Lorenzo Thompson

SOPHOMORES: Nicholas Cowan, Kadari Cuffee, Jasper Doyle, Drew Duffy, Ben Locke, Elijah Quamiley, Jacob Saffold, Guil Ware

HEAD COACH: Steve Monninger

ASSISTANT COACHES: Witt Borum, Nick Merklin, Bob Needham, Scott Norrick, Earl Ware, Mike Keogh

VIDEOGRAPHER: Xavier Quinn

STATISTICIANS: Neel Kaloji, Nathan Tenfelde

1ST TEAM ALL-TCIS: Zach Minor (OL), Ben Locke (WR), Tyler Tabor (RB), Campbell Pozin (Ret), Will Spivey (DB), David Byler (LB), Matt Dalton (DL), Lorenzo Thompson (DL), Christian Randolph (Punter)

2ND TEAM ALL-TCIS: Cam Call (OL), Lorenzo Thompson (OL), Jacob Saffold (RB), David Byler (WR), Cross Birdsong (WR), Christian Randolph (QB), Cam Call (DL), Landon Porter (DB), Campbell Pozin (DB), Will Locke (LB)

TCIS PLAYER OF THE YEAR: Christian Randolph

1ST TEAM ALL-STATE: Christian Randolph (Punter)

2ND TEAM ALL-STATE: Matt Dalton (DL), David Byler (TE)

ALL-STATE HONORABLE MENTION: Cam Call (OL), Zach Minor (OL), Christian Randolph (QB)

* denotes Team Captain
The Boys’ Varsity Soccer team finished with an overall record of 15–4–1, going 6–1–1 in the TCIS, and earning the title of Prep League Champions. The soccer team treated us to some of the most exciting athletic events we witnessed this season, including a gutsy second half comeback against Woodberry Forest, followed by a 6–2 takedown of the then No.1 team, St. Christopher’s, to clinch the Prep League title. The team went down 4–1 against St. Chris in the state quarterfinal game, and then proceeded to score three unanswered goals to tie it 4–4 at the end of regulation. Their 2017 campaign ended with a tough loss in overtime.

**TEAM STATISTICS**

**Overall Record:** 15–4–1  
**TCIS:** 6–1–1; Regular Season Runner-Up, Tournament Runner-Up  
**VPL:** 7–0; Champions  
**VISAA:** Quarterfinals (5–4 loss in OT to St. Chris)

**SENIORS:** Finn Cochrane*, William Dickinson, Xander Gaskill, Josh Gould, Griffith McTavish, Jimmy Peccie, Tucker Pruden, Ethan Rosenblum, Alex Twelves, Nathan Wachtmeister*, Chase Yager*  
**JUNIORS:** James Hood, Jack Kalfus, Zane Knaack, Jonathan Konikoff, Cabot McTavish, Ryan Ramirez, Arman Shekarriz, Austin Sisino, Kevin Smedley, Max Steingold, Michael Wakeham, Tyson Wittmann  
**SOPHOMORES:** Colin Dowd, Aidan Dowd, Connor Tiffany  
**HEAD COACH:** Greg Monaco  

**ASSISTANT COACHES:** Shelly Cohn, Kevin Denson  
**MANAGERS:** Abby Feigenbaum, Avery Pierce, Ellie Prodan

The Boys’ Varsity Soccer team finished with an overall record of 15–4–1, going 6–1–1 in the TCIS, and earning the title of Prep League Champions. The soccer team treated us to some of the most exciting athletic events we witnessed this season, including a gutsy second half comeback against Woodberry Forest, followed by a 6–2 takedown of the then No.1 team, St. Christopher’s, to clinch the Prep League title. The team went down 4–1 against St. Chris in the state quarterfinal game, and then proceeded to score three unanswered goals to tie it 4–4 at the end of regulation. Their 2017 campaign ended with a tough loss in overtime.

**1ST TEAM ALL-TCIS:** Finn Cochrane, Chase Yager  
**2ND TEAM ALL-TCIS:** William Dickinson, Xander Gaskill  
**1ST TEAM ALL STATE:** Finn Cochrane  
**2ND TEAM ALL STATE:** Chase Yager  
**ALL-PREP:** Finn Cochrane, Chase Yager, Nathan Wachtmeister  
**VPL COACH OF THE YEAR:** Greg Monaco
The Varsity Sailing team traded races during the regular season with conference foe Norfolk Collegiate, and fought hard for second place in the TCIS Championship. In the statewide VISA Championship regatta, they were able to secure a third place spot behind perennial powerhouses Christchurch and Norfolk Collegiate. With strong performances throughout the season in both fleet and team racing, they qualified for the MASSA Silver Team Race in Fleet and MASSA Gold in Team Racing.

**ALL-TCIS:** Michael Hostutler (Skipper), Alek Sas (Crew)

**TEAM STATISTICS**

- **TCIS Championship Regatta:** 2nd Place
- **VISA Championship:** 3rd Place
The Varsity Volleyball team posted an overall record of 16–11, going 7–2 in the TCIS, resulting in a third place finish in the conference. Highlights of their season include a victory against Bishop Sullivan at home after having lost to them 3–1 on the road, and beating a very strong St. Catherine’s team 3–1 at home. Their persistent hard work earned them a No. 6 seed in the state where they met a tough opponent in Paul VI Catholic that ended their 2017 campaign.

**TEAM STATISTICS**

**Overall Record:** 16–11  
**TCIS:** 7–2: Regular Season, 3rd Place; Tournament Semifinalist  
**VISAA:** Tournament Quarterfinals

**SENIORS:** Taylor Harvey*, Mackenzie Mills*, Aven Parker*  
**JUNIORS:** Molly Brown, Mia Gilley, Peyton Hope, Parker Kreiser, Ellie Thornton  
**SOPHOMORES:** Kacey Cooper, Raegan Fitzgerald, Sammi Jacobs, Ellie Jones, Audrey Peck, Abby Sayles, Rachael Stromberg  
**FRESHMEN:** Ella Deans  
**HEAD COACH:** Patricia Hopkins  
**ASSISTANT COACH:** Mike Sarino, Tyler Caskill  
**MANAGERS:** John Livingood, Spencer McCraw

**1ST TEAM ALL-TCIS:** Taylor Harvey, Parker Kreiser  
**2ND TEAM ALL-TCIS:** Mia Gilley  
**TCIS ALL-TOURNAMENT TEAM:** Taylor Harvey  
**2ND TEAM ALL-STATE:** Taylor Harvey
The 2017 Girls’ Varsity Cross Country team won three regular season invitationals en route to winning the TCIS Championship, followed by a solid fourth place finish at the VISAA State Meet with Sophie Watson finishing 15th, Maddie Brooks 25th, Emma Somers 27th, and Elle Lambert — coming off an injury — at 29th. Elle Lambert, Sophie Watson, Emma Somers, Maddie Brooks, Peyton Harrell, Julia Duarte, Mariana Duarte, and Zoe Lester were all medalists during the season and Lambert, Watson, Somers, Brooks, Harrell, and the Duarte sisters all recorded times under 22:00. Emma Somers finished the season with two first place finishes, including the TCIS title.

**ALL-TCIS:** Sophie Watson, Maddie Brooks, Peyton Harrell, Julia Duarte, Mariana Duarte

**ALL-STATE:** Sophie Watson

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

**TEAM STATISTICS**

**TCIS:** Champions

**VISAA:** 4th Place
The Boys’ Varsity Cross Country team had a successful year culminating in a victory in the final home meet with Bascombe Traywick clinching the top spot, a solid second place finish at the TCIS Championship, and a fifth place finish at the VISAA State Meet. Finishing strong for the Bulldogs at the state meet were Alex Nevarez at 24th, Bascombe Traywick 32nd, Harrison Summers 33rd, and Benjamin Summers at 35th. Seven runners medaled during the season: Bascombe Traywick, Alex Nevarez, Adavya Dhawan, Franklin Reid, Ben Summers, Harrison Summers, and Josh Rubin. All seven also hold the distinction of racing under 18:00 minutes.

**ALL TCIS:** Bascombe Traywick, Harrison Summers, Alex Nevarez
The Varsity Field Hockey team posted an historic undefeated season, going 25–0 and capturing the TCIS regular season, the TCIS Championship (for the third year in a row) and the State Championship for the second year in a row — the third time in four seasons. The Bulldogs earned the top overall spot, public and private, in talent-rich South Hampton Roads and a No. 2 national ranking from Max Field Hockey. This team went into the season with very high expectations and a lot riding on their shoulders, but they played their own game, relied on each other to create the space that they needed, and always found a way to score to bring home the win.

**SENIORS:** Kaitlyn Antonick, Lily Clarkson, Riley Fulmer, Greer Gill*, Halle Gill, Liz Heckard*, Sally Izard, Reid Mason, Braden McMahon, Liza Ware  
**JUNIORS:** Grace Cornbrooks, Holley Cromwell, Sydney LeGuillow, Callie Poole, Peyton Tysinger, Windsor Warlick  
**SOPHOMORES:** Olivia Highton  
**FRESHMEN:** Haley Holland, Kate Ruffin  
**8TH GRADERS:** Olivia Galiotos

**HEAD COACH:** Mary Werkheiser  
**ASSISTANT COACHES:** Laura Gibson, Catherine McCallum  
**MANAGER:** Connor Holland

**TEAM STATISTICS**  
**Overall Record:** 25–0  
**TCIS:** 6–0; Regular Season and Tournament Champions  
**VISAA:** Champions

**1ST TEAM ALL TCIS:** Lily Clarkson, Riley Fulmer, Greer Gill, Halle Gill, Elizabeth Heckard  
**2ND TEAM ALL TCIS:** Holley Cromwell  
**TCIS TOURNAMENT 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, Elizabeth Heckard  
**VISAA STATE PLAYER OF THE YEAR:** Greer Gill  
**ALL TIDEWATER:** Greer Gill, Halle Gill, Riley Fulmer, Lily Clarkson, Elizabeth Heckard  
**ALL-TIDEWATER PLAYER OF THE YEAR:** Greer Gill  
**NFHCA ACADEMIC ALL AMERICANS:** Kaitlyn Antonick, Lily Clarkson, Holley Cromwell, Halle Gill, Elizabeth Heckard, Braden McMahon, Peyton Tysinger, Liza Ware, Windsor Warlick
The 2017 Girls’ Varsity Tennis team had a historic and undefeated run not just this season, but over the last three seasons. This season, they posted an overall record of 16-0, winning the TCIS regular season, the TCIS Championship and the state championship. The streak for this team extends back to the 2015 fall season: they have posted a staggering 47-0 record over the past three years.

**TEAM STATISTICS**

**Overall Record:** 13–0

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

**VISAA:** Champions

**TCIS 1ST TEAM SINGLES:** Ingrid Benkovitz, JC Chandler, Caitie Sullivan

**TCIS 2ND TEAM SINGLES:** Lily Hackbirth

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

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

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

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

**TOURNAMENT MVP, SINGLES:** Caitie Sullivan

**TOURNAMENT MVP, DOUBLES:** Caitie Sullivan and JC Chandler

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

**2ND TEAM ALL STATE:** Lily Hackbirth

**VISAA PLAYER OF THE YEAR:** Caitie Sullivan

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

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

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

**SOPHOMORES:** Morgan Aufenger, Tobi Oliver

**FRESHMEN:** Olivia Danielson, Alexandra Kerr

**HEAD COACH:** Michael Duquette

**ASSISTANT COACH:** Eric Acra
The 2017 Fall Cheerleading squad was a blend of seasoned experience and new talent. Led by the unflappable Catherine Dodd, the cheerleaders worked hard to engage the crowd at football games while also focusing on their own athletic performance. They took their skills to new heights and wowed the crowds with their stunts. The pinnacle moment of their fall season was performing a competition-worthy routine at the Homecoming pep rally.

The Winter cheerleaders were small in number but proved to be mighty in their commitment, dedication, and willingness to carry the whole squad on their shoulders. Moving forward with their plans to add stunting back into their routines, team members gained more advanced stunts with various degrees of difficulty throughout the season. They consistently improved in motions, technique, jumping, and tumbling ability. The highlight of their season was their return to the stunting competition at the Hampton Roads Winter Cheer Championship, where they won best stunt group routine.

**FALL:**

**SENIORS:** Zelda Grace Zoby

**JUNIORS:** Scarlett Baughman*, Kennedy Watson*

**FRESHMEN:** Allie Kapuchuck, Kira Stewart

**8TH GRADERS:** Lily Mersel

**7TH GRADERS:** Kristin Houston, Cameron Jordan, Riley McElligott, Sophie Patch, Lila Martinez, Kaylee Sanders, Brianna Woodard

**HEAD COACH:** Catherine Dodd

**WINTER:**

**SENIORS:** Sierra Burton, Zelda Grace Zoby*

**JUNIORS:** Scarlett Baughman*

**7TH GRADERS:** Cameron Jordan, Kaylee Sanders

**HEAD COACH:** Brittany Hulsey
Varsity Wrestling finished the 2017–18 regular season with an overall record of 6–2, going 3–1 in the TCIS, and ending up in a three way tie for first place in the regular season. They went on to take second place in the TCIS championship, and earned Coach Runzo TCIS Coach of the Year honors in the process. TCIS tournament weight class champions included Seth Lucas at 170, Ray Fitzgerald at 182, and Carlon Ford at 220. Taking second place for the team were Michael Wakeham at 120, Justin Zahn at 138, Ben Shine at 195, and Max Pollio at 285. The team placed fourth at the Prep League Tournament, with Seth Lucas, Ray Fitzgerald and John Gregoire taking second. Michael Wakeham, Ethan Thurmond, Andrew Guerrero, and Wyatt Pleming at third; and Riley Dorroh and Maguire McMahon at fourth. At the VISAA championship, Ray Fitzgerald was fifth at 195, Justin Zahn was also fifth at 138, Seth Lucas sixth at 170, Michael Wakeham eighth at 126, John Gregoire eighth at 160, and Carlon Ford was sixth in the state at 220.

**1ST TEAM ALL-TCIS:** Ray Fitzgerald, Carlon Ford, Seth Lucas

**2ND TEAM ALL-TCIS:** Max Pollio, Ben Shine, Michael Wakeham, Justin Zahn

**TCIS COACH OF THE YEAR:** Chris Runzo
Girls’ Indoor Track

SENIORS: Lily Clarkson, Greer Gill, Halle Gill, Anna Heaton, Liz Heckard, Olivia Newsome

JUNIORS: Katharine Barbour, Holley Cromwell, Elle Lambert*, Sydney LeGuillow, Marissa Mejia, Megan Robinson, Emma Somers*, Raegan Weis

SOPHOMORES: Ashleigh Ackaway, Sydney Beverly, Alexis Blackwell, Virginia Chandler, Katherine Chang, Kacey Cooper, Gracie Dougherty, Julia Duarte, Ariana Jamali, Zoe Lester, Audrey Neumann, Olivia Reis, Sophie Wilson

FRESHMEN: Finlova Berry, Zoe Cross, Grayson Fiveash, Sierra Gilliard, Peyton Harrell, Leila Jamali, Sidney Jordan, Annie Livingood, Jordan Pagach, Sophie Watson

HEAD COACH: Ken Lampert

ASSISTANT COACHES: Phil Call, Allyson Keating, William Mogen, Yonne Nasimiyu, Ellie Vest

TEAM STATISTICS
LIS: 3rd Place
VISAA: 8th Place

Girls’ Varsity Track & Field won four regular season invitationals en route to a third place finish at the LIS Championship. Emma Somers led all scoring for the team and had several big meet pole vault wins. The 4x800 rotation, which included eight girls, was integral to the team’s success all season, culminating with an All-LIS performance and the second-fastest time in team history for Lily Clarkson, Elle Lambert, Halle Gill, and Emma Somers. Greer Gill, Liz Heckard, and Holley Cromwell turned in strong performances in the 500 and the 4x400. Sophie Watson had a solid post-season in the 1600m and the 1000m, placing double at the state meet with Olivia Newsome scoring in the triple and joining Kacey Cooper, Audrey Neumann, and Meghan Robinson in the 4x200. Sidney Beverly was the top hurdler and a consistent scorer in all the jumps. The team ended the indoor season with an eighth place finish at the state championship.

HONORABLE MENTION ALL-STATE: Lily Clarkson, Elle Lambert, Halle Gill, Emma Somers
The Boys’ Indoor Track & Field had a successful season posting three invitational wins en route to an impressive third place at Prep League Championships. One of the season highlights was the breaking of four school records in the relays that, prior to this season, had been on the books for an average of 15-20 years each. Cameron Lloyd, Mihir Damle, Brian Washington, and Jens Islev-Petersen broke the shuttle hurdle record; Campbell Pozin, Cameron Lloyd, Andrew Thetford, and Kadari Cuffee broke the 4x200; Bascombe Traywick, Cameron Lloyd, Alex Nevarez, and Campbell Pozin broke the 4x400; and Jimmy Peccie, Alex Nevarez, Sammy DeLorenzo, and Bascombe Traywick broke the 4x800 on their way to winning the event. The 4x400 was also All-Prep and the 4x800 was All-State. In addition, Damle and Jacob Saffold had impressive showings in the championship meets in the 55-Meter Hurdles and 55-Meter Dash respectively, and the distance runners were also very strong this season. The team finished their season with a sixth place finish at the state championship.

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

**JUNIORS:** Mihir Damle, Grayson Glenn, Elijah Holt, Cameron Lloyd*, Cabot McTavish, Alex Nevarez, Andrew Thetford, Brian Washington, Tyson Wittmann

**SOPHOMORES:** Kadari Cuffee, Aiden Feigenbaum, Jacob Saffold, William Smythe, Benjamin Summers, Nathan Vu, Ali Zaidi

**FRESHMEN:** Jens Islev-Petersen, Jonathan Levin, Franklin Reid, Jackson Weis

**HEAD COACH:** Ken Lambert

**ASSISTANT COACHES:** Phil Call, Allyson Keating, William Mogen, Yonne Nasimiyu, Ellie Vest

**TEAM STATISTICS**

**VPL:** 3rd Place

**VISAA:** 6th Place

**ALL-VPL:** Bascombe Traywick, Cameron Lloyd, Alex Nevarez, Sammy DeLorenzo

**1ST TEAM ALL-STATE:** Bascombe Traywick, Alex Nevarez, Sammy DeLorenzo, Jimmy Peccie

**2ND TEAM ALL-STATE:** Bascombe Traywick
The Girls’ Varsity Basketball team posted an overall record of 19–5, going 7–1 in the TCIS to win the regular season. Their regular season performance earned them the No. 1 ranking in the conference tournament for the first time since 1994. They entered the conference tournament with confidence, avenging their regular season loss to Norfolk Christian to put them in the championship game against Steward School. The final was a tense and exciting affair, with the score remaining within 4 points for the majority of the game. The team finally broke away in the closing minutes of the 4th quarter, sealing the TCIS Championship for the first time since the fall of 1995. It was a great win for the Bulldogs, earning Coach of the Year for Coach Duffy as well as multiple All-Conference and All-Tournament awards for the team. The team earned the No. 12 seed in the state tournament for their efforts, matching them up against an incredibly strong Trinity Episcopal team, which ended their 2017–18 run.

**SENIORS:** Robin Drees*, Abby Feigenbaum, Taylor Harvey, Claire Mansoor, Mackenzi Mills*, Catherine Moore  
**JUNIORS:** Ingrid Benkovitz, Kate Furr, Reilly Husson, Ellie Prodan, Chelsea Worthy  
**SOPHOMORES:** Sammi Jacobs, Audrey Peck, Abby Sayles, Rose Steingold  
**FRESHMEN:** Michela Jones  
**HEAD COACH:** Neil Duffy  
**ASSISTANT COACHES:** Megan Hallberg, Mike Sarino  
**MANAGER:** Juliette Benedetto  

**TEAM STATISTICS**  
**Overall Record:** 19–5  
**TCIS:** 7–1; Regular Season and Tournament Champion  
**VISAA:** 1st Round Tournament  

**1ST TEAM ALL- TCIS:** Chelsea Worthy, Taylor Harvey  
**1ST TEAM ALL- TCIS:** Michela Jones  
**TCIS ALL-TOURNAMENT:** Chelsea Worthy, Michela Jones  
**TCIS TOURNAMENT MVP:** Chelsea Worthy  
**TCIS COACH OF THE YEAR:** Neil Duffy
Boys’ Basketball

The Boys’ Varsity Basketball team finished with a 20–6 overall record, and a TCIS record of 8–1, losing only to Walsingham Academy in the regular season. In TCIS tournament play, the Bulldogs beat Norfolk Christian with a decisive victory in the TCIS quarterfinals, overcame Hampton Roads Academy in the semifinals, and avenged their regular season loss to Walsingham to win the conference championship in a game that was not decided until the last 4 seconds. This is the first conference championship for the Boys’ Varsity Basketball team since the winter of 1995–96. Continuing to defy the odds, this team knocked out Woodberry Forest in the first round of the state playoffs, avenging another regular season loss. Their quarterfinal matchup looked daunting, traveling to Richmond to face No. 2 Trinity Episcopal School, but this team found a way to be up by 2 with three minutes to go. Just barely missing the upset, the Bulldogs lost by 2 at the buzzer to end this amazing season.

SENIORS: Jordan Blackwell, Finn Cochrane*, Zach Minor, Christian Randolph*, Chase Yager*

JUNIORS: David Byler, Brian Gonzales, Jabril Lewis, Neil Malik, Steven Weinstein

SOPHOMORES: Ben Locke, River MacMillan, Mark Williams

HEAD COACH: Eric Acra

ASSISTANT COACHES: Chris Williams, Ari Zito

STAFF: Will Finney, Sally Izard

TEAM STATISTICS

Overall Record: 20–6
TCIS: 8–1; Regular Season Runner-Up; Tournament Champions
VISAA: Tournament Quarterfinals

CARY HOLIDAY TOURNAMENT ALL-TOURNAMENT TEAM: Mark Williams
1ST TEAM ALL-TCIS: Mark Williams
2ND TEAM ALL-TCIS: Finn Cochrane

TCIS ALL-TOURNAMENT TEAM: Finn Cochrane
TCIS TOURNAMENT MVP: Mark Williams
1ST TEAM ALL-STATE: Mark Williams
2ND TEAM ALL-TIDEWATER: Mark Williams
BOYS’ SWIMMING & DIVING:

SENIORS: Ben Levy, Will Spivey*, Will Wilson*, Balthazar Denk


SOPHOMORES: Connor Tiffany, Guil Ware

FRESHMEN: James Coleman, Robert Lucas, Mark Southern, Harrison Summers, Franklin Wetmore

8TH GRADERS: Joey Clarkson, Clayton Whetstine

CO-HEAD COACHES: Kristen Kirkman, Joel Shinofield, Michael Smack

ASSISTANT COACHES: Lauren Hadley, Brent Harkins, Brooks Nopper, Chase Seymour, Andrew Smith

The Boys’ Varsity Swimming & Diving team took third in the Prep League and won the TCIS Championship, setting new conference records in the 200 medley relay with Will Wilson, Spencer Ryan, Guil Ware, and B. Gray Randolph; the 400 freestyle relay with Spencer Ryan, Paul Southern, Clayton Whetstine, and Guil Ware; and the 100 breaststroke by Spencer Ryan. The 200 freestyle relay also set a new state record in prelims at the championship meet. Divers Peyton McNider and Balthazar Denk contributed with their performances on the board, with Peyton placing second at the Prep League Championship, Balthazar fourth in the state and Peyton seventh. Breaking 10 out of 11 total schools records through the course of the season, the team capped off their season by winning the state championship for the first time since 1995.

The Boys’ Varsity Swimming & Diving team placed fourth in the LIS and won the TCIS Championship for the 15th time out of the last 17 years. Their TCIS victory was highlighted by new conference records set by the 200 medley relay of Callie Dickinson, Emme Pike, Abigail McCammon, and Liza Ware; the Girls 200 free relay of Liza Ware, Abigail McCammon, Kayla Wilson, and Callie Dickinson; and the 200 IM by Callie Dickinson. The 200 free relay also set a new state record. Diving captain Kaitlyn Antonick had a standout season individually as well, contributing significantly to the outcomes of meets with her performances. Kaitlyn placed fifth at the LIS meet, and nailed her last dive at the state meet, jumping from 11th to seventh place in the state to earn much needed points for the team overall. The team broke ten out of 11 school records over the course of this season, and came in second at the state meet by a half point, representing the closest margin in state championship history.

TEAM STATISTICS

TCIS: Champions
VPL: 3rd Place
VISAA: Champions, Spirit Award
GIRLS’ SWIMMING & DIVING:

SENIORS: Kaitlyn Antonick*, Callie Dickinson, Gabriella Diskin, Riley Fulmer, Bryn Galumbeck, Katie Mele*, Anna Mirovski, Payton Stredler, Liza Ware*

JUNIORS: Samantha Farpoor, Gabrielle Foley, Mia Gilley, Emily Hnath, Peyton Hope, Madison Kirkman, Abigail McCammon, Katie Oliver, Emme Pike, Windsor Warlick

SOPHOMORES: Camille Foley, Ellie Jones

FRESHMEN: Nadia Frier, Emma Howerton, Darby Jones, Christine Luecke, Jessica Parker

8TH GRADERS: Olivia Galiotos, Virginia Gill, Marin McKee, Kayla Wilson, Kendall Pagach, Valerie Spektor

TEAM STATISTICS
TCIS: Champions
LIS: 4th Place
VISAA: Runner-Up

TCIS ALL-CONFERENCE: Will Wilson, Spencer Ryan, Guil Ware, B. Gray Randolph, Paul Southern, Will Klena, Clayton Whetstine, Callie Dickinson, Emme Pike, Abigail McCammon, Liza Ware, Kayla Wilson, Madison Kirkman

ALL-STATE: Clayton Whetstine, Spencer Ryan, Paul Southern, B. Gray Randolph, Guil Ware, Will Wilson, Liza Ware, Abigail McCammon, Callie Dickinson, Kayla Wilson, Marin McKee

ALL-AMERICAN: Spencer Ryan, B. Gray Randolph, Guil Ware, Will Wilson (200 Free Relay), Will Wilson consideration cut (100 butterfly), Callie Dickinson (200 IM, 100 backstroke), Liza Ware, Abigail McCammon, Kayla Wilson, Callie Dickinson (200 freestyle relay); Kayla Wilson, Liza Ware, Marin McKee, Callie Dickinson (400 free relay)
Varsity Baseball finished with a (16–10) overall record and went 6–3 in the TCIS which tied them for third place in the conference with Greenbrier Christian and Nansemond Suffolk Academy. Highlights of the season included big wins on the road against Collegiate School and Greenbrier Christian, and beating Cape Henry in an exciting 1–0 victory at home. The Bulldogs drew a tough quarterfinal opponent in the TCIS tournament, and were knocked out by a strong Nansemond Suffolk Academy team by a score of 5–1. Making the state tournament for the third year in a row, they drew No. 2 seed Benedictine College Preparatory, whom they upset 1–0 on the road in the quarterfinal round. Taking the trip to Shepherd Stadium, the Bulldogs will face No. 3 Paul VI in the semifinal round.

SENIORS: Matthew Dalton*, Micah Whitmire*, Colby Worden*

JUNIORS: David Byler, Andrew Gross, Jonny Hines, Brendan Kastner, Jacob Knapp, Bobby Lee, Brett Pezzella, Landon Porter, Ryan Ramiez, Michael Smith

SOPHOMORES: Julian Franks-Pollock, Andrew Guerrero, Ethan Hennessy

HEAD COACH: Timothy LaVigne

ASSISTANT COACHES: Glenn Davis, Steven Goldburg, Brian Hennessy

MANAGERS: Matthew Bonner, Tucker McGruder

1ST TEAM ALL-TCIS: Brendan Kastner, Colby Worden
2ND TEAM ALL-TCIS: Landon Porter

1ST TEAM ALL-STATE: Brendan Kastner
2ND TEAM ALL-STATE: Colby Worden

TEAM STATISTICS
Overall Record: (16–10)
TCIS: 6–3; Tournament Quarterfinals
VISAA: TBD
Boys’ Crew

Boys Crew welcomed new coaches Nick Conner and Angela Nelson to lead the varsity squad. Depending on what was needed to score at the regattas, the boys raced in various competitive combinations including Varsity 8, Second Varsity 8, Varsity 4, Lightweight 4 and Second Varsity 4. In combination with the girls team, Boys Crew won the EVSRA Championship with a win in the Lightweight 4 and 2V8; a third place finish in the Varsity 8; and a fifth place finish in the Varsity 4. The team secured the overall trophy in the Independent Schools and Club Championship with a victory in the Lightweight 4 and 2nd place finishes in the varsity 8, 2V8, varsity 4 and 2V4. The team sent their Varsity 8 and Lightweight 4 to the Virginia State Rowing Championship (VSRC), where the Varsity 8 placed 11th and the Lightweight 4 won their event, becoming the first Norfolk Academy boat to win their event at the state championship. Their victory automatically qualified them for a trip to Scholastic Rowing Association of America (SRAA) National Championships in Camden, NJ.

SENIORS: Hans Christoffersen*, Catherine Debbas, Daniel Prohaska, Perry Smith


SOPHOMORES: Noah DeLorenzo, Jarod Haley, Katie Post, Ethan Thurmond, Connor Tiffany, Nathan Vu

FRESHMEN: Preston Anthony, Christopher Asuncion, Leo Kamer

HEAD COACH: Nick Conner

ASSISTANT COACHES: Bob Carroll, Christopher Nelson, Angela Nelson

TEAM STATISTICS

EVSRA: Champions
ISCR: Champions
VSRC: DII Runner-Up

Boys Crew welcomed new coaches Nick Conner and Angela Nelson to lead the varsity squad. Depending on what was needed to score at the regattas, the boys raced in various competitive combinations including Varsity 8, Second Varsity 8, Varsity 4, Lightweight 4 and Second Varsity 4. In combination with the girls team, Boys Crew won the EVSRA Championship with a win in the Lightweight 4 and 2V8; a third place finish in the Varsity 8; and a fifth place finish in the Varsity 4. The team secured the overall trophy in the Independent Schools and Club Championship with a victory in the Lightweight 4 and 2nd place finishes in the varsity 8, 2V8, varsity 4 and 2V4. The team sent their Varsity 8 and Lightweight 4 to the Virginia State Rowing Championship (VSRC), where the Varsity 8 placed 11th and the Lightweight 4 won their event, becoming the first Norfolk Academy boat to win their event at the state championship. Their victory automatically qualified them for a trip to Scholastic Rowing Association of America (SRAA) National Championships in Camden, NJ.
The 2018 Girls Crew team boasted strength as well as incredible depth throughout the program. Battling winds, low temperatures and precipitation for much of the spring, the team needed the whole season to achieve their top level speed. Fielding a Varsity 8, Varsity 4, Second Varsity 4, Lightweight 4, and Junior 4, the team won the Eastern Virginia Scholastic Rowing Association (EVSRA) Regatta for the fourth year in a row by winning the 2V4 and Lightweight 4, and placing second in the Varsity 8 and the Varsity 4. They also recaptured the Independent Schools and Club Regatta trophy after losing it to Williamsburg Boat Club in 2017 with a win in the 2V4 and second place finishes in the Lightweight 4, Varsity 4, and Varsity 8. At the Virginia Scholastic Rowing Championship (VSRC), the team placed three out of four boats in the finals for their best overall team performance, with the Junior 4 placing fifth, the Lightweight 4 placing fourth, and the Varsity 4 placing 10th in the state.

**SENIORS:** Emily Batts, Gabriella Diskin*, Bryn Galumbeck*, Tai Jeffers

**JUNIORS:** Scarlett Baughman, Virginia Darden, Gabrielle Foley, Lily Golpira, Frances Harrington, Reilly Husson, Jayda Kerlew, Madison Kirkman*, Abigail McCammon, Emme Pike, Raegan Weis, Sarah Yue

**SOPHOMORES:** Lauren Camardella, Camille Foley, Sarah Haugh, Alex Konikoff, Laura Read, Leah Smith, Rachael Stromberg, Elaina Tenfelde

**FRESHMEN:** Reed Miller, Jennifer Permenter, Sabrina Sterns, Lydia Sweeney

**HEAD COACH:** Rob Hansen

**ASSISTANT COACHES:** Bob Carroll, Christopher Nelson, Aubrey Shinofield

**TEAM STATISTICS**

**EVSRA:** Champions

**ISCR:** Champions
The 2018 Varsity Golf team went undefeated in the TCIS this spring, with big wins over Norfolk Collegiate, Hampton Roads Academy, Nansemond-Suffolk Academy, Greenbrier Christian Academy, Steward School, and Norfolk Christian. The most exciting TCIS win was a 152–151 victory over crosstown rival Cape Henry Collegiate, led by Cullen Campbell with a brilliant 4 under 32 to lead the Bulldogs to victory on the last hole. Going into championship season, the team took 2nd in the TCIS championship at Kiskiack Golf Club led by Kevin Smedley who shot an even par 72 and followed by Cullen Campbell (+2), Justin Green (+5) and Jack Limroth (+8). At the Prep League Championship, which took place the following day, the Bulldogs placed 5th, giving them the 8th and final seed in the state tournament.

**ALL-TCIS:** Cullen Campbell, Justin Green, Jack Limroth, Kevin Smedley

**TEAM STATISTICS**

**Overall Record:** (8–5)

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

**VPL:** 5th Place

**VISAA:** TBD
Varsity Boys’ Lacrosse front-loaded their schedule to be challenged early and often, facing off against Hill Academy, Paul VI, Providence Day, and St. Paul’s School (MD) to prep themselves for a run at the state title later in the season. Regular season highlights included three gritty one-goal victories over St. Stephens & St. Agnes (11–10), DeMatha (11–10), and St. Xavier (9–8) that highlighted the gritty determination of this squad. The team dominated the TCIS and the Virginia Prep League during the both the regular season and the championship season, beating Cape Henry 14–8 to win the TCIS Championship and earning Coach Duquette Coach of the Year honors in both conferences. Holding on to a No. 2 state ranking for a majority of the season, the Bulldogs drew a quarterfinal match-up against No. 7 Collegiate School. The Bulldogs rolled to a 16–6 victory, earning them the right to face off against No. 3 St. Stephen’s & St. Agnes in the semifinals, the team that beat the Bulldogs in the 2017 championship.


**JUNIORS:** Lawrence Bernert, Ray Fitzgerald, Robert Frazier, Jonathan Konikoff, Colin Looney, Leif Smith, Trent Smith, Andrew Thetford, Steven Weinstein

**SOPHOMORES:** Jasper Doyle, Drew Duffy, Charles Frazer, Jack Hall, Bray Hollowell, Ben Locke, River MacMillan, Kyle Mele, Max Minder, William Smythe

**FRESHMEN:** Jack Elliott, William Inderlied, Ellis Stedfast, Matthew Wetmore

**HEAD COACH:** Tom Duquette

**ASSISTANT COACHES:** Neil Duffy, Jack Gibson, Ryan Tucker

**TEAM STATISTICS**

**Overall Record:** (19–3)

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

**VPL:** Champions

**VISAA:** TBD

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**1ST TEAM ALL-TCIS:** Christian Randolph, Chase Yager, Campbell Pozin, Grayson Ackaway, William Spivey, Ray Fitzgerald

**2ND TEAM ALL-TCIS:** Ben Locke, Finn Cochrane, Antonio Arona

**TCIS TOURNAMENT MVP:** Christian Randolph

**TCIS PLAYER OF THE YEAR:** Christian Randolph

**TCIS COACH OF THE YEAR:** Tom Duquette
The 2018 Girls’ Varsity Lacrosse team took the hard road right out of the gate against traditional powerhouses Durham Academy, Bryn Mawr School, Severn School, and Episcopal High School. Although some of these early season games did not go their way, it set a very high standard for the rest of the season. This paid off in the TCIS, where the team went undefeated to earn the regular season championship. Going into the TCIS tournament as the No. 1 seed, the Bulldogs made quick work of Norfolk Collegiate and Cape Henry, winning 17–7 and 13–6 respectively to clinch the TCIS championship. The Bulldogs ended their season with an overall record of 13–8.

**TEAM STATISTICS**

*Overall Record*: 13–8

*TCIS*: 5–0; Regular Season and Tournament Champions

**1ST TEAM ALL-TCIS**: Jane Carter Chandler, Braden McMahon, Reid Mason

**2ND TEAM ALL-TCIS**: Audrey Neumann, Danielle Doss, Kate Furr

**TCIS PLAYER OF THE YEAR**: Jane Carter Chandler
Girls’ Varsity Soccer returned to the pitch this spring determined to earn themselves the opportunity to compete for the state championship title on May 19. Their traditionally challenging schedule forced them to adjust after losses on the road to St. Catherine’s and Collegiate, two programs that would also be in contention for the 2018 VISAA championship title. With a renewed sense of determination, the Bulldogs recorded five straight shutouts with senior Mackenzi Mills in the goal to end the regular season, earning a spot in the TCIS final against Norfolk Collegiate. The championship matchup did not disappoint, with the Bulldogs going down 1–0 in the first half, tying it at 1–1 off a header from Catherine Moore, and ultimately winning inside the last two minutes on a corner kick from Sophie Wilson that curved beautifully right into the goal. With a No. 3 ranking going into the state tournament, the Bulldogs hosted a very strong No. 6 seed in St. Anne’s-Belfield. Tied 0–0 at the end of regulation and through the duration of OT, the game went into penalty kicks. The Bulldogs were perfect under pressure, sending 4 straight shots into the goal while St. Anne’s-Belfield missed 2, giving the victory to the Dogs. They will face No. 2 Collegiate in the semifinals.

**1ST TEAM ALL-TCIS:** Hannah Antonick, Mackenzi Mills, Sophie Wilson

**2ND TEAM ALL-TCIS:** Julia Duarte, Sydney Lawrence

**TEAM STATISTICS**

**Overall Record:** (16–4)

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

**VISAA:** TBD

**SENIORS:** Kaitlyn Antonick*, Juliette Benedetto, Abby Feigenbaum, Riley Fulmer, Greer Gill*, Liz Heckard, Sydney Lawrence*, Katie Mele, Mackenzi Mills*, Catherine Moore

**JUNIORS:** Holley Cromwell, Callie Poole, Ellie Prodan, Windsor Warlick

**SOPHOMORES:** Hannah Antonick, Kacey Cooper, Julia Duarte, Courtney Kilduff, Meghan Lawrence, Alexis Sisino, Rose Steingold, Sophie Wilson

**FRESHMEN:** Ella Deans, Haley Holland, Emma Howerton, Sidney Jordan

**HEAD COACH:** Rich Peccie

**ASSISTANT COACHES:** John Craig, Kevin Denson, David Hirschler

**MANAGERS:** Taylor Harvey, Claire Mansoor, Maguire McMahon

**TCIS TOURNAMENT MVP:** Sophie Wilson

**TCIS PLAYER OF THE YEAR:** Hannah Antonick

**TCIS COACH OF THE YEAR:** Rich Peccie
With the unveiling of new dugouts, an outfield fence and a scoreboard this fall, and with new head coach Chris Runzo at the helm, Varsity Softball was poised for a breakout season in 2018. They posted a 9–8 overall record, and ended the regular season ranked fourth with a 4–3 conference record, recording big wins over Bishop Sullivan, Cape Henry, Norfolk Collegiate, Hampton Roads Academy, and Peninsula Catholic. The Bulldogs also beat Collegiate and Trinity Episcopal on the road. Going into conference play as the No. 4 seed, Lily Purdy threw a shutout to beat Cape Henry Collegiate 10–0 in the TCIS quarterfinals, tallying four runs in the fifth inning. Moving on to the semifinals, they faced conference powerhouse Greenbrier Christian, who knocked them out of their conference run. Their tournament hopes were still alive as they earned the No. 7 state ranking, matching them up against Collegiate School on the road in quarterfinal play. Although confidence was high going into the game, Collegiate took this one 8–1, and the Bulldogs’ 2018 run ended there.

**SENIORS:** Reese Dorroh*, Eleanor Lilly*

**JUNIORS:** Shelby Brown, Sydney LeGuillow

**SOPHOMORES:** Rio Ciuffo, Sammi Jacobs, Audrey Peck, Lily Purdy

**FRESHMEN:** Allie Kapuchuck, Alexandra Kerr, Phoebe Montagna, Jessie Tignor

**8TH GRADERS:** Annabelle Flisk, Sarah Jacobs

**HEAD COACH:** Chris Runzo

**ASSISTANT COACHES:** Cecelia Howard, Heidi Pollio, Mike Sarino

**MANAGERS:** Morgan Aufenger, Ava Foy, Kerri Thornton

**TEAM STATISTICS**

**Overall Record:** 9–8

**TCIS:** 4–3; Tournament Semifinalist

**VISAA:** Quarterfinals

**1ST TEAM ALL-TCIS:** Lily Purdy

**2ND TEAM ALL-TCIS:** Sarah Jacobs
Boys’ Tennis

Boys’ Varsity Tennis posted an overall record of (14–4), going 7–0 to remain undefeated in the TCIS and claim the regular season and tournament championship. First place finishers in singles for the Bulldogs were No. 3 Shrey Vachhani, No. 4 Max Steingold, and No. 6 Taylor Fox. Winning at doubles were No. 3 Cole Jordan and Cabot McTavish. Having faced challenges during the regular season from Potomac School, St. Christopher’s and Collegiate, the Bulldogs went into the state championship as the No. 4 seed, drawing a quarterfinal matchup at home with No. 5 Flint Hill. The match was very close, but the Bulldogs pulled out the win by a score of 5–2. They move on to the semifinals, where they will face No. 1 Potomac School.

ALL-TCIS 1ST TEAM, SINGLES: Jack Kalfus, Arman Shekarriz

ALL-TCIS 2ND TEAM, SINGLES: Shrey Vachhani

ALL-TCIS 1ST TEAM, DOUBLES: Arman Shekarriz/Max Steingold

ALL-TCIS 2ND TEAM, DOUBLES: Jack Kalfus/Shrey Vachhani

TCIS ALL-TOURNAMENT TEAM, SINGLES: Shrey Vachhani, Max Steingold, Taylor Fox

TCIS ALL-TOURNAMENT DOUBLES: Cole Jordan/Cabot McTavish

SENIORS: Thomas Joy*


SOPHOMORES: Richard Dodge, Aiden Feigenbaum, Wyatt Pleming, Meade Pruden, Shrey Vachhani

FRESHMEN: Taylor Fox

HEAD COACH: Michael Duquette

ASSISTANT COACH: Sam Steingold

TEAM STATISTICS

Overall Record: (14–4)

TCIS: 7–0, Regular Season Champions

VISAA: TBD
Boys’ Track & Field

The highlight of the regular season for Varsity Boys Track and Field was the record setting 4x800m relay team of Bascombe Traywick, Jimmy Peccie, Alex Nevarez and Franklin Reid, who crushed their own school record to finish 3rd at the Dogwood Track Classic with a time of 8:00.78. The team also dominated at the TCIS championship, winning with an incredible 233 points to Hampton Roads Academy’s 57 as runner-up. Of the 16 events contested, the Bulldogs won every single running event and one field event. Jacob Saffold won the 100m dash, with Kadari Cuffee taking the 200m, and they joined Brian Moss and Mihir Damle to win the 400m relay. Alex Nevarez won the 400m dash, Bascombe Traywick won the 800m and 1600m runs, Cameron Lloyd won the 110m and 300m hurdles, and they joined Jimmy Peccie to win the 1600m relay with the second fastest time in NA history. Ben Summers won the 3200m run, followed closely by Harrison Summers and Josh Rubin, all in PR’s. Franklin Reid, Grayson Glenn, Michael Wakeham, and Sammy DeLorenzo won the 3200m run. Zach Minor, with Lorenzo Thompson close behind, won the discus. At the VPL Championship meet, the team took 3rd. Bascombe Traywick was 2nd in the 1600m and 3rd in the 800m. Cameron Lloyd was 2nd in the 300m hurdles. Lorenzo Thompson was 2nd in the discus and 3rd in the shot, while Zach Minor was 2nd in the shot.

TCIS ALL-CONFERENCE: Jacob Saffold (100m dash); Kadari Cuffee (200m dash); Alex Nevarez (400m dash); Bascombe Traywick (800m, 1600m, and 3200m run); Cameron Lloyd (300m and 110m hurdles); Jimmy Peccie, Bascombe Traywick, Alex Nevarez, Franklin Reid (4x400m relay); Franklin Reid, Benjamin Summers, Grayson Glenn, Sammy DeLorenzo (4x800m relay); Jacob Saffold, Kadari Cuffee, Brian Moss, Mihir Damle (4x100m relay); Zach Minor (Discus Throw)

TCIS RUNNING MVP: Cameron Lloyd and Bascomb Traywick

TCIS OVERALL MVP: Mihir Damle

TCIS COACH OF THE YEAR: Ken Lampert

TEAM STATISTICS

TCIS: Champions
VPL: 3rd Place
VISAA: TBD

SENIORS: Sammy DeLorenzo*, Zach Minor*, Jimmy Peccie*, Josh Rubin, Bascombe Traywick*, Justin Zahn

JUNIORS: Mihir Damle, Grayson Glenn, Cameron Lloyd, Alex Nevarez, Sebastian Singh, Austin Sisino, Lorenzo Thompson, Michael Wakeham, Tyson Wittmann

SOPHOMORES: Kadari Cuffee, Brian Moss, Elijah Quamiley, Jacob Saffold, Benjamin Summers

FRESHMEN: Jens Islerv-Petersen, Max Pollio, Franklin Reid, Harrison Summers, Josh Warsaw

8TH GRADERS: Stinson Moss

HEAD COACH: Ken Lampert

ASSISTANT COACHES: Elaine Denson, Ashley Hartson, Allyson Keating, Zach Lampert, William Mogen, Yonne Nasimiyu, Bob Needham, Ellie Vest
The Girls’ Varsity Track & Field was small in number but mighty in competition and scoring ability. Coming into the TCIS championship, the girls knew they were in for a battle from Cape Henry and Walsingham Academy. Olivia Newsome, Elle Lambert, Emma Somers, and Sydney Beverly led the individual scoring for the girls with Newsome winning the 100m and 200m dashes, and placing 2nd in the long jump, 3rd in the shot put, 4th in the triple jump, and 9th in the discus. Lambert was honored with the running MVP award for winning the 800m and 1600m runs and placing 3rd in the 3200m run. Somers was 2nd in 800m, 1600m and 3200m runs, and Beverly represented with 2nd in the 100m hurdles, and 3rd in the 300m hurdles. The LIS Championship pitted them against previous state champions St. Catherine’s and traditional powerhouse Collegiate School. The Bulldogs were led by Olivia Newsome who won the 100m and 200m dashes, took 2nd in the long jump, 4th in the discus throw, and 5th in the triple jump. Elle Lambert was 3rd in the 800m run while Emma Somers placed 4th in the pole vault to secure the team an overall 3rd place finish in the LIS.

**TEAM STATISTICS**

**TCIS:** Runner-Up  
**LIS:** 3rd Place  
**VISAA:** TBD

**SENIORS:** Halle Gill, Olivia Newsome*, Hannah Towler  
**JUNIORS:** Elle Lambert*, Marissa Mejia, Emma Somers*  
**SOPHOMORES:** Sydney Beverly, Alexis Blackwell, Katherine Chang  
**FRESHMEN:** Finlova Berry, Zoe Cross, Lindsay Kay, Jordan Pagach, Kira Stewart, Caroline Suber

**HEAD COACH:** Ken Lampert  
**ASSISTANT COACHES:** Elaine Denson, Ashley Hartson, Al byson Keating, Zach Lampert, William Mogen, Yonne Nasimiyu, Bob Needham, Ellie Vest

**TCIS ALL-CONFERENCE:** Olivia Newsome (100m and 200m dash), Elle Lambert (800m and 1600m run), Finlova Berry, Halle Gill, Zoe Cross, Lindsay Kay (4x800m relay)  
**TCIS OVERALL MVP:** Elle Lambert  
**LIS ALL-CONFERENCE:** Olivia Newsome
Conference Champions

Football

Boys' Soccer

Girls' Cross Country

Girls' Tennis

Field Hockey
CONFERENCE CHAMPIONS

GIRLS’ BASKETBALL

BOYS’ AND GIRLS’ SWIMMING

BOYS’ BASKETBALL

BOYS’ AND GIRLS’ CREW
State Champions

Girls’ Tennis

Field Hockey

Spencer Ryan, B. Gray Randolph, Guil Ware, Will Wilson (Boys’ 200 Freestyle Relay)

Boys’ Swimming
BASCOMBE TRAYWICK, SAMMY DELORENZO, ALEX NEVAREZ, JIMMY PECCIE
(INDOOR TRACK 4X800M RELAY)

LIZA WARE, ABIGAIL MCCAMMON, KAYLA WILSON, CALLIE DICKINSON
(GIRLS’ 200 FREESTYLE RELAY)

WILL WILSON
(200 FREESTYLE, 100 BUTTERFLY)

CALLIE DICKINSON
(200 IM, 100 BACKSTROKE)

KATIE DEBBAS, PEYTON MCNIDER, B. GRAY RANDOLPH, WILL KLENA, DESTIN RODGERS
(BOYS’ LIGHTWEIGHT 4+)

BASCOMBE TRAYWICK, SAMMY DELORENZO, ALEX NEVAREZ, JIMMY PECCIE
(INDOOR TRACK 4X800M RELAY)
GREG MONACO  
Boys’ Soccer  
VPL Coach of the Year

MARY WERKHEISER  
Field Hockey  
TCIS Coach of the Year

KEN LAMPERT  
Girls’ Cross Country and Boys’ Outdoor Track & Field  
TCIS Coach of the Year

MICHAEL DUQUETTE  
Girls’ Tennis  
TCIS and VISAA Coach of the Year
NEIL DUFFY
Varsity Girls’ Basketball
TCIS Coach of the Year

CHRIS RUNZO
Varsity Wrestling
TCIS Coach of the Year

TOM DUQUETTE
Boys’ Lacrosse
VPL Coach of the Year

RICH PECCIE
Girls’ Soccer
TCIS Coach of the Year
Congratulations to Charlie Grizzard, Stewart Howard, Jason Watson, and the Norfolk Academy Grounds Crew on their Fields of Excellence Award for the 2017 Athletic Season!