Celebration of the Year in Athletics
May 23, 2019
There is a rhythm to the athletic year, a pace that can all at once energize, motivate, exhaust and rejuvenate those that are a part of it. It starts with the anticipation that we feel every August as the rising senior class arrives for pre-season training, eager, nervous, and excited to step into big shoes and big expectations; the grittiness that we feel every winter as our wrestling, track, basketball, cheer, and swimming athletes grind away through the cold winter months; the jubilation that we feel every May as we look back over another year of incredible growth and performances; and the emotional jumble of pride, excitement and sadness as we say goodbye to another wonderful group of young people that have somehow become adults right before our very eyes. The 2018-2019 Year in Athletics was no different.

The relationships that we build at Norfolk Academy set the foundation for our success. For many student-athletes, that connection begins in 1st grade with daily P.E., including several weeks of swim instruction, as part of a routine that facilitates learning and builds a foundation for lifelong healthy habits. The connection continues in the middle school on Bulldog and JO teams as teachers inquire about game outcomes and team accomplishments. It becomes the fist bump on the way into chapel and Middle School Athlete of the Week announcements at lunch. The bond strengthens in the upper school as faculty fill the stands and revel in the athletic excellence that we witness on the varsity level. After graduation, alums return to campus for homecoming, big rival games, and field day, as coaches travel to watch them play in college and reach out to them during important times in their lives. The people at Norfolk Academy will always care for you and be interested in, hopeful for and proud of your future. It is an investment that lasts a lifetime.

As we prepare to send off the Class of 2019 to the next big phase of their life, we are thankful for the lessons we have learned together and the memories that we share. The bus rides, the team breakfasts, the traditions, the athleticism on the field, the adversity, the disappointments, the wisdom, the leadership, and the friendship. We have come to rely on these athletes in a way that feels almost impossible to imagine NA Athletics without them. Their legacy will last forever.

Please join me in appreciating the people behind the scenes that allow us all to be who we are. We could not operate the way that we do without Associate Athletic Director Chad Byler, Athletic Trainers Antoinette Bailey and Joe Ingraham, our administrative assistant Martha Gentry, our departmental operations and equipment manager Bob Needham, and our strength and conditioning coaches Larry McCarthy, Steve Monninger, Earl Ware and Emily Martin. Their tireless efforts allow our coaches and athletes to achieve the incredible results that we celebrate every year. We are also grateful for our award-winning facilities and grounds crew for their hard work and expertise. Our fields have never looked so beautiful. And with every game played, we honor and celebrate the memory of the late Stewart Howard, as we play in the facilities that he so lovingly and meticulously created at NA. He was and forever will be a true Bulldog.

Carry on Class of 2019! We will be watching you with pride, and looking forward to your return.

Be a Bulldog, always.

Athletic Director
Fall - Football

The Varsity Football team, led by co-captains David Byler ’19, Ray Fitzgerald ’19, Robert Frazier ’19, Landon Porter ’19, and Lorenzo Thompson ’19 finished the 2018 season with a final record of 6-4. The Bulldogs battled through a challenging schedule and many of their contests were won or lost on the final drive of the game. The season was highlighted by an incredible overtime win versus First Flight High School and a late comeback victory over Collegiate that was a monumental win for the Bulldogs. The Bulldogs dominated Norfolk Christian in their last regular season game to take a share of the TCIS Championship. Academy was selected as the #4 seed in the VISAA Division 1 tournament but fell short to top seed Flint Hill to end their season. The team’s motto for the season was “1-0”, which guided the players to take each challenge and each game one at a time.


**JUNIORS:** Nicholas Cowan, Nate Dickinson, Richard Dodge, Jasper Doyle, Drew Duffy, John Gregoire, Bray Hollowell, Zachary Howard, Ben Locke, Max Minder, Brian Moss, Wyatt Plemming, Elijah Quamiley, Jacob Saffold, Wilson Traywick, Guil Ware, Isaiah Whitfield

**SOPHOMORES:** William Inderlied, AJ Keels, Jackson Lopez, Max Pollio

**HEAD COACH:** Steve Monninger

**ASSISTANT COACHES:** Kohl Adams-Hurd, Witt Borum, Scott Norrick, Jackson Vaughn, Earl Ware

**MANAGER:** Lawrence Bernert

**STATISTICIAN:** Nathan Tenfelde

The Varsity Football team, led by co-captains David Byler ’19, Ray Fitzgerald ’19, Robert Frazier ’19, Landon Porter ’19, and Lorenzo Thompson ’19 finished the 2018 season with a final record of 6-4. The Bulldogs battled through a challenging schedule and many of their contests were won or lost on the final drive of the game. The season was highlighted by an incredible overtime win versus First Flight High School and a late comeback victory over Collegiate that was a monumental win for the Bulldogs. The Bulldogs dominated Norfolk Christian in their last regular season game to take a share of the TCIS Championship. Academy was selected as the #4 seed in the VISAA Division 1 tournament but fell short to top seed Flint Hill to end their season. The team’s motto for the season was “1-0”, which guided the players to take each challenge and each game one at a time.

**ALL-TCIS:** Zach Suttle ’19 (OL), Lorenzo Thompson ’19 (OL); Landon Porter ’19 (RB); Ben Locke ’20 (WR); David Byler ’19 (TE); Ben Locke ’20 (KR); Lorenzo Thompson ’19 (DL), Guil Ware ’20 (DL); AJ Keels ’21 (DB); David Byler ’19 (LB)

**VISAA 1ST TEAM:** Landon Porter ’19 (Offense RB)

**VISAA 2ND TEAM:** David Byler ’19 (TE, LB), Ben Locke ’20 (WR), Lorenzo Thompson ’19 (DL)

**VISAA HONORABLE MENTION:** Drew Duffy ’20 (QB), Lorenzo Thompson ’19 (OL)

* denotes Team Captain
The Varsity Soccer team, led by co-captains Cabot McTavish ’19 and Michael Wakeham ’19, finished with an overall record of 11-6-2, going 6-2-1 in the TCIS, and 2-2-1 in the Prep League. This team personified the word grit from the start, showcasing an aggressive style of play. Highlights from the regular season included holding #1 ranked St. Chris to a tie on the road and beating a competitive Norfolk Collegiate team to vie for positioning in the TCIS. The Bulldogs fell to Cape Henry in the TCIS semi-finals and were ranked 8th going into the state tournament, drawing St. Stephen’s St. Agnes as their first round opponent. A 3-1 win at home pitted them against #1 St. Chris on the road again, where their 2018 campaign came to an end.

1ST TEAM ALL-TCIS: Cabot McTavish ’19 and Michael Wakeham ’19
2ND TEAM ALL-TCIS: Aiden Dowd ’20 and Max Steingold ’19
1ST TEAM ALL STATE: Cabot McTavish ’19

ASSISTANT COACHES: Shelly Cohn, Kevin Denson
MANAGERS: Lindsey Hooper, Avery Pierce, Ellie Prodan

TEAM STATISTICS
Overall Record: 11–6–2
TCIS: 6–2–1; Regular Season: Runner Up; Tournament: Semifinals
VPL: 2–2–1
VISAA: Quarterfinals

SENIORS: James Hood, Jack Kalfus, Zane Knaack, Jonathan Konikoff, Cabot McTavish*, Ryan Ramirez, Arman Shekarziz, Austin Sisino, Kevin Smedley, Max Steingold, Michael Wakeham*, Tyson Wittmann
SOPHOMORES: James Coleman, Braeden Shepheard
HEAD COACH: Greg Monaco

MANAGERS: Lindsey Hooper, Avery Pierce, Ellie Prodan

ASSISTANT COACHES: Shelly Cohn, Kevin Denson

TEAM STATISTICS
Overall Record: 11–6–2
TCIS: 6–2–1; Regular Season: Runner Up; Tournament: Semifinals
VPL: 2–2–1
VISAA: Quarterfinals
Led by co-captains Mihir Damle ’19, Michael Hostutler ’20 and Cameron Lloyd ’19, the varsity sailing team entered the 2018 season with challenging conference, state, and regional goals. They battled Norfolk Collegiate to a 2nd place finish at the TCIS championship, and in a show of how much these teams respect each other and their sport, they were honored as co-recipients of the Betty Jean Riddick Sportsmanship award at the end of the regatta. They went on to place 3rd in the state, and qualified for both the Mid-Atlantic Scholastic Sailing Association Team and Fleet race championships, putting the Bulldogs on the map regionally, and setting themselves up with solid rankings to build on in the upcoming season.

**CO-RECIPIENT OF TCIS BETTY JEAN RIDDICK SPORTSMANSHIP AWARD**

**1ST TEAM ALL-TCIS SKIPPER:** Charlie Britt ’21, Henry Allgeier ’23

**1ST TEAM ALL-TCIS CREW:** Mihir Damle ’19

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**TEAM STATISTICS**

- **TCIS Championship Regatta:** 2nd Place
- **VISA Championship:** 3rd Place
- **MASSA Fall Fleet Race Championship Gold:** 16th Place
- **MASSA Fall Team Race Championship Gold:** 3rd Place Silver, 8th Place Overall
The volleyball team, led by co-captains Molly Brown ’19, Mia Gilley ’19, and Parker Kreiser ’19, posted an overall record of 13-12, going 7-3 in the TCIS, resulting in a 4th place finish in the conference. Highlights of the season included a 3-0 win at Cape Henry—a well-executed match that underscored the perseverance and intensity of this team; the team also dominated Norfolk Christian in the TCIS quarterfinals, winning in 3 straight games after having been pushed to 5 games for the win during the regular season. Their regular season performance earned them the #6 seed in the state, which pitted them against St. Catherine’s on the road in the VISAA quarterfinals, where their 2018 season came to an end.

**1ST TEAM ALL-TCIS:** Parker Kreiser ’19

**2ND TEAM ALL-TCIS:** Mia Gilley ’19

**MANAGERS:** John Livingood, Spencer McCraw

**TEAM STATISTICS**

- **Overall Record:** 13–12
- **TCIS:** 7–3; Regular Season: 4th
- **VISAA:** Tournament Semifinals; Quarterfinals (ranked 6th)

**SENIORS:** Molly Brown*, Mia Gilley*, Peyton Hope, Parker Kreiser*, Ellie Thornton

**JUNIORS:** Kacey Cooper, Raegan Fitzgerald, Sammi Jacobs, Ellie Jones, Audrey Peck, Abby Sayles

**SOPHOMORES:** Ella Deans, Sierra Gilliard, Annie Livingood, Devin Murchake

**8TH GRADER:** Annamarie Russell

**HEAD COACH:** Patricia Hopkins

**ASSISTANT COACHES:** Tyler Caskill, Mike Sarino

**TCIS ALL-TOURNAMENT TEAM:** Parker Kreiser ’19

**2ND TEAM ALL-STATE:** Parker Kreiser ’19
The 2018 Varsity Girls cross country team, led by co-captains Elle Lambert ’19 and Emma Somers ’19 had an outstanding season, culminating in a TCIS Championship and a 4th place finish at the state championship. Their secret weapon was their incredible depth with 13 different girls running in the top 7 at some point during the season. The Bulldogs claimed five of the top 10 spots to win the TCIS championship by 54 points over a strong NSA squad with Elle Lambert ’19, Emma Somers ’19, Maddie Brooks ’21, Julia Duarte ’20 and Marianna Duarte ’22 leading the team to the finish line. The state meet brought less than ideal conditions, at 45 degrees and raining, but Emma Somers ’19 and Elle Lambert ’19 both finished in the top 20 with Maddie Brooks ’21 and Julia Duarte ’20 just seconds off at 22nd and 24th place to claim the team’s 4th place position.

**ALL-TCIS:** Maddie Brooks ’21, Julia Duarte ’20, Marianna Duarte ’22, Elle Lambert ’19, Emma Somers ’19

**ALL-STATE:** Elle Lambert ’19, Emma Somers ’19

**SENIORS:** Katharine Barbour, Samantha Farpour, Emily Hnath, Elle Lambert*, Katie Oliver, Emma Somers*

**JUNIORS:** Sydney Beverly, Katherine Chang, Julia Duarte, Zoe Lester, Lelia Ottinger, Leah Smith

**SOPHOMORES:** Finlova Berry, Maddie Brooks, Zoe Cross, Peyton Harrell, Jordan Pagach, Caroline Suber, Bridget Tan, Sophie Watson

**FRESHMEN:** Mariana Duarte

**HEAD COACH:** Ken Lampert

**ASSISTANT COACHES:** Elaine Denson, Joshua Freeman, Zach Lampert, Margaret Marshall

**TEAM STATISTICS**

**TCIS:** Champions, 5 in the top 10

**VISAA:** 4th Place
The 2018 Varsity Boys Cross Country team, led by co-captains Grayson Glenn ’19 and Alex Nevarez ’19, had a successful season culminating in a TCIS Championship, which marks the first time in 28 years that both girls and boys teams have won the conference championship in the same year. Winning by 29 points over runner-up Cape Henry to clinch the title, the Bulldogs had four runners finish in the top 10 (Harrison Summers ’21, Alex Nevarez ’19, Ben Summers ’20, and Franklin Reid ’21) with Connor Rhoades ’23 at 18, Grayson Glenn ’19 at 28, and Jonathan Levin ’21 coming in at 33rd. The Bulldogs went on to place 5th in the state with Alex Nevarez ’19 and Harrison Summers ’21 finishing 10th and 11th respectively, and Franklin Reid ’21, Ben Summers ’20, and Peyton McNider ’19 filling out our top five finishers.

**ALL TCIS:** Alex Nevarez ’19, Franklin Reid ’21, Benjamin Summers ’20, Harrison Summers ’21

**ALL-STATE:** Alex Nevarez ’19, Harrison Summers ’21

**TEAM STATISTICS**

**TCIS:** Champions, 4 in the top 10

**VISAA:** 5th Place
The Varsity Field Hockey team, led by co-captains Grace Cornbrooks ’19 and Holley Cromwell ’19, finished with an overall record of 15-6 and went 7-0 in the TCIS to clinch the regular season championship for the 6th year in a row and the 31st time in the last 34 years. They opened their season with a string of wins against tough public school opponents, making a clear statement about their expectations and goals for the 2018 season. Although they experienced a tough loss to Cape Henry in the TCIS championship game, they held onto their #4 state ranking and bounced back to beat STAB in the quarterfinals. Facing a very strong and eventual state champion Trinity Episcopal team on the road, they fell 2-0 in the semi-finals to end their 2018 season.

SENIORS: Grace Cornbrooks*, Holley Cromwell*, Kara Kaufman, Sydney LeGuillow, Callie Poole, Peyton Tysinger, Windsor Warlick

JUNIORS: Ashleigh Ackaway, Gracie Dougherty, Camille Foley, Audrey Neumann, Olivia Reis

SOPHOMORES: Haley Holland, Kate Ruffin, Molly Ruffin

FRESHMEN: Olivia Galiotos, Helene Schulwolf, Rachel Thetford, Cate Ware

HEAD COACH: Mary Werkheiser

ASSISTANT COACHES: Laura Gibson, Catherine McCallum

MANAGER: Connor Holland

TEAM STATISTICS

Overall Record: 15–6
TCIS: 7–0; Regular Season: Champions; Tournament: Runner Up
VISAA: Semifinalist

1ST TEAM ALL TCIS: Holley Cromwell ’19, Grace Cornbrooks ’19, Sydney LeGuillow ’19, Peyton Tysinger ’19
2ND TEAM ALL TCIS: Haley Holland ’21
TCIS PLAYER OF THE YEAR: Holley Cromwell ’19
VISAA ALL STATE: Grace Cornbrooks ’19, Holley Cromwell ’19, Sydney LeGuillow ’19
ALL TIDEWATER: Holley Cromwell ’19
ACADEMIC ALL-AMERICAN: Holley Cromwell ’19, Olivia Highton ’20, Kara Kaufman ’19, Audrey Neumann ’20, Peyton Tysinger ’19, Windsor Warlick ’19
SENIORS: Straeten Avery, Ingrid Benkovitz*, Kate Furr, Lily Golpira, Lily Hackbirth*, Abigail McCammon, Brammy Rajakumar

JUNIORS: Rose Steingold

SOPHOMORES: Cami Cuebas, Olivia Danielson, Ella Davis, Alexandra Kerr

FRESHMEN: Emma Hugo, Sydnie Simon

8TH GRADER: Olivia McCammon

HEAD COACH: Michael Duquette

ASSISTANT COACH: Eric Acra

The 2018 Varsity Girls Tennis Team, led by co-captains Ingrid Benkovitz ’19 and Lily Hackbirth ’19, posted an overall record of 13–3, and celebrated an undefeated season at 9–0 in the TCIS. At the TCIS tournament, the Bulldogs withstood a strong challenge from Norfolk Christian but held on to win by 2 points with wins from Olivia Danielson ’21, Kate Furr ’19, and Emma Hugo ’22 in singles, and Emma Hugo ’22 and Olivia Danielson ’21 in doubles. The team defeated St. Stephen’s St. Agnes and the Potomac School on their way to the state championship match, which positioned them on the other side of the net from Collegiate in the finals. Lily Hackbirth ’19 and Kate Furr ’19 held on to win at #2 and #5 to force championship doubles play, but the Collegiate squad proved too strong and ended the championship run for the Bulldogs.

TCIS ALL-TOURNAMENT TEAM, SINGLES: Olivia Danielson ’21, Kate Furr ’19, Emma Hugo ’22

TCIS ALL-TOURNAMENT TEAM, DOUBLES: Emma Hugo ’22 and Olivia Danielson ’21

1ST TEAM ALL-TCIS SINGLES: Ingrid Benkovitz ’19, Lily Hackbirth ’19

1ST TEAM ALL-TCIS DOUBLES: Ingrid Benkovitz ’19/Lily Hackbirth ’19

2ND TEAM ALL-TCIS SINGLES: Olivia Danielson ’21, Abigail McCammon ’19

2ND TEAM ALL-TCIS DOUBLES: Kate Furr ’19/Abigail McCammon ’19

TCIS PLAYER OF THE YEAR: Ingrid Benkovitz ’19

TCIS COACH OF THE YEAR: Michael Duquette

1ST TEAM ALL STATE: Ingrid Benkovitz ’19, Lily Hackbirth ’19

2ND TEAM ALL STATE: Olivia Danielson ’21

TEAM STATISTICS

Overall Record: 13–3

TCIS: 9–0;
Regular Season and Tournament Champions

VISAA: Runner Up
The 2018 Fall cheerleading squad showed great ingenuity with the creation of new cheers, dances, and stunts to spread school spirit for the fall athletic season. They continued to develop higher level stunts throughout the season to energize the home crowd, including mastering a twist basket toss, a full-extension, a quarter up stunt, and a full extension liberty. They worked hard to put on a fabulous show during every game, and we are thankful for their tireless efforts to cheer the Bulldogs to victory.

The Winter cheerleading team was excited to welcome some new members this winter. As the season progressed, they continued to add more advanced stunts with increasing degrees of difficulty. They consistently improved in motions, jumping and tumbling ability, always focusing on proper technique, safety, and form. Their energy and spirit brought excitement to both boys and girls basketball games all season, concluding with girls varsity basketball on the road for the TCIS quarterfinals. The enthusiasm that this team brings every night reminds us of why we are so proud to be Bulldogs!
The Varsity Wrestling team finished the 2018-2019 regular season with an overall record of 12-2, going 6-1 in the TCIS to finish 2nd in the regular season and 3rd at the TCIS championship. TCIS tournament weight class champions included Michael Wakeham ’19, Seth Lucas ’19, and Will Brooks ’19. The team placed 2nd at the Prep League tournament, with Trey Custodio ’22, Ethan Thurmond ’20, Brooks ’19 and John Gregoire ’20 as Prep League champions. Finally, at the VISAA championship Wakeham ’19 finished 2nd, Lucas ’19 3rd, Brooks ’19 and Custodio ’22 4th, and McMahon ’20 and Thurmond ’20 finished 5th for an overall team finish of 7th in the state. Based on their performance at the state level, Brooks ’19, Custodio ’22, Lucas ’19 and Wakeham ’19 earned the honor of representing the Bulldogs at the National Prep Wrestling Championship.

**SENIORS:** Will Brooks, Ray Fitzgerald*, Seth Lucas*, Michael Wakeham*

**JUNIORS:** John Gregoire, Andrew Guerrero, Maguire McMahon, Dylan Pausch, Wyatt Pleming, Ethan Thurmond

**SOPHOMORES:** Riley Dorroh, Michael Lucas, Max Pollio, Patrick Purdy, Matthew Wetmore

**FRESHMEN:** John Bunn, Cooper Cazares, Trey Custodio, Michael Durand, Ian Fitzgerald, Race Foy, Oliver Jones, Clement Lee, Henry Martin, Ben Roberts, James Wilson

**8TH GRADERS:** Logan Pausch

**HEAD COACH:** Chris Runzo

**ASSISTANT COACHES:** Dalton Henderson, Kevin Michaels, Nick Rahall, Dustin Runzo

**MANAGER:** Ava Foy, Lily Mersel

**TEAM STATISTICS**

**OVERALL:** 12-2

**TCIS:** 6–1; Regular Season: 2nd Place; Tournament: 3rd Place

**VISAA:** 7th Place

**1ST TEAM ALL-TCIS:** Will Brooks, ’19 Seth Lucas ’19, Michael Wakeham ’19

**2ND TEAM ALL-TCIS:** Trey Custodio ’22, Maguire McMahon ’20

**1ST TEAM ALL-STATE:** Michael Wakeham ’19

**2ND TEAM ALL-STATE:** Michael Wakeham ’19

**HEAD COACH:** Chris Runzo

**ASSISTANT COACHES:** Dalton Henderson, Kevin Michaels, Nick Rahall, Dustin Runzo

**MANAGER:** Ava Foy, Lily Mersel
**Girls Indoor Track**

**SENIORS:** Holley Cromwell*, Elle Lambert*, Sydney LeGuillow*, Marissa Mejia*, Emma Somers*

**JUNIORS:** Sydney Beverly, Katherine Chang, Danielle Doss, Audrey Neumann, Olivia Reis

**SOPHOMORES:** Finlova Berry, Zoe Cross, Peyton Harrell, Leila Jamali, Sidney Jordan, Jordan Pagach, Caroline Suber, Sophie Watson

**FRESHMEN:** Mariana Duarte, Abby Fernandez, Caitlyn Lloyd, Lilly Savin, Rachel Thetford, Veronica Verdi

**8TH GRADERS:** Jen Yuan

**HEAD COACH:** Ken Lampert

**ASSISTANT COACHES:** Phil Call, Elaine Denson, Allyson Keating, William Mogen, Yonne Nasimiyu, Miguel Turner

**TEAM STATISTICS**

**LIS:** 3rd Place

**VISAA:** 3rd Place

Varsity Girls Track won 4 large regular season meets, placed 3rd in the highly competitive Atlantic Coast Invitational, and finished the season with impressive 3rd place finishes at both the LIS and VISAA state meets. The state meet was a team effort with 12 girls involved in scoring for the Bulldogs. Sydney Beverly ’20 led the team with 22.5 points to tie for the 2nd leading scorer of the meet, followed closely by Emma Somers ’19 with 17 points. To cap it off, all three relay teams scored with help from Cromwell ’19, Beverly ’20, Lloyd ’22, Jordan Pagach ’21, Audrey Neumann ’20, Rachel Thetford ’22, Sophie Watson ’21, Zoe Cross ’21, Peyton Harrell ’21, and Marianna Duarte ’22.

**HONORABLE MENTION ALL-STATE:** Sydney Beverly ’20

**RUNNING MVP:** Sydney Beverly ’20
Varsity Boys Track won 3 large meets and finished 2nd in the Atlantic Coast Invitational en route to an impressive showing at the Prep League Championship, where they placed 5th, and the VISAA championships where they finished 4th in the state. The boys also benefited from a huge team effort at the state meet with 10 boys contributing to the point total. Tyson Wittmann ’19, Andrew Thetford ’19, Mihir Damle ’19, and Cameron Lloyd ’19 executed clean exchanges to place 4th in the 4 x 200 and set a new school record in the process. The team set two new school records this year by Lloyd ’19, Damle ’19, Jens Islev-Petersen ’21, and Josh Warsaw ’21 in the shuttle hurdle relay and Wittmann ’19, Thetford ’19, Damle ’19, and Lloyd ’19 in the 4 x 200, but the exclamation points on the season were the two winning 4 x 400 meter relays at the prep league and VISAA state meet of Wittmann ’19, Damle ’19, Nevarez ’19, and Lloyd ’19

ALL-PREP: Mihir Damle ’19, Cameron Lloyd ’19, Alex Nevarez ’19 and Tyson Wittmann ’19

1ST TEAM ALL-STATE: Mihir Damle ’19, Cameron Lloyd ’19, Alex Nevarez ’19 and Tyson Wittmann ’19

HONORABLE MENTION ALL-STATE: Alex Nevarez ’19
The Girls Basketball team completed another successful season, finishing 11-11 and tying for fourth place in the TCIS regular season with a 5-4 conference record. Led by co-captains Ingrid Benkovitz ’19 and Chelsea Worthy ’19, and seniors Kate Furr ’19, Reilly Husson ’19, Kara Kaufman, Ellie Prodan, Chelsea Worthy*, the Bulldogs were competitive in every TCIS game including a three-point loss in the TCIS tournament. Highlights of the season included “Someone Special” Night, where the players honored individual special guests and the team honoree was Mr. Ed Patterson, Upper School film teacher and advisor to NA TV. Every player scored in the game that followed, securing a victory against Peninsula Catholic. Senior Night also included a strong win against conference foe Cape Henry.

**ST. ANDREW’S EPISCOPAL ALL-TOURNAMENT:** Chelsea Worthy ’19

**BUO WILLIAMS ALL-TOURNAMENT:** Micaela Jones ’21

**1ST TEAM ALL-TCIS:** Chelsea Worthy ’19

**2ND TEAM ALL-TCIS:** Micaela Jones ’21

**TEAM STATISTICS**

**Overall Record:** 11–11

**TCIS:** 5–4; Regular Season: Tied for 4th place; Tournament: Quarterfinals

**SENIORS:** Ingrid Benkovitz*, Kate Furr, Reilly Husson, Kara Kaufman, Ellie Prodan, Chelsea Worthy*

**JUNIORS:** Sammi Jacobs, Audrey Peck, Abby Sayles, Rose Steingold

**SOPHOMORES:** Ella Deans, Michela Jones, Devin Murchake, Bridget Tan

**HEAD COACH:** Neil Duffy

**ASSISTANT COACHES:** Megan Hallberg, Mike Sarino

**MANAGER:** Raegan Weis, Alexis Blackwell, Karina Dick
The Varsity Boys Basketball team finished with an 18-10 overall record and a TCIS record of 5-5. Regular season highlights included beating Prep League rivals St. Chris and Collegiate on the road, a last second alley-oop from David Byler ’19 to Mark Williams ’20 to beat First Colonial at the buzzer, and containing Steward and their own 7-footer to win both match-ups. End of season losses to Bishop Sullivan, Norfolk Christian, and Cape Henry earned them the #7 seed in the TCIS tournament. The Dogs proceeded to upset #2 seed Walsingham and #3 seed Steward on their way to the finals where they met up with #4 seed Bishop Sullivan. The final game did not tip their way that night, but it was enough to earn them a trip to the state tournament, where they met with a very strong Episcopal High School squad, thereby ending their 2019 campaign.

**TEAM STATISTICS**

**Overall Record:** 18–10  
**TCIS:** 5–5; Regular Season: Tied for 6th Place; Tournament: Runner Up  
**VISAA:** First Round

**SENIORS:** Kenneth Alexander, David Byler*, Brian Gonzales, Jabril Lewis, Neil Malik*, Steven Weinstein  
**JUNIORS:** Ellis D’Domenicus, Drew Duffy, Ben Locke, River MacMillan, Brian Moss, Jacob Saffold, Wilson Traywick, Mark Williams*  
**HEAD COACH:** Eric Acra  
**ASSISTANT COACHES:** Bruce Rosenfeld, Ari Zito  
**STAFF:** Straeten Avery, Molly Brown, Gracie Dougherty, Alexis Sisino

**CARY HOLIDAY TOURNAMENT ALL-TOURNAMENT TEAM:**  
Mark Williams ’20  
**VIRGINIA ALL-PREPS CLASSIC MVP OF THE GAME VS GRAFTON HIGH SCHOOL:** Mark Williams ’20  
**1ST TEAM ALL-TCIS:** Mark Williams ’20

**TCIS ALL-TOURNAMENT TEAM:** David Byler ’19, Mark Williams ’20  
**2ND TEAM ALL-TIDEWATER:** Mark Williams ’20  
**1ST TEAM ALL-STATE:** Mark Williams ’20  
**2ND TEAM ALL-USA VIRGINIA:** Mark Williams ’20
BOYS’ SWIMMING & DIVING:

**SENIORS:** Balthazar Denk, Ben Furchtenicht, Andrew Gross, James Hood®, William Klena, Jacob Knapp, John Leo Luecke®, Peyton McNider®, Jason Park, B. Gray Randolph, Destin Rodgers, Rob Russell, Spencer Ryan, Malcolm Schlossberg, Paul Southern, Alastair Sterns, Lorenzo Thompson, Nathan Williams

**JUNIORS:** Connor Tiffany, Guil Ware

**SOPHOMORES:** Preston Anthony, James Coleman, Barr Gill, Robert Lucas, Mark Southern, Jackson Weis, Franklin Wetmore, Graham White

**FRESHMEN:** Joey Clarkson, Axel Patzer, Nicholas Rose, Kai Wang, Clayton Whetstine

**8TH GRADERS:** Owen Johnson, Siddhant Sehgal

**CO-HEAD COACHES:** Kristen Kirkman, Joel Shinofield

**ASSISTANT COACHES:** Morgan Latimer, Kristen McKnight, Virginia Scofield, Michael Smack, Mike Zmuda

The Boys’ Varsity Swimming & Diving team took 3rd in the prep league and won the TCIS Championship, with a new conference record in the 50 free set by B. Gray Randolph ’19. Other TCIS champions are the 200 medley relay of Clayton Whetstine ’22, James Coleman ’21, Spencer Ryan ’19, and B. Gray Randolph ’19, Whetstine ’22 (100 back), and Guil Ware ’20, Paul Southern ’19, John Leo Luecke ’19 and Clayton Whetstine ’22 in the 400 free relay. Coming off of a state championship in 2018, the boys were hungry for a repeat. With stiff competition from Prep League rivals St. Chris and Collegiate, the boys did everything they could to put it away early. State champions include Guil Ware ’20 in both the 100 and the 200 free, and B. Gray Randolph ’19 in the 50 free, breaking a school record in the 50 that has held since 1998. The boys 200 free relay of Randolph ’19, Ware ’20, Southern ’19 and Ryan ’19 clinched the state victory in impressive fashion, setting a new school and VISAA meet record in the process. The divers also contributed this season with their performances on the board, with Peyton McNider ’19 placing 3rd and Balthazar Denk ’19 4th at the Prep League championship, McNider ’19 taking 6th in the state, Denk ’19 7th, and Jackson Wies ’21, in his first year on the board, placing 15th.

**TEAM STATISTICS**

**TCIS:** Champions  
**VPL:** 3rd Place  
**VISAA:** Champions

**TCIS ALL-CONFERENCE:** James Coleman ’21, John Leo Luecke ’19, B. Gray Randolph ’19, Spencer Ryan ’19, Paul Southern ’19, Guil Ware ’20, and Clayton Whetstine ’22

**ALL-AMERICAN:** Will Klena ’19, B. Gray Randolph ’19, Spencer Ryan ’19, Paul Southern ’19, Guil Ware ’20, and Clayton Whetstine ’22

**ALL-STATE:** Will Klena ’19, John Leo Luecke ’19, B. Gray Randolph ’19, Spencer Ryan ’19, Paul Southern ’19, Guil Ware ’20, and Clayton Whetstine ’22
The Girls’ Varsity Swimming & Diving team placed 3rd in the LIS and won the TCIS Championship for the 16th time out of the last 18 years. Kayla Wilson ’22 set a new conference record in the 500 free, and also won the 200 IM. Also TCIS champions are Marin McKee ’22 (50 free), Madison Kirkman ’19 (100 breast), the 200 medley relay of Virginia Gill ’22, Madison Kirkman ’19, Olivia Galiotos ’22 and Mia Gilley ’19, the 200 free relay of Wilson ’22, McKee ’22, Gill ’22 and Abigail McCammon ’19, and the 400 free relay of Wilson ’22, McKee ’22, Kirkman ’19 and McCammon ’19. Going into the VISAA state meet with some serious momentum, the girls felt they had much to prove after finishing 2nd to Madeira by ½ a point in 2018. Prove it they did, winning their first state championship since 1994 with wins in the 200 free (where Kayla Wilson ’22 tied for first and set a new state record in the process), and in both the 200 and 400 free relay (of McKee ’22, McCammon ’19, Kirkman ’19 and Wilson ’22), setting a new state record in the 400 as well. Adding team points in diving were Maya Spektor ’23, who placed 4th at LIS and 9th in the state, and Ryan Szakaly ’22 who placed 13th at LIS and qualified for the state meet as well.

TCIS ALL-CONFERENCE: Olivia Galiotos ’22, Virginia Gill ’22, Mia Gilley ’19, Madison Kirkman ’19, Abigail McCammon ’19, Marin McKee ’22 and Kayla Wilson ’22

ALL-STATE: Madison Kirkman ’19, Marin McKee ’22, Abigail McCammon ’19 and Kayla Wilson ’22

ALL-AMERICAN: Madison Kirkman ’19, Abigail McCammon ’19, Marin McKee ’22 and Kayla Wilson ’22

TCIS CO-COACHES OF THE YEAR: Joel Shinofield and Kristen Kirkman

VISAA COACH OF THE YEAR (BOYS DIVING): Mike Smack
Varsity Baseball finished with a 10–11 overall record and went 3-4 in a very competitive TCIS conference. Highlights of the season included an early season 4-1 victory over Atlantic Shores, a last second 5-4 victory over Collegiate School on a walk-off hit by Andrew Gross ’19, and a 4-2 victory over NSA in front of our fans on Watson Field. Earning the #6 seed in the TCIS tournament, the Bulldogs faced a tough quarterfinal opponent, traveling to the #3 Steward School to try to advance. Racing out to a 5-1 lead, the Bulldogs fought hard for the upset but fell to Steward 6-5 to end their 2019 campaign.

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

**JUNIORS:** Luke Ashton, Seth Dennis, Julian Franks-Pollock, Andrew Guerrero, Ethan Hennessy, Isaiah Whitfield

**SOPHOMORES:** Brooks Jarvis

**FRESHMEN:** Dawson Montagna, Reed Ramirez

**HEAD COACH:** Timothy LaVigne

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

**MANAGERS:** Reilly Husson, Tucker McGruder, Katie Oliver

**TEAM STATISTICS**

**Overall Record:** 10–11

**TCIS:** 3-4; Tournament Quarterfinals

**1ST TEAM ALL-TCIS:** Brendan Kastner ’19, Landon Porter ’19

**2ND TEAM ALL-TCIS:** Ethan Hennessy ’20
Boys Crew

Depending on what was needed to score at regattas during the regular season, 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 wins in the Lightweight 4 and 2nd Varsity 8, and multiple 2nd and 3rd place finishes over the course of the day. The team also secured the overall trophy in the Independent Schools Regatta, winning every event the Bulldogs entered. The team sent their Lightweight 4, Varsity 4 and Junior 4 to the Virginia State Rowing Championship (VSRC), and the Lightweight 4 won their event for the 2nd year in a row. The Lightweight 4 went on to represent the Bulldogs at the historic Stotesbury Regatta on the Schuylkill River, and the Scholastic Rowing Association of America (SRAA) national championship in Dillon, OH.


JUNIORS: Noah DeLorenzo, Jarod Haley, Katie Post, Ben Shine, Ethan Thurmond, Connor Tiffany, Nathan Vu, GUIL Ware

SOPHOMORES: Preston Anthony,
Christopher Asuncion, Blake Brown, Leo Kamer, Ned Lewis, Michael Lucas, Charlie Walker, Graham Webb

FRESHMEN: Jonah Abrams, Trey Custodio, Benjamin Farpour, Oliver Jones, Jack Tignor

HEAD COACH: Nick Conner

ASSISTANT COACHES: Debbie Davis

TEAM STATISTICS

EVSRA: Champions
ISR: Champions
VSRC: Boys Lightweight 4, Champions
The 2019 Girls Crew team drew their strength from their core of nine seniors that have been the foundation of the program for years. With help from some exciting new 1st year varsity members, this crew melded together experience and enthusiasm to find their top speed. With multiple wins in the Varsity 8, Varsity 4, 2nd Varsity 4 and Lightweight 4 throughout the regular season, this team entered the EVSRA championship looking to repeat as regional champions for the fifth year in a row. The scores remained close all day with the top 4 teams separated by only 4 points at the close of racing. The Bulldogs bested Great Bridge by just 2 points to bring home the trophy. They went on to win the Independent Schools Regatta in impressive fashion, sweeping all of the events entered. At the Virginia State Rowing Championship (VSRC), the team raced hard and came away with a bronze medal in the girls varsity 4, which qualified them to race at the 2019 SRAA nationals in Nashport, OH.

**SENIORS:** Virginia Darden, Gabrielle Foley*, Lily Golpira, Frances Harrington, Jayda Kerlew*, Madison Kirkman*, Emme Pike, Chelsea Worthy, Sarah Yue

**JUNIORS:** Camille Foley, Olivia Highton, Alex Konikoff, Leah Smith, Rachael Stromberg, Elaina Tenfelde

**SOPHOMORES:** Kelsey Briggins, Reed Miller, Jessica Parker, Jennifer Permenter, Sabrina Sterns, Lydia Sweeney

**FRESHMEN:** Avery Britt, Carey Stredler, Kristen Tan, Veronica Verdi, Claire Vu

**HEAD COACH:** Rob Hansen

**ASSISTANT COACH:** Aubrey Shinofield

**TEAM STATISTICS**

**EVSRA:** Champions

**ISR:** Champions

**VSRC:** Girls Varsity 4, 3rd Place
The 2019 Varsity Golf team had a strong regular season in the TCIS this spring, going 7-1 with their only loss to a very competitive Cape Henry squad. Season highlights included breaking 150 (149) at James River Country Club vs HRA, and scoring 303 at Princess Anne Country Club in an 18 hole match vs GCA. The team celebrated multiple match medalists throughout the season, with top performances from Jack Limroth ’19, Justin Green ’21, Mac Moore ’21 and Kevin Smedley ’19. Going into championship season, the team took 3rd at the TCIS championship, 5th in the Prep League and maintained a top ten state ranking all season, staying within 10 strokes in each match vs state championship qualifiers.

**ALL-TCIS:** Jack Limroth ’19, Mac Moore ’21

**ALL-STATE:** Jack Limroth ’19, Mac Moore ’21

**SENIORS:** Connor Holland, Jack Limroth*, Kevin Smedley*

**JUNIORS:** Nate Dickinson, John Livingood, Wilson Traywick

**SOPHMORES:** Justin Green, Mac Moore, Jackson Weis

**HEAD COACH:** Skip Zobel

**ASSISTANT COACH:**

David Cameron

**TEAM STATISTICS**

**Overall Record:** 7–5

**TCIS:** 7-1; Regular Season Runner-Up and Tournament 3rd Place

**VPL:** 5th Place
Varsity Boys’ Lacrosse front-loaded their schedule to be challenged early and often, facing off against Hill Academy, Paul VI, and St. Stephen’s St. Agnes to prep themselves for a run at the state title later in the season. Regular season highlights included a 13-4 win over Severn School, beating St. Xavier (KY) 16-6 and an exciting 12-11 victory over Blue Ridge School. The team also won the Bishop-Massey Cup by beating STAB on the road in a thrilling back and forth shoot out that ended with the Dogs winning 15-14 in the final minute of play. The team dominated the TCIS, going undefeated to win the regular season, and went on to beat Cape Henry 13-9 in an exciting come from behind victory, scoring 7 goals in 8 minutes to win the TCIS Championship. The Bulldogs earned a #5 state ranking, drawing a first round match-up against prep league rival Woodberry Forest, which they won 17-11 to advance to the quarterfinals. That victory put them on the road, traveling to Paul VI on a Tuesday afternoon where they held off the Panthers for the majority of the game but were defeated 11-10 in the last minute of play to end their 2019 campaign.

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

**JUNIORS:** Jasper Doyle, Drew Duffy, Charles Frazer, Jack Hall, Bray Hollowell, Michael Hostutler, Ben Locke, River MacMillan, Kyle Mele, Max Minder, Drew Moore, William Smythe, Jack Whitmore

**SOPHOMORES:** Jack Elliott, AJ Galiotos, Barr Gill, William Inderlied, Trey Mills, Dayton Ott, Peyton Randolph, Ellis Stedfast, Matthew Wetmore

**FRESHMEN:** Ian Fitzgerald, Gavin Goss, Cooper Reed, Lee Shearin, David Smythe

**HEAD COACH:** Tom Duquette

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

**MANAGERS:** Jabril Lewis, Raegan Fitzgerald

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

**JUNIORS:** Jasper Doyle, Drew Duffy, Charles Frazer, Jack Hall, Bray Hollowell, Michael Hostutler, Ben Locke, River MacMillan, Kyle Mele, Max Minder, Drew Moore, William Smythe, Jack Whitmore

**SOPHOMORES:** Jack Elliott, AJ Galiotos, Barr Gill, William Inderlied, Trey Mills, Dayton Ott, Peyton Randolph, Ellis Stedfast, Matthew Wetmore

**FRESHMEN:** Ian Fitzgerald, Gavin Goss, Cooper Reed, Lee Shearin, David Smythe

**HEAD COACH:** Tom Duquette

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

**MANAGERS:** Jabril Lewis, Raegan Fitzgerald

**TEAM STATISTICS**

**Overall Record:** 17-5

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

**VPL:** 3-1

**VISAA:** Quarterfinals

**1ST TEAM ALL-TCIS:** Ray Fitzgerald ‘19 (Face-Off), Ben Locke ‘20 (Attack), Leif Smith ‘19 (Attack), Andrew Thetford ‘19 (LSD Midfield)

**2ND TEAM ALL-TCIS:** Jasper Doyle ‘20 (Midfield), Drew Duffy ‘20 (SSD Midfield), Colin Looney ‘19 (Attack)

**TCIS TOURNAMENT MVP:** Ray Fitzgerald ‘19

**TCIS PLAYER OF THE YEAR:** Leif Smith ‘19

**ALL-PREP:** Ray Fitzgerald ‘19 (Face-Off), Drew Duffy ‘20 (Midfield), Colin Looney ‘19 (Midfield), Ben Locke ‘20 (Attack), Leif Smith ‘19 (Attack), Andrew Thetford ‘19 (Defense/LSM)
The 2019 Girls’ Varsity Lacrosse team and program head Blair Monaco welcomed back former head coach Ruth Acra, daughter Madison Acra ’14, and assistant Cory Brewbaker to round out an amazing coaching staff for the Bulldogs. Regular season highlights included beating Sidwell Friends 13-11, and knocking off LIS foe St. Anne’s-Belfield 17-8 at the 7th Annual Lax For Love event honoring Yeardley Love. The team went on to enjoy a 10 game mid-season win streak, and remained undefeated in the conference to earn the regular season TCIS title. Going into the TCIS tournament as the No. 1 seed, the Bulldogs made quick work of Norfolk Collegiate in the semis, and beat Bishop Sullivan 15-8 to clinch the TCIS championship. Kate Furr ’19 scored 5 goals to secure the victory and was named MVP of the tournament for her efforts. The Bulldogs barely missed making the state tournament, ending their season as the 9th ranked team in the state.

**1ST TEAM ALL-TCIS:** Maddie Brooks ’21, Kate Furr ’19, Audrey Neumann ’21

**2ND TEAM ALL-TCIS:** Peyton Tysinger ’19

**TCIS TOURNAMENT MVP:** Kate Furr ’19

**US LACROSSE TIDEWATER ALL-AMERICANS:** Kate Furr ’19, Audrey Neumann
The Girls’ Varsity Soccer team launched their traditionally challenging early season schedule by notching wins against First Flight and Granby High School. Other regular season highlights included a hard fought 1-0 victory over TCIS rival Norfolk Collegiate, and a critical victory over St. Catherine’s that would determine important state rankings. Clinching the TCIS regular season championship, the Bulldogs faced off against a determined Bishop Sullivan team in the conference semi-finals, finally clinching the 3-2 win and a trip to the finals in OT to face #2 seed Norfolk Collegiate. The Bulldogs came out strong in the final, going up 2-0 early in the first half and securing the championship by a stunning 4-0 margin. The squad went into the state tournament with a #3 ranking, and faced off against #6 STAB in the quarterfinals. Hannah Antonick ’20 scored off of a penalty kick in the 2nd half to go up 1-0, but STAB tied it up with three minutes left in regulation. The game went to overtime locked in a 1-1 tie, eventually forcing penalty kicks where the Dogs fell 5-3, thereby ending their 2019 campaign.

**SENIORS:** Holley Cromwell*, Parker Kreiser, Callie Poole, Ellie Prodan, Windsor Warlick  
**JUNIORS:** Hannah Antonick*, Kacey Cooper, Julia Duarte, Ariana Jamali, Courtney Kilduff, Meghan Lawrence, Alexis Sisino, Rose Steingold, Sophie Wilson  
**SOPHOMORES:** Ella Deans, Peyton Harrell, Haley Holland, Emma Howerton, Sidney Jordan,  
**FRESHMEN:** Mariana Duarte, Rachel Thetford, Sophia Thompson, Brooke Thornton  

**8TH GRADERS:** Saoirse Dowd, Calla Parvin  
**HEAD COACH:** Rich Peccie  
**ASSISTANT COACHES:** John Craig, Kevin Denson, David Hirschler  
**MANAGERS:** Asher Baum, Maguire McMahon  

**TEAM STATISTICS**  
**Overall Record:** 15-2-4  
**TCIS:** 8-0-1; Regular Season and Tournament Champions  
**VISAA:** Quarterfinals

The Girls’ Varsity Soccer team launched their traditionally challenging early season schedule by notching wins against First Flight and Granby High School. Other regular season highlights included a hard fought 1-0 victory over TCIS rival Norfolk Collegiate, and a critical victory over St. Catherine’s that would determine important state rankings. Clinching the TCIS regular season championship, the Bulldogs faced off against a determined Bishop Sullivan team in the conference semi-finals, finally clinching the 3-2 win and a trip to the finals in OT to face #2 seed Norfolk Collegiate. The Bulldogs came out strong in the final, going up 2-0 early in the first half and securing the championship by a stunning 4-0 margin. The squad went into the state tournament with a #3 ranking, and faced off against #6 STAB in the quarterfinals. Hannah Antonick ’20 scored off of a penalty kick in the 2nd half to go up 1-0, but STAB tied it up with three minutes left in regulation. The game went to overtime locked in a 1-1 tie, eventually forcing penalty kicks where the Dogs fell 5-3, thereby ending their 2019 campaign.

**1ST TEAM ALL-TCIS:** Hannah Antonick ‘20, Holley Cromwell ‘19, Sophie Wilson ‘20  
**2ND TEAM ALL-TCIS:** Haley Holland ‘21, Meghan Lawrence ‘20  
**TCIS TOURNAMENT MVP:** Hannah Antonick ‘20  
**TCIS PLAYER OF THE YEAR:** Hannah Antonick ‘20  
**TCIS COACH OF THE YEAR:** Rich Peccie
With the arrival of new head coach Cari Huffman, Varsity Softball was eager to build on their success from last season. They posted an 11-10 overall record with a 4-3 conference record, recording big wins over Bishop Sullivan, Cape Henry, Norfolk Collegiate, Hampton Roads Academy, and Peninsula Catholic. The Bulldogs proved their stamina and grit by outlasting Broadwater Academy to take the 19-17 win after 9 innings, and beating Fredericksburg Christian 8-7 in 8 innings. Going into conference play as the #4 seed, they faced off against Norfolk Collegiate in the quarterfinals, winning 11-4 to advance. The semifinals matched them up against powerhouse Greenbrier Christian, who knocked them out of their conference run. Although they flirted with a top 8 state ranking all season, they ended their 2019 campaign as the #10 ranked team in the state.

1ST TEAM ALL-TCIS: Lily Purdy ’20
2ND TEAM ALL-TCIS: Sammi Jacobs ’20
2ND TEAM ALL-STATE: Lily Purdy ’20
Boys Tennis

Boys’ Varsity Tennis posted an overall record of 15-3, going 9-0 to remain undefeated in the TCIS and claim the regular season and tournament championship. TCIS Champions in singles for the Bulldogs were #3 Jack Kalfus ’19, #4 Vignesh Akkina ’23, #5 Max Steingold ’19, and #6 Cole Jordan ’19. Winning at doubles were #2 Vignesh Akkina ’20/Jack Kalfus ’19 and #3 Cole Jordan ’19/Max Steingold ’19. Having lost only to St. Christopher’s in a tight regular season battle, the Bulldogs went into the state championship as the No. 2 seed, drawing a competitive quarterfinal matchup at home against Woodberry Forest School. The rain forced the match inside, but the Bulldogs made the best of it winning the match 5-2 to advance to the semi-finals where they will meet #3 Potomac School. The Dogs fought hard but this time Potomac got the 5-2 decision, ending our 2019 state run.

1ST TEAM ALL-TCIS SINGLES: Arman Shekarriz ’19, Shrey Vacchani ’20
2ND TEAM ALL-TCIS SINGLES: Jack Kalfus ’19
1ST TEAM ALL-TCIS DOUBLES: Arman Shekarriz ’19/Shrey Vacchani ’20
2ND TEAM ALL-TCIS DOUBLES: Jack Kalfus ’19/Vignesh Akkina ’23

TEAM STATISTICS
Overall Record: 15-3
TCIS: 9-0; Regular Season and Tournament Champions
VISAA: Semifinals

JUNIORS: Ells Boone, Aiden Feigenbaum, Wyatt Plemming, Meade Pruden, Shrey Vachhani
SOPHOMORES: Taylor Fox
FRESHMEN: Vignesh Akkina
HEAD COACH: Michael Duquette
ASSISTANT COACH: Sam Steingold

TCIS ALL-TOURNAMENT TEAM SINGLES: Vignesh Akkina ’23, Cole Jordan ’19, Jack Kalfus ’19, Max Steingold ’19
TCIS ALL-TOURNAMENT TEAM DOUBLES: Vignesh Akkina ’23/Jack Kalfus ’19, Cole Jordan ’19/Max Steingold ’19
TCIS PLAYER OF THE YEAR: Arman Shekarriz ’19
TCIS COACH OF THE YEAR: Mike Duquette
The 2019 Varsity Boys Track and Field team won a number of regular season meets, including a 1st place finish at the Tiger Challenge at Norview High School with a win in the 400 by Alex Nevarez ’19, followed by Cameron Lloyd ’19 and Mihir Damle ’19 going 1-2 in the 300 hurdles, and Franklin Reid ’21 and Harrison Summers ’21 going 1-2 in the 1600. The team clinched the TCIS championship with Brian Moss ’20 and Jacob Saffold ’20 going 1-3 in the 100M dash, and Alex Nevarez ’19 out front in the 400M dash. Cameron Lloyd ’19 was named the Running MVP with wins in the 110m and 300m hurdles, setting a new record of 40.02 in the latter. Damle ’19 was a close 2nd place finisher in both races. The 4x400 relay team of Tyson Wittmann ’19, Mihir Damle ’19, Alex Nevarez ’19 and Cameron Lloyd ’19 got the win, followed by a victory in the 4x800m relay by Harrison Summers ’21, Benjamin Summers ’20, Grayson Glenn ’19 and Michael Wakeham ’19. Mihir Damle ’19 was named Overall MVP for multiple strong performances, including placing in the high jump, long jump and triple jump events. The team placed 5th overall at the Prep League Championship. Brian Moss ’20 won the 100m dash and Jacob Saffold ’20 took 3rd. Cameron Lloyd ’19 was 3rd in the 110m hurdles and Lloyd ’19 and Damle ’19 went 1-2 in the 300m hurdles. At the state championship, the team took 6th place overall. Mihir Damle ’19 won the 300M hurdle and Cameron Lloyd ’19 finished 2nd. Lorenzo Thompson ’19 finished 4th in the shot put while Nick Cowan ’20, Max Polio ’21, and Lorenzo Thompson ’19 went 4-5-6 in the discus throw, and the 4x800M relay team of Grayson Glenn ’19, Benjamin Summers ’20, Harrison Summers ’21, and Michael Wakeham ’19 finished 4th in the state.

**TEAM STATISTICS**

**TCIS:** Champions  
**VPL:** 5th Place  
**VISAA:** 6th Place

**SENIORS:** Mihir Damle*, Grayson Glenn*, Cameron Lloyd*, Alex Nevarez*, Lorenzo Thompson*, Michael Wakeham, Tyson Wittmann  
**JUNIORS:** Nicholas Cowan, Brian Moss, Elijah Quamiley, Jacob Saffold, Benjamin Summers  
**SOPHOMORES:** Jens Islev-Petersen, Robert Lucas, Max Pollio, Franklin Reid, Harrison Summers, Josh Warsaw  
**FRESHMEN:** Stinson Moss, Axel Patzer, Collin Tudor  
**HEAD COACH:** Ken Lampert  
**ASSISTANT COACHES:** Allyson Keating, Zach Lampert, Margaret Marshall, William Mogen, Yonne Nasimiyu, Bob Needham, Miguel Turner

**TCIS ALL-CONFERENCE:** Mihir Damle ’19, Grayson Glenn ’19, Cameron Lloyd ’19, Alex Nevarez ’19, Brian Moss ’20, Benjamin Summers ’20, Harrison Summers ’21, Michael Wakeham ’19, Tyson Wittmann ’19  
**TCIS RUNNING MVP:** Cameron Lloyd ’19  
**TCIS OVERALL MVP:** Mihir Damle ’19

**TCIS COACH OF THE YEAR:** Ken Lampert  
**ALL-PREP:** Brian Moss ’20, Cameron Lloyd ’19  
**1ST TEAM ALL-STATE:** Mihir Damle ’19  
**2ND TEAM ALL-STATE:** Cameron Lloyd ’19
The Girls’ Varsity Track & Field squad was small in number but mighty in competition and scoring ability. Regular season meets placed them either 1st or 2nd as a team, including an impressive 2nd place finish at the Tiger Challenge at Norview High School where Emma Somers ’19 won the 3200 and pole vault, and Elle Lambert ’19 won the 800. The team won the TCIS championship in impressive fashion with Elle Lambert ’19 and Emma Somers ’19 going 1-2 and 1-3 respectively in the 800 and the 1600. Somers ’19 also won the 3200m. Sydney Beverly ’20 was named overall MVP of the meet, winning the 100M and 300M hurdles, the long jump, the triple jump and a 2nd place finish on the 4x100 relay along with Jen Yuan ’23, Jordan Pagach ’21 and Madison Galler ’23. The 4x800m relay of Fin Berry ’21, Sophie Watson ’21, Antonia Baudoin ’23 and Zoe Cross ’21 also won. The team placed 3rd overall at the LIS meet where Emma Somers ’19 was named co-MVP for field events for placing 2nd in the pole vault and 3rd in the triple jump and long jump. Sydney Beverly ’20 was also a high scorer, placing 2nd in the triple jump, the 100H and 300H, with Madison Galler ’23 close behind, placing 4th in both hurdle events. Elle Lambert ’19 placed 3rd in the 800M and 3200M, taking care of our distance events, and all three relays placed to round out the meet. At the state championship, the team finished an impressive 3rd place overall. Sydney Beverly ’20 finished 2nd in the long jump and triple jump, while Emma Somers ’19 was 4th and 5th respectively. Elle Lambert ’19 took 3rd in the 1600m, and Emma Somers ’19 was 2nd in the 3200m and 4th in the pole vault. The 4x800m relay team of Zoe Cross ’21, Sophie Watson ’21, Fin Berry ’21, and Antonia Baudoin ’23 finished 3rd in the state.

**TEAM STATISTICS**

**TCIS**: Champions  
**LIS**: 3rd Place  
**VISAA**: 3rd Place
Conference Champions

Football

Boys Cross Country

Girls Cross Country

Girls Tennis

Girls Soccer
Conference Champions

Boys and Girls’ Swimming

Boys and Girls Crew

Boys Tennis
State Champions

KAYLA WILSON (TIE FOR 1ST PLACE, GIRLS 200 FREE)

GUIL WARE (BOYS 100 AND 200 FREESTYLE)

B. GRAY RANDOLPH (BOYS 50 FREESTYLE)

BOYS AND GIRLS SWIMMING & DIVING
TYSON WITTMANN, MIHIR DAMLE, ALEX NEVAREZ, CAMERON LLOYD (INDOOR TRACK BOYS 4X400M RELAY)

BOYS AND GIRLS SWIMMING & DIVING

B. GRAY RANDOLPH, GUIL WARE, PAUL SOUTHERN, SPENCER RYAN (BOYS 200 FREESTYLE RELAY)

MARIN MCKEE, ABIGAIL MCCAMMON, MADISON KIRKMAN, KAYLA WILSON (GIRLS 200 AND 400 FREESTYLE RELAY)

MIHIR DAMLE (OUTDOOR TRACK BOYS 300M HURDLES)

PEYTON MCNIDER, B. GRAY RANDOLPH, WILL KLENA, DESTIN RODGERS, SCARLETT BAUGHMAN (BOYS CREW LIGHTWEIGHT 4)

TYSON WITTMANN, MIHIR DAMLE, ALEX NEVAREZ, CAMERON LLOYD (INDOOR TRACK BOYS 4X400M RELAY)
Coaches of the Year

MIKE DUQUETTE
Girls and Boys Tennis
TCIS Coach of the Year

KRISTEN KIRKMAN
Boys and Girls Swimming
TCIS Coach of the Year

JOEL SHINOFIELD
Boys and Girls Swimming
TCIS Coach of the Year
KEN LAMPERT
Girls Cross Country, Girls and Boys Outdoor Track and Field TCIS Coach of the Year

MIKE SMACK
Boys Diving VISAA Coach of the Year

CHRIS RUNZO
Wrestling TCIS Coach of the Year

RICH PECCIE
Girls Soccer TCIS Coach of the Year
Thank you to all of our amazing Bulldog fans for your spirit and enthusiasm this year. We could not do it without you. Go Bulldogs!