

# WINTER

## Athletic Accomplishments

### Denbigh High School

#### BOYS BASKETBALL

Eric Heard 1<sup>st</sup> Team All-Conference  
 Breshard Turner 2<sup>nd</sup> Team All-Conference  
 Isaac Clay All-Conference Honorable Mention

#### GIRLS BASKETBALL

Angel James 1<sup>st</sup> Team All-Conference  
 Kyera Scales 2<sup>nd</sup> Team All-Conference

#### BOYS INDOOR TRACK

Gabe Boyd Conference Champion - Shot Put  
 Neil Anderson 2<sup>nd</sup> Place Conference - High Jump  
 Joseph Taylor 4<sup>th</sup> Place Conference - 55M Dash

#### GIRLS INDOOR TRACK

Dashai Mitchell Conference Champion - 55M Dash  
 Conference Champion - 300M Dash

#### WRESTLING

Ricky Palm 3<sup>rd</sup> Place Conference - 220 lbs. Weight Class  
 Michael Hines 4<sup>th</sup> Place Conference - 113 lbs. Weight Class  
 Dakota Daniels 4<sup>th</sup> Place Conference - 120 lbs. Weight Class  
 Akeem Duansingh 4<sup>th</sup> Place Conference - 126 lbs. Weight Class  
 Class Kevin Decker 4<sup>th</sup> Place Conference - 132 lbs. Weight Class  
 Thomas Allison 4<sup>th</sup> Place Conference - 138 lbs. Weight Class  
 Na Shawn Moses 4<sup>th</sup> Place Conference - 170 lbs. Weight Class

#### SWIMMING

Miguel Kloc 5<sup>th</sup> Place Region - Butterfly

### Heritage High School

#### BOYS BASKETBALL

Jermaine Marrow Daily Press - Player of the Year  
 Peninsula Sports Club Player of the Year  
 Conference Player of the Year  
 1<sup>st</sup> Team VHSL All-State  
 1<sup>st</sup> Team All-Region  
 1<sup>st</sup> Team All-Conference  
 Leland Richardson 1<sup>st</sup> Team All-Conference 18  
 2<sup>nd</sup> Team All-Region  
 Darius Huff 2<sup>nd</sup> Team All-Conference  
 Coach Gardner Conference Coach of the Year

#### GIRLS BASKETBALL

Taylor Grant 1<sup>st</sup> Team All-Conference  
 All-Region Honorable Mention  
 Amunique Newell 2<sup>nd</sup> Team All-Conference  
 Special Bridges 2<sup>nd</sup> Team All-Conference

#### BOYS INDOOR TRACK

Qhiyal Towns State Champion - 55M Dash  
 Conference Champion - 4 x 400M Relay  
 Conference Champion - 300M Dash  
 4<sup>th</sup> Place Region - 4 x 200M Relay  
 Tyson Bivins Conference Champion - 55M Hurdles  
 Conference Champion - 55M Dash  
 2<sup>nd</sup> Place Region - 55M Hurdles  
 4<sup>th</sup> Place Region - 4 x 200M Relay  
 Jimmy Harris Conference Champion - 55M Hurdles  
 4<sup>th</sup> Place Conference - 500M  
 Craig Long 6<sup>th</sup> Place State - Long Jump  
 5<sup>th</sup> Place Region - Triple Jump

### Heritage High School (continued)

#### BOYS INDOOR TRACK (continued)

Timothy Payne Conference Champion - 4 x 400M Relay  
 5<sup>th</sup> Place State - 55M Hurdles  
 4<sup>th</sup> Place Region - 4 x 200M Relay  
 6<sup>th</sup> Place Region - 55M Hurdles  
 2<sup>nd</sup> Place Conference - 55M Hurdles  
 5<sup>th</sup> Place Conference - 55M Dash  
 Jevonn McRae Conference Champion - 4 x 400M Relay  
 4<sup>th</sup> Place Region - 4 x 200M Relay  
 4<sup>th</sup> Place Conference - 55M Hurdles

#### WRESTLING

TyQuan Baucom 7<sup>th</sup> Place State - 195 lbs. Weight Class  
 2<sup>nd</sup> Place All-Region - 195 lbs. Weight Class  
 Conference Champion - 195 lbs. Weight Class  
 Ryan Frazier Conference Champion - 120 lbs. Weight Class  
 Caleb Weeks 3<sup>rd</sup> Place Conference - 106 lbs. Weight Class  
 William Marrero 3<sup>rd</sup> Place Conference - 126 lbs. Weight Class  
 Dyl Eason 3<sup>rd</sup> Place Conference - 285 lbs. Weight Class  
 Shelton Chapman 4<sup>th</sup> Place Conference - 145 lbs. Weight Class  
 James Dixon 4<sup>th</sup> Place Conference - 152 lbs. Weight Class  
 Kenyan Turner 4<sup>th</sup> Place Conference - 160 lbs. Weight Class

### Menchville High School

#### BOYS BASKETBALL

Daryl Barbour 2<sup>nd</sup> Team All-Conference  
 Kenneth Turner 2<sup>nd</sup> Team All-Conference  
 James Harrison All-Conference Honorable Mention  
 Shamor Gatling All-Conference Honorable Mention

#### GIRLS BASKETBALL

Adria Strothers Player of the Year  
 1<sup>st</sup> Team All-Conference  
 Zhymani Smith 2<sup>nd</sup> Team All-Conference  
 Asana Fields 2<sup>nd</sup> Team All-Conference  
 Amari Carter All-Conference Honorable Mention

#### BOYS INDOOR TRACK

Matt Arnold Conference Champion - Mile  
 Conference Champion - 2 Mile  
 Shane McFadden Conference Champion - 4 x 800M Relay  
 Aaron Kempf Conference Champion - 4 x 800M Relay  
 Jeremiah Gaulding Conference Champion - 4 x 800M Relay  
 Hunter Young Conference Champion - 4 x 800M Relay

#### GIRLS INDOOR TRACK

Sydney Blowe Conference Champion - Mile  
 Morgan Merritt Conference Champion - 4 x 800M Relay  
 Cecile Brinkley Conference Champion - 4 x 800M Relay  
 Aurora Cartaya Conference Champion - 4 x 800M Relay  
 Tia Johnson Conference Champion - 4 x 800M Relay

#### BOYS SWIMMING & DIVING - State Champions

Alex Moore State Champion - 50 yd. Freestyle  
 State Champion - 100 yd. Freestyle  
 State Champion - 200 yd. Medley Relay  
 State Champion - 200 yd. Freestyle Relay  
 Region Champion - 200 yd. Freestyle  
 Region Champion - 100 yd. Freestyle  
 Region Champion - 200 yd. Freestyle Relay  
 Conference Champion - 100 yd. IM  
 Conference Champion - 100 yd. Backstroke  
 Conference Champion - 200 yd. Medley Relay  
 Conference Champion - 200 yd. Freestyle Relay

## Menchville High School (continued)

### BOYS SWIMMING & DIVING

Griffen Younger	State Champion - 200 yd. Medley Relay Conference Champion - 100 yd. Butterfly Conference Champion - 100 yd. Breaststroke Conference Champion - 200 yd. Medley Relay Conference Champion - 400 yd. Freestyle Relay
Nikolas Nemceff	State Champion - 200 yd. Freestyle Relay Region Champion - 200 yd. Freestyle Relay Conference Champion - 400 yd. Freestyle Relay Conference Champion - 50 Yard Freestyle Conference Champion - 200 yd. Freestyle Relay
Jordan Duncan	State Champion - 200 yd. Medley Relay State Champion - 200 yd. Freestyle Relay Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay
Kade Younger	State Champion - 200 yd. Medley Relay State Champion - 200 yd. Freestyle Relay Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 400 yd. Freestyle Relay
Miles McAllistar	Conference Champion - 400 yd. Freestyle Relay
Landon Potter	Conference Champion - 400 yd. Freestyle Relay

### GIRLS SWIMMING & DIVING

Madeline Morello	Region Champion - 100 yd. Freestyle Region Champion - 100 yd. Backstroke Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 100 yd. Freestyle Conference Champion - 100 yd. Backstroke Conference Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 400 yd. Freestyle Relay
Skyler Dewall	Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 400 yd. Freestyle Relay
Jenna Thompson	Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 500 yd. Freestyle Conference Champion - 200 yd. Freestyle Relay
Chelsea Marsteller	Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Medley Relay Conference Champion - 50 yd. Freestyle Conference Champion - 200 yd. IM Conference Champion - 200 yd. Freestyle Relay
Maggie Cooke	Conference Champion - 100 yd. Butterfly Conference Champion - 400 yd. Freestyle Relay
Kate Nunez	Region Champion - 200 yd. Freestyle Relay Conference Champion - 200 yd. Freestyle Conference Champion - 400 yd. Freestyle Relay Conference Champion - 200 yd. Freestyle Relay
Leah Riley	Conference Champion - 400 yd. Freestyle Relay

## Warwick High School

### BOYS BASKETBALL

Ray Rawles	1 <sup>st</sup> Team All-Conference
Tajh Eason	2 <sup>nd</sup> Team All-Conference
Lual Rahama	2 <sup>nd</sup> Team All-Conference
Dominique Carter	All-Conference Honorable Mention

### GIRLS BASKETBALL

Tynasia Bunting	1 <sup>st</sup> Team All-Conference
Megan Gravette	2 <sup>nd</sup> Team All-Conference
Christina Deng	All-Conference Honorable Mention
Sumintra Mohabir	All-Conference Honorable Mention

### BOYS SWIMMING & DIVING

Daniel Green	3 <sup>rd</sup> Place Region - Diving 5 <sup>th</sup> Place Conference - Diving
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## Warwick High School (continued)

### BOYS INDOOR TRACK

Travis Williams	Conference Champion - Long Jump 7 <sup>th</sup> Place Region - 55M Hurdles 8 <sup>th</sup> Place Region - Long Jump
Bryce Powell	Conference Champion - High Jump 4 <sup>th</sup> Place Region - Triple Jump 6 <sup>th</sup> Place State Qualifier - Triple Jump
Damien Seals	Conference Champion - Triple Jump 2 <sup>nd</sup> Place Conference - High Jump 3 <sup>rd</sup> Place Region - High Jump 5 <sup>th</sup> Place Region - Triple Jump 7 <sup>th</sup> Place State Qualifier - High Jump 8 <sup>th</sup> Place State Qualifier - Triple Jump
William Hutchins	Conference Champion - Pole Vault
Niles Howell	3 <sup>rd</sup> Place Conference - High Jump 3 <sup>rd</sup> Place Conference - 4x400M Relay
Elijah Anderson	3 <sup>rd</sup> Place Conference - 4x400M Relay
Tymain Burrell	3 <sup>rd</sup> Place Conference - 4x400M Relay
Caleb Rowles	3 <sup>rd</sup> Place Conference - 4x400M Relay
<b>WRESTLING</b>	
Keyel Halls	Conference Champion - 132 lbs. Weight Class
Dillon Messick	2 <sup>nd</sup> Place Conference - 106 lbs. Weight Class
Quason Muhammad	2 <sup>nd</sup> Place Conference - 113 lbs. Weight Class
Landon Messick	2 <sup>nd</sup> Place Conference - 126 lbs. Weight Class
Edgar Hernandez	2 <sup>nd</sup> Place Conference - 138 lbs. Weight Class
Morgan Wood	3 <sup>rd</sup> Place Conference - 170 lbs. Weight Class
Malik Harris	3 <sup>rd</sup> Place Conference - 220 lbs. Weight Class

## Woodside High School

### BOYS BASKETBALL - Regional Champions

Chris Orlina	1 <sup>st</sup> Team All-State 1 <sup>st</sup> Team All-Region 1 <sup>st</sup> Team All-Conference
Jordan Forbes	1 <sup>st</sup> Team All-Conference 2 <sup>nd</sup> Team All-Region
Devante Carter	2 <sup>nd</sup> Team All-Conference

### GIRLS BASKETBALL - Regional Champions

	<b>Conference Champions</b>
	<b>Conference Tournament Champions</b>
Jay Kilpatrick	2 <sup>nd</sup> Team All-State 1 <sup>st</sup> Team All-Region 1 <sup>st</sup> Team All-Conference
Cam Wilson	2 <sup>nd</sup> Team All-State 1 <sup>st</sup> Team All-Region 1 <sup>st</sup> Team All-Conference
Aidahlia Kelly	2 <sup>nd</sup> Team All-Conference

### BOYS SWIMMING & DIVING

George Carrow	Conference Champion - Diving
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### GIRLS SWIMMING & DIVING

Kaylin Loch	Conference Champion - 200 IM Conference Champion - 100M Breaststroke
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# WINTER

## Athletic Accomplishments

NEWPORT NEWS



PUBLIC SCHOOLS