

Abingdon

(ABNG)

School Phone: 276-739-3200

Athletics Office: 276-739-3217

School Fax: 276-628-1897

705 Thompson Drive / Abingdon, VA 24210-2355

Email: cwallace@wcs.k12.va.us / bobbyl@wcs.k12.va.us

Principal: Chad Wallace

Assistant Principal:

Athletic/Activities Director: B.J. Lasley

Superintendent: Dr. Alan T. Lee (Washington)

Assistant AD:

Colors: Navy Blue/White

Mascot: Falcons

Ath Trainer Beth Funkhouser

Band Gary Holley

Baseball Mark Francisco

Basket, b B.J. Lasley

Basket, g Rhonda Engel

Cheer Kitty McCormick

Cr Writing Merry Jennings

Crew, b

Crew, g

CrossC, b Don Cumbow

CrossC, g Don Cumbow

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 975

Gym Cap. 1800

Stad. Cap. 6500

John Bowles

Amy Looney

Rick Ornduff

Tommy Antenucci

Tommy Antenucci

Cari Craighead

Merry Jennings

Tommy Antenucci

Tommy Antenucci

Group: AA

Region: IV

District: Southwest

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 4

Not Filled

Jimi Meyer

Jason Delp

Ellie Mosser

Ellie Mosser

Not Filled

Not Filled

Vanessa McCall

Sarah Beth Mathesius

Clayton Scott

Pam Necessary

Albemarle

(ALBE)

School Phone: 434-975-9300

Athletics Office: 434-974-4308

School Fax: 434-974-4335

2775 Hydraulic Road / Charlottesville, VA 22901

Email: jthomas@k12albemarle.org / dtyson@k12albemarle.org

Principal: Jay Thomas

Assistant Principal: Carl Kiehn, Raynell Stokes, Jesse Turner, Tim Driver

Athletic/Activities Director: Deb Tyson (CAA)

Superintendent: Dr. Pamela R. Moran (Albemarle)

Assistant AD: Not Filled

Colors: Blue/Red

Mascot: Patriots

Ath Trainer L. Lubbe, J. Kepple

Band Greg Thomas

Baseball Carroll Bickers

Basket, b Greg Maynard

Basket, g Anita Jenkins

Cheer Jen Kreitzman

Cr Writing Charlotte Shifflett

Crew, b

Crew, g

CrossC, b Buzz Male

CrossC, g Cathy Cauffman

Debate Not Filled

F Hockey EA Jackson

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1700

Gym Cap. 1600

Stad. Cap. 3500

Rick Vrhovac

Fay Cunningham

Greg Maynard

Buzz Male

Buzz Male

Patrick McAdams

David Sloan

Charlotte Shifflett

Kim Aust

Tony Franklin

Tony Franklin

Group: AAA

Region: Northwest

District: Commonwealth

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 5

Scott Jackson

Jon Hall

Bill Hutchinson

Jake Shrum

Jake Shrum

Chip Grobmyer

Rich Lindsay

Fay Cunningham

Mark Ragland

Donnell Hopkins

Kim Aust

Alleghany

(ALEG)

School Phone: 540-863-1700

Athletics Office: 540-863-7118

School Fax: 540-863-1705

210 Mountaineer Drive / Covington, VA 24426-9641

Email: fvaughan@alleghany.k12.va.us / crazyhokie74@yahoo.com

Principal: Fred Vaughan

Assistant Principal: April Easton, Dwayne Ross, John Hutchison

Athletic/Activities Director: John Hutchison

Superintendent: Dr. Sarah Campbell (Alleghany)

Assistant AD: Jimmy Smith, Mark Keith

Colors: Col. Blue/Red/White

Mascot: Mountaineers

Ath Trainer Corey M. Bowles

Band Becky Ford

Baseball Gary W. Rice

Basket, b Charles Leitch

Basket, g Danny Keene

Cheer Amy Drew

Cr Writing

Crew, b

Crew, g

CrossC, b Howard Nicely

CrossC, g Howard Nicely

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 785

Gym Cap. 800

Stad. Cap. 3000

Jack Baker

Jessica Stephenson

Marty Wood

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Bob Umstead

Group: AA

Region: III

District: Blue Ridge

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 3

Charles Hopkins

Brian Berry

Thomas "Ty" Dobbs

Dustin Rhea

Jackie Almarode

Donna Beime

Jackie Almarode

Gary Burdette

Anita Proffitt

Altavista**(ALTA)****School Phone:** 434-369-4768

904 Bedford Avenue / Altavista, VA 24517

Athletics Office:**E-Mail:** cstanley@campbell.k12.va.us / dhubbard@campbell.k12.va.us**School Fax:** 434-369-5191**Principal:** Clayton Stanley**Assistant Principal:** Linda Eubanks, Ty Gafford**Athletic/Activities Director:** Dean Hubbard**Superintendent:** Dr. Robert Johnson (Campbell)**Assistant AD:** Tim Fenn, Janet Grzenda**Students** 447**Group:** A**Div.:** 1**Colors:** Orange/Black**Gym Cap.** 1200**Region:** B**Mascot:** Colonels**Stad. Cap.** 3500**District:** Dogwood

Ath Trainer Angela Emerson

Football

Mike Sharnus

Scholastic

Band Robert Shipp

Forensics

Donna Roberts

Soccer, b George Grzenda

Baseball Not Filled

Golf

Tim Fenn

Soccer, g

Basket, b Mike Cartolaro

Gymnast, b

Softball Tim Fenn

Basket, g Deborah Spencer

Gymnast, g

Swim, b

Cheer Lily Pressley

Ind Track, b

Swim, g

Cr Writing

Ind Track, g

Tennis, b

Crew, b

Lacrosse, b

Tennis, g Chris Brumfield

Crew, g

Lacrosse, g

Theatre

CrossC, b Darryl Smith

Magazine

Volley, b

CrossC, g Darryl Smith

Newspaper

Volley, g Deborah Spencer

Debate

Out Track, b Clifton Lee

Wrestling

F Hockey

Out Track, g Clifton Lee

Yearbook Elizabeth Linehan

Amelia County**(AMEL)****School Phone:** 804-561-2101

8500 Otterburn Road / Amelia, VA 23002

Athletics Office:**E-Mail:** rosem@ameliaschools.com**School Fax:** 804-561-4567**Principal:** Melvin Rose**Assistant Principal:** Shirley Booker**Athletic/Activities Director:** Not Filled**Superintendent:** Dr. David M. Gangel (Amelia)**Assistant AD:****Students** 575**Group:** A**Div.:** 1**Colors:** Green/Gold**Gym Cap.** 1000**Region:** B**Mascot:** Raiders**Stad. Cap.** 1000**District:** James River

Ath Trainer

Football

Troy Taylor

Scholastic

Band Michael Neller

Forensics

Soccer, b Not Filled

Baseball Allen Swearingin

Golf

Allen Swearingin

Soccer, g Not Filled

Basket, b Everett Watkins

Gymnast, b

Softball Robin Gary

Basket, g Robin Gary

Gymnast, g

Swim, b

Cheer Stephanie Petit

Ind Track, b

Swim, g

Cr Writing

Ind Track, g

Tennis, b

Crew, b

Lacrosse, b

Tennis, g Not Filled

Crew, g

Lacrosse, g

Theatre

CrossC, b Gresham Crane

Magazine

Volley, b

CrossC, g Gresham Crane

Newspaper Not Filled

Volley, g Jonathan Krause

Debate

Out Track, b Not Filled

Wrestling Sherri Green

F Hockey

Out Track, g Scott Elder

Yearbook Not Filled

Amherst County**(AMHE)****School Phone:** 434-946-2898

139 Lancer Lane / Amherst, VA 24521

Athletics Office: 434-946-2898**E-Mail:** eguill@amherst.k12.va.us / wgouldthorpe@amherst.k12.va.us**School Fax:** 434-946-2263**Principal:** Ernie Guill**Assistant Principal:** William Wells, Tim Hoden, Julie Steele**Athletic/Activities Director:** William Gouldthorpe (CAA)**Superintendent:** Dr. Brian C. Ratliff (Amherst)**Assistant AD:****Students** 1460**Group:** AA**Div.:** 4**Colors:** Maroon/Silver Gray**Gym Cap.** 1800**Region:** III**Mascot:** Lancers**Stad. Cap.** 5000**District:** Seminole

Ath Trainer Robert Curd

Football

Cecil Phillips

Scholastic

Band Mark Campbell

Forensics

Rita Hartless

Soccer, b Tom McBride

Baseball Mike Padgett

Golf

Roy Prior

Soccer, g Ronda Heeman

Basket, b Eddie Carter

Gymnast, b

Softball Larry Thomas

Basket, g Not Filled

Gymnast, g

Swim, b David McDonald

Cheer Robyn Whorley

Ind Track, b

Lance Carter

Swim, g Kim Kelly

Cr Writing Laura Bryan

Ind Track, g

Lance Carter

Tennis, b Chris Chamberlin

Crew, b

Lacrosse, b

Tennis, g

Crew, g

Lacrosse, g

Theatre Patsy Emmert

CrossC, b Bill Chavis

Magazine Laura Bryan

Volley, b

CrossC, g Terri Grey

Newspaper Sandy Jones

Volley, g Dennis Gilbar

Debate

Out Track, b Lance Carter

Wrestling Brandon Stanbery

F Hockey

Out Track, g Lance Carter

Yearbook Wanda Burley

Annandale**(ANNA)****School Phone:** 703-642-4100

4700 Medford Drive / Annandale, VA 22003-5497

Athletics Office: 703-642-4171**E-Mail:** ahilios@fcps.edu / ahilios@comcast.net**School Fax:** 703-642-4186**Principal:** John Ponton**Assistant Principal:** Jamie Carayiannis, Vince Randazzo, Aaron Schneider, Rebecca Julca, Pamela McKnight**Athletic/Activities Director:** Angelo Hiliios (CMAA)**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD: Dick Adams	Students 2425	Group: AAA	Div.: 6
Colors: Red/White	Gym Cap. 2000	Region: Northern	
Mascot: Atoms	Stad. Cap. 6500	District: Patriot	
Ath Trainer Alison Lane	Football Dick Adams	Scholastic	
Band Jack Elgin	Forensics Not Filled	Soccer, b Antonio Rivadeneira	
Baseball Ron Abrigo	Golf David OHara	Soccer, g Janeen Westphal	
Basket, b Anthony Harper	Gymnast, b	Softball Tom Grant	
Basket, g Cleveland Williamson	Gymnast, g Not Filled	Swim, b Neal Jarvis	
Cheer April Wells	Ind Track, b Sean Miller	Swim, g Neal Jarvis	
Cr Writing Alan Weintraut	Ind Track, g Phil Harris	Tennis, b Mike Scott	
Crew, b	Lacrosse, b Bill Maglisceau	Tennis, g David OHara	
Crew, g	Lacrosse, g Cindy Hook	Theatre Vicki Farish	
CrossC, b Phil Harris	Magazine	Volley, b	
CrossC, g Jessica Raynor	Newspaper Alan Weintraut	Volley, g Rick Dunetz	
Debate Not Filled	Out Track, b Sean Miller	Wrestling Keith Sholders	
F Hockey Cindy Hook	Out Track, g Phil Harris	Yearbook Nikki Holmes	

Appalachia**(APLA)****School Phone:** 276-565-0214

205 Lee Street / Appalachia, VA 24216

Athletics Office:**E-Mail:** waaustin@wise.k12.va.us / csaboites@wise.k12.va.us**School Fax:** 276-565-0922**Principal:** William Austin**Assistant Principal:** Bryan Crutchfield**Athletic/Activities Director:** Carol Saboites**Superintendent:** Dr. Jeff Perry (Wise)

Assistant AD: Carol Saboites	Students 241	Group: A	Div.: 1
Colors: Blue/Gold	Gym Cap. 1500	Region: D	
Mascot: Bulldogs	Stad. Cap. 2000	District: Lonesome Pine	
Ath Trainer Ricky Mumpower	Football Roger Austin	Scholastic	
Band Kim Sturgill	Forensics Christy Kelley	Soccer, b	
Baseball Michael Rhodes	Golf Johnny Black	Soccer, g	
Basket, b Pat Jervis	Gymnast, b	Softball Kory Bostic	
Basket, g Angela Honeycutt	Gymnast, g	Swim, b	
Cheer Christie Moore	Ind Track, b	Swim, g	
Cr Writing Pam Hutchinson	Ind Track, g	Tennis, b Kenny Blevins	
Crew, b	Lacrosse, b	Tennis, g Pat Jervis	
Crew, g	Lacrosse, g	Theatre Christy Kelley	
CrossC, b Pat Jervis	Magazine	Volley, b	
CrossC, g Pat Jervis	Newspaper	Volley, g Crystal Mosier	
Debate	Out Track, b Rick Mumpower	Wrestling Not Filled	
F Hockey	Out Track, g Ashley Ring	Yearbook Jami Crabtree	

Appomattox County**(APPO)****School Phone:** 434-352-7146

198 Evergreen Avenue / Appomattox, VA 24522-9734

Athletics Office:**E-Mail:** gawheeler@appomattox.k12.va.us / rrmudson@appomattox.k12.va.us**School Fax:** 434-352-0822**Principal:** David Read (Acting)**Assistant Principal:** Jeff Garrett, David Read**Athletic/Activities Director:** Ron Carter**Superintendent:** Dr. Aldridge A. Boone (Appomattox)

Assistant AD:	Students 685	Group: A	Div.: 2
Colors: Blue/Gray/Red	Gym Cap. 1200	Region: B	
Mascot: Raiders	Stad. Cap. 3000	District: Dogwood	
Ath Trainer Not Filled	Football Ben Martin	Scholastic	
Band Camille Rabon	Forensics Julie Bloomfield	Soccer, b Travis O'Brien	
Baseball Joe Caruso	Golf Doug Marshall	Soccer, g Brian Robinson	
Basket, b Brantley Shields	Gymnast, b	Softball Gary Ferguson	
Basket, g D. J. Jack	Gymnast, g	Swim, b	
Cheer Ashley Ferguson	Ind Track, b Kevin Walker	Swim, g	
Cr Writing	Ind Track, g Kevin Walker	Tennis, b Doug Marshall	
Crew, b	Lacrosse, b	Tennis, g Bethany Hunter	
Crew, g	Lacrosse, g	Theatre Joshua Bell	
CrossC, b Lisa Richardson	Magazine Jackie Johnson	Volley, b	
CrossC, g Lisa Richardson	Newspaper Not Filled	Volley, g Bethany Hunter	
Debate Not Filled	Out Track, b Kevin Walker	Wrestling Chris Conkwright	
F Hockey	Out Track, g Kevin Walker	Yearbook Jackie Johnson	

Appomattox Regional Governor's Sch (ARGS)

512 West Washington Street / Petersburg, VA 23803

Email: jruffa@args.k12.va.us / mwwhiteley@args.k12.va.us

Principal: James Ruffa

Assistant Principal: Larry Joyner, Veronica Kouassi

Athletic/Activities Director: Michael Whiteley

Superintendent: Mr. James L. Ruffa (Independent)

Assistant AD:

Colors: Burgundy/Green/Gold

Mascot: Dragons

Ath Trainer	Football
Band	Forensics
Baseball	Golf
Basket, b	Dagan Rowe
Basket, g	Rodney Gore
Cheer	Not Filled
Cr Writing	Cindy Cunningham
Crew, b	
Crew, g	
CrossC, b	
CrossC, g	
Debate	
F Hockey	

Students 352

Gym Cap. 486

Stad. Cap. 0

Group: A

Region: A

District: Tri-Rivers/Central

Div.: 1

Scholastic	
Soccer, b	John England
Soccer, g	John England
Softball	
Swim, b	
Swim, g	
Tennis, b	Dagan Rowe
Tennis, g	Jon Merrill
Theatre	Brandon Becker
Volley, b	
Volley, g	Jon Merrill
Wrestling	
Yearbook	David Bartlett

Arcadia

(ARCA)

8210 Lankford Hwy., P. O. Box 69 / Oak Hall, VA 23416-2114

Email: abrim@ahs.accmack.k12.va.us / bprince@ahs.accmack.k12.va.us

Principal: Alma Brim

Assistant Principal: Rose Taylor, George Parker

Athletic/Activities Director: Bill Prince

Superintendent: Mr. Richard W. Bull, Jr. (Accomack)

Assistant AD:

Colors: Red/Gold/Black

Mascot: Firebirds

Ath Trainer	Football
Band	Chris Matthews
Baseball	Larry Chance
Basket, b	Alvin Justis
Basket, g	Barbara M. Davis
Cheer	Melissa Matthews
Cr Writing	
Crew, b	
Crew, g	
CrossC, b	Tom Wilson
CrossC, g	Bobbi Wilson
Debate	
F Hockey	

Students 451

Gym Cap. 1000

Stad. Cap. 1000

Group: A

Region: A

District: Eastern Shore-A

Div.: 2

Scholastic	Cecilia Baker
Soccer, b	Not Filled
Soccer, g	
Softball	Lisa McQueeney
Swim, b	
Swim, g	
Tennis, b	
Tennis, g	
Theatre	Melanie Walker
Volley, b	
Volley, g	Karen Shay
Wrestling	Not Filled
Yearbook	Leah Jester

Armstrong

(ARMS)

2300 Cool Lane / Richmond, VA 23223-4196

Email: drosebor@richmond.k12.va.us / rashe@richmond.k12.va.us

Principal: Dimitric Roseboro

Assistant Principal: Angela Mosley, Ron Payne

Athletic/Activities Director: Randy Ashe

Superintendent: Dr. Yvonne Brandon (Richmond City)

Assistant AD:

Colors: Orange/Blue

Mascot: Wildcats

Ath Trainer	Caitlin Brown	Football	Mark Robinson
Band	David Hamilton	Forensics	
Baseball	Lamont Davis	Golf	
Basket, b	Darryl Watts	Gymnast, b	
Basket, g	Mike Wilson	Gymnast, g	
Cheer	Keisha Shelton	Ind Track, b	Timothy Crossin
Cr Writing		Ind Track, g	Timothy Crossin
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Timothy Crossin	Magazine	
CrossC, g	Timothy Crossin	Newspaper	
Debate		Out Track, b	Timothy Crossin
F Hockey		Out Track, g	Timothy Crossin

Students 1050

Gym Cap. 1000

Stad. Cap. 3500

Group: AAA

Region: Central

District: Capital

Div.: 5

Scholastic	
Soccer, b	
Soccer, g	
Softball	Mike Wilson
Swim, b	
Swim, g	
Tennis, b	George Banks
Tennis, g	
Theatre	
Volley, b	Darryl Watts
Volley, g	Mike Wilson
Wrestling	Keith Ingram
Yearbook	Christian Koshock

School Phone: 804-722-0200

Athletics Office: Ext. 1121

School Fax: 804-722-0201

School Phone: 757-824-5613

Athletics Office:

School Fax: 757-824-0767

School Phone: 804-780-4449

Athletics Office: 804-780-4011

School Fax: 804-780-4485

Atlee**(ATLE)**

School Phone: 804-723-2100
 Athletics Office: 804-723-2128
 School Fax: 804-723-2131

9414 Atlee Station Road / Mechanicsville, VA 23116-2600

Email: vdagostino@hanover.k12.va.us / dkannewurf@hcps.us

Principal: Vincent D'Agostino

Assistant Principal: Leslie Gordon, Randy Stokes, Glen Gardner

Athletic/Activities Director: David Kannewurf (RAA)

Superintendent: Dr. Stewart D. Roberson (Hanover)

Assistant AD: David Balderson

Colors: Royal Blue/Black/Silver

Mascot: Raiders

Ath Trainer: Sally Marks

Band: Richard Rozecki, Jr.

Baseball: Kevin Elrod

Basket, b: Phil Reynolds

Basket, g: Anna Prillaman

Cheer: Ann Melton

Cr Writing: Julie Givler

Crew, b:

Crew, g:

CrossC, b: Jim Triempler

CrossC, g: Jim Triempler

Debate: Brian Carr

F Hockey: Alyssa Farling

Students: 1560

Gym Cap.: 2050

Stad. Cap.: 3800

Football: Roscoe Johnson

Forensics: Bonnie McLaughlin

Golf: Jamie Edwards

Gymnast, b:

Gymnast, g: Donna Koehler

Ind Track, b: Jim Triempler

Ind Track, g: Jim Triempler

Lacrosse, b:

Lacrosse, g:

Magazine: Rebekah O'Dell

Newspaper: Heidi Craft

Out Track, b: Jim Triempler

Out Track, g: Jim Triempler

Group: AAA

Region: Central

District: Capital

Scholastic: George Pavelis

Soccer, b: Steve Thompson

Soccer, g: Bruce Lovelace

Softball: John Earley

Swim, b: Karen Seeber

Swim, g: Karen Seeber

Tennis, b: Joey Rogers

Tennis, g: Duke Price

Theatre: Charles Wax

Volley, b: Michelle Black

Volley, g: Curtis Carpenter

Wrestling: Steve Lagow

Yearbook: Heidi Craft

Div.: 5

Auburn**(AUBU)**

School Phone: 540-382-5160
 Athletics Office: 540-381-6121
 School Fax: 540-381-6110

4163 Riner Road / Riner, VA 24149

Email: cpauli@mail.mcps.org / rbailey@mail.mcps.org

Principal: Carl Pauli

Assistant Principal: Tim Baynum

Athletic/Activities Director: Randy Bailey

Superintendent: Not Filled (Montgomery)

Assistant AD:

Colors: Royal Blue/White

Mascot: Eagles

Ath Trainer: Not Filled

Band: Sharon Anderson

Baseball: Skip Thompson

Basket, b: Shawn Good

Basket, g: Terry Millirons

Cheer: Ame' Martin

Cr Writing: Pat Brown

Crew, b:

Crew, g:

CrossC, b: Andrew Woodyard

CrossC, g: Andrew Woodyard

Debate: Not Filled

F Hockey:

Students: 410

Gym Cap.: 600

Stad. Cap.: 1000

Football: Phil Collett

Forensics:

Golf: Jeff Gandee

Gymnast, b:

Gymnast, g:

Ind Track, b: Andrew Woodyard

Ind Track, g: Andrew Woodyard

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper: Pat Brown

Out Track, b: Andrew Woodyard

Out Track, g: Not Filled

Group: A

Region: C

District: Three Rivers

Scholastic: Matt Beeken

Soccer, b: Kyle Hodge

Soccer, g:

Softball: David Hurd

Swim, b: Alison Goforth

Swim, g: Alison Goforth

Tennis, b:

Tennis, g:

Theatre: Tonya Bowyer

Volley, b:

Volley, g: Sherry Millirons

Wrestling:

Yearbook: Jerry Sauter

Div.: 2

Bassett**(BASS)**

School Phone: 276-629-1731
 Athletics Office:
 School Fax: 276-629-8221

85 Riverside Drive / Bassett, VA 24055-9307

Email: drandall@henry.k12.va.us / jwood@henry.k12.va.us

Principal: Dean Randall

Assistant Principal: Ben Gravley, Jim Grandinetti, Tiffany Martin

Athletic/Activities Director: Jason Wood

Superintendent: Mr. Anthony D. Jackson (Henry)

Assistant AD:

Colors: Royal Blue/Orange/White

Mascot: Bengals

Ath Trainer:

Band: Trey Harris

Baseball: Bill Parks

Basket, b: Tom Hering

Basket, g: Melissa Blair

Cheer: Laura Jones

Cr Writing: David Scott

Crew, b:

Crew, g:

CrossC, b: Annette Carter

CrossC, g: Tom Hering

Debate: Kip Wallace

F Hockey:

Students: 1200

Gym Cap.: 2500

Stad. Cap.: 5000

Football: Jay Gilbert

Forensics: Sarah Kenny

Golf: Mark Jones

Gymnast, b:

Gymnast, g:

Ind Track, b: Mark Jones

Ind Track, g: Annette Carter

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper: Mary Compson

Out Track, b: Kenneth Perry

Out Track, g: Annette Carter

Group: AA

Region: IV

District: Piedmont

Scholastic:

Soccer, b: Larry Wylie

Soccer, g: Lindsey Favero

Softball: Terry Triplett

Swim, b: Shannon Reynolds

Swim, g: Shannon Reynolds

Tennis, b: Brad Whiting

Tennis, g: Jennifer Wade

Theatre: Penny Decker

Volley, b:

Volley, g: Diane Ragsdale

Wrestling: Johnny Miller

Yearbook: Brook Hankins

Div.: 4

Bath County**(BATH)****School Phone:** 540-839-2431**Athletics Office:** 540-839-3478**School Fax:** 540-839-3290

464 Charger Lane / Hot Springs, VA 24445-9602

Email: / petep@bath.k12.va.us**Principal:** Pete Pitard**Assistant Principal:** Jackie Stephensen**Athletic/Activities Director:** Chase Davidson**Superintendent:** Dr. K. David Smith (Bath)

Assistant AD: Not Filled	Students 326	Group: A	Div.: 1
Colors: Orange/Black/White	Gym Cap. 1200	Region: C	
Mascot: Chargers	Stad. Cap. 2000	District: Pioneer	
Ath Trainer Not Filled	Football Will Fields	Scholastic Olivia Haney	
Band Melinda Hooker	Forensics	Soccer, b Jonathan Kidd	
Baseball BArt Purdue	Golf Terry Bradley	Soccer, g Ed Walters	
Basket, b David Herscher	Gymnast, b	Softball Lisa Baugh	
Basket, g Keith Lindsay	Gymnast, g	Swim, b	
Cheer Pat Whitson	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g Terry Bradley	
Crew, g	Lacrosse, g	Theatre	
CrossC, b Daphne Davidson	Magazine	Volley, b	
CrossC, g Daphne Davidson	Newspaper	Volley, g David McGee	
Debate	Out Track, b	Wrestling	
F Hockey	Out Track, g	Yearbook Not Filled	

John S. Battle**(JBTL)****School Phone:** 276-642-5300**Athletics Office:** 276-642-5320**School Fax:** 276-645-2386

21264 Battle Hill Drive / Bristol, VA 24202-4340

Email: jeffh@wcs.k12.va.us / lcannon@wcs.k12.va.us**Principal:** Jeff Hawkins**Assistant Principal:** Randy Poole**Athletic/Activities Director:** Larry Cannon**Superintendent:** Dr. Alan T. Lee (Washington)

Assistant AD:	Students 479	Group: A	Div.: 2
Colors: Green/White	Gym Cap. 1500	Region: D	
Mascot: Trojans	Stad. Cap. 4500	District: Clinch Mountain	
Ath Trainer	Football Ryan Witten	Scholastic Josh Stamper	
Band Mark Collins	Forensics Ellen Barrs	Soccer, b Mike Posey	
Baseball Larry Cannon	Golf Jim Mink	Soccer, g Jeff Blevins	
Basket, b Mike Posey	Gymnast, b	Softball Steve Lester	
Basket, g Kevin Perrigan	Gymnast, g	Swim, b	
Cheer Stephanie Lundy	Ind Track, b	Swim, g	
Cr Writing Bill Phelps	Ind Track, g	Tennis, b Tim Sholes	
Crew, b	Lacrosse, b	Tennis, g Randy Coleman	
Crew, g	Lacrosse, g	Theatre Bill Phelps	
CrossC, b Whitney Ball	Magazine	Volley, b	
CrossC, g Whitney Ball	Newspaper Jennifer Daniel	Volley, g Gary Griffiths	
Debate Bill Phelps	Out Track, b Not Filled	Wrestling Neal Mullins	
F Hockey	Out Track, g Not Filled	Yearbook Josh Stamper	

Battlefield**(BTFL)****School Phone:** 571-261-4400**Athletics Office:** 571-261-4416**School Fax:** 571-261-4411

15000 Graduation Drive / Haymarket, VA 20169

Email: ethridas@pwcs.edu**Principal:** Amy Ethridge-Conti**Assistant Principal:** Chris McMillan, L. Edward Stephenson, Lisa Zdravecky, Maria McDonald**Athletic/Activities Director:** Benjamin Stutler (CMAA)**Superintendent:** Dr. Steven L. Walts (Prince William)

Assistant AD: Mark Cox	Students 2650	Group: AAA	Div.: 6
Colors: Purple/Black/Silver	Gym Cap. 2200	Region: Northwest	
Mascot: Bobcats	Stad. Cap. 5000	District: Cedar Run	
Ath Trainer Christine McCord	Football Mark Cox	Scholastic Vanessa Smith	
Band Matt Brodt	Forensics Bill Florer	Soccer, b Ott Pimsaen	
Baseball Matt Caudle	Golf John Tillman	Soccer, g Kevin Hilton	
Basket, b Al Ford	Gymnast, b	Softball Joe Schelzo	
Basket, g Eric McCaslin	Gymnast, g Chevonne White	Swim, b Karri Guiliani	
Cheer Stacy Hart	Ind Track, b Paul Mobley	Swim, g Karri Guiliani	
Cr Writing Not Filled	Ind Track, g Paul Mobley	Tennis, b Steve Davis	
Crew, b Tom Moulen	Lacrosse, b Kevin Marsh	Tennis, g Lisa Rucker	
Crew, g Tom Moulen	Lacrosse, g Anthony Kilgore	Theatre Earlena Price	
CrossC, b Joe Huddle	Magazine Not Filled	Volley, b	
CrossC, g Paul Mobley	Newspaper Mark Cook	Volley, g Chris Lem	
Debate Bill Florer	Out Track, b Paul Mobley	Wrestling Tommy O'Neill	
F Hockey Jessica Byrd	Out Track, g Paul Mobley	Yearbook Sean Fitzgerald	

Bayside**(BAYS)****School Phone:** 757-648-5200**Athletics Office:** 757-648-5221**School Fax:** 757-473-5123

4960 Haygood Road / Virginia Beach, VA 23455-5299

Email: /lisa.corprew@vbschools.com**Principal:** James Miller**Assistant Principal:** Darrell Ervin, Brad Barbour, Brian Jones,
Christine Colden, Bermina Nickerson**Athletic/Activities Director:** Lisa Corprew (CAA)**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** Darryl Barraclough**Students** 2003**Colors:** Scarlet/Gold**Gym Cap.** 1500**Mascot:** Marlins**Stad. Cap.** 5000

Ath Trainer S. Hamilton, K. Kussart

Football Darnell Moore

Band Jay Allbrook

Forensics Not Filled

Baseball Jason Hatcher

Golf Jason Hatcher

Basket, b Martin Russ

Gymnast, b

Basket, g Ben Spady

Gymnast, g Diane Johnson

Cheer Amy Trigueiro

Ind Track, b Roland Doan

Cr Writing Not Filled

Out Track, g Jonathan Caldwell

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b Roland Doan

Magazine Patricia Cawley

CrossC, g Diana Scofield

Newspaper Not Filled

Debate Micheal Uenking

Out Track, b Roland Doan

F Hockey Meredith Raguni

Out Track, g Jonathan Caldwell

Group: AAA**Div.:** 6**Region:** Eastern**District:** Beach

Scholastic

Soccer, b Stephen Belechak

Soccer, g Donikia Anderson-Wagner

Softball Megan Hunsinger

Swim, b Douglas Cassell

Swim, g Lauren Hamar

Tennis, b Annette Manley

Tennis, g James Blair

Theatre James Whiting

Volley, b Daniel Keros

Volley, g Jonathan Caldwell

Wrestling John Stukes

Yearbook Christopher Felton

Bethel**(BETH)****School Phone:** 757-825-4400**Athletics Office:** 757-896-7638**School Fax:** 757-896-5746

1067 Big Bethel Road / Hampton, VA 23666

Email: jabailey@sbo.hampton.k12.va.us / rsmith@sbo.hampton.k12.va.us**Principal:** John Bailey**Assistant Principal:** John Karatsikis, Tim Cason, Jessica Ellison, William Beverly**Athletic/Activities Director:** Ray Smith (RAA)**Superintendent:** Dr. Linda Shifflette (Hampton)**Assistant AD:****Students** 2030**Colors:** Forest Green/Gold**Gym Cap.** 1100**Mascot:** Bruins**Stad. Cap.** 5000

Ath Trainer Not Filled

Football Jeff Nelson

Band Chris Murray

Forensics Christine Bodden

Baseball Brett Wheeler

Golf Justin Smith

Basket, b Craig Brehon

Gymnast, b

Basket, g Michael Hagans

Gymnast, g

Cheer Laura Wyatt

Ind Track, b Ara Towns

Cr Writing Tracey Rice-Weber

Ind Track, g Eddie Williams

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b Rhonda Venable

Magazine Tracey Rice-Weber

CrossC, g Rick Hartung

Newspaper Beth Hoer

Debate Barry Davis

Out Track, b Eddie Williams

F Hockey Robert Bradsher

Out Track, g Kim Tedder-Riley

Group: AAA**Div.:** 6**Region:** Eastern**District:** Peninsula

Scholastic Patrice Allen

Soccer, b Jake Carel

Soccer, g Jen Mangus

Softball Larry Estep

Swim, b Jimmy Griffin

Swim, g Not Filled

Tennis, b Adam Peters

Tennis, g James Ruffin

Theatre Tracy Scott

Volley, b

Volley, g

Wrestling Dan Richards

Yearbook Rhonda Russell

Lloyd C. Bird**(LCBD)****School Phone:** 804-768-6110**Athletics Office:** 804-768-6121**School Fax:** 804-768-6117

10301 Courthouse Road / Chesterfield, VA 23832

Email: beth_teigen@ccpsnet.net / ron_paquette@ccpsnet.net**Principal:** Beth Teigen**Assistant Principal:** Jim Glass, Angela Bragaw, Adrienne Blanton, Robin Yohe, Brian Russel;**Athletic/Activities Director:** Ron Paquette**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)**Assistant AD:** Scott Preskitt**Students** 1850**Colors:** Navy/Carolina/White**Gym Cap.** 1500**Mascot:** Skyhawks**Stad. Cap.** 4000

Ath Trainer Shawntessa DeJesus

Football David Bedwell

Band Emily Marek

Forensics Not Filled

Baseball Scott Spencer

Golf Allen Poston

Basket, b Chuck Thomas

Gymnast, b

Basket, g Chevette Waller

Gymnast, g

Cheer Clark Andrs

Ind Track, b Seth Kistner

Cr Writing Pat Nance

Ind Track, g Beth Harding

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b Seth Kistner

Magazine Pat Nance

CrossC, g Beth Harding

Newspaper Suzy Bolton

Debate C. Brown, C. Comass

Out Track, b Not Filled

F Hockey Elaine Williamson

Out Track, g Beth Harding

Group: AAA**Div.:** 6**Region:** Central**District:** Dominion

Scholastic

Soccer, b Seth Kistner

Soccer, g Paul Wilmoth

Softball Martha Covington

Swim, b

Swim, g

Tennis, b Paverick Nicolas

Tennis, g Laura Hickman

Theatre Maggie Szydlowiskit

Volley, b Dave Holicky

Volley, g Jerry Duffy

Wrestling Mark Bowen

Yearbook Shannon Carr

Blacksburg**(BBRG)**

School Phone: 540-951-5706
 Athletics Office: 540-951-5788
 School Fax: 540-951-5714

520 Patrick Henry Drive / Blacksburg, VA 24060

EMail: mhurst@mail.mcps.org / jhencke@mail.mcps.org

Principal: Michael Hurst

Assistant Principal: Greg Stick, Mary Fain

Athletic/Activities Director: Jack Hencke

Superintendent: Not Filled (Montgomery)

Assistant AD:

Colors: Blue/Gold

Mascot: Bruins

Ath Trainer Maureen Smith

Band Darrell Pearman

Baseball Jim Shockley

Basket, b Doug Day

Basket, g Not Filled

Cheer Keri Gearheart

Cr Writing Carrie Mayer

Crew, b

Crew, g

CrossC, b James DeMarco

CrossC, g James DeMarco

Debate Bradley Kraft

F Hockey

Students 1200
 Gym Cap. 2000
 Stad. Cap. 3000

Football David Crist
 Forensics Shelley Ferraraccio
 Golf Rick Mattox
 Gymnast, b
 Gymnast, g
 Ind Track, b Steve Schmitt
 Ind Track, g James DeMarco
 Lacrosse, b
 Lacrosse, g
 Magazine Carrie Mayer
 Newspaper Donna Duff
 Out Track, b Steve Schmitt
 Out Track, g James DeMarco

Group: AA Div.: 4
 Region: IV
 District: River Ridge

Scholastic Karen Coston
 Soccer, b Shelley Blumenthal
 Soccer, g Travis Eschenmann
 Softball Not Filled
 Swim, b Kelley McPherson
 Swim, g David McPherson
 Tennis, b Brian Marshall
 Tennis, g Bobby Merrill
 Theatre Terryee Chisholm
 Volley, b
 Volley, g Angela Marshall
 Wrestling Jason Waelti
 Yearbook Felicia Spencer

Bland**(BLAN)**

School Phone: 276-688-3621
 Athletics Office:
 School Fax: 276-688-4451

31 Rocket Drive / Bland, VA 24315

EMail: ksiers@bland.k12.va.us / tmusser@bland.k12.va.us

Principal: Kevin Siers

Assistant Principal:

Athletic/Activities Director: Temple Musser

Superintendent: Mr. Donald Hodock (Bland)

Assistant AD: Kevin Pauley

Colors: Navy/Orange

Mascot: Bears

Ath Trainer

Band Ryan Altizer

Baseball Norman Dillow

Basket, b Rich Hankins

Basket, g Jason Lambert

Cheer Iris Strock

Cr Writing

Crew, b

Crew, g

CrossC, b Brian Porter

CrossC, g Brian Porter

Debate

F Hockey

Students 165
 Gym Cap. 750
 Stad. Cap. 0

Football Harris Hart
 Forensics Tiffany Carter
 Golf Roger Thompson
 Gymnast, b
 Gymnast, g
 Ind Track, b
 Ind Track, g
 Lacrosse, b
 Lacrosse, g
 Magazine
 Newspaper Christine Fizer
 Out Track, b Harris Hart
 Out Track, g Harris Hart

Group: A Div.: 1
 Region: C
 District: Mtn. Empire

Scholastic
 Soccer, b Ashley Sexton
 Soccer, g
 Softball Rich Hankins
 Swim, b
 Swim, g
 Tennis, b Andy Sarver
 Tennis, g Ashlie Beasley
 Theatre Tiffany Carter
 Volley, b
 Volley, g Cora Cagle
 Wrestling
 Yearbook Joellen Harless

Bluestone**(BLUE)**

School Phone: 434-372-5177
 Athletics Office: 434-372-5179
 School Fax: 434-372-5217

6825 Skipwith Road / Skipwith, VA 23968-9756

EMail: lpalmer@meck.k12.va.us / ecrowder@meck.k12.va.us

Principal: Lindell Palmer

Assistant Principal: Faye Bruce, Penny Gilmer

Athletic/Activities Director: Ed Crowder

Superintendent: Mrs. Helen B. Hill (Mecklenburg)

Assistant AD:

Colors: Blue/Gold

Mascot: Barons

Ath Trainer

Band Ricky Allgood

Baseball Daniel Powell

Basket, b Isaac Marks, Jr.

Basket, g Micky Icenhour

Cheer Geraldine Wallace

Cr Writing

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Students 580
 Gym Cap. 1400
 Stad. Cap. 3500

Football Steven Packett
 Forensics
 Golf David Allgood
 Gymnast, b
 Gymnast, g
 Ind Track, b
 Ind Track, g
 Lacrosse, b
 Lacrosse, g
 Magazine
 Newspaper
 Out Track, b Tom Swoap
 Out Track, g Dora Garner

Group: AA Div.: 3
 Region: I
 District: Southside

Scholastic
 Soccer, b Mike Chase
 Soccer, g
 Softball Alvin Johnson
 Swim, b
 Swim, g
 Tennis, b
 Tennis, g
 Theatre
 Volley, b
 Volley, g
 Wrestling
 Yearbook

Brentsville District**(BREN)****School Phone:** 703-594-2161**Athletics Office:** Ext. 232**School Fax:** 703-594-2365

12109 Aden Road / Nokesville, VA 20181-2340

E-Mail: scottrm@pwcs.edu / earmanmj@pwcs.edu**Principal:** Robert M. Scott**Assistant Principal:** Stanley B. Jones, Madre M. Mack**Athletic/Activities Director:** Jane Earman**Superintendent:** Dr. Steven L. Walts (Prince William)

Assistant AD:		Students	1582
Colors:	Orange/Black	Gym Cap.	1200
Mascot:	Tigers	Stad. Cap.	2300
Ath Trainer	Rick Scavongelli	Football	Dean Reedy
Band	Anthony Agee	Forensics	
Baseball	Brian Knight	Golf	Matt Kitchen
Basket, b	Chris Southcott	Gymnast, b	
Basket, g	Rob Weaver	Gymnast, g	
Cheer	Taryn Witt	Ind Track, b	Darrell Earman
Cr Writing	Kathy Smaltz	Ind Track, g	Darrell Earman
Crew, b		Lacrosse, b	Carl Kielbasa
Crew, g		Lacrosse, g	Julie O'Neill
CrossC, b	Rob Dulin	Magazine	
CrossC, g	Rob Dulin	Newspaper	Jeff Reed
Debate		Out Track, b	Jacob Pilipski
F Hockey		Out Track, g	Jacob Pilipski

Group:	AA	Div.:	4
Region:	II		
District:	Evergreen		
Scholastic	Helena Thorpe		
Soccer, b	Nathan Nemerow		
Soccer, g	Sean Weddel		
Softball	Amy Beard		
Swim, b	Julie DeNard		
Swim, g	Julie DeNard		
Tennis, b	Helena Thorpe		
Tennis, g	Holly Tousha		
Theatre	Emily Pincek		
Volley, b			
Volley, g	Marsha Hermes		
Wrestling	Jess Moore		
Yearbook	Artise Gill		

Briar Woods**(BRWD)****School Phone:** 703-957-4400**Athletics Office:** 703-957-4408**School Fax:** 703-542-5923

22525 Belmont Ridge Road / Ashburn, VA 20148

E-Mail: jerry.carter@loudoun.k12.va.us / estarzen@loudoun.k12.va.us**Principal:** Edward Starzenski**Assistant Principal:** Michael Byers, Michelle Havener, Drew Pendleton**Athletic/Activities Director:** Jerry Carter, (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)

Assistant AD:	Elmer Fox	Students	1200
Colors:	Navy Blue/Burnt Orange	Gym Cap.	1600
Mascot:	Falcons	Stad. Cap.	3000
Ath Trainer	Marco Mastrangelo	Football	Charlie Pierce
Band	Duane Minnick	Forensics	Not Filled
Baseball	Josh Mosser	Golf	Bob Vitti
Basket, b	Mike Benson	Gymnast, b	Not Filled
Basket, g	Ben Thompson	Gymnast, g	Not Filled
Cheer	Kristen Miller	Ind Track, b	Not Filled
Cr Writing	Not Filled	Ind Track, g	Not Filled
Crew, b	Not Filled	Lacrosse, b	Steve Sheetz
Crew, g	Not Filled	Lacrosse, g	Laura Nelson
CrossC, b	Eric Callender	Magazine	Gene Legg
CrossC, g	Eric Callender	Newspaper	Robert Mundy
Debate	Amanda Acker	Out Track, b	Duanne Colebank
F Hockey	Not Filled	Out Track, g	Duanne Colebank

Group:	AA	Div.:	3
Region:	II		
District:	Dulles		
Scholastic	L. Herndon, S. Celio		
Soccer, b	Francois Bernard		
Soccer, g	Ann Vierkorn		
Softball	Jennifer Potts		
Swim, b	Not Filled		
Swim, g	Not Filled		
Tennis, b	Jim Noland		
Tennis, g	Jennifer Noland		
Theatre	Marilyn Gilligan		
Volley, b	Not Filled		
Volley, g	Rich Bennett		
Wrestling	Ryan Rogers		
Yearbook	Autumn Leigh		

Broad Run**(BRRN)****School Phone:** 571-252-2300**Athletics Office:** 571-252-2310**School Fax:** 571-252-2301

21670 Ashburn Road / Ashburn, VA 20147-2361

E-Mail: emarkley@loudoun.k12.va.us / jkirby@loudoun.k12.va.us**Principal:** Edgar Markley**Assistant Principal:** Doug Anderson, Pam Jacobs, Chris O'Rourke**Athletic/Activities Director:** Jack Kirby (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)

Assistant AD:	Ryan Young	Students	1300
Colors:	Maroon/Gold	Gym Cap.	1000
Mascot:	Spartans	Stad. Cap.	2500
Ath Trainer	Craig Veazie	Football	Michael Burnett
Band	Lisa Napoli	Forensics	Ron Richards
Baseball	Pat Cassidy	Golf	John Costello
Basket, b	Larry Boomer	Gymnast, b	
Basket, g	Mike O'Hara	Gymnast, g	Mike Hitzges
Cheer	Jenny Short	Ind Track, b	
Cr Writing	Amy Buckley	Ind Track, g	
Crew, b		Lacrosse, b	Phil Truiett
Crew, g		Lacrosse, g	Jennifer Melhuish
CrossC, b	Leila Melhem	Magazine	Caroline Pelton
CrossC, g	Leila Melhem	Newspaper	Sally Toner
Debate	Ron Richards	Out Track, b	Mike Hitzges
F Hockey		Out Track, g	Leila Melham

Group:	AA	Div.:	4
Region:	II		
District:	Dulles		
Scholastic			
Soccer, b	Jonathan Hicks		
Soccer, g	Claire Collins		
Softball	Ed Steele		
Swim, b	Beverley Kelley		
Swim, g	Beverley Kelley		
Tennis, b	Chris Pasternak		
Tennis, g	Dan McNeil		
Theatre	Tim Willmot		
Volley, b			
Volley, g	Susan Dezzutti		
Wrestling	John Puterio		
Yearbook	Beth Pearson		

Broadway**(BWAY)****School Phone:** 540-896-7081**Athletics Office:** 540-896-8210**School Fax:** 540-896-2640

269 Gobbler Drive / Broadway, VA 22815-9475

Email: sleaman@rockingham.k12.va.us / crobinson@rockingham.k12.va.us**Principal:** Stephen Leaman**Assistant Principal:** Tim Good, Camala Kite, Ryan Ritter**Athletic/Activities Director:** Chris Robinson**Superintendent:** Dr. Carol S. Fenn (Rockingham)**Assistant AD:** R. Ritter, S. Turner, R. Jua**Colors:** Green/White**Mascot:** Gobblers

Ath Trainer Chuck Wenger, ATC

Band Ben Frenchak

Baseball Yates Hall

Basket, b Dwight Walton

Basket, g Brian Alger

Cheer Devin Skelly

Cr Writing Carrie Campbell

Crew, b

Crew, g

CrossC, b Tim Harris

CrossC, g Emily Whistleman

Debate Steve Obaugh

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Tim Harris

Ind Track, g Tim Harris

Lacrosse, b

Lacrosse, g

Magazine Carrie Campbell

Newspaper Erica Gray

Out Track, b Tim Harris

Out Track, g Becky Harris

Students 1076**Gym Cap.** 1700**Stad. Cap.** 3500**Group:** AA**Region:** III**District:** Massanutten

Scholastic Dan Beckstrom

Soccer, b Ben Frenchak

Soccer, g Danielle Martin

Softball Becky Cantrell

Swim, b Jackie Wilson

Swim, g Jackie Wilson

Tennis, b Derrick Trumbo

Tennis, g Neil Summers

Theatre Tim Reger

Volley, b

Volley, g Brad Erney

Wrestling Nate Bradley

Yearbook Karen Harden

Div.: 4**Brooke Point****(BRPT)****School Phone:** 540-658-6080**Athletics Office:****School Fax:** 540-658-6072

1700 Courthouse Road / Stafford, VA 22554-5409

Email: wpayne@staffordschools.net / margheimga@staffordschools.net**Principal:** Wendy Payne**Assistant Principal:** Jim Ralph, Scott McClennen, Greg Margheim, Mary Brandon**Athletic/Activities Director:** Greg Margheim**Superintendent:** Dr. David E. Sawyer (Stafford)**Assistant AD:** Karen Miller**Colors:** Scarlet/Black/White**Mascot:** Black Hawks

Ath Trainer Chris Serffin

Band Veronica Sutherland

Baseball Brian Mays

Basket, b Joe Kania

Basket, g Rick Butler

Cheer Sam Surfey

Cr Writing

Crew, b

Crew, g

CrossC, b Joe Ocheltree

CrossC, g Tresa Jones

Debate

F Hockey Jill Van Hook

Football

Forensics

Golf

Gymnast, b

Gymnast, g Not Filled

Ind Track, b Joe Ocheltree

Ind Track, g Tresa Jones

Lacrosse, b Mike Seymour

Lacrosse, g

Magazine Julie Stemple

Newspaper Mary Hornung

Out Track, b Joe Ocheltree

Out Track, g Tresa Jones

Students 1700**Gym Cap.** 2000**Stad. Cap.** 5000**Group:** AAA**Region:** Northwest**District:** Commonwealth

Scholastic Scott Walters

Soccer, b Brian Foley

Soccer, g Walt Lenar

Softball Megan Hansen

Swim, b Jill Kawala

Swim, g Jill Kawala

Tennis, b John Montez

Tennis, g Jason Stariha

Theatre Lisa Cover

Volley, b

Volley, g Monica Van Huesen

Wrestling Brian Foley

Yearbook Martha Covington

Div.: 5**Brookville****(BRVL)****School Phone:** 434-239-2636**Athletics Office:****School Fax:** 434-239-6706

100 Laxton Road / Lynchburg, VA 24502-2696

Email: babbott@campbell.k12.va.us / lkidd@campbell.k12.va.us**Principal:** Bruce Abbott**Assistant Principal:** Tom Cole, Debra Guthrie**Athletic/Activities Director:** Larry Kidd**Superintendent:** Dr. Robert Johnson (Campbell)**Assistant AD:** Robert Beard**Colors:** Maroon/Gold**Mascot:** Bees

Ath Trainer Brienne Piatt

Band Jason Hackworth

Baseball Jim White

Basket, b Chris Young

Basket, g Warner Dyke

Cheer Amanda Dean

Cr Writing Spring Zuidema

Crew, b

Crew, g

CrossC, b Cory Morris

CrossC, g Cory Morris

Debate Aaron Scott

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Andy Rollins

Ind Track, g Andy Rollins

Lacrosse, b

Lacrosse, g

Magazine Spring Zuidema

Newspaper Spring Zuidema

Out Track, b Andy Rollins

Out Track, g Andy Rollins

Students 875**Gym Cap.** 2200**Stad. Cap.** 3500**Group:** AA**Region:** III**District:** Seminole

Scholastic Kim Geier

Soccer, b Ricky Theodore

Soccer, g Webster Leith

Softball Not Filled

Swim, b Hank Reed

Swim, g Hank Reed

Tennis, b Karen Brown

Tennis, g Chris Dodge

Theatre Megan Emanuel

Volley, b

Volley, g Ashley Turner

Wrestling Don Shuler

Yearbook Mike George

Div.: 3

Brunswick**(BRUN)****School Phone:** 434-848-2716

2171 Lawrenceville Plank Road / Lawrenceville, VA 23868-9703

Athletics Office: 434-848-1021**Email:** mark.harrison@brun.k12.va.us / mike.barmoy@brun.k12.va.us**School Fax:** 434-848-6303**Principal:** Mark Harrison**Assistant Principal:** Dee Gillis, Ken Heniz**Athletic/Activities Director:** Mike Barmoy**Superintendent:** Dr. Oliver Spencer (Brunswick)**Assistant AD:****Colors:** Royal Blue/White**Mascot:** Bulldogs

Ath Trainer Matt Williams

Band Allen Green

Baseball Darrick Summiel

Basket, b Bryant Stith

Basket, g Mike Barmoy

Cheer Krystal Pearson

Cr Writing

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Students 650**Gym Cap.** 2000**Stad. Cap.** 2000

Football Harold Williams

Forensics Sharon Propst

Golf Bernie Coleman

Gymnast, b

Gymnast, g

Ind Track, b Darrell Owens

Ind Track, g Darrell Owens

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Joshua Brown

Out Track, b Darrell Owens

Out Track, g Darrell Owens

Group: AA**Region:** I**District:** Southside

Scholastic Michael Tetto

Soccer, b Joshua Brown

Soccer, g

Softball Lyndsey Painter

Swim, b

Swim, g

Tennis, b Bernie Coleman

Tennis, g Bernie Coleman

Theatre Sharon Propst

Volley, b

Volley, g Juliana Freeman

Wrestling

Yearbook Joshua Brown

Div.: 3**Bruton****(BRUT)****School Phone:** 757-220-4050

185 East Rochambeau Drive / Williamsburg, VA 23188-2198

Athletics Office: 757-220-4066**Email:** khammond@ycsd.york.va.us / jashley@ycsd.york.va.us**School Fax:** 757-220-4090**Principal:** Kimberly Hammond**Assistant Principal:** Aaron Butler, Carol Carter**Athletic/Activities Director:** John Ashley**Superintendent:** Dr. Eric Williams (York)**Assistant AD:** Jay Rada**Colors:** Green/Gold/White**Mascot:** Panthers

Ath Trainer Janine Fountain

Band Cara Townsend

Baseball Phil Houston

Basket, b Scott Joyner

Basket, g Wayne Burnette

Cheer Jessica Hanke

Cr Writing Alex Layman

Crew, b

Crew, g

CrossC, b Barbara Biasi

CrossC, g Barbara Biasi

Debate Not Filled

F Hockey Rebecca Walker

Students 700**Gym Cap.** 800**Stad. Cap.** 5000

Football Tracy Harrod

Forensics Not Filled

Golf Richard Onesty

Gymnast, b

Gymnast, g

Ind Track, b Mark Tompkins

Ind Track, g Mark Tompkins

Lacrosse, b

Lacrosse, g

Magazine Alex Layman

Newspaper Darleen Hart

Out Track, b Reggie Jones

Out Track, g Mark Tompkins

Group: AA**Region:** I**District:** Bay Rivers

Scholastic Not Filled

Soccer, b Will Spear

Soccer, g Lee Koliopoulos

Softball Dave Falin

Swim, b Steve Stocki

Swim, g Crystal Stocki

Tennis, b James Barr

Tennis, g Joanna McCandlish

Theatre Not Filled

Volley, b

Volley, g Pamala Tomczak

Wrestling James Barr

Yearbook Blanqui Valledor

Div.: 3**Buckingham County****(BUCK)****School Phone:** 434-969-6160

78 Knights Road / Buckingham, VA 23921-9655

Athletics Office: 434-969-6160**Email:** rcoleman@bchs.k12.va.us / mshores@bchs.k12.va.us**School Fax:** 434-969-3209**Principal:** Roger Coleman**Assistant Principal:** Nicole Miller**Athletic/Activities Director:** Missy Shores**Superintendent:** Dr. Gary Blair (Buckingham)**Assistant AD:****Colors:** Forest Green/Gold**Mascot:** Knights

Ath Trainer Mike Shetley

Band

Baseball Mike Jones

Basket, b Brian Wilson

Basket, g Ethan Abruzzo

Cheer Lenita Lawing-Jones

Cr Writing

Crew, b

Crew, g

CrossC, b Michael Kimble

CrossC, g Michael Kimble

Debate

F Hockey

Students 600**Gym Cap.** 1200**Stad. Cap.** 2000

Football Craig Gill

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Craig Gill

Out Track, g Linda Amos

Group: A**Region:** B**District:** James River

Scholastic

Soccer, b Geoff Hermance

Soccer, g

Softball Randy Christian

Swim, b

Swim, g

Tennis, b Peyton Anderson

Tennis, g Sarah Anderson

Theatre

Volley, b

Volley, g Ethan Abruzzo

Wrestling

Yearbook Kim Steger

Div.: 2

Buffalo Gap**(BGAP)****School Phone:** 540-337-6021

1800 Buffalo Gap Highway / Swoope, VA 24479-9722

Athletics Office:**E-Mail:** wrdeardorf@augusta.k12.va.us / tramsey@augusta.k12.va.us**School Fax:** 540-337-6236**Principal:** William Deardorff**Assistant Principal:** Tony Ramsey, Wendy Chandler**Athletic/Activities Director:** Tony Ramsey**Superintendent:** Dr. Gary D. McQuain (Augusta)**Assistant AD:****Colors:** Gold/Black**Mascot:** Bison

Ath Trainer Michelle Beery

Band Krissy Thompson

Baseball

Basket, b James Carter

Basket, g Chad Coffey

Cheer Tammy Ingram

Cr Writing

Crew, b

Crew, g

CrossC, b Mike Harmon

CrossC, g Wayne Paxton

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Jeff Keyser

Ind Track, g Jeff Keyser

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Jeff Keyser

Out Track, g John Sayers

Students 600**Gym Cap.** 1200**Stad. Cap.** 2000

Rob Maxwell

Christopher Cleary

Chris Thompson

Group: A**Region:** B**District:** Shenandoah

Scholastic Traci Michael

Soccer, b Jeff May

Soccer, g Carrie Lamond

Softball Lisa Morris

Swim, b

Swim, g

Tennis, b Stephen Tickal

Tennis, g Donna Miller

Theatre Molly Dewan

Volley, b

Volley, g Kasey Bunch

Wrestling Not Filled

Yearbook Tonya Cleveland

Div.: 1**John I. Burton****(JBUR)****School Phone:** 276-679-2554

109 Eleventh Street / Norton, VA 24273-2499

Athletics Office: 276-679-2554**E-Mail:** skeith@nortoncityschools.org / rbaker@nortoncityschools.org**School Fax:** 276-679-2664**Principal:** Scott Keith**Assistant Principal:** Rocky Baker**Athletic/Activities Director:** Rocky Baker**Superintendent:** Dr. Jeff Comer (Norton)**Assistant AD:****Colors:** Orange/Black/White**Mascot:** Raiders

Ath Trainer

Band Bud Stewart

Baseball Mack Shupe

Basket, b Aaron Williams

Basket, g Michael Goforth

Cheer Stephanie Adams

Cr Writing Lisa Davis

Crew, b

Crew, g

CrossC, b Angela Robinette

CrossC, g Angela Robinette

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b James Adams

Out Track, g James Adams

Students 242**Gym Cap.** 1200**Stad. Cap.** 5000

James Adams

Angela Robinette

Fred Daniels

Group: A**Region:** D**District:** Lonesome Pine

Scholastic David LoBiondo

Soccer, b

Soccer, g

Softball Jon Bright

Swim, b

Swim, g

Tennis, b Hank Hankins

Tennis, g Will Crowder

Theatre Lisa Davis

Volley, b

Volley, g Jon Bright

Wrestling

Yearbook Stephanie Adams

Div.: 1**William Byrd****(WMBD)****School Phone:** 540-562-3900

2902 Washington Avenue / Vinton, VA 24179-1314

Athletics Office: Ext. 24020**E-Mail:** rturner@rcs.k12.va.us / cworley@rcs.k12.va.us**School Fax:** 540-890-7568**Principal:** Richard Turner**Assistant Principal:** Marlena Jones, Amy Duff, Otis Dowdy**Athletic/Activities Director:** Crystal Worley**Superintendent:** Dr. Lorraine Lange (Roanoke)**Assistant AD:****Colors:** Orange/Maroon**Mascot:** Terriers

Ath Trainer

Band Dan Plybon

Baseball D. Mitchell, C. Carr

Basket, b Dave Culicerto

Basket, g Fran Recchia

Cheer Monica West

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Eric Royal

CrossC, g Eric Royal

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Eric Royal

Ind Track, g Eric Royal

Lacrosse, b

Lacrosse, g

Magazine Allyson Seifert

Newspaper Chirs Stuart

Out Track, b Eric Royal

Out Track, g Not Filled

Students 1201**Gym Cap.** 1600**Stad. Cap.** 4000

Jeff Highfill

Marc Hinkle

Kevin Tuck

Group: AA**Region:** III**District:** Blue Ridge

Scholastic

Soccer, b Jeff Highfill

Soccer, g Russell Dishman

Softball Greg Barton

Swim, b Krista Martin

Swim, g Krista Martin

Tennis, b Jason Perdue

Tennis, g Amanda Stump

Theatre Carol Webster

Volley, b

Volley, g Amanda Stump

Wrestling Reed Carpenter

Yearbook Sharon Hayden

Div.: 4

William Campbell**(WCAM)****School Phone:** 434-376-2015**Athletics Office:** Ext. 8905**School Fax:** 434-376-5859

474 William Campbell Dr., P.O. Box 7 / Naruna, VA 24576-0007

Email: jrinella@campbell.k12.va.us / rpurcell@campbell.k12.va.us**Principal:** James Rinella**Assistant Principal:** Robert Mason**Athletic/Activities Director:** Rick Purcell**Superintendent:** Dr. Robert Johnson (Campbell)**Assistant AD:** Eric Davis, Brad Harper**Colors:** Blue/Gray**Mascot:** Generals

Ath Trainer Jorena Simpkins

Band Doug Brown

Baseball Andy Haga

Basket, b Robbie St. John

Basket, g Brad Harper

Cheer Debbie Cunningham

Cr Writing

Crew, b

Crew, g

CrossC, b Clint Turner

CrossC, g Clint Turner

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Todd Moats

Out Track, g Todd Moats

Students 350**Gym Cap.** 1200**Stad. Cap.** 2500

Dwayne Hamlette

Nannette Haga

Todd Moats

Group: A**Region:** B**District:** Dogwood

Scholastic Greg Smith

Soccer, b

Soccer, g

Softball Chris Smith

Swim, b

Swim, g

Tennis, b

Tennis, g Kendra Turner

Theatre Nannette Haga

Volley, b

Volley, g Brad Harper

Wrestling

Yearbook Priscilla Reynolds

Div.: 1**Caroline****(CARO)****School Phone:** 804-633-9886**Athletics Office:** 804-633-7392**School Fax:** 804-633-2435

19155 Rogers-Clark Boulevard / Milford, VA 22514-2000

Email: hdonahoe@caroline.k12.va.us / ddickey@caroline.k12.va.us**Principal:** Dr. Harper Donahoe**Assistant Principal:** Cathy Burke, Rylene Mickleberry, Rocky Lewis**Athletic/Activities Director:** Dan Dickey**Superintendent:** Dr. Gregory N. Killough (Caroline)**Assistant AD:** Sam Frye**Colors:** Red/White/Blue**Mascot:** Cavaliers

Ath Trainer

Band Courtney Vowell

Baseball Frank Dow

Basket, b Broderick Roye

Basket, g Ken Wakefield

Cheer Pat Douglas

Cr Writing

Crew, b

Crew, g

CrossC, b Amanda Dickey

CrossC, g Amanda Dickey

Debate

F Hockey Anne Pontius

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Sansberry Harvey

Ind Track, g Sansberry Harvey

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Kristen Booth

Out Track, b Sansberry Harvey

Out Track, g Sansberry Harvey

Students 1200**Gym Cap.** 1200**Stad. Cap.** 4000

Bobby Jenkins

Frank Dow

Group: AA**Region:** I**District:** Battlefield

Scholastic Stephanie Melson

Soccer, b James Eads

Soccer, g Anne Pontius

Softball Gwen Durrett

Swim, b

Swim, g

Tennis, b Jim Light

Tennis, g Suzi Johnson

Theatre Nancy Elliott

Volley, b

Volley, g Katie Boltz

Wrestling

Yearbook Karri Zellerino

Div.: 4**Carroll County****(CRL)****School Phone:** 276-728-2125**Athletics Office:****School Fax:** 276-730-9932

100 Cavs Lane / Hillsville, VA 24343

Email: / jdmathe@ccpsd.k12.va.us**Principal:** Scott Watson**Assistant Principal:** William Austin, Roland Hall**Athletic/Activities Director:** Darrin Matthews**Superintendent:** Dr. James Greg Smith (Carroll)**Assistant AD:****Colors:** Navy/Silver**Mascot:** Cavaliers

Ath Trainer

Band Jeffery Klieber

Baseball Joe Tompkins

Basket, b Brad Hawks

Basket, g Marc Motley

Cheer Nicole Lyons

Cr Writing

Crew, b

Crew, g

CrossC, b Pat Sharp

CrossC, g Pat Sharp

Debate Sharon McCombs

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Pat Sharp

Out Track, g Pat Sharp

Students 876**Gym Cap.** 1800**Stad. Cap.** 5000

Tom Hale

Beth Smith

Jacob Beamer

Group: AA**Region:** IV**District:** Southwest

Scholastic Not Filled

Soccer, b Not Filled

Soccer, g Wayne Edmonds

Softball Terry Warf

Swim, b

Swim, g

Tennis, b Taylor Snow

Tennis, g Heather Morehead

Theatre Bryon Stanbery

Volley, b

Volley, g Cindy Edwards

Wrestling Jason Morris

Yearbook Shannon Dalton

Div.: 4

Castlewood**(CAST)****School Phone:** 276-762-9449**Athletics Office:** 276-762-7114**School Fax:** 276-762-9418

304 Blue Devil Circle / Castlewood, VA 24224-9998

Email: sfletcher@russell.k12.va.us / tallen@russell.k12.va.us**Principal:** Scotty Fletcher**Assistant Principal:** Kenneth Musick**Athletic/Activities Director:** Tom Allen**Superintendent:** Dr. Lorraine C. Turner (Russell)**Assistant AD:****Colors:** Royal Blue/White**Mascot:** Blue Devils

Ath Trainer

Band Rick Burns

Baseball Jarrod Sparks

Basket, b Wayne Rasnick

Basket, g Barry Ruff

Cheer Peggy Castle

Cr Writing

Crew, b

Crew, g

CrossC, b Connie Crabtree

CrossC, g Connie Crabtree

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Connie Crabtree

Out Track, g Connie Crabtree

Students 309**Gym Cap.** 1640**Stad. Cap.** 2582

David Scammel

Pam Roberson

Tom Allen

Group: A**Region:** D**District:** Cumberland

Scholastic

Soccer, b

Soccer, g

Softball Mathew Hamilton

Swim, b

Swim, g

Tennis, b Sherry Wilson

Tennis, g Sherry Wilson

Theatre Pam Roberson

Volley, b

Volley, g Kristy Sparks

Wrestling Matthew Hamilton

Yearbook

Div.: 2**Cave Spring****(CVSP)****School Phone:** 540-772-7550**Athletics Office:** 540-772-7551**School Fax:** 540-772-2107

3712 Chaparral Drive, SW / Roanoke, VA 24018-4839

Email: sspangler@rcs.k12.va.us / jhartness@rcs.k12.va.us**Principal:** Steve Spangler**Assistant Principal:** Diane Herchenrider, Paul Lineberg**Athletic/Activities Director:** Jon Hartness**Superintendent:** Dr. Lorraine Lange (Roanoke)**Assistant AD:****Colors:** Scarlet/Black/White**Mascot:** Knights

Ath Trainer John Swartz

Band Brian Quakenbush

Baseball David Dunstan

Basket, b Billy Hicks

Basket, g Jessica Ficcaro

Cheer Debbie Ayers

Cr Writing

Crew, b

Crew, g

CrossC, b Tommy Maguire

CrossC, g Laurence Loesel

Debate Bob Powers

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Sandy Gotschal

Out Track, b Chip Addison

Out Track, g Tommy Maguire

Students 900**Gym Cap.** 1250**Stad. Cap.** 4500

Tim Fulton

Sandy Gotschal

John Brock

Group: AA**Region:** IV**District:** River Ridge

Scholastic

Soccer, b

Soccer, g Esteban Martinez

Softball Lindsey Moore

Swim, b

Swim, g Andy Huray

Tennis, b Jenny Kellinger

Tennis, g Ross Harvey

Theatre Erin Barnett

Volley, b Sandy Gotschal

Volley, g Tamalyn Tanis

Wrestling Don Craighead

Yearbook Sandy Gotschal

Div.: 3**Central (Woodstock)****(CENW)****School Phone:** 540-459-2161**Athletics Office:** 540-459-7009**School Fax:** 540-459-5932

1147 Susan Avenue / Woodstock, VA 22664-1019

Email: crcook@shenandoah.k12.va.us / sdfleming@shenandoah.k12.va.us**Principal:** Chris Cook**Assistant Principal:** Frutoso Ortiz, Connie Pangle**Athletic/Activities Director:** Susan Fleming**Superintendent:** Dr. B. Keith Rowland (Shenandoah)**Assistant AD:****Colors:** Blue/Gold**Mascot:** Falcons

Ath Trainer Teresa Martilik

Band Sarah Golden

Baseball Donn Foltz

Basket, b Rogers Wilkins

Basket, g Stephanie Mathews

Cheer Carrie Hodges

Cr Writing

Crew, b

Crew, g

CrossC, b Melissa Wright

CrossC, g Melissa Wright

Debate Kate Hollenberg

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Rick Lytton

Out Track, g Rick Lytton

Students 760**Gym Cap.** 1400**Stad. Cap.** 1200

Mike Yew

Jessica Smith

Jeff Walters

Group: A**Region:** B**District:** Shenandoah

Scholastic Melissa Marston

Soccer, b Ted Poor

Soccer, g Clayton Rice

Softball Jill Yew

Swim, b Laurel Kalp

Swim, g Laurel Kalp

Tennis, b Jeff Walters

Tennis, g Jordan Robinson

Theatre Mike Brown

Volley, b

Volley, g Allison Huckstep

Wrestling Scott Fletcher

Yearbook Helen Partlow

Div.: 2

Central Senior**(CENL)****School Phone:** 434-696-2137**Athletics Office:** 434-696-1710**School Fax:** 434-696-1322

131 K-V Road / Victoria, VA 23974-9517

Email: sarahbnicholas@hotmail.com / wallace.owen@k12cps.org**Principal:** Sarah Nicholas**Assistant Principal:** Kathleen Rainey**Athletic/Activities Director:** Wallace Owen**Superintendent:** Mr. Wayne L. Staples (Lunenburg)

Assistant AD: Not Filled	Students 503	Group: A	Div.: 1
Colors: Purple/Gold/White	Gym Cap. 800	Region: B	
Mascot: Chargers	Stad. Cap. 1600	District: James River	
Ath Trainer	Football	Will Thomas	Scholastic
Band	Christopher Salerno	Forensics	April Hawkes
Baseball	Mark Bailey	Golf	Tom Hoefer
Basket, b	Lyn Blackwood	Gymnast, b	Angie Hall
Basket, g	Scott Wilson	Gymnast, g	Swim, b
Cheer	Jean Kunath	Ind Track, b	Swim, g
Cr Writing	Susan Lenhart	Ind Track, g	Tennis, b
Crew, b		Lacrosse, b	Tennis, g
Crew, g		Lacrosse, g	Theatre
CrossC, b		Magazine	Volley, b
CrossC, g		Newspaper	Volley, g
Debate		Out Track, b	Wrestling
F Hockey		Out Track, g	Wallace Owen
		Yearbook	

Centreville**(CNTV)****School Phone:** 703-802-5400**Athletics Office:** 703-802-5416**School Fax:** 703-802-5597

6001 Union Mill Road / Clifton, VA 20124-1128

Email: mike.campbell@fcps.edu / jimmy.sanabria@fcps.edu**Principal:** Mike Campbell**Assistant Principal:** Brian Doyle, Alexis Graham, Karla Butler, Sharon Tompkins**Athletic/Activities Director:** Jimmy Sanabria**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD: B. Cochran, G. Hamilton	Students 2298	Group: AAA	Div.: 6
Colors: Col. Blue/Black/Silver	Gym Cap. 2400	Region: Northern	
Mascot: Wildcats	Stad. Cap. 7000	District: Concorde	
Ath Trainer	C. Saindon, E. Castor	Football	Gerry Pannoni
Band	Melissa Hall	Forensics	Bryan Borah
Baseball	Morgan Spencer	Golf	Geordie Bigus
Basket, b	Brian Doyle	Gymnast, b	Holly Richbourg
Basket, g	Wally Horton	Gymnast, g	Eric Post
Cheer	Tootie Rivera	Ind Track, b	Jeremy Worrell
Cr Writing		Ind Track, g	Jed Williams
Crew, b		Lacrosse, b	Sarah King
Crew, g		Lacrosse, g	Ann Bailey
CrossC, b	Eric Post	Magazine	Chris Guarraia
CrossC, g	Eric Post	Newspaper	Roy Ferri
Debate	Brian Borah	Out Track, b	Roy Ferri
F Hockey	Meghan Doran	Out Track, g	Roy Ferri
		Scholastic	Dave Campbell
		Soccer, b	Jac Cicala
		Soccer, g	Warren Williams
		Softball	Rich Ferick
		Swim, b	Geordie Bigus
		Swim, g	Geordie Bigus
		Tennis, b	Jeff Jones
		Tennis, g	Terry Hicks
		Theatre	Mark Rogers
		Volley, b	Kris Kervina
		Volley, g	Ken Moser
		Wrestling	Joe Radun
		Yearbook	Melissa Rife

Chancellor**(CHNC)****School Phone:** 540-786-2606**Athletics Office:** 540-548-3616**School Fax:** 540-786-1176

6300 Harrison Road / Fredericksburg, VA 22407-6363

Email: jbass@hs.spotsylvania.k12.va.us / rcrooks@hs.spotsylvania.k12.va.us**Principal:** Jacqueline Bass-Fortune**Assistant Principal:** Brian Gebhardt, Kim Lauderdale**Athletic/Activities Director:** Rod Crooks**Superintendent:** Dr. Jerry W. Hill (Spotsylvania)

Assistant AD:	Students 1350	Group: AA	Div.: 4
Colors: Burgundy/Gray	Gym Cap. 1600	Region: I	
Mascot: Chargers	Stad. Cap. 4000	District: Battlefield	
Ath Trainer	Pat Sheehan	Football	Bob Oliver
Band	Ryan Adair	Forensics	Lisa Gattie
Baseball	Bob Oliver	Golf	Weldon Higgs
Basket, b	Stan Clements	Gymnast, b	
Basket, g	Kevin Race	Gymnast, g	
Cheer	Cara Pullano	Ind Track, b	
Cr Writing		Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Dennis Bane	Magazine	Terry Garfield
CrossC, g	Dennis Bane	Newspaper	
Debate	Not Filled	Out Track, b	Don Joy
F Hockey	Jim Larkin	Out Track, g	Henry Thode
		Scholastic	Terry Garfield
		Soccer, b	Mike Webb
		Soccer, g	David Haun
		Softball	Monica Larkin
		Swim, b	
		Swim, g	
		Tennis, b	Larry Parrish
		Tennis, g	Scott Barber
		Theatre	Stuart Gelzer
		Volley, b	
		Volley, g	Mike Carneal
		Wrestling	George Holzworth
		Yearbook	

Chantilly**(CHNT)****School Phone:** 703-222-8100**Athletics Office:** 703-222-8160**School Fax:** 703-222-8169

4201 Stringfellow Road / Chantilly, VA 20151-2600

Email: James.Kacur@fcps.edu / Terry.Brown@fcps.edu**Principal:** Jim Kacur**Assistant Principal:** Katie Lynch, Debbie Santmyer, Doug Wright, Mike Burch, Teresa Johnson, Tim O'Reilly**Athletic/Activities Director:** Terry Brown**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** B. Rechin, B. Stoy, J. Smith**Colors:** Purple/White**Mascot:** Chargers

Ath Trainer Amanda Marvin

Band Keith Taylor

Baseball Kevin Ford

Basket, b Jim Smith

Basket, g Valerie Allen

Cheer Gillian Flewellyn

Cr Writing Mary Downes

Crew, b

Crew, g

CrossC, b Matt Gilchrist

CrossC, g Meridith Norris

Debate Brian Cannon

F Hockey Ralph Chapman

Students 2600**Gym Cap.** 2500**Stad. Cap.** 6000

Football Mike Lalli

Forensics Brian Cannon

Golf Mike Seals

Gymnast, b

Gymnast, g Maureen Nauquin

Ind Track, b Matt Gilchrist

Ind Track, g Jason Franks

Lacrosse, b Kevin Broderick

Lacrosse, g Michelle Gates

Magazine

Newspaper Brett Zinger

Out Track, b Matt Gilchrist

Out Track, g Jason Franks

Group: AAA**Region:** Northern**District:** Concorde

Scholastic Mary Keating

Soccer, b Tracy Birrell

Soccer, g Melissa Bibbee

Softball Suzy Willemssen

Swim, b Niels Moore

Swim, g Niels Moore

Tennis, b Karen Kegerreis

Tennis, g Karen Kegerreis

Theatre Ed Monk

Volley, b

Volley, g Charles Ezigbo

Wrestling Phil Cronin

Yearbook Mary Downs

Div.: 6**Charles City County****(CCTY)****School Phone:** 804-829-9249**Athletics Office:****School Fax:** 804-829-2644

10039 Courthouse Road / Charles City, VA 23030

Email: plboyd@ccps.net / pdhuggins@ccps.net**Principal:** Pamela Boyd**Assistant Principal:** Parcilla Salley**Athletic/Activities Director:** Paris Huggins**Superintendent:** Dr. Janet C. Crawley (Charles City)**Assistant AD:****Colors:** Blue/Gold**Mascot:** Panthers

Ath Trainer

Band Theresa Conroy

Baseball Irving Bradby

Basket, b Justin Hayes

Basket, g Andre Jones

Cheer Not Filled

Cr Writing

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Football Steward Greene

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Brenda Hawkins

Out Track, b John Christian

Out Track, g John Christian

Group: A**Region:** A**District:** Tri-Rivers

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Kristen Massie

Not Filled

Brenda Hawkins

Div.: 1**Charlottesville****(CVIL)****School Phone:** 434-245-2410**Athletics Office:** 434-245-2621**School Fax:** 434-245-2610

1400 Melbourne Road / Charlottesville, VA 22901-3199

Email: thomas.taylor@ccs.k12.va.us / richard.lilly@ccs.k12.va.us**Principal:** Dr. Thomas Taylor**Assistant Principal:** Lawrence Clarke, Mike Irani, Adam Hastings, Jackie Harris**Athletic/Activities Director:** Richard Lilly (RAA)**Superintendent:** Dr. Rosa S. Atkins (Charlottesville)**Assistant AD:** Chris Fraser**Colors:** Orange/Black/White**Mascot:** Black Knights

Ath Trainer Joella Metheny

Band Ilesha Leonard

Baseball Ritchie Williams

Basket, b Mitch Minor

Basket, g Dee Mitchelson-Shaver

Cheer Pam Brown

Cr Writing Mike Keller

Crew, b

Crew, g

CrossC, b Amy Pritchard

CrossC, g Amy Pritchard

Debate Mike Evans

F Hockey Jen Santoski

Football Chris Fraser

Forensics Jen Horne

Golf Dick Engel

Gymnast, b

Gymnast, g

Ind Track, b Curtis Elder

Ind Track, g Curtis Elder

Lacrosse, b Drew Craft

Lacrosse, g Lauren Smith

Magazine Carly Nicholson

Newspaper Patty Vandever

Out Track, b Curtis Elder

Out Track, g Ron Green

Group: AA**Region:** II**District:** Jefferson

Scholastic Patricia Vandever

Soccer, b Stephen Cost

Soccer, g Fernando Opere

Softball Angela Amiss

Swim, b Ron Price

Swim, g Ron Price

Tennis, b John Morris

Tennis, g Katie Haskins

Theatre David Becker

Volley, b

Volley, g Angela Amiss

Wrestling Chuck Wood

Yearbook Kathleen Wiesner

Div.: 4

Chatham

(CHAT)

School Phone: 434-432-8305

Athletics Office: 434-710-0518

School Fax: 434-432-8351

100 Cavalier Circle / Chatham, VA 24531-9644

EMail: randy.foster@pcs.k12.va.us / nathan.lumpkins@pcs.k12.va.us

Principal: Randy Foster

Assistant Principal: Nathan Lumpkins, Angela Rigney

Athletic/Activities Director: Nathan Lumpkins

Superintendent: Mr. James E. McDaniel (Pittsylvania)

Assistant AD: T. Scolpini, C. Simpson

Colors: Red/White

Mascot: Cavaliers

Ath Trainer

Band Charles Minter

Baseball Chad Anderson

Basket, b Barry Mayo

Basket, g Mike Richardson

Cheer Jessica Edwards

Cr Writing

Crew, b

Crew, g

CrossC, b Trip Emerson

CrossC, g Trip Emerson

Debate

F Hockey

Football

Forensics

Golf Don Yard

Gymnast, b

Gymnast, g

Ind Track, b Trip Emerson

Ind Track, g Trip Emerson

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Neil Clarridge

Out Track, g Trip Emerson

Students 650

Gym Cap. 900

Stad. Cap. 2800

Malon Dalton

Group: A

Region: B

District: Dogwood

Scholastic

Soccer, b

Soccer, g

Softball Joe Lee

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling Keith Richardson

Yearbook

Div.: 2

Jeremiah Sanom

Joe Lee

Keith Richardson

Not Filled

Amanda Smotherman

Chesterfield Community

(CCOM)

School Phone: 804-768-6156

Athletics Office: Ext. 27

School Fax: 804-768-6171

12400 Branders Bridge Road / Chester, VA 23831

EMail: anita_storino@ccpsnet.net / toby_campbell@ccpsnet.net

Principal: Anita Storino

Assistant Principal: Jafar Barakat

Athletic/Activities Director: Toby Campbell

Superintendent: Dr. Marcus J. Newsome (Chesterfield)

Assistant AD:

Colors: Red/White/Blue

Mascot: Eagles

Ath Trainer Portia Miller

Band

Baseball

Basket, b Toby Campbell

Basket, g

Cheer

Cr Writing

Crew, b

Crew, g

CrossC, b Toby Campbell

CrossC, g Toby Campbell

Debate

F Hockey

Football

Forensics

Golf Rob Canterman

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Patricia Moore

Out Track, b Robert Tucker

Out Track, g Robert Tucker

Students 263

Gym Cap. 250

Stad. Cap. 0

Group: A

Region: A

District: Tri-Rivers

Scholastic

Soccer, b

Soccer, g Jonathan Page

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook Jennifer Gunderson

Div.: 1

Chilhowie

(CHIL)

School Phone: 276-646-8966

Athletics Office: 276-646-8967

School Fax: 276-646-5951

P. O. Box 2280 / Chilhowie, VA 24319

EMail: mikesturgill@scsb.org / markhalsey@scsb.org

Principal: Mike Sturgill

Assistant Principal: Sam Blevins

Athletic/Activities Director: Mark Halsey

Superintendent: Dr. Michael M. Robinson (Smyth)

Assistant AD:

Colors: Orange/Black

Mascot: Warriors

Ath Trainer

Band Dan Wilner

Baseball Jeff Robinson

Basket, b John Sabo

Basket, g Mark Halsey

Cheer Christie McAllister

Cr Writing

Crew, b

Crew, g

CrossC, b Ron Cahill

CrossC, g Ron Cahill

Debate

F Hockey

Football

Forensics

Golf Rebecca Peery

Gymnast, b

Gymnast, g

Ind Track, b Ron Cahill

Ind Track, g Ron Cahill

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Tori Bledsoe

Out Track, b Ron Cahill

Out Track, g Ron Cahill

Students 427

Gym Cap. 1100

Stad. Cap. 5000

Larry Russell

Rebecca Peery

Gary Arnold

Group: A

Region: C

District: Hogoheegee

Scholastic

Soccer, b

Soccer, g

Softball John Sabo

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Rebecca Peery

Volley, b

Volley, g

Wrestling Laura Robinson

Yearbook Shane Keith Pam Boswell

Div.: 2

Chincoteague

(CHIN)

School Phone: 757-336-6166

4586 Main Street / Chincoteague, VA 23336-2820

Athletics Office:

Email: cholland@chs.accmack.k12.va.us / clove@chs.accmack.k12.va.us

School Fax: 757-336-1902

Principal: Chris Holland

Assistant Principal: Cynthia S. Downing

Athletic/Activities Director: Chris Love

Superintendent: Mr. Richard W. Bull, Jr. (Accmack)

Assistant AD:		Students	150
Colors:	Navy Blue/Gold	Gym Cap.	500
Mascot:	Ponies	Stad. Cap.	800
Ath Trainer		Football	Not Filled
Band	Andre Jefferson	Forensics	Maury Enright
Baseball	Fred Richardson	Golf	Fred Richardson
Basket, b	Not Filled	Gymnast, b	Not Filled
Basket, g	Kim Richardson	Gymnast, g	Sheila Rose
Cheer	Peggy Jeffries	Ind Track, b	
Cr Writing		Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b		Magazine	
CrossC, g		Newspaper	
Debate		Out Track, b	
F Hockey		Out Track, g	

Group:	A	Div.:	1
Region:	A		
District:	Eastern Shore-A		
Scholastic			
Soccer, b		George Katsetos	
Soccer, g			
Softball		Peggy Jeffries	
Swim, b			
Swim, g			
Tennis, b			
Tennis, g			
Theatre		Fred Richardson	
Volley, b			
Volley, g		Kim Richardson	
Wrestling		Fred Gers	
Yearbook		Barbara Luehning	

Christiansburg

(CBRG)

School Phone: 540-382-5178

100 Independence Boulevard / Christiansburg, VA 24073-1462

Athletics Office: 540-382-5187

Email: rpoindexter@mail.mcps.org / klitton@mail.mcps.org

School Fax: 540-381-6525

Principal: Rhonda Poindexter

Assistant Principal: Darnell Carter, Mike Stanley, Barbara Erdelyi

Athletic/Activities Director: Kirk Litton (RAA)

Superintendent: Not Filled (Montgomery)

Assistant AD:		Students	1050
Colors:	Blue/Gold	Gym Cap.	2000
Mascot:	Demons	Stad. Cap.	3500
Ath Trainer	Amy Johnson	Football	Tim Cromer
Band	David Miller	Forensics	
Baseball	Dale Nelson	Golf	Phil Pendergrass
Basket, b	Doug Hylton	Gymnast, b	
Basket, g	Irvin White	Gymnast, g	
Cheer	Amanda Cooper	Ind Track, b	Shane Guynn
Cr Writing		Ind Track, g	Shane Guynn
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Shane Guynn	Magazine	
CrossC, g	Shane Guynn	Newspaper	Kim Gross
Debate	June Walker	Out Track, b	Shane Guynn
F Hockey		Out Track, g	Shane Guynn

Group:	AA	Div.:	4
Region:	IV		
District:	River Ridge		
Scholastic		Anita Alderman	
Soccer, b		Pete Johnson	
Soccer, g		Perry Cox	
Softball		Harold Osborne	
Swim, b		Amy Brehl	
Swim, g		Amy Brehl	
Tennis, b		Eric McGuire	
Tennis, g		Christina Hylton	
Theatre		Kirsten Radford	
Volley, b			
Volley, g		Brian Smith	
Wrestling		Daryl Weber	
Yearbook		Liz Hollie	

Churchland

(CHUR)

School Phone: 757-686-2500

4301 Cedar Lane / Portsmouth, VA 23703-2074

Athletics Office: 757-686-2553

Email: Susan.Bechtoll@pps.k12.va.us / David.Moss@pps.k12.va.us

School Fax: 757-686-2504

Principal: Susan Bechtoll

Assistant Principal: Wayne Hylton, Sandra Knight, Horace Lambert

Athletic/Activities Director: David Moss (RAA)

Superintendent: Dr. David C. Stuckwisch (Portsmouth)

Assistant AD:		Students	1620
Colors:	Black/Orange	Gym Cap.	4200
Mascot:	Truckers	Stad. Cap.	3500
Ath Trainer	David Turpin	Football	Credic Cradle
Band	Jeffrey Warren	Forensics	Jonnette Jarman
Baseball	William Kline	Golf	William Kline
Basket, b	Arthur Zeno	Gymnast, b	
Basket, g	Sandra Rudolph	Gymnast, g	
Cheer	Nakeya McCroly	Ind Track, b	Cedric Cradle
Cr Writing		Ind Track, g	Henry Broady
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Larry Wylie	Magazine	
CrossC, g	Vernonica Favero	Newspaper	William Blake
Debate		Out Track, b	Cedric Cradle
F Hockey	Diane Dennis	Out Track, g	Henry Broady

Group:	AAA	Div.:	5
Region:	Eastern		
District:	Eastern		
Scholastic			
Soccer, b		Larry Wylie	
Soccer, g		Veronica Favero	
Softball		Angie Archer	
Swim, b		Marcy Pronovost	
Swim, g		Marcy Pronovost	
Tennis, b		Keith Parker	
Tennis, g		Mary Schutz	
Theatre		Jonnette Jarman	
Volley, b		Edwin Chandler	
Volley, g		Angie Archer	
Wrestling		Gino Mizusawa	
Yearbook		Tricia McGewen	

Clarke County**(CLRK)****School Phone:** 540-955-6130

240 Westwood Road / Berryville, VA 22611-9609

Athletics Office: Ext. 234**EMail:** / childsc@clarke.k12.va.us**School Fax:** 540-955-6139**Principal:** John Werner**Assistant Principal:** Les Farr, Jill Sowers**Athletic/Activities Director:** Casey Childs**Superintendent:** Dr. Michael Murphy (Clarke)

Assistant AD:		Students 760	Group: A	Div.: 2	
Colors:	Burnt Orange/Navy Blue	Gym Cap. 1100	Region: B		
Mascot:	Eagles	Stad. Cap. 2000	District: Bull Run		
Ath Trainer	Lindsay Griego	Football	Chris Parker	Scholastic	Laurie Barbagallo
Band	Mark Curry	Forensics	Clark Hansbarger	Soccer, b	Andrew Porter
Baseball	Jon Novick	Golf	Randy Anderson	Soccer, g	Not Filled
Basket, b	Brent Emmart	Gymnast, b		Softball	Susan Grubbs
Basket, g	Tim Lawrence	Gymnast, g		Swim, b	Carol Marshall
Cheer	Melissa Astin	Ind Track, b	Nancy Specht	Swim, g	Carol Marshall
Cr Writing	Tekoa Simpkins	Ind Track, g	Nancy Specht	Tennis, b	Not Filled
Crew, b		Lacrosse, b		Tennis, g	Ted Schulhof
Crew, g		Lacrosse, g		Theatre	Christine Brewer
CrossC, b	Nancy Specht	Magazine	Tekoa Simpkins	Volley, b	
CrossC, g	Nancy Specht	Newspaper	Jim Deignan	Volley, g	Mary Brune
Debate		Out Track, b	Andre' Kidrick	Wrestling	John VanSice
F Hockey		Out Track, g	Andre' Kidrick	Yearbook	Kathy Campbell

Clintwood**(CLIN)****School Phone:** 276-926-8400

P. O. Box 577, 141 Greenwave Circle / Clintwood, VA 24228-0577

Athletics Office: 276-926-8725**EMail:** bcastle@dickenson.k12.va.us / ddeel@dickenson.k12.va.us**School Fax:** 276-926-6154**Principal:** Bill Castle**Assistant Principal:** Dennis Deel**Athletic/Activities Director:** Dennis Deel**Superintendent:** Mrs. Haydee Robinson (Dickenson)

Assistant AD:		Students 340	Group: A	Div.: 1	
Colors:	Green/White/Vegas Gold	Gym Cap. 2200	Region: D		
Mascot:	Greenwave	Stad. Cap. 5000	District: Lonesome Pine		
Ath Trainer		Football	Rick Mullins	Scholastic	
Band		Forensics	Laura Deel	Soccer, b	
Baseball	Chris Robinson	Golf		Soccer, g	
Basket, b	David Vanover	Gymnast, b		Softball	David Vanover
Basket, g	Donnie Frazier	Gymnast, g		Swim, b	
Cheer	Melissa Gumm	Ind Track, b		Swim, g	
Cr Writing		Ind Track, g		Tennis, b	Debra Barnett
Crew, b		Lacrosse, b		Tennis, g	Tonya Grant
Crew, g		Lacrosse, g		Theatre	Laura Deel
CrossC, b	Donnie Frazier	Magazine		Volley, b	
CrossC, g	Donnie Frazier	Newspaper		Volley, g	Vicki Blevins
Debate		Out Track, b	Jack Hamilton	Wrestling	
F Hockey		Out Track, g	Lorie Fletcher	Yearbook	Lydia Deel

Clover Hill**(CLHL)****School Phone:** 804-739-6230

13900 Hull Street Road / Midlothian, VA 23112-2013

Athletics Office: 804-739-6236**EMail:** Deborah_Marks@ccpsnet.net / Wayne_Mehrer@ccpsnet.net**School Fax:** 804-739-6239**Principal:** Deborah Marks, PhD**Assistant Principal:** Sloan Burns, Sylvia Wade, Patricia Brown, EdD, Julie Tatum**Athletic/Activities Director:** Wayne Mehrer**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)

Assistant AD:	Shelley Herzing	Students 1450	Group: AAA	Div.: 6	
Colors:	Green/Gold/White	Gym Cap. 1500	Region: Central		
Mascot:	Cavaliers	Stad. Cap. 2400	District: Dominion		
Ath Trainer	Danielle Ross	Football	Sean O'Hare	Scholastic	Thomas Hilterbrant
Band	Steve Conley	Forensics	Katie Hunter	Soccer, b	Jonathan Gates
Baseball	David Zyglocke	Golf	Jim Alberston	Soccer, g	Shawn Martin
Basket, b	Frank Short	Gymnast, b		Softball	Glenn Corbin
Basket, g	Jim Wahrman	Gymnast, g		Swim, b	
Cheer	Candice Cobb	Ind Track, b	Brandon Miles	Swim, g	
Cr Writing		Ind Track, g	Tiffany Street	Tennis, b	Joel Higham
Crew, b		Lacrosse, b		Tennis, g	Wilton Johns
Crew, g		Lacrosse, g		Theatre	Ginger Gobble
CrossC, b	Jim Wahrman	Magazine		Volley, b	Georjean Lampley
CrossC, g	Brandon Miles	Newspaper	Denise Haley	Volley, g	Erin Peebles
Debate	Hunter Clarke	Out Track, b	Jim Wahrman	Wrestling	Chris Giles
F Hockey	Donna Stables	Out Track, g	Brandon Miles	Yearbook	Kellilyn Jones

Coeburn**(COEB)**

School Phone: 276-395-3389

Athletics Office: 276-395-6741

School Fax: 276-395-5167

314 Schoolhouse Hill Drive, P. O. Box 2036 / Coeburn, VA 24230-20

Email: dlee@wise.k12.va.us / gjessee@wise.k12.va.us

Principal: Dante Lee

Assistant Principal: Susan Mullins

Athletic/Activities Director: Greg Jessee

Superintendent: Dr. Jeff Perry (Wise)

Assistant AD:

Colors: Silver/Blue/White

Mascot: Blue Knights

Ath Trainer

Band Kelley Sorah

Baseball Steve Hubbard Jr.

Basket, b Jeff Adkins

Basket, g Alan Atwood

Cheer Davenne Wyatt

Cr Writing Karen Peters

Crew, b

Crew, g

CrossC, b Emil Schenck

CrossC, g Emil Schenck

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Not Filled

Out Track, b Greg Mullins

Out Track, g Jesse Roberts

Students 412

Gym Cap. 900

Stad. Cap. 3500

Greg Mullins

Karen Peters

Steve Hubbard

Group: A

Region: D

District: Cumberland

Scholastic

Soccer, b

Soccer, g

Softball Susie Atwood

Swim, b

Swim, g

Tennis, b Jeff Adkins

Tennis, g Bobbie Jones

Theatre Dawn Fields

Volley, b

Volley, g Brianne Casteel

Wrestling Emil Schenck

Yearbook Lynn Ramey

Div.: 2

Colonial Beach**(CBEA)**

School Phone: 804-224-7166

Athletics Office: 804-224-7166

School Fax: 804-224-7465

100 First Street / Colonial Beach, VA 22443-1801

Email: dbridges@cbschools.net / jjack@cbschools.net

Principal: David Bridges

Assistant Principal:

Athletic/Activities Director: Jeremy Jack

Superintendent: Dr. Alice H. Howard (Colonial Beach)

Assistant AD:

Colors: Black/Gold

Mascot: Drifters

Ath Trainer

Band

Baseball Steve Swope

Basket, b Steve Swope

Basket, g Joyce Robey

Cheer Gail Tinsely

Cr Writing Veronica Reynolds

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper David Reams

Out Track, b

Out Track, g

Students 189

Gym Cap. 600

Stad. Cap. 500

Jeremy Jack

Group: A

Region: A

District: Northern Neck

Scholastic Danny McNamara

Soccer, b

Soccer, g

Softball Fred Dodge

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Danny McNamara

Volley, b

Volley, g Larry Roberson

Wrestling

Yearbook Robert Hunter

Div.: 1

Colonial Forge**(CFRG)**

School Phone: 540-658-6115

Athletics Office: 540-658-6128

School Fax: 540-658-6120

550 Courthouse Road / Stafford, VA 22554

Email: Imartin@staffordschools.net / bcollier@staffordschools.net

Principal: Lisa L., Martin, Ph.D.

Assistant Principal: Trish Jacobs, Nicholas Mammarella, Rodney Jones

Athletic/Activities Director: Brian Collier

Superintendent: Dr. David E. Sawyer (Stafford)

Assistant AD:

Colors: Forest Green/Navy/Silver

Mascot: Eagles

Ath Trainer Scott Shumanski

Band Andrew Loft

Baseball Shawn Szakelyhidi

Basket, b Bryan Zarzeded

Basket, g Michele Darley

Cheer Angelica Lattimore

Cr Writing James Davis

Crew, b

Crew, g

CrossC, b Gary Gottschalk

CrossC, g Amy Yocum

Debate Not Filled

F Hockey Tania Baltes

Football

Forensics

Golf

Gymnast, b

Gymnast, g Kim Thornburg

Ind Track, b Not Filled

Ind Track, g Not Filled

Lacrosse, b Blair Penny

Lacrosse, g

Magazine James Davis

Newspaper Michael Snead

Out Track, b Not Filled

Out Track, g Not Filled

Students 1750

Gym Cap. 2000

Stad. Cap. 5000

Bill Brown

Not Filled

Shane Oldenburg

Group: AAA

Region: Northwest

District: Commonwealth

Scholastic Aaron Tlumack

Soccer, b BJ Tucker

Soccer, g Melissa Backus

Softball Celina Parker

Swim, b Not Filled

Swim, g Julie Bates

Tennis, b Andy Wolfenbarger

Tennis, g Robbie Thomas

Theatre Deborah Hansen

Volley, b

Volley, g Keith Mesa

Wrestling

Yearbook Bill Swink Tiffany Kopcak

Div.: 5

Colonial Heights

(CHTS)

School Phone: 804-524-3405
Athletics Office: 804-524-3405
School Fax: 804-520-7222

3600 Conduit Road / Colonial Heights, VA 23834-2699

EMail: John_Keeler@colonialhts.net / Robert_Rose@colonialhts.net

Principal: Dr. John Keeler

Assistant Principal: Kristin Janssen, Travis Ridley

Athletic/Activities Director: Robert Rose (CAA)

Superintendent: Dr. Joseph O. Cox, Jr. (Colonial Heights)

Assistant AD: Students 975
Colors: Red/Blue Gym Cap. 1400
Mascot: Colonials Stad. Cap. 3000
Ath Trainer Randi Kidd, ATC Football Bert Krupp
Band Kyle Flohre Forensics Ruth Wareham
Baseball Brian Holt Golf Jim Crinkley
Basket, b John Thomas, Jr. Gymnast, b
Basket, g Jim Crinkley Gymnast, g
Cheer Melissa Curry Ind Track, b Remus James
Cr Writing Ind Track, g Damon Talley
Crew, b Lacrosse, b
Crew, g Lacrosse, g
CrossC, b Tim Ralph Magazine
CrossC, g Damon Talley Newspaper Cynthia Goforth
Debate Out Track, b Remus James
F Hockey Shastan Kuschke Out Track, g Damon Talley

Group: AAA Div.: 5
Region: Central
District: Central
Scholastic David Flickinger
Soccer, b J.P. McNulty
Soccer, g Mark Lee
Softball Toni Martin
Swim, b
Swim, g
Tennis, b Mike Smielecki
Tennis, g Ruslana Remennikova
Theatre Ruth Wareham
Volley, b Mark Lee
Volley, g Toni Martin
Wrestling Andrew Sawka
Yearbook Amanda Creasey

Cosby

(COSB)

School Phone: 804-639-8340
Athletics Office: 804-639-8345
School Fax: 804-639-8357

14300 Fox Club Parkway / Midlothian, VA 23112

EMail: Brenda_Mayo@ccpsnet.net / Ted_Salmon@ccpsnet.net

Principal: Brenda Mayo

Assistant Principal: Sid Ames, Doug Bachman

Athletic/Activities Director: Ted Salmon (CAA)

Superintendent: Dr. Marcus J. Newsome (Chesterfield)

Assistant AD: Ron Carr, Tim Lowery Students 2000
Colors: Columbia Blue/Silver Gym Cap. 2000
Mascot: Titans Stad. Cap. 4000
Ath Trainer Ed Metzger Football Pete Mutascio
Band Earl Shaffer Forensics Yvonne Fluger
Baseball Tim Lowery Golf Warren Kempf
Basket, b Ron Carr Gymnast, b
Basket, g Rachel Mead Gymnast, g
Cheer Catharine Walters Ind Track, b Bryan Still
Cr Writing Not Filled Ind Track, g Bryan Still
Crew, b Lacrosse, b
Crew, g Lacrosse, g
CrossC, b Chris Averill Magazine Kate Alexander
CrossC, g Chris Averill Newspaper Jamie Bird
Debate Mary Page-Edwards Out Track, b Bryan Still
F Hockey Rachel Mead Out Track, g Bryan Still

Group: AAA Div.: 6
Region: Central
District: Dominion
Scholastic Marcia Borden
Soccer, b Mike Anderson
Soccer, g Anne Canipe
Softball Ray Jeter
Swim, b
Swim, g
Tennis, b Jim Alberston
Tennis, g Courtney Lee
Theatre Kerry Fretwell
Volley, b Frankie Jenkins
Volley, g Megan Camden
Wrestling Mike Stefanko
Yearbook Ritamarie Hensley

Council

(COUN)

School Phone: 276-859-2627
Athletics Office: 276-859-2558
School Fax: 276-859-0145

HC 4, Box 230 / Council, VA 24260-9300

EMail: ktaylor@buc.k12.va.us / hpresley@buc.k12.va.us

Principal: Karen Taylor

Assistant Principal:

Athletic/Activities Director: Harry Presley

Superintendent: Mr. Tommy P. Justus (Buchanan)

Assistant AD: Students 142
Colors: Col. Blue/Navy/White Gym Cap. 1500
Mascot: Cobras Stad. Cap. 0
Ath Trainer Football
Band Forensics Meegan Branham
Baseball David Bostic Golf Edgar Childress
Basket, b Jeremy Ratliff Gymnast, b
Basket, g Ben Jackson Gymnast, g
Cheer Melanie Keen Ind Track, b
Cr Writing Ind Track, g
Crew, b Lacrosse, b
Crew, g Lacrosse, g
CrossC, b Neil Rasnake Magazine
CrossC, g Valerie Sutherland Newspaper
Debate Out Track, b Jeremy Ratliff
F Hockey Out Track, g Valerie Sutherland

Group: A Div.: 1
Region: D
District: Black Diamond
Scholastic Edgar Childress
Soccer, b
Soccer, g Ben Jackson
Softball
Swim, b
Swim, g
Tennis, b Neil Rasnake
Tennis, g Wanda Hess
Theatre
Volley, b
Volley, g Danny Rasnake
Wrestling
Yearbook David Bostic

Courtland**(CORT)**

6701 Smith Station Road / Spotsylvania, VA 22553-1803

Email: sfitch@hs.spotsylvania.k12.va.us / rowman@hs.spotsylvania.k12.va.us**Principal:** Steve Fitch**Assistant Principal:** Ruth White, Tammie Smith**Athletic/Activities Director:** Ronnie Lowman**Superintendent:** Dr. Jerry W. Hill (Spotsylvania)**Assistant AD:****Colors:** Royal Blue/Silver**Mascot:** Cougars

Ath Trainer Laura Gast

Band Don Leonard

Baseball Tim Acors

Basket, b J.T. Nino

Basket, g Gene Flamm

Cheer Kristen Mastalski

Cr Writing

Crew, b

Crew, g

CrossC, b Chris Leggett

CrossC, g Chris Leggett

Debate Lindsey Starin

F Hockey Amy Andersen

Students 1276**Gym Cap.** 1382**Stad. Cap.** 5000

Football J.C. Hall

Forensics

Golf John Florip

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Melissa Bates

Out Track, b Shannon Crabtree

Out Track, g Jesse Johnson

Group: AA**Region:** I**District:** Battlefield

Scholastic Amy Esch

Soccer, b J.T. Nino

Soccer, g Dennis Berry

Softball Tom Wingert

Swim, b Greg Marsh

Swim, g Jill Jensen

Tennis, b Matt Malobicky

Tennis, g Jimmie Williams

Theatre Tamara Perry

Volley, b

Volley, g Bob Hott

Wrestling Chris Leggett

Yearbook Mindy Liebeau

Div.: 4**School Phone:** 540-898-4445**Athletics Office:** 540-710-9291**School Fax:** 540-898-4458**Covington****(COVI)**

606 S. Lexington Avenue / Covington, VA 24426-1999

Email: rmclintic@covington.k12.va.us / sfuhrman@covington.k12.va.us**Principal:** Robert McClintic**Assistant Principal:** Tim Morris**Athletic/Activities Director:** Shannon Leech-Fuhrman**Superintendent:** Mr. Edward Graham (Covington)**Assistant AD:****Colors:** Navy Blue/Vegas Gold**Mascot:** Cougars

Ath Trainer Charity Hale

Band Joe Austin

Baseball Mick Strand

Basket, b Garland Jefferson

Basket, g Mark Pifer

Cheer Kim Holloway

Cr Writing

Crew, b

Crew, g

CrossC, b Ray Sullins

CrossC, g Ray Sullins

Debate

F Hockey

Students 215**Gym Cap.** 440**Stad. Cap.** 5000

Football Steve Dressler

Forensics

Golf Rob Bennett

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Jason Akers

Out Track, g Jason Akers

Group: A**Region:** C**District:** Pioneer

Scholastic Brenda Tate

Soccer, b

Soccer, g

Softball Leigh Woodward

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Jessica Fauber

Volley, b

Volley, g Shannon Fuhrman

Wrestling Ray Sullins

Yearbook Leigh Woodward

Div.: 1**School Phone:** 540-965-1410**Athletics Office:** 540-965-1417**School Fax:** 540-965-5870**Frank W. Cox****(FCOX)**

2425 Shorehaven Drive / Virginia Beach, VA 23454-1749

Email: bmatney@vbschools.com / jamesb.long@vbschools.com**Principal:** Brian Matney**Assistant Principal:** Cletus Griffin, Mike Scignano, Mary Wiggins, Sandra Brown**Athletic/Activities Director:** Jim Long (RAA)**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** Mike Nelson, Rixey Wilcher**Colors:** Green/Gold**Mascot:** Falcons

Ath Trainer T. Nickerson, B. Hinkle

Band Mike Lane

Baseball Bill Conroy

Basket, b Bobby Wolfe

Basket, g Shannon Drury

Cheer Beth Ann Bell

Cr Writing LeighAnn Self

Crew, b Steve Kremers

Crew, g

CrossC, b Raena Weimer

CrossC, g Leslie Fedon

Debate Sid Baumann

F Hockey Julie Swain

Students 1950**Gym Cap.** 1800**Stad. Cap.** 5000

Football William Stachelski

Forensics

Golf Brian Allard

Gymnast, b

Gymnast, g Melody Hartranft

Ind Track, b Aaron Pratt

Ind Track, g Raena Weimer

Lacrosse, b

Lacrosse, g

Magazine LeighAnn Self

Newspaper

Out Track, b Aaron Pratt

Out Track, g Leslie Fedon

Group: AAA**Region:** Eastern**District:** Beach

Scholastic Jeannette Martino

Soccer, b Scott Mead

Soccer, g Michele Clark

Softball Eric Bodenstein

Swim, b Ryan Quinn

Swim, g Joe Gentry

Tennis, b George Schwenk

Tennis, g George Schwenk

Theatre Jeannette Ringenberg

Volley, b Jason Zuidema

Volley, g Claire LeBlanc

Wrestling Not Filled

Yearbook Ginny James

Div.: 6**School Phone:** 757-648-5250**Athletics Office:** 757-648-5271**School Fax:** 757-496-6731

Craig County**(CRAI)**

School Phone: 540-864-5185
 Athletics Office: 540-580-2358
 School Fax: 540-864-5636

25239 Craigs Creek Road / New Castle, VA 24127-9542

Email: dbowman@craig.k12.va.us / ktrask@craig.k12.va.us

Principal: Dan Bowman

Assistant Principal: Walt Raines

Athletic/Activities Director: Kimberly Trask

Superintendent: Mr. Ronnie Colonel Gordon (Craig)

Assistant AD:		Students	219	Group:	A	Div.:	1
Colors:	Blue/White	Gym Cap.	600	Region:	C		
Mascot:	Rockets	Stad. Cap.	750	District:	Pioneer		
Ath Trainer		Football	Mark McPherson	Scholastic			
Band		Forensics		Soccer, b			
Baseball	Chris Akers	Golf		Soccer, g			
Basket, b	Not Filled	Gymnast, b		Softball	Trent Lipes		
Basket, g	Donald Eggleston	Gymnast, g		Swim, b			
Cheer	Renee Fridley	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Kim Kniseley	Magazine		Volley, b			
CrossC, g	Kim Kniseley	Newspaper	Jeannie Guthrie	Volley, g	Geoff Boyer		
Debate		Out Track, b	Kim Kniseley	Wrestling			
F Hockey		Out Track, g	Kim Kniseley	Yearbook	Kim Hendrick		

Culpeper County**(CULP)**

School Phone: 540-825-8310
 Athletics Office:
 School Fax: 540-829-6615

14240 Achievement Drive / Culpeper, VA 22701

Email: jdietz@culpeperschools.org / bthornhi@culpeperschools.org

Principal: Jeff Dietz

Assistant Principal: Barbara Brown, Chuck Toler, Randi Richards-Lutz, Gwen Brown, Mark Settle, Kelley Fabish, Kelley Fabish

Athletic/Activities Director: Billy Thornhill

Superintendent: Dr. Larry Carter (Acting) (Culpeper)

Assistant AD:		Students	1960	Group:	AA	Div.:	6
Colors:	Navy Blue/Gold	Gym Cap.	3250	Region:	I		
Mascot:	Blue Devils	Stad. Cap.	2500	District:	Battlefield		
Ath Trainer	Henry Wolfe	Football	Greg Martz	Scholastic			
Band	Duane Clore	Forensics	Michelle Edwards	Soccer, b	Tim Kearney		
Baseball	Danny Nobbs	Golf	Shirley Gray	Soccer, g	Erick Kalenga		
Basket, b		Gymnast, b		Softball	Janice Gillespie		
Basket, g		Gymnast, g		Swim, b	Abby Harris		
Cheer	Lynda Blume	Ind Track, b		Swim, g	Abby Harris		
Cr Writing		Ind Track, g		Tennis, b	Ron Hutchins		
Crew, b		Lacrosse, b	Scott Found	Tennis, g	Marianne Bretscheider		
Crew, g		Lacrosse, g		Theatre	Margaret Lawrence		
CrossC, b	Kim Williams	Magazine		Volley, b			
CrossC, g	Paul Lutz	Newspaper		Volley, g	Terasa Gore		
Debate		Out Track, b	Kim Williams	Wrestling	John Fotenos		
F Hockey	Peggy Allen	Out Track, g	Libby Ouellette	Yearbook	Michelle Edwards		

Cumberland**(CUMB)**

School Phone: 804-492-4212
 Athletics Office: 804-492-4212
 School Fax: 804-492-3138

15 School Road, Box 140 / Cumberland, VA 23040

Email: jfowlkes@cupcs.k12.va.us / mpearman@cupcs.k12.va.us

Principal: Jeff Dingeldein

Assistant Principal: Kristy Somerville

Athletic/Activities Director: James Fowlkes

Superintendent: Dr. James Thornton (Cumberland)

Assistant AD:	Matthew Pearnan (CAA)	Students	465	Group:	A	Div.:	1
Colors:	Blue/Gold	Gym Cap.	1302	Region:	B		
Mascot:	Dukes	Stad. Cap.	1500	District:	James River		
Ath Trainer		Football	Michael Sutton	Scholastic	John Brandt		
Band	Stephen Harmon	Forensics		Soccer, b	Heather Storrie		
Baseball	Duane Partusch	Golf	Toby Towler	Soccer, g			
Basket, b	Tyrone Mosby	Gymnast, b		Softball	Kris Tuck		
Basket, g	Michael Camden	Gymnast, g		Swim, b			
Cheer	Shaletha Watson	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Carrington Light	Magazine		Volley, b			
CrossC, g	Carrington Light	Newspaper		Volley, g	Sheario Harris		
Debate		Out Track, b	Chris Coleman	Wrestling	Robbie Wendell		
F Hockey		Out Track, g	Chris Coleman	Yearbook	Myrna Barr		

Thomas Dale**(DALE)****School Phone:** 804-768-6245**Athletics Office:** Ext. 687**School Fax:** 804-768-6256

3626 W. Hundred Road / Chester, VA 23831-1999

Email: robert_stansberry@ccpsnet.net / lee_batten@ccpsnet.net**Principal:** Robert Stansberry**Assistant Principal:** Michelle Lewis, Gene Brown, Mark Fowler, Pam Lumsden**Athletic/Activities Director:** Lee Batten**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)**Assistant AD:** Mike Knight, Dick Anthony**Students** 2500**Colors:** Maroon/Gray**Gym Cap.** 1900**Mascot:** Knights**Stad. Cap.** 4000

Ath Trainer Adam Linens

Football Vic Williams

Band David Holley

Forensics

Baseball Chris Marshall

Golf Jonathan Williams

Basket, b Eddie Goss

Gymnast, b

Basket, g Kevin Coffey

Gymnast, g

Cheer Jason Cramer

Ind Track, b Bob Gulley

Cr Writing Peter Barringer

Ind Track, g Doug Sable

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b Bob Gulley

Magazine Peter Barringer

CrossC, g Doug Sable

Newspaper DeAnn Devore

Debate

Out Track, b Doug Sable

F Hockey Beth Jaeckle

Out Track, g Dick Anthony

Group: AAA**Div.:** 6**Region:** Central**District:** Central

Scholastic

Soccer, b Mark Fowler

Soccer, g John Kabler

Softball Dennis Jones

Swim, b

Swim, g

Tennis, b Corey Neal

Tennis, g Kara Watts

Theatre Carol Halbert

Volley, b Mike Walker

Volley, g Kristina Daugherty

Wrestling Not Filled

Yearbook Scott Young

Dan River**(DNRV)****School Phone:** 434-822-7081**Athletics Office:** 434-822-7661**School Fax:** 434-822-7347

100 Dan River Wildcat Circle / Ringgold, VA 24586-9505

Email: elizabeth.craig@pcs.k12.va.us / emily.reynolds@pcs.k12.va.us**Principal:** Elizabeth Craig**Assistant Principal:** Emily Reynolds, Brian Boles**Athletic/Activities Director:** Emily Reynolds**Superintendent:** Mr. James E. McDaniel (Pittsylvania)**Assistant AD:** Jacob Gruse**Students** 640**Colors:** Royal Blue/Red/White**Gym Cap.** 600**Mascot:** Wildcats**Stad. Cap.** 3500

Ath Trainer

Football Ferrell Edmunds

Band Maxtan Artis

Forensics Heather Morris

Baseball Sammy McCormick

Golf J. Gruse, R. Scopolini

Basket, b Jacob Gruse

Gymnast, b

Basket, g Dionte Harris

Gymnast, g

Cheer L. Alderson, S. Donohue

Ind Track, b

Cr Writing

Ind Track, g

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b L.C. Moore

Magazine

CrossC, g L.C. Moore

Newspaper Joe Birkhead

Debate

Out Track, b Howard Crump

F Hockey

Out Track, g Thomas Pounds

Group: A**Div.:** 5**Region:** B**District:** Dogwood

Scholastic Beth Johnson

Soccer, b Craig Saunders

Soccer, g Jurgen Fochler

Softball Melanie Gilbert

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Heather Morris

Volley, b

Volley, g Jacqueline Lavoie

Wrestling

Yearbook Joe Birkhead

Deep Creek**(DPCK)****School Phone:** 757-558-5302**Athletics Office:** 757-494-8076**School Fax:** 757-558-5305

2900 Margaret Booker Drive / Chesapeake, VA 23323-3912

Email: baglejpa@cps.k12.va.us / polktbe@cps.k12.va.us**Principal:** J. Page Bagley**Assistant Principal:** Larry Johnson, Randolph Sykes, Jackie Milteer**Athletic/Activities Director:** Benny Polk**Superintendent:** Dr. W. Randolph Nichols (Chesapeake)**Assistant AD:****Students** 1250**Colors:** Purple/White**Gym Cap.** 1400**Mascot:** Hornets**Stad. Cap.** 9000

Ath Trainer Tad Nickerson

Football David Waddell

Band Debbie Beck

Forensics Darlene Requizo

Baseball Bill Partain

Golf David Waddell

Basket, b Leroy Ricks

Gymnast, b

Basket, g Anthony Edmonds

Gymnast, g Stacy Hobbs

Cheer Tristan Bradshaw

Ind Track, b Karl Kumm

Cr Writing

Ind Track, g Chris Brumm

Crew, b

Lacrosse, b

Crew, g

Lacrosse, g

CrossC, b Jimmie Dillion

Magazine

CrossC, g Jimmie Dillion

Newspaper Pam Acklin

Debate Stephanie Rayfield

Out Track, b Karl Kumm

F Hockey Joey Robins

Out Track, g Chris Brumm

Group: AAA**Div.:** 5**Region:** Eastern**District:** Southeastern

Scholastic

Soccer, b Chris Giddis

Soccer, g Wendy Kotwas

Softball Dave Noblin

Swim, b

Swim, g

Tennis, b Jan Capua

Tennis, g Ann Pitt

Theatre Nikki Robins

Volley, b Willie Hughes

Volley, g Dave Noblin

Wrestling Steve Gwaltney

Yearbook Pam Acklin

Deep Run

(DPRN)

School Phone: 804-364-8000

4801 Twin Hickory Road / Glen Allen, VA 23059

Athletics Office: 804-364-8030

Email: / jgaldrich@henrico.k12.va.us

School Fax: 804-364-0887

Principal: Tanya Kish (acting)

Assistant Principal: Rodney Berry, Rebecca Miller, Cheri Guempel

Athletic/Activities Director: Josh Aldrich (RAA)

Superintendent: Dr. Patrick Russo (Henrico)

Assistant AD:		Students 1900	Group: AAA	Div.: 6
Colors: Black/Royal Blue		Gym Cap. 1560	Region: Central	
Mascot: Wildcats		Stad. Cap. 2000	District: Colonial	
Ath Trainer Sakisa Kinchen	Football Greg Kendall		Scholastic	
Band Jaraun Ransome	Forensics Dottie Carpenter		Soccer, b Martin Brooks	
Baseball Grant Odell	Golf Will Hicks		Soccer, g Emily Pierce	
Basket, b Rally Axselle	Gymnast, b		Softball Eric Ozolins	
Basket, g Not Filled	Gymnast, g Karen Wright		Swim, b	
Cheer Sarah Garrison	Ind Track, b Lake Stockdreher		Swim, g	
Cr Writing Tee Clarkson	Ind Track, g Lake Stockdreher		Tennis, b Salman Parvaiz	
Crew, b	Lacrosse, b		Tennis, g Ty Levy	
Crew, g	Lacrosse, g		Theatre Sheryl Gibson	
CrossC, b Lake Stockdreher	Magazine Not Filled		Volley, b Kevin Pond	
CrossC, g Lake Stockdreher	Newspaper Patricia Lyons		Volley, g Terra Balla	
Debate Kevin Eddins	Out Track, b Lake Stockdreher		Wrestling Dan Leale	
F Hockey Katie Niemeier	Out Track, g Lake Stockdreher		Yearbook Patricia Lyons	

Denbigh

(DENB)

School Phone: 757-886-7700

259 Denbigh Boulevard / Newport News, VA 23608-3399

Athletics Office: 757-886-7700

Email: michael.cromartie@nn.k12.va.us / bryan.weaver@nn.k12.va.us

School Fax: 757-872-6542

Principal: Michael Cromartie

Assistant Principal: Horace Underwood, Marylin Sinclair-White, Audrey Mitchell

Athletic/Activities Director: Bryan Weaver

Superintendent: Dr. Ashby C. Kilgore (Newport News)

Assistant AD:		Students 1750	Group: AAA	Div.: 5
Colors: Red/White/Blue		Gym Cap. 1404	Region: Eastern	
Mascot: Patriots		Stad. Cap. 8000	District: Peninsula	
Ath Trainer Nkelle Anderson	Football		Scholastic James Freeman	
Band Austin Nichols	Forensics		Soccer, b Bill Dittmar	
Baseball Christopher Balus	Golf Andy Hawkins		Soccer, g Ashley Via	
Basket, b Bryan Weaver	Gymnast, b		Softball Bryan Weaver	
Basket, g James Smith	Gymnast, g Elizabeth Forestiere		Swim, b Pamela Guerette	
Cheer Tressa Tucker	Ind Track, b Troy Durio		Swim, g Pamela Guerette	
Cr Writing	Ind Track, g Troy Durio		Tennis, b Stephanie Hicks	
Crew, b	Lacrosse, b		Tennis, g Andrew Hawkins	
Crew, g	Lacrosse, g		Theatre Steve Hart	
CrossC, b James Throupe	Magazine		Volley, b Emily Cook	
CrossC, g Troy Durio	Newspaper		Volley, g Alex Gonzalez	
Debate Kristy Matthews	Out Track, b Troy Durio		Wrestling Cameron Mix	
F Hockey Lindsay Olson	Out Track, g Troy Durio		Yearbook Melissa Rhoades	

Dinwiddie

(DINW)

School Phone: 804-469-4280

11501 Boisseau Road / Dinwiddie, VA 23841

Athletics Office: 804-469-4298

Email: bpittman@dcpsnet.org / dknowles@dcpsnet.org

School Fax: 804-469-2098

Principal: Barbara Pittman

Assistant Principal: Tireese Lewis, Randy Johnson, Becky Tilson

Athletic/Activities Director: Chad Knowles (CMAA)

Superintendent: Dr. Charles Maranzano, Jr. (Dinwiddie)

Assistant AD:		Students 1200	Group: AAA	Div.: 5
Colors: Navy Blue/Red/White		Gym Cap. 1200	Region: Central	
Mascot: Generals		Stad. Cap. 4000	District: Central	
Ath Trainer	Football Billy Mills		Scholastic Chad Knowles	
Band Ryan Gregory	Forensics Catherine Ambrosino		Soccer, b Melvin Anderson	
Baseball Shawn Wynn	Golf Jeff Walters		Soccer, g Guy Scheid	
Basket, b Jeff Walters	Gymnast, b		Softball Rick Beville	
Basket, g Not Filled	Gymnast, g		Swim, b	
Cheer Meredith Chappell	Ind Track, b Bob Weaver		Swim, g	
Cr Writing	Ind Track, g Bob Weaver		Tennis, b Not Filled	
Crew, b	Lacrosse, b		Tennis, g Otis Lilley	
Crew, g	Lacrosse, g		Theatre Judy Nobinger	
CrossC, b Bob Weaver	Magazine		Volley, b Matt Hawkins	
CrossC, g Bob Weaver	Newspaper Sharrane Johnson		Volley, g Jennifer Wegman	
Debate	Out Track, b Bob Weaver		Wrestling Chad Hall	
F Hockey	Out Track, g Bob Weaver		Yearbook Jessica Hewison	

Dominion**(DOMI)****School Phone:** 571-434-4400**Athletics Office:** 571-434-4410**School Fax:** 571-434-4401

21326 August Drive / Sterling, VA 20164

Email: John.Brewer@loudoun.k12.va.us / Joseph.Fleming@loudoun.k12.va.us**Principal:** John Brewer**Assistant Principal:** Jamie Baxton, Carol McDonald, Michelle Quirin**Athletic/Activities Director:** Joseph Fleming**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)**Assistant AD:** Kevin Shea**Colors:** Black/Silver**Mascot:** Titans

Ath Trainer Ed Renehan

Band Sean Hartmetz

Baseball Not Filled

Basket, b Steve Douglas

Basket, g Anne Gasser

Cheer Karen Shields

Cr Writing Louise Mann

Crew, b

Crew, g

CrossC, b Brian Schmidt

CrossC, g Brian Schmidt

Debate Sheryl Gusman

F Hockey

Football Karl Buckwalter

Forensics Sheryl Gusman

Golf Scott Rickman

Gymnast, b

Gymnast, g Not Filled

Ind Track, b

Ind Track, g

Lacrosse, b Pete Lenotti

Lacrosse, g Don Gasser

Magazine Elizabeth Specter

Newspaper Mitchell Schwartz

Out Track, b Brian Schmidt

Out Track, g Terri Williams

Group: AA**Region:** II**District:** Dulles

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 3

J. Runge, D. Snyder

Allen Lear

Kelly Payne

Tom Chuba

Heather Flor

Heather Flor

Mike Pellegrini

Holly Flynn

Amy Young

Cameron Meyer

Billy Young

Mitchell Schwartz

Eastern Montgomery**(EMON)****School Phone:** 540-268-3010**Athletics Office:****School Fax:** 540-268-3012

4695 Crozier Road / Elliston, VA 24087

Email: dknot@mail.mcps.org / tpoiff@mail.mcps.org**Principal:** Danny Knott**Assistant Principal:** Brian Kitts**Athletic/Activities Director:** Tracy Poff, (CAA)**Superintendent:** Not Filled (Montgomery)**Assistant AD:****Colors:** Maroon/White/Black**Mascot:** Mustangs

Ath Trainer David Dietter

Band Stanley Bragg

Baseball Paul Johnson

Basket, b Jeff Myers

Basket, g Mike Hunter

Cheer Kim Dillon

Cr Writing

Crew, b

Crew, g

CrossC, b Marvin Ballard

CrossC, g Jeff Myers

Debate Not Filled

F Hockey

Football Mark Poston

Forensics Jenny Williams

Golf Tom Cerva

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Not Filled

Out Track, b Mike Miller

Out Track, g Katherine Vollmer

Group: A**Region:** C**District:** Three Rivers

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 1

Brenda Tester

Mike Harrison

Desiree Bradley

Desiree Bradley

Not Filled

Eastern View**(ENVW)****School Phone:** 540-825-0621**Athletics Office:** 540-825-0621**School Fax:** 000-000-000

16332 Cyclone Way / Culpeper, VA 22701

Email: rmello@culpeperschools.org / msettle@culpeperschools.org**Principal:** Roger Mello**Assistant Principal:** Robyn Puryear, Kelley Pearson**Athletic/Activities Director:** Mark Settle (RAA)**Superintendent:** Dr. Larry Carter (Acting) (Culpeper)**Assistant AD:****Colors:** Columbia Blue/Black/Silver/Whi**Mascot:** Cyclones

Ath Trainer Jordan Nougaret

Band Adam Roach

Baseball Danny Nobbs

Basket, b Walter Wright

Basket, g Mike McCombs

Cheer Sherrie Settle

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Paul Lutz

CrossC, g Paul Lutz

Debate Not Filled

F Hockey Peggy Allen

Football Greg Hatfield

Forensics Not Filled

Golf Kevin Baker

Gymnast, b

Gymnast, g

Ind Track, b David Lamb

Ind Track, g David Lamb

Lacrosse, b Lindsay Dame

Lacrosse, g Peggy Allen

Magazine

Newspaper Not Filled

Out Track, b Not Filled

Out Track, g Keith Slezak

Group: AA**Region:** I**District:** Battlefield

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 4

Milt Hathaway

Robbie Kearney

Shay Bell

Kelly Jo Forrest

Not Filled

Not Filled

Worth Richardson

Candy Ratliff

Jeff Walker

Betty Jo Utz

Eric Brown

Jeff Walker

Thomas Edison**(EDSN)****School Phone:** 703-924-8000

5801 Franconia Road / Alexandria, VA 22310-2722

Athletics Office: 703-924-8090**Email:** Martin.Grimm@fcps.edu / EBStoy@fcps.edu**School Fax:** 703-924-8195**Principal:** Gregory Croghan**Assistant Principal:** Maria Gomez, Kristen Boehme, Mark Holbrook, Brad Rickel, Martin Grimm**Athletic/Activities Director:** Edmund "Berk" Stoy**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD: Jim Wild	Students 1775	Group: AAA	Div.: 5
Colors: Red/White/Navy Blue	Gym Cap. 850	Region: Northern	
Mascot: Eagles	Stad. Cap. 4500	District: National	
Ath Trainer S. Upthegrove, J. Greco	Football Vaughn Lewis	Scholastic	
Band Erik Richards	Forensics Melissa Mustard	Soccer, b Scott Racek	
Baseball Steve Palese	Golf Peddro Crump	Soccer, g TJ Hawkins	
Basket, b Kevin Quinlan	Gymnast, b	Softball Bill Shaugnessey	
Basket, g Dianne Lewis	Gymnast, g Pete Novgrod	Swim, b Lisa Bieryla	
Cheer Cari Merson	Ind Track, b Ivan Chirinos	Swim, g Lisa Bieryla	
Cr Writing	Ind Track, g Ivan Chirinos	Tennis, b Not Filled	
Crew, b	Lacrosse, b Jason Jeffries	Tennis, g Not Filled	
Crew, g	Lacrosse, g Lauren Hedden	Theatre	
CrossC, b Ivan Chirinos	Magazine Alison Douglass	Volley, b	
CrossC, g Ivan Chirinos	Newspaper Not Filled	Volley, g	
Debate Stacey Kiggins	Out Track, b Ivan Chirinos	Wrestling	
F Hockey Ginger White	Out Track, g Ivan Chirinos	Yearbook	

Ervinton**(ERVI)****School Phone:** 276-835-8604

Route 1, Box 76 / Nora, VA 24272-0406

Athletics Office:**Email:** rcompton@dickenson.k12.va.us / kamartin@dickenson.k12.va.us**School Fax:** 276-835-1242**Principal:** Rodney Compton**Assistant Principal:****Athletic/Activities Director:** Karen Martin**Superintendent:** Mrs. Haydee Robinson (Dickenson)

Assistant AD:	Students 200	Group: A	Div.: 1
Colors: Blue/Gold	Gym Cap. 500	Region: D	
Mascot: Rebels	Stad. Cap. 1200	District: Cumberland	
Ath Trainer	Football Ethan Owens	Scholastic	
Band	Forensics Denise Stanley	Soccer, b	
Baseball Chad McCoy	Golf	Soccer, g	
Basket, b Shawn Tiller	Gymnast, b	Softball Brandy Moore	
Basket, g Karen Martin	Gymnast, g	Swim, b	
Cheer Shannon Lucero	Ind Track, b	Swim, g	
Cr Writing Letina Dockery	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre	
CrossC, b	Magazine	Volley, b	
CrossC, g	Newspaper Tommy Thomas	Volley, g	
Debate	Out Track, b Shawn Tiller	Wrestling	
F Hockey	Out Track, g Karen Martin	Yearbook Tommy Thomas	

Essex**(ESSX)****School Phone:** 804-443-4301

833 Airport Road, P. O Box 1006 / Tappahannock, VA 22560-1006

Athletics Office: 804-443-4355**Email:** llenz@essex.k12.va.us / tjones@essex.k12.va.us**School Fax:** 804-443-4272**Principal:** Larry Lenz**Assistant Principal:** Jeffrey Oberg**Athletic/Activities Director:** Todd Jones**Superintendent:** Mr. Thomas M. Saville (Essex)

Assistant AD: Kenneth Newsome	Students 563	Group: A	Div.: 2
Colors: Purple/Gold	Gym Cap. 750	Region: A	
Mascot: Trojans	Stad. Cap. 800	District: Northern Neck	
Ath Trainer	Football Todd Jones	Scholastic	
Band Adam Josephson	Forensics	Soccer, b Sterling Harris	
Baseball Tim Beamer	Golf Troy Thorne	Soccer, g	
Basket, b Scott Garber	Gymnast, b	Softball Milton Simmons	
Basket, g Darlene Boone	Gymnast, g	Swim, b	
Cheer Nicole Syster	Ind Track, b	Swim, g	
Cr Writing Heather Rose	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g Heather Rose	
Crew, g	Lacrosse, g	Theatre	
CrossC, b Ryan Patterson	Magazine	Volley, b	
CrossC, g Cid Guridy	Newspaper	Volley, g Angela Gross	
Debate	Out Track, b Scott Syster	Wrestling Not Filled	
F Hockey David Vogel	Out Track, g Renee Hilton	Yearbook Cathy Sershen	

Fairfax**(FAIR)****School Phone:** 703-219-2200**Athletics Office:** 703-219-2201**School Fax:** 703-219-2397

3501 Rebel Run / Fairfax, VA 22030-1888

Email: DMGoldfarb@fcps.edu / Timothy.Gordon@fcps.edu**Principal:** David Goldfarb**Assistant Principal:** Steve Singman, Gloria Allen, Cindy Waddell, Matt Eline**Athletic/Activities Director:** Tim Gordon**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** C. Horacek, C. Haddock, N. M**Colors:** Blue/Gray**Mascot:** Rebel Pride

Ath Trainer B. Gustman, E. Kelly

Band Meghan Benson

Baseball Kevin Simonds

Basket, b P.J. Kelly

Basket, g Marcus Konde

Cheer Wes Vaughan

Cr Writing

Crew, b Nate Walker

Crew, g Nate Walker

CrossC, b Mark Whalley

CrossC, g Mark Whalley

Debate Kelly Lusk

F Hockey Amber Beaudoin

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 2050**Gym Cap.** 4000**Stad. Cap.** 7500

Chris Haddock

Kelly Lusk

Jeremy Owens

Mike Cooper

Andrew Drummond

Andrew Drummond

Not Filled

Stephanie Dagley

Leigh Faust

Leigh Faust

Andrew Drummond

Andrew Drummond

Group: AAA**Region:** Northern**District:** Concorde

Scholastic Dave Carr

Soccer, b Kyle Morrissey

Soccer, g Nic MacLean

Softball Linda Young

Swim, b Matt Salerno

Swim, g Matt Salerno

Tennis, b Dave Bauer

Tennis, g Nancy Wadden-Thompson

Theatre Wendy Knight

Volley, b

Volley, g Christine Zanellato

Wrestling Craig Franklin

Yearbook Leigh Faust

Div.: 6**Falls Church****(FCHU)****School Phone:** 703-207-4000**Athletics Office:** 703-207-4023**School Fax:** 703-207-4097

7521 Jaguar Trail / Falls Church, VA 22042-7597

Email: cathy.benner@fcps.edu / jeanne.kelly@fcps.edu**Principal:** Cathy Benner**Assistant Principal:** Dave Tremaine, Cheryl Allen, Daniel Ebeling, Conrad Hollingsworth**Athletic/Activities Director:** Jeanne Kelly (CAA)**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** A. Parker, C. Lally**Colors:** Green/White**Mascot:** Jaguars

Ath Trainer Stacey Hitzelberg

Band John Davenport

Baseball Greg Edwards

Basket, b TC Papageorge

Basket, g Not Filled

Cheer Eliza Kirchner

Cr Writing Katy Ingerson

Crew, b

Crew, g

CrossC, b Rebecca Larson

CrossC, g Rebecca Larson

Debate Janice Napolioello

F Hockey Emily Stone

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1340**Gym Cap.** 1000**Stad. Cap.** 5000

Anthony Parker

Janice Napolioello

Mike Power

Mike Cooper

Not Filled

Rebecca Larson

Geoff Young

Sabrina Yarie

Janice Napolioello

Michelle Andrus

Not Filled

Rebecca Larson

Group: AAA**Region:** Northern**District:** National

Scholastic Michael Berzonsky

Soccer, b Not Filled

Soccer, g David Dougherty

Softball Stacy Sloan

Swim, b Christina Kwon

Swim, g Christina Kwon

Tennis, b Will Shaffer

Tennis, g Alison Beasley

Theatre Reed Meschefske

Volley, b

Volley, g Robert Lombardi

Wrestling Paul Green

Yearbook Stephanie Fairchild

Div.: 5**Fauquier****(FAUQ)****School Phone:** 540-347-6100**Athletics Office:** 540-347-6118**School Fax:** 540-347-0089

705 Waterloo Road / Warrenton, VA 20186

Email: rsites@fcps1.org / acreasy@fcps1.org**Principal:** Roger Sites**Assistant Principal:** James Raines, Kraig Kelican, Elaine Yuille**Athletic/Activities Director:** Allen Creasy (CAA)**Superintendent:** Dr. Jonathan Lewis (Fauquier)**Assistant AD:** Sam Johnson**Colors:** Red/Gray**Mascot:** Falcons

Ath Trainer Bryan Grimley

Band Andrew Paul

Baseball Paul Koch

Basket, b Wayne Brizzi

Basket, g Reed Gillespie

Cheer Shelly Angelos

Cr Writing

Crew, b

Crew, g

CrossC, b Quentin Jones

CrossC, g Quentin Jones

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1250**Gym Cap.** 2200**Stad. Cap.** 5000

Mark Scott

Mark Ott

Quentin Jones

Quentin Jones

Reed Gillespie

Don Russo

Marie Miller

Quentin Jones

Quentin Jones

Group: AA**Region:** II**District:** Evergreen

Scholastic Naomi Gray

Soccer, b Victor Hernandez

Soccer, g

Softball Mark Ott

Swim, b

Swim, g

Tennis, b Jan Ashby

Tennis, g Derrick Maloney

Theatre Kevin Mettinger

Volley, b

Volley, g Diana Story

Wrestling Brian Hurst

Yearbook

Div.: 4

First Colonial**(FCOL)****School Phone:** 757-648-5300**Athletics Office:** 757-648-5321**School Fax:** 757-496-6719

1272 Mill Dam Road / Virginia Beach, VA 23454-2322

Email: dale.holt@vbschools.com / hmgodfre@vbschools.com**Principal:** Dale Holt**Assistant Principal:** Debbie Shelton, Carlton Hill, Matt Delaney, Melanie Lee**Athletic/Activities Director:** Hollie Godfrey**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** Ryan Schubart **Students** 1820**Colors:** Blue/White/Gold **Gym Cap.** 1500**Mascot:** Patriots **Stad. Cap.** 7000

Ath Trainer	M. Bayonla-Banks, J. Zink	Football	Bill McTyre
Band	Heather Smith	Forensics	Angelique Phillips
Baseball	Scott Stubbe	Golf	Leo Anthony
Basket, b	Mark Butts	Gymnast, b	
Basket, g	Ryan Schubart	Gymnast, g	
Cheer	Autumn Burr	Ind Track, b	Ja'ton Hines
Cr Writing	Not Filled	Ind Track, g	Benjamin Kaminski
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b		Magazine	
CrossC, g		Newspaper	Will Stravino
Debate	James Godfrey	Out Track, b	Ja'ton Hines
F Hockey	Wendy Gulden	Out Track, g	Leslie Benjamin

Group: AAA **Div.:** 6**Region:** Eastern**District:** Beach

Scholastic	Steve Leland
Soccer, b	Kevin Denson
Soccer, g	Joe Tucei
Softball	Steve Butler
Swim, b	Kim McCanna
Swim, g	Kim McCanna
Tennis, b	Brooke Sheetz
Tennis, g	Diane Deaton
Theatre	Nancy Curtis
Volley, b	Gary Hodges
Volley, g	Edie Magula
Wrestling	Will Stravino
Yearbook	Wendy Bone

William Fleming**(WMFL)****School Phone:** 540-853-2781**Athletics Office:** 540-853-2887**School Fax:** 540-563-1984

3649 Ferncliff Avenue, NW / Roanoke, VA 24017-1499

Email: / mkesler@rcps.info**Principal:** Not Filled**Assistant Principal:** Ruth Claytor, William Downie, Susan Morris, Roland Lovelace, Harry Morgan III**Athletic/Activities Director:** Matt Kesler**Superintendent:** Dr. Rita D. Bishop (Roanoke City)**Assistant AD:** **Students** 1677**Colors:** Blue/Gold **Gym Cap.** 750**Mascot:** Colonels **Stad. Cap.** 3000

Ath Trainer	Not Filled	Football	Rob Senseney
Band	John Wright	Forensics	Larry Van Deventer
Baseball	Al Holland Jr.	Golf	Orren Prunty
Basket, b	Mickey Hardy	Gymnast, b	
Basket, g	Troy Manns	Gymnast, g	
Cheer	Sara Lee	Ind Track, b	Rudolph Dillard
Cr Writing		Ind Track, g	Robert Vineyard
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Rudy Dillard	Magazine	
CrossC, g	Sherwood Kasey	Newspaper	Penny Stevens
Debate		Out Track, b	Rudolph Dillard
F Hockey		Out Track, g	Robert Vineyard

Group: AAA **Div.:** 5**Region:** Northwest**District:** Western Valley

Scholastic	
Soccer, b	James Moore
Soccer, g	
Softball	Bruce Palmer
Swim, b	Brooke Lee
Swim, g	Brooke Lee
Tennis, b	David Spangler
Tennis, g	Not Filled
Theatre	Larry Van Deventer
Volley, b	
Volley, g	Cynthia Brown
Wrestling	Matt Kesler
Yearbook	Melissa Poff

Floyd County**(FLYD)****School Phone:** 540-745-9450**Athletics Office:** 540-745-9472**School Fax:** 540-745-9481

721 Baker Street / Floyd, VA 24091-2345

Email: hollandsworthb@floyd.k12.va.us / moranc@floyd.k12.va.us**Principal:** Barry Hollandsworth**Assistant Principal:** Chris Hewitt, Tony Deilber**Athletic/Activities Director:** Clay Moran**Superintendent:** Dr. Terry E. Arbogast (Floyd)**Assistant AD:** **Students** 610**Colors:** Black/Gold **Gym Cap.** 1400**Mascot:** Buffaloes **Stad. Cap.** 2500

Ath Trainer		Football	Winfred Beale
Band	Kristen Shimp	Forensics	Kristen Harrod
Baseball	Clay Moran	Golf	Travis Cantrell
Basket, b	Brian Harman	Gymnast, b	
Basket, g	Alan Cantrell	Gymnast, g	
Cheer		Ind Track, b	Randy McDaniel
Cr Writing		Ind Track, g	Randy McDaniel
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Dawn Weeks	Magazine	
CrossC, g	Dawn Weeks	Newspaper	Amanda Biviano
Debate		Out Track, b	Winfred Beale
F Hockey		Out Track, g	Winfred Beale

Group: A **Div.:** 2**Region:** C**District:** Three Rivers

Scholastic	Dan Snellings
Soccer, b	Not Filled
Soccer, g	Leisl Narrow
Softball	Wes Starkey
Swim, b	
Swim, g	
Tennis, b	Not Filled
Tennis, g	Sue Hollandsworth
Theatre	Sara Landis
Volley, b	
Volley, g	Sue Hollandsworth
Wrestling	Mike Murphy
Yearbook	Emily Williams

Fluvanna County**(FLUV)**

3717 Central Plains Road / Palmyra, VA 22963-9715

Email: jbarlow@mail.fluco.org / scmorris@mail.fluco.org

Principal: James Barlow, Jr.

Assistant Principal: Patricia Mason, Associate Principal, Wanda Elliott, Jeff Scales, Margo Bruce

School Phone: 434-589-3666

Athletics Office: 434-589-1736

School Fax: 434-589-1736

Athletic/Activities Director: Scott Morris (CAA)

Superintendent: Dr. Thomas W. D. Smith, Jr. (Fluvanna)

Assistant AD: Sara Miles	Students 1100	Group: AA	Div.: 3
Colors: Blue/Gold	Gym Cap. 1200	Region: II	
Mascot: Flying Flucos	Stad. Cap. 5000	District: Jefferson	
Ath Trainer Sara Miles	Football Rodney Redd	Scholastic Jimmy Small	
Band Michael Strickler	Forensics	Soccer, b Patrick Dieter	
Baseball Mike Sheridan	Golf Bryan Searcy	Soccer, g Not Filled	
Basket, b Munro Rateau	Gymnast, b	Softball Nick Ward	
Basket, g Chad White	Gymnast, g	Swim, b Jimmy Small	
Cheer Darlene Sirois	Ind Track, b Tom Casto	Swim, g Connie Banton	
Cr Writing	Ind Track, g Rose Brogan	Tennis, b Jason Davis	
Crew, b	Lacrosse, b	Tennis, g Connie Banton	
Crew, g	Lacrosse, g	Theatre Craig Edgerton	
CrossC, b Tom Castol	Magazine	Volley, b	
CrossC, g Rose Brogan	Newspaper	Volley, g Christi Harlowe	
Debate	Out Track, b Tom Casto	Wrestling Craig Conner	
F Hockey	Out Track, g Steve Szarmach	Yearbook Not Filled	

Forest Park**(FPRK)**

15721 Forest Park Drive / Woodbridge, VA 22193

Email: mobleyj@pwcs.edu

Principal: Eric Brent

Assistant Principal: Susan Elliott, Christi Feemster, Ike Alberts, Emily Utter

School Phone: 703-583-3200

Athletics Office: 703-583-3208

School Fax: 703-583-6867

Athletic/Activities Director: Jerry Mobley

Superintendent: Dr. Steven L. Walts (Prince William)

Assistant AD: Royal Blue/Kelly Green/Silver	Students 2400	Group: AAA	Div.: 6
Colors: Royal Blue/Kelly Green/Silver	Gym Cap. 2100	Region: Northwest	
Mascot: Bruins	Stad. Cap. 5100	District: Cardinal	
Ath Trainer Jessie Shanks	Football Charlie Chandler	Scholastic Ken Krieger	
Band Don Magee	Forensics Ralph Eickhoff	Soccer, b Dave Cresswell	
Baseball John Colantuoni	Golf John Colantuoni	Soccer, g Ray Carter	
Basket, b Kirby Overman	Gymnast, b	Softball Not Filled	
Basket, g Christina Kelly	Gymnast, g	Swim, b Not Filled	
Cheer Kelly Craft	Ind Track, b John Rock	Swim, g Louis Blount	
Cr Writing Laura Dowling	Ind Track, g John Rock	Tennis, b Rae Costello	
Crew, b Not Filled	Lacrosse, b Bud Sichter	Tennis, g Lori Spitzer	
Crew, g Gretchen Thompson	Lacrosse, g William Clark	Theatre Dan Jones	
CrossC, b John Rock	Magazine Laura Dowling	Volley, b Seth Cameron	
CrossC, g John Rock	Newspaper Terri Loveland	Volley, g Kristin Henry	
Debate Lianne Rackham	Out Track, b John Rock	Wrestling	
F Hockey Edith Pybus	Out Track, g John Rock	Yearbook	

Fort Chiswell**(FTCH)**

#1 Pioneer Trail / Max Meadows, VA 24360-9515

Email: bboohar@wythe.k12.va.us

Principal: Brett Booher

Assistant Principal: Dyer Jackson

School Phone: 276-637-3437

Athletics Office: 276-637-3711

School Fax: 276-637-6316

Athletic/Activities Director: Danny Jonas (RAA)

Superintendent: Dr. Albert S. Armentrout (Wythe)

Assistant AD: Black/Gold	Students 505	Group: A	Div.: 2
Colors: Black/Gold	Gym Cap. 1200	Region: C	
Mascot: Pioneers	Stad. Cap. 2000	District: Mtn. Empire	
Ath Trainer Franklin Pugh	Football Stephen James	Scholastic Not Filled	
Band Derrick Jackson	Forensics Not Filled	Soccer, b Not Filled	
Baseball Derrick Jackson	Golf Dewayne Belcher	Soccer, g Jeff Molinary	
Basket, b Kristen Harmon	Gymnast, b	Softball	
Basket, g Pam Shumate	Gymnast, g	Swim, b	
Cheer	Ind Track, b	Swim, g Paul Moore	
Cr Writing	Ind Track, g	Tennis, b Not Filled	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre	
CrossC, b Laura Waller	Magazine	Volley, b	
CrossC, g Not Filled	Newspaper	Volley, g Kristina Ference	
Debate	Out Track, b Ed Clyburn	Wrestling Daniel Dolewski	
F Hockey	Out Track, g Eleanor Hamm	Yearbook Melissa Cope	

Fort Defiance**(FTDF)****School Phone:** 540-245-5050**Athletics Office:** 540-245-5051**School Fax:** 540-245-5054

195 Fort Defiance Road / Fort Defiance, VA 24437-0038

Email: llandes@augusta.k12.va.us / jtucker@augusta.k12.va.us**Principal:** Larry Landes**Assistant Principal:** Alan Shull, Gordon Johnston, Jack Tucker**Athletic/Activities Director:** Jack Tucker**Superintendent:** Dr. Gary D. McQuain (Augusta)**Assistant AD:****Colors:** Royal Blue/White**Mascot:** Indians

Ath Trainer Becky Anhold

Band Claire Bennefeld

Baseball Vic Spotts

Basket, b Larry Leonard

Basket, g Patrick Hartley

Cheer Samantha Shoemaker

Cr Writing Pam Roller

Crew, b

Crew, g

CrossC, b Ron Withrow

CrossC, g David Stewart

Debate Dan Tratnack

F Hockey

Students 902**Gym Cap.** 1565**Stad. Cap.** 2550

Football Dan Rolfe

Forensics Susan Miller

Golf Judy Bonin

Gymnast, b

Gymnast, g

Ind Track, b Bill Converse

Ind Track, g David Stewart

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Bill Converse

Out Track, g David Stewart

Group: AA**Region:** III**District:** Southern Valley

Scholastic Erik Walker

Soccer, b Brent Hull

Soccer, g Brad Morris

Softball Max Hill

Swim, b

Swim, g

Tennis, b Bonnie Ball

Tennis, g John Edgecomb

Theatre Amy Skretta

Volley, b

Volley, g Lynn Alexander

Wrestling Not Filled

Yearbook Priscilla Halterman

Div.: 3**Franklin****(FRNK)****School Phone:** 757-562-5187**Athletics Office:****School Fax:** 757-562-3656

310 Crescent Drive / Franklin, VA 23851

Email: lwhiting@franklincity.k12.va.us / msumblin@franklincity.k12.va.us**Principal:** Lawrence Whiting**Assistant Principal:** Karl Robertson**Athletic/Activities Director:** Mona Sumblin**Superintendent:** Dr. Michelle R. Belle (Franklin City)**Assistant AD:** Not Filled**Colors:** Navy/Gold**Mascot:** Broncos

Ath Trainer

Band Justin Thomas

Baseball Not Filled

Basket, b Daniel Dillon

Basket, g Mona Sumblin

Cheer Shae Rogers

Cr Writing

Crew, b

Crew, g

CrossC, b Jay McKinney

CrossC, g Jay McKinney

Debate

F Hockey

Students 412**Gym Cap.** 500**Stad. Cap.** 3000

Football Darren Parker

Forensics

Golf Dave Lease

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Not Filled

Out Track, b Dennis Sumblin

Out Track, g LaKenneth Kindred

Group: A**Region:** A**District:** Tri-Rivers

Scholastic Marguerite Cross

Soccer, b Not Filled

Soccer, g Shonna Rawlings

Softball

Swim, b

Swim, g

Tennis, b Frank Davis

Tennis, g Calvin Sing

Theatre

Volley, b

Volley, g Marilyn Freeman

Wrestling Daniel Johnson

Yearbook Not Filled

Div.: 1**Franklin County****(FRCO)****School Phone:** 540-483-0221**Athletics Office:** 540-483-5332**School Fax:** 540-483-3715

700 Tanyard Road / Rocky Mount, VA 24151

Email: Debora.Decker@frcok12.va.us**Principal:** Debora Decker**Assistant Principal:** Slone Lang, Mark Church, Robbie Dooley, Jon Crutchfield, William Adkins, Greg Cuddy, Larry Moore**Athletic/Activities Director:** T.J. Shepardson**Superintendent:** Dr. Charles H. Lackey (Franklin County)**Assistant AD:** Jesse Roach**Colors:** Scarlet/White**Mascot:** Eagles

Ath Trainer S. Crawford, A. White

Band Carlton Wilkes

Baseball Not Filled

Basket, b Doug Conklin

Basket, g Anne Crutchfield

Cheer Marsha Lopez

Cr Writing

Crew, b

Crew, g

CrossC, b Tracey Carter

CrossC, g Michelle Banning

Debate

F Hockey

Students 2300**Gym Cap.** 3000**Stad. Cap.** 6000

Football Chris Jones

Forensics

Golf Charles Jamison

Gymnast, b

Gymnast, g

Ind Track, b Jeff Johnson

Ind Track, g Jeff Johnson

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Bettina Sinclair

Out Track, b Jeff Johnson

Out Track, g Jeff Johnson

Group: AAA**Region:** Northwest**District:** Western Valley

Scholastic

Soccer, b Mike Crossan

Soccer, g Moe Potter

Softball Bryan Forbes

Swim, b Suzanne Graboski

Swim, g Suzanne Graboski

Tennis, b Mike Amos

Tennis, g Mike Hagan

Theatre

Volley, b

Volley, g Mindy Altice

Wrestling Emanuel Brown

Yearbook Bettina Sinclair

Div.: 6

Freedom (South Riding)**(FREL)****School Phone:** 703-957-4300**Athletics Office:** 703-957-4308**School Fax:** 703-542-2086

25450 Riding Center Drive / South Riding, VA 20152

Email: christine.forester@loudoun.k12.va.us / matt.oblas@loudoun.k12.va.us**Principal:** Christine Forester**Assistant Principal:** Ting-Yi Oei, William LeMaster, Michelle Luttrell**Athletic/Activities Director:** Matt Oblas**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)**Assistant AD:** Matt Oblas**Colors:** Black/Vegas Gold**Mascot:** Eagles

Ath Trainer Andrew Lee

Band Joel Gallway

Baseball Chris Bourassa

Basket, b Not Filled

Basket, g Jason Eldredge

Cheer Donna Draisey

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Brent Miller

CrossC, g Brent Miller

Debate Phillip Sessoms

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1400**Gym Cap.** 1600**Stad. Cap.** 3000

Mick Mullins

Calvin Adams

Ryan Price

Not Filled

Brent Miller

Robyn Freedman-Schnapp

Not Filled

Susan Spengeman

Brandon Sanford

Cristina Mingle

Group: AA**Region:** II**District:** Dulles

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 3

Ken Christopher

Sara Gustafson

Veronica Skinner

Kevin Murphy

Kevin Murphy

John Bell

Eric Heare

Michelle Portch

David Tsuda

Patrick McNanley

Neelum Chaudhry

Freedom (Woodbridge)**(FREW)****School Phone:** 703-583-1405**Athletics Office:** 703-583-1562**School Fax:** 703-583-8705

15201 Neabscos Mills Road / Woodbridge, VA 22191

Email: quallsbj@pwcs.edu**Principal:** Inez Bryant**Assistant Principal:****Athletic/Activities Director:** Brad Qualls**Superintendent:** Dr. Steven L. Walts (Prince William)**Assistant AD:** I**Colors:** Black/Vegas Gold**Mascot:** Eagles

Ath Trainer Carey Fike

Band Ivan Perez

Baseball Jack Ferrick

Basket, b James West

Basket, g Damell Barbour

Cheer S. Miano, C. Williams

Cr Writing

Crew, b

Crew, g

CrossC, b Leroy Worley

CrossC, g Leroy Worley

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1600**Gym Cap.** 2500**Stad. Cap.** 6000

John Robinette

Albert Smith

Leroy Worley

Leroy Worley

Ryan Gast

Joyce Young

Melissa Swecker

Leroy Worley

Leroy Worley

Group: AAA**Region:** Northwest**District:** Cardinal

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 5

Chris Valenti

Holly Chapman

Robertta Sakraida

Not Filled

Not Filled

Reuben Adams

Albert Smith

KD Doyle

Eric Robinson

Kait LaPlant

Douglas S. Freeman**(DFRE)****School Phone:** 804-673-3700**Athletics Office:** 804-282-3994**School Fax:** 804-673-3713

8701 Three Chopt Road / Richmond, VA 23229-4709

Email: alpoates@henrico.k12.va.us / eabright@henrico.k12.va.us**Principal:** Anne L. Poates**Assistant Principal:** Jamie Arkin, Andrew Mey, Warren Ahrens**Athletic/Activities Director:** Drew Bright**Superintendent:** Dr. Patrick Russo (Henrico)**Assistant AD:****Colors:** Navy Blue/Silver Gray**Mascot:** Rebels

Ath Trainer B. Simon, A.T.C., D. Spurr

Band Rob Blankenship

Baseball Tag Montague

Basket, b Larry Parpart

Basket, g Mandy Hester

Cheer Carter Smiley

Cr Writing Sharon Boyles

Crew, b

Crew, g

CrossC, b Brian Reutinger

CrossC, g Mark Harvey

Debate Not Filled

F Hockey Tara Hundley

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1655**Gym Cap.** 2400**Stad. Cap.** 3500

Bob Brinkley

Laurie Kaplan

Rob Peck

Sharon Kelly

Sherry Edwards

Sherry Edwards

Sherry Edwards

Sharon Boyles

Lauren Dean

Sherry Edwards

Sherry Edwards

Group: AAA**Region:** Central**District:** Colonial

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 5

Laura Casdorff

Andrew Feller

Kent Dohrman

Ted Grivetti

Jeff Given

Bridget Reichert

Mary Spears

David Calvert

Dick Hulcher

Mark Faglioni

Steven Zannetti

Galax**(GALX)****School Phone:** 276-236-2991

200 Maroon Tide Drive / Galax, VA 24333-4299

Athletics Office:**E-Mail:** billsutherland@gcps.k12.va.us**School Fax:** 276-236-8011**Principal:** Bill Sutherland**Assistant Principal:****Athletic/Activities Director:** Yerrick Stoneman**Superintendent:** Mr. Samuel S. Cook (Galax)**Assistant AD:****Colors:** Maroon/White**Students** 273**Group:** A**Div.:** 1**Mascot:** Maroon Tide**Gym Cap.** 1800**Region:** C**Stad. Cap.** 3500**District:** Mtn. Empire

Ath Trainer

Football

Jarrett Van Acker

Scholastic

Band Chris Sklar

Forensics

B.J. Carroll

Soccer, b

Stew Frazier

Baseball Ronald Mankins

Golf

John Patterson

Soccer, g

Basket, b Verl Brown

Gymnast, b

Softball

Verl Brown

Basket, g Jamie Keatley

Gymnast, g

Swim, b

Cheer Angela Mankins

Ind Track, b

Swim, g

Cr Writing

Ind Track, g

Tennis, b

John Patterson

Crew, b

Lacrosse, b

Tennis, g

Emily Tolley

Crew, g

Lacrosse, g

Theatre

B.J. Carroll

CrossC, b Tony Quesenberry

Magazine

Volley, b

CrossC, g Tony Quesenberry

Newspaper

Volley, g

Rose Houk

Debate

Out Track, b Tony Quesenberry

Wrestling

Darin Byrd

F Hockey

Out Track, g Rose Houk

Yearbook

Dieon Tucker

Galileo Magnet**(GMAG)****School Phone:** 434-773-8186

230 S. Ridge Street / Danville, VA 24541

Athletics Office:**E-Mail:** agoff@mail.dps.k12.va.us**School Fax:** 434-773-8188**Principal:** April Goff**Assistant Principal:****Athletic/Activities Director:****Superintendent:** Dr. Sue B. Davis (Danville)**Assistant AD:****Colors:** Red/White/Blue**Students** 290**Group:** A**Div.:** 0**Mascot:** Falcons**Gym Cap.** 0**Region:** B**Stad. Cap.** 0**District:** Dogwood

Ath Trainer

Football

Weldon Slayton

Scholastic

Band

Forensics

Soccer, b

Raleigh Cox

Baseball

Golf

Soccer, g

Basket, b

Gymnast, b

Softball

Basket, g

Gymnast, g

Swim, b

Cheer

Ind Track, b

Swim, g

Cr Writing

Ind Track, g

Tennis, b

Crew, b

Lacrosse, b

Tennis, g

Crew, g

Lacrosse, g

Theatre

Rhonda Johnson

CrossC, b

Magazine

Volley, b

CrossC, g

Newspaper

Volley, g

Debate James Slay

Out Track, b

Wrestling

F Hockey

Out Track, g

Yearbook

Lynne Hoffman

Gar-Field**(GFLD)****School Phone:** 703-730-7000

14000 Smoketown Road / Dale City, VA 22192-4704

Athletics Office: 703-730-7112**E-Mail:** bixbyb@pwcs.edu / zimmermn@pwcs.edu**School Fax:** 703-730-7197**Principal:** William Bixby**Assistant Principal:** Regina Nash, Barbara Cavalier, Cherif Sadki**Athletic/Activities Director:** Rudy Zimmermann**Superintendent:** Dr. Steven L. Walts (Prince William)**Assistant AD:****Colors:** Red/White/Blue**Students** 2499**Group:** AAA**Div.:** 6**Mascot:** Indians**Gym Cap.** 2500**Region:** Northwest**Stad. Cap.** 7500**District:** Cardinal

Ath Trainer Brandon Holland

Football

Tom Gryder

Scholastic

Maria Sampedro

Band Eric Hoang

Forensics

Not Filled

Soccer, b

Alex Hall

Baseball Steve Denard

Golf

Jasen Viggiani

Soccer, g

Sean Todd

Basket, b Andy Gray

Gymnast, b

Softball

Tom Brown

Basket, g Sandra Goulet

Gymnast, g

Not Filled

Swim, b

Kristan Wiesner

Cheer Nikia Hovey

Ind Track, b

Jeff Custer

Swim, g

Kristan Wiesner

Cr Writing

Ind Track, g

Jeff Custer

Tennis, b

Jasen Viggiani

Crew, b

Jeanetta Newman

Lacrosse, b

Rob Overman

Tennis, g

Chris Beemer

Crew, g

Not Filled

Lacrosse, g

Melody Shotwell

Theatre

Sarah Horn

CrossC, b

Jeff Custer

Magazine

Celeste Jacques

Volley, b

CrossC, g

Jeff Custer

Newspaper

Not Filled

Volley, g

Chris Proch

Debate

Not Filled

Out Track, b

Jeff Custer

Wrestling

Rick Seipp

F Hockey

Joyce Young

Out Track, g

Jeff Custer

Yearbook

Celeste Jacques

Gate City**(GCTY)****School Phone:** 276-386-7522**Athletics Office:** 276-386-9846**School Fax:** 276-386-2695

178 Harry Fry Drive / Gate City, VA 24251-3620

Email: gchprnc@scott.k12.va.us / adam.keith@scott.k12.va.us**Principal:** Greg Ervin**Assistant Principal:** Brent Roberts**Athletic/Activities Director:** Adam Keith**Superintendent:** Mr. James B. Scott (Scott)**Assistant AD:****Colors:** Blue/White**Mascot:** Blue Devils

Ath Trainer

Band Rick Lake

Baseball Not Filled

Basket, b Scottie Vermillion

Basket, g Kelly Houseright

Cheer Eva Pearson

Cr Writing

Crew, b

Crew, g

CrossC, b Janet Hill

CrossC, g Janet Hill

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Barry Jones

Out Track, g Amy Reed

Students 664**Gym Cap.** 2000**Stad. Cap.** 5000

Bill Houseright

Jamie Perry

Nick A. Colobro

Group: A**Region:** D**District:** Clinch Mountain

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b Steve Shockley

Tennis, g

Theatre Jamie Perry

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 2

Brad Davis

Chris Mann

Amy Bledsoe

Steve Shockley

Delonda Spivey

Jamie Perry

Amy Reed

Pam Jones

Giles**(GILE)****School Phone:** 540-921-1711**Athletics Office:** 540-921-1712**School Fax:** 540-921-3861

1825 Wenonah Avenue / Pearisburg, VA 24134-0706

Email: gbrown@gilesk12.org / ewiddoes@gilesk12.org**Principal:** Greg Brown**Assistant Principal:** Jason Mills**Athletic/Activities Director:** Eric Widdoes**Superintendent:** Dr. Terry E. Arbogast, II (Giles)**Assistant AD:****Colors:** Red/White/Col. Blue**Mascot:** Spartans

Ath Trainer

Band Kevin White

Baseball Bruce Frazier

Basket, b Mitch Reed

Basket, g Brandon Webb

Cheer Kristin Radford

Cr Writing

Crew, b

Crew, g

CrossC, b Mark Hubbard

CrossC, g Mark Hubbard

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Michael Etzler

Out Track, b Maurice Milton

Out Track, g Mark Hubbard

Students 585**Gym Cap.** 1200**Stad. Cap.** 6000

Jeff Williams

W.R. Johnston

Group: A**Region:** C**District:** Three Rivers

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b Byron Hurley

Tennis, g

Theatre Barbara Scheid

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 2

Randy Roe

Neil Schmidt

Bobbt Buchanon

Byron Hurley

Curt Gervich

Barbara Scheid

Erin Burton

Cecelia McFaden

E. C. Glass**(ECGL)****School Phone:** 434-522-3712**Athletics Office:** 434-522-3726**School Fax:** 434-522-3793

2111 Memorial Avenue / Lynchburg, VA 24501

Email: lathamkm@lcsedu.net / berrycw@lcsedu.net**Principal:** Kevin Latham**Assistant Principal:** Howard Brown, Bedford Luck, Rose Flaughter, Luke Saechao**Athletic/Activities Director:** Chip Berry**Superintendent:** Dr. Paul McKendrick (Lynchburg)**Assistant AD:****Colors:** Royal Blue/White**Mascot:** Hilltoppers

Ath Trainer Jen Armstrong

Band Larry Seipp

Baseball Kevin Brown

Basket, b Roy Roberson

Basket, g Van Porter

Cheer Kelly Robinson

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Jerry Salmon

CrossC, g Amy Coutee

Debate Aaron Reid

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g Rodney Smith

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Heather McCormick

Out Track, b Rodney Smith

Out Track, g Rodney Smith

Students 1543**Gym Cap.** 2000**Stad. Cap.** 14000

Richard Trent

Aaron Reid

Mike Anthony

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Heather McCormick

Out Track, b Rodney Smith

Out Track, g Rodney Smith

Group: AAA**Region:** III**District:** Seminole

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 4

Jessica Bibb

Randy Turille

Darlen McClurg

Not Filled

Jerry Salmon

Jerry Salmon

Not Filled

Jill Murray

Jim Ackley

David Cardwell

Bert Horsley

Carrie Dodge

Glenvar**(GLVR)****School Phone:** 540-387-6536

4549 Malus Drive / Salem, VA 24153-7921

Athletics Office:**E-Mail:** jhafey@rcs.k12.va.us / rmcclwee@rcs.k12.va.us**School Fax:** 540-387-6347**Principal:** Joe Hafey**Assistant Principal:** Jamie Soltis, Sonya Cline**Athletic/Activities Director:** Richard McElwee**Superintendent:** Dr. Lorraine Lange (Roanoke)

Assistant AD:		Students 630	Group: A	Div.: 2
Colors:	Forest Green/Vegas Gold	Gym Cap. 1200	Region: C	
Mascot:	Highlanders	Stad. Cap. 4000	District: Three Rivers	
Ath Trainer	Andy Chapman	Football	Scholastic	
Band	Josh DeGeorge	Forensics	Soccer, b	Larry Page
Baseball	Billy Wells	Golf	Soccer, g	Veron Goode
Basket, b	Adam Gray	Gymnast, b	Softball	Fenton Harrison
Basket, g	Billy Wells	Gymnast, g	Swim, b	
Cheer	Lindsay Torry	Ind Track, b	Swim, g	
Cr Writing	Chris Taibbi	Ind Track, g	Tennis, b	Mark Rohrback
Crew, b		Lacrosse, b	Tennis, g	Jennifer Rohrback
Crew, g		Lacrosse, g	Theatre	Steve Franco
CrossC, b	Richard Myers	Magazine	Volley, b	
CrossC, g	Richard Myers	Newspaper	Volley, g	Mark Rohrback
Debate		Out Track, b	Wrestling	Kevin Clifford
F Hockey		Out Track, g	Yearbook	Tara Rowland

Gloucester**(GLOU)****School Phone:** 804-693-2526

6680 Short Lane / Gloucester, VA 23061-4410

Athletics Office: 804-693-3866**E-Mail:** tbeverage@gc.k12.va.us / jhatch@gc.k12.va.us**School Fax:** 804-693-7685**Principal:** Layton H. Beverage**Assistant Principal:** Helen Boland, Travis Burns, Albert Green, Kristin Carroll, Carol Belvin**Athletic/Activities Director:** Jon Hatch**Superintendent:** Dr. Howard B. Kiser (Gloucester)

Assistant AD:	Jim Newton	Students 1901	Group: AAA	Div.: 6
Colors:	Scarlet/White/Gold	Gym Cap. 1800	Region: Eastern	
Mascot:	Dukes	Stad. Cap. 6000	District: Peninsula	
Ath Trainer	Kristy Hunter, ATC	Football	Scholastic	Wren Kibler
Band	Tom Emory	Forensics	Soccer, b	James Sowers
Baseball	Derek Kibler	Golf	Soccer, g	Bob Fisher
Basket, b	Chris Morgan	Gymnast, b	Softball	David Lindsay
Basket, g	Charles Bibbs	Gymnast, g	Swim, b	Dawn Clark
Cheer	Travis Patrick	Ind Track, b	Swim, g	Dawn Clark
Cr Writing		Ind Track, g	Tennis, b	Nick Nelson
Crew, b	William Foster	Lacrosse, b	Tennis, g	Robie Thompson
Crew, g	William Foster	Lacrosse, g	Theatre	Clint Alexander
CrossC, b	Diane Sujansky	Magazine	Volley, b	Barry Childress
CrossC, g	Diane Sujansky	Newspaper	Volley, g	Not Filled
Debate	Susan Sharp	Out Track, b	Wrestling	Ricky Pierce
F Hockey	Mike Miller	Out Track, g	Yearbook	Patricia Shepherd

Mills E. Godwin**(MGOD)****School Phone:** 804-750-2600

2101 Pump Road / Richmond, VA 23233-3505

Athletics Office: 804-741-4080**E-Mail:** damyers@henrico.k12.va.us / lfoley@henrico.k12.va.us**School Fax:** 804-750-2611**Principal:** Dave Myers**Assistant Principal:** Sandy Justice-Dennis, Derrick Deloatch, Debbie Bishop, John Rokenbrod**Athletic/Activities Director:** Louise Foley**Superintendent:** Dr. Patrick Russo (Henrico)

Assistant AD:		Students 1980	Group: AAA	Div.: 6
Colors:	Scarlet/White	Gym Cap. 1800	Region: Central	
Mascot:	Eagles	Stad. Cap. 4500	District: Colonial	
Ath Trainer	Chris Brill	Football	Scholastic	
Band	Leon Auman	Forensics	Soccer, b	Herb Modrak
Baseball	John Marano	Golf	Soccer, g	Ali Toole
Basket, b	Hunter Thomas	Gymnast, b	Softball	Walter Pettus
Basket, g	Eric Hilton	Gymnast, g	Swim, b	
Cheer	Nancy McCullen	Ind Track, b	Swim, g	
Cr Writing		Ind Track, g	Tennis, b	Tom Hoy
Crew, b		Lacrosse, b	Tennis, g	Mark Seidenberg
Crew, g		Lacrosse, g	Theatre	Mac Damron
CrossC, b	Jon Lauder	Magazine	Volley, b	Chris Pearson
CrossC, g	Kemper Towler	Newspaper	Volley, g	Jason Garrett
Debate	Molly Lynde	Out Track, b	Wrestling	Chris Harris
F Hockey	Ashley Griffin	Out Track, g	Yearbook	Robert Wasserman

Goochland**(GOCH)****School Phone:** 804-556-5322

3250 River Road, West / Goochland, VA 23063

Athletics Office: 804-556-5322**Email:** fbaltt@glnd.k12.va.us / bgordon@glnd.k12.va.us**School Fax:** 804-556-6485**Principal:** Francie Ball**Assistant Principal:** Matt Covington, Karen Kelley**Athletic/Activities Director:** Bryan Gordon**Superintendent:** Dr. Frank E. Morgan (Goochland)

Assistant AD:		Students	760	Group:	AA	Div.:	2
Colors:	Scarlet/Gold	Gym Cap.	1000	Region:	II		
Mascot:	Bulldogs	Stad. Cap.	3000	District:	Jefferson		
Ath Trainer	Melissa Black	Football	Joe Fowler	Scholastic			
Band	Kent Gall	Forensics		Soccer, b	Ron Spessard		
Baseball	Wes Farkas	Golf	Louis Martin	Soccer, g	Tom Reid		
Basket, b	Oliver Courtney	Gymnast, b		Softball	Amy Henneberger		
Basket, g	Sarah Nicholaison	Gymnast, g	Sherry Rosen	Swim, b	Not Filled		
Cheer	Julia Bulter	Ind Track, b		Swim, g	Not Filled		
Cr Writing		Ind Track, g		Tennis, b	Margie Yurick		
Crew, b		Lacrosse, b		Tennis, g	John Dacey		
Crew, g		Lacrosse, g		Theatre	Gemma Smith		
CrossC, b	Henry Jones	Magazine		Volley, b			
CrossC, g	Henry Jones	Newspaper	Bruce Montgomery	Volley, g	Bert Stanley		
Debate		Out Track, b	Henry Jones	Wrestling			
F Hockey		Out Track, g	Henry Jones	Yearbook	Bruce Montgomery		

Grafton**(GRAF)****School Phone:** 757-898-0530

403 Grafton Drive / Yorktown, VA 23692-2173

Athletics Office: 757-898-0563**Email:** phopkins@ycsd.york.va.us / lsutton@ycsd.york.va.us**School Fax:** 757-898-0533**Principal:** Paul Hopkins**Assistant Principal:** Craig Reed**Athletic/Activities Director:** Laura Sutton**Superintendent:** Dr. Eric Williams (York)

Assistant AD:	Matt Lewellen	Students	1290	Group:	AA	Div.:	4
Colors:	Red/Navy/Silver	Gym Cap.	900	Region:	I		
Mascot:	Clippers	Stad. Cap.	6000	District:	Bay Rivers		
Ath Trainer		Football	Kevin Montini	Scholastic	Lori Anderson		
Band	Darren Kirsch	Forensics	Matt Ellis	Soccer, b	Stephen Butler		
Baseball	John Hammons	Golf	Matt Basilone	Soccer, g	Don Samuels		
Basket, b	Mike Lee	Gymnast, b		Softball	Vanessa Young		
Basket, g	Chris Harper	Gymnast, g		Swim, b	Lisa Wylam		
Cheer	Angie Dailey	Ind Track, b	Gary Haigh	Swim, g	Leslie Callender		
Cr Writing		Ind Track, g	Gary Haigh	Tennis, b	Adam Seltzer		
Crew, b		Lacrosse, b		Tennis, g	Latasha Randon		
Crew, g		Lacrosse, g		Theatre	Cindy Kreicar		
CrossC, b	Rob Pierce	Magazine		Volley, b			
CrossC, g	Norma Sims	Newspaper	Mary Flaherty-Nobile	Volley, g	Dena Montini		
Debate		Out Track, b	Gary Haigh	Wrestling	Lester Ferguson		
F Hockey	Don Samuels	Out Track, g	Christine Pregler	Yearbook	Kathleen Eanes		

Graham**(GRAM)****School Phone:** 276-326-1235

210 Valleydale / Bluefield, VA 24605-9400

Athletics Office: 276-326-1255**Email:** joneal@tazewell.k12.va.us / dmarrs@tazewell.k12.va.us**School Fax:** 276-326-1128**Principal:** John O'Neal**Assistant Principal:** Beth Roe**Athletic/Activities Director:** Doug Marrs**Superintendent:** Dr. Brenda B. Lawson (Tazewell)

Assistant AD:		Students	550	Group:	AA	Div.:	3
Colors:	Cardinal/Gold/White	Gym Cap.	2300	Region:	IV		
Mascot:	G-Men	Stad. Cap.	10000	District:	Southwest		
Ath Trainer		Football	Doug Marrs	Scholastic			
Band	Michael Brown	Forensics	Jenny Woodward	Soccer, b	Hank Furry		
Baseball	Tim Largen	Golf	Steve Lilly	Soccer, g	Roger Mercke		
Basket, b	Glynn Carlock, Jr.	Gymnast, b		Softball	Beverly Proffitt		
Basket, g	Tracy Raban	Gymnast, g		Swim, b			
Cheer	Debbie Brewster	Ind Track, b	Mike Hayes	Swim, g			
Cr Writing	Debbie Brewster	Ind Track, g	Mike Hayes	Tennis, b	Kyle Hurt		
Crew, b		Lacrosse, b		Tennis, g	Amanda Estep		
Crew, g		Lacrosse, g		Theatre	J. Helton		
CrossC, b	Al McNaughton	Magazine	Debbie Brewster	Volley, b			
CrossC, g	Al McNaughton	Newspaper	Luara Haye	Volley, g	Beverly Proffitt		
Debate	Jenny Woodward	Out Track, b	Krag Kirk	Wrestling	Tim Woodward		
F Hockey		Out Track, g	Tracy Raban	Yearbook	Deborah Hart		

Granby**(GRAN)**

School Phone: 757-451-4110
 Athletics Office: 757-451-4121
 School Fax: 757-451-4118

7101 Granby Street / Norfolk, VA 23505
 EMail: tdaughtrey@nps.k12.va.us / mbecht01@nps.k12.va.us

Principal: Ted Daughtrey
 Assistant Principal: Thomas Smigiel, Mindy Williams, Vicki Jones

Athletic/Activities Director: Marty Bechtol (CMAA)
 Superintendent: Dr. Stephen C. Jones (Norfolk)

Assistant AD:		Students 2250	Group: AAA	Div.: 6
Colors: Silver/Gold/Blue		Gym Cap. 1600	Region: Eastern	
Mascot: Comets		Stad. Cap. 2800	District: Eastern	
Ath Trainer John Campos	Football	Curt Brown	Scholastic	Tom Martin
Band Steve Clendenin	Forensics	Andrea Hawes	Soccer, b	Jay Freeman
Baseball Robert Butler	Golf	Stuart Jones	Soccer, g	Not Filled
Basket, b Not Filled	Gymnast, b		Softball	Kristy Colli
Basket, g Sekou Wilson	Gymnast, g		Swim, b	Ron McCubins
Cheer Cassandra Payton	Ind Track, b	Jordan Crawford	Swim, g	DJ Lovell
Cr Writing	Ind Track, g	Porsche Walters	Tennis, b	Willia Juame
Crew, b Matt Goetz	Lacrosse, b		Tennis, g	William Lloyd
Crew, g Matt Goetz	Lacrosse, g		Theatre	Bruce Hanson
CrossC, b Not Filled	Magazine	Paula Eisen	Volley, b	Larry White
CrossC, g Not Filled	Newspaper	Paula Eisen	Volley, g	Tim Maynard
Debate Shaheen Soorani	Out Track, b	Jordan Crawford	Wrestling	James Lambert
F Hockey Elizabeth Werbiskis	Out Track, g	Porsche Walters	Yearbook	Camille Yorke

Grassfield**(GRAS)**

School Phone: 757-558-4749
 Athletics Office: 757-558-4502
 School Fax: 757-558-9240

2007 Grizzly Trail / Chesapeake, VA 23323
 EMail:

Principal: Carolyn Bernard
 Assistant Principal: Grant Stanley, Brian Porter, Brian Haughinberry,
 Quentin Hicks, Lychellia Cheeks

Athletic/Activities Director: Matthew W. Puryear
 Superintendent: Dr. W. Randolph Nichols (Chesapeake)

Assistant AD:		Students 2050	Group: AAA	Div.: 6
Colors: Red/White/Navy Blue		Gym Cap. 2000	Region: Eastern	
Mascot: Grizzlies		Stad. Cap. 7000	District: Southeastern	
Ath Trainer Anne McKim	Football	Marty Asprey	Scholastic	Penny Blue
Band Zachary Rooksby	Forensics	Jessica Powell	Soccer, b	Robbie Gobble
Baseball Shawn Todd	Golf	Bret Lieberman	Soccer, g	Kevin Ellis
Basket, b Andy Schwerzler	Gymnast, b		Softball	Leroy Bohn
Basket, g Mike Hyman	Gymnast, g	Sarah Noble	Swim, b	Brenna Anderson
Cheer Dusti Harrell	Ind Track, b	Earnest Jones	Swim, g	Brenna Anderson
Cr Writing	Ind Track, g	Pat Banks	Tennis, b	Matt Graham
Crew, b	Lacrosse, b		Tennis, g	Kristen McInerney
Crew, g	Lacrosse, g		Theatre	William R. Staggs
CrossC, b Pat Banks	Magazine		Volley, b	Robin Smith
CrossC, g Pat Banks	Newspaper	Kelly Stoneman	Volley, g	Sarelda James-Green
Debate Stephen Earnhart	Out Track, b	Earnest Jones	Wrestling	Jody Staylor
F Hockey Emily Townsend	Out Track, g	Pat Banks	Yearbook	Rachel Goodman

Grayson County**(GRAY)**

School Phone: 276-773-2131
 Athletics Office:
 School Fax: 276-773-2682

110 Blue Devil Drive, P.O. Box 828 / Independence, VA 24348
 EMail: bcheeks@grayson.k12.va.us / chad.wright@grayson.k12.va.us

Principal: Bobby Cheeks
 Assistant Principal: Jamey Hale

Athletic/Activities Director: Chad Wright
 Superintendent: Dr. Elizabeth Thomas (Grayson)

Assistant AD:		Students 655	Group: A	Div.: 2
Colors: Blue/White/Gold		Gym Cap. 1000	Region: C	
Mascot: Blue Devils		Stad. Cap. 3000	District: Mtn. Empire	
Ath Trainer	Football	Brett McPherson	Scholastic	
Band Ric Munsey	Forensics	Sonya Redd	Soccer, b	Brad Mawyer
Baseball Mike Worrell	Golf	James Davis	Soccer, g	
Basket, b Lucas Austin	Gymnast, b		Softball	Zach Dotson
Basket, g Thomas Owens	Gymnast, g		Swim, b	
Cheer Jessica Sumner	Ind Track, b		Swim, g	
Cr Writing	Ind Track, g		Tennis, b	Stacie Blevins-Jackson
Crew, b	Lacrosse, b		Tennis, g	Betty Butler
Crew, g	Lacrosse, g		Theatre	Sonya Redd
CrossC, b Daniel Brown	Magazine		Volley, b	
CrossC, g Tommie Hopkins	Newspaper		Volley, g	Daniel Collins
Debate	Out Track, b	Lucas Austin	Wrestling	Bucky Pritchard
F Hockey	Out Track, g	Kimberly Van Acker	Yearbook	Tera Casey

Great Bridge

(GRBR)

301 West Hanbury Road / Chesapeake, VA 23322-4228

Email: andrejma@cps.k12.va.us / jennigwo@cps.k12.va.us

Principal: Janet M. Andrejco

Assistant Principal: Al Alexander, Joyce Dugan, Jim Cleavenger, Herman Mizell

Athletic/Activities Director: Greg Jennings

Superintendent: Dr. W. Randolph Nichols (Chesapeake)

Assistant AD: Green/Gold
Colors: Wildcats
Mascot: Wildcats
Ath Trainer Sharon Ivey
Band Rob Carroll
Baseball Wiley Lee
Basket, b Gary Obenour
Basket, g LaShelle Elliott
Cheer Ginny Brown
Cr Writing
Crew, b Bryan Stambaugh
Crew, g Bryan Stambaugh
CrossC, b Bill Volkman
CrossC, g Bill Volkman
Debate Recl McGovern
F Hockey Meredith Prince

Students 1600
Gym Cap. 1500
Stad. Cap. 5000
Football Pete Gale
Forensics Monica Wheaton
Golf Paul Duval
Gymnast, b
Gymnast, g Ginny Petree
Ind Track, b Jamie Jordan
Ind Track, g Bill Volkman
Lacrosse, b
Lacrosse, g
Magazine
Newspaper Cathy Lucas
Out Track, b Jamie Jordan
Out Track, g Bill Volkman

Group: AAA
Region: Eastern
District: Southeastern
Scholastic Linda Dill-Robinson
Soccer, b Paul Duval
Soccer, g Jennifer Hamilton
Softball Kirk Clayton
Swim, b Manon Romash
Swim, g Manon Romash
Tennis, b Bonn Garrett
Tennis, g Linda Johnson
Theatre John Carter
Volley, b David Albaugh
Volley, g Chris Lessick
Wrestling Norman Smith
Yearbook Cathy Lucas

School Phone: 757-482-5191

Athletics Office: 757-546-8478

School Fax: 757-482-5559

Green Run

(GRRN)

1700 Dahlia Drive / Virginia Beach, VA 23453-2199

Email: gparker@vbschools.com / rpomeara@vbschools.com

Principal: George Parker III

Assistant Principal: Todd Sherman, Donna Elliott, Dolores Phipps, Heidi Mealy

Athletic/Activities Director: Ryan O'Meara

Superintendent: Dr. James G. Merrill (Virginia Beach)

Assistant AD: B. Schroy, M. Gonzales
Colors: Green/Blue/White
Mascot: Stallions
Ath Trainer
Band David Hopson
Baseball David Abbott
Basket, b Kenneth Harris
Basket, g Ebony Cherry
Cheer Courtney Woodley
Cr Writing
Crew, b
Crew, g
CrossC, b Billy Torbush
CrossC, g Billy Torbush
Debate Not Filled
F Hockey Tammy Leonard

Students 1800
Gym Cap. 978
Stad. Cap. 2000
Football Shawn Wilson
Forensics Marc Dyer
Golf Willie Maull
Gymnast, b
Gymnast, g Not Filled
Ind Track, b Daryl Cherry
Ind Track, g Willie Maull
Lacrosse, b
Lacrosse, g
Magazine
Newspaper Kevin Keogh
Out Track, b Willie Maull
Out Track, g Willie Maull

Group: AAA
Region: Eastern
District: Beach
Scholastic Not Filled
Soccer, b Jeff Warnock
Soccer, g Not Filled
Softball Dale DeSarro
Swim, b Not Filled
Swim, g Not Filled
Tennis, b Oliver Galon
Tennis, g Christina Cancelli
Theatre Marc Dyer
Volley, b Ebony Cherry
Volley, g Robin Bandrowski
Wrestling Allen Hackmann
Yearbook

School Phone: 757-648-5350

Athletics Office: 757-648-5371

School Fax: 757-431-4153

Greensville County

(GNCO)

403 Harding Street / Emporia, VA 23847

Email: wscott@greensville.k12.va.us / rallen@gcps1.com

Principal: Wayne D. Scott

Assistant Principal: Jerry Winningham, Rachel Young, Larry Adams

Athletic/Activities Director: Ruby Allen

Superintendent: Dr. Phillip L. Worrell (Greensville/Emporia)

Assistant AD: Kelly Green/Gold
Colors: Eagles
Mascot: Eagles
Ath Trainer
Band Shawn Batten
Baseball Mario Walton
Basket, b Martin Astrop
Basket, g Ruby Allen
Cheer Karen Riddick
Cr Writing
Crew, b
Crew, g
CrossC, b Mitchell Smith
CrossC, g Mitchell Smith
Debate
F Hockey

Students 850
Gym Cap. 1800
Stad. Cap. 3000
Football Mario Walton
Forensics Kenya Grant
Golf James Callahan
Gymnast, b
Gymnast, g
Ind Track, b
Ind Track, g
Lacrosse, b
Lacrosse, g
Magazine
Newspaper
Out Track, b Leslie Young
Out Track, g Leslie Young

Group: AA
Region: I
District: Southside
Scholastic
Soccer, b Elliott Petry
Soccer, g
Softball Barbara Wyatt
Swim, b
Swim, g
Tennis, b Carl Anderson
Tennis, g Andre' Ellis
Theatre
Volley, b
Volley, g Ester Small
Wrestling
Yearbook Steve Suessman

School Phone: 434-634-2195

Athletics Office: 434-634-6749

School Fax: 434-634-8624

Gretna**(GRET)****School Phone:** 434-656-2246

100 Gretna Hawk Circle / Gretna, VA 24557-0398

Athletics Office:**E-Mail:** kenyonscott@pcs.k12.va.us / robert.scruggs@pcs.k12.va.us**School Fax:** 434-656-3045**Principal:** Kenyon Scott**Assistant Principal:** Stacey Oakes, Steve Scruggs**Athletic/Activities Director:** Steve Scruggs**Superintendent:** Mr. James E. McDaniel (Pittsylvania)

Assistant AD: Not Filled	Students 650	Group: A	Div.: 2
Colors: Gold/Blue/White	Gym Cap. 1000	Region: B	
Mascot: Hawks	Stad. Cap. 2500	District: Dogwood	
Ath Trainer	Football Kevin Saunders	Scholastic	Zach Deel, Denton Ireson
Band Tara Harris	Forensics Amanda Hamlette	Soccer, b	
Baseball Not Filled	Golf Billy Shields	Soccer, g	
Basket, b Adalrich Beard	Gymnast, b	Softball	Ketina Brooks
Basket, g Herbert Daniel	Gymnast, g	Swim, b	
Cheer Brande Arthur	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre	Mark dePaulo
CrossC, b Mickey Orrell	Magazine	Volley, b	
CrossC, g Not Filled	Newspaper	Volley, g	Jason Short
Debate	Out Track, b Jason Short	Wrestling	
F Hockey	Out Track, g Mickey Orrell	Yearbook	Kevin Watson

Grundy**(GRDY)****School Phone:** 276-935-2106

1300 Golden Wave Drive / Grundy, VA 24614

Athletics Office: 276-935-6302**E-Mail:** grundhigh@hotmail.com / lhorne@buc.k12.va.us**School Fax:** 276-935-8602**Principal:** Leslie K. Horne**Assistant Principal:** Deborah Lester**Athletic/Activities Director:** Greg Rowe**Superintendent:** Mr. Tommy P. Justus (Buchanan)

Assistant AD:	Students 470	Group: AA	Div.: 3
Colors: Blue/Gold	Gym Cap. 1200	Region: IV	
Mascot: Golden Wave	Stad. Cap. 6500	District: Southwest	
Ath Trainer	Football Greg Rowe	Scholastic	R. Colley, D. Raines
Band Pete Marcum	Forensics Not Filled	Soccer, b	Angie Mutter
Baseball Scottie Bostic	Golf Tom Holland	Soccer, g	
Basket, b Greg Rife	Gymnast, b	Softball	
Basket, g Bill Christian	Gymnast, g	Swim, b	
Cheer R. Justus	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	Amberly Davis
Crew, g	Lacrosse, g	Theatre	
CrossC, b Amberly Davis	Magazine Not Filled	Volley, b	Bill Taylor
CrossC, g	Newspaper Becky Elswick	Volley, g	Not Filled
Debate Not Filled	Out Track, b Jack Compton	Wrestling	Travis Fiser
F Hockey	Out Track, g Craig Plymal	Yearbook	Becky Elswick

Halifax County**(HLFX)****School Phone:** 434-572-4977

High School Circle, P. O. Box 310 / South Boston, VA 24592-0310

Athletics Office: 434-575-2011**E-Mail:** arandolph@halifax.k12.va.us / alawter@halifax.k12.va.us**School Fax:** 434-575-1554**Principal:** Albert Randolph**Assistant Principal:** Linder Martin, Pedro Zamora, Martha Chandler, Charles Lowery, Deborah Griles**Athletic/Activities Director:** Allen Lawter**Superintendent:** Mr. Paul D. Stapleton (Halifax)

Assistant AD:	Students 1616	Group: AAA	Div.: 5
Colors: Columbia Blue/White	Gym Cap. 3500	Region: Northwest	
Mascot: Comets	Stad. Cap. 2500	District: Western Valley	
Ath Trainer Michael Leake	Football Stan Hodgkin	Scholastic	
Band Ferdinand Cooper	Forensics	Soccer, b	Frank Shealy
Baseball Kelvin Davis	Golf David Graham	Soccer, g	Sid Young
Basket, b Lynn Ramage	Gymnast, b	Softball	Melanie Saunders
Basket, g Ray Reaves	Gymnast, g	Swim, b	Spencer Ferguson
Cheer Jennifer Crenshaw	Ind Track, b Not Filled	Swim, g	Spencer Ferguson
Cr Writing	Ind Track, g Mary Douglas	Tennis, b	David Riddle
Crew, b	Lacrosse, b	Tennis, g	Greg Donner
Crew, g	Lacrosse, g	Theatre	Greg Donner
CrossC, b David Riddle	Magazine	Volley, b	
CrossC, g Brady Taylor	Newspaper Pam Clark	Volley, g	Steve Mattox
Debate	Out Track, b Not Filled	Wrestling	Brady Taylor
F Hockey	Out Track, g Mary Douglas	Yearbook	Willa Smith

Hampton

(HAMP)

1491 West Queen Street / Hampton, VA 23669-3769

Email: machambers@sbo.hampton.k12.va.us / kholley@sbo.hampton.k12.va.us

Principal: Myra Chambers

Assistant Principal: Bryce Johnson, Oriel Robinson-Taylor, Barbara Villarreal

Athletic/Activities Director: Karen Holley

Superintendent: Dr. Linda Shifflette (Hampton)

Assistant AD:		Students	1500	Group:	AAA	Div.:	5
Colors:	Red/White	Gym Cap.	1600	Region:	Eastern		
Mascot:	Crabbers	Stad. Cap.	10000	District:	Peninsula		
Ath Trainer	Stephen Barrett	Football	Michael Smith	Scholastic			
Band	Tory Smart	Forensics	Zachann Thurmond	Soccer, b	Ronald McRae, Jr.		
Baseball	Danny Mitchell	Golf	David Blowe	Soccer, g	Keith Welch		
Basket, b	Walter Brower, Sr.	Gymnast, b		Softball	Judy Lucas		
Basket, g	David Six	Gymnast, g		Swim, b	Martha Wood		
Cheer	Katrina Miller	Ind Track, b	Fred Hamilton	Swim, g	Martha Wood		
Cr Writing		Ind Track, g	Ron Bayton	Tennis, b	Not Filled		
Crew, b		Lacrosse, b		Tennis, g	Joyce Corriere		
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Gaylon Ryan	Magazine		Volley, b			
CrossC, g	Gaylon Ryan	Newspaper		Volley, g			
Debate	Kashauna Spratley	Out Track, b	Fred Hamilton	Wrestling	Ronald McRae, Jr		
F Hockey	Judy Lucas	Out Track, g	Ron Bayton	Yearbook	Kashauna Spratley		

John Handley

(HAND)

P. O. Box 910, 425 Handley Boulevard / Winchester, VA 22604-091

Email: joyner.doug@wps.k12.va.us / stewart.bill@wps.k12.va.us

Principal: Doug Joyner

Assistant Principal: Mike Madden, Karen McCoy, Ellen Wheeler

Athletic/Activities Director: Bill Stewart (CAA)

Superintendent: Dr. Rick Leonard (Winchester)

Assistant AD:	Not Filled	Students	1150	Group:	AA	Div.:	3
Colors:	Maroon/White	Gym Cap.	2000	Region:	II		
Mascot:	Judges	Stad. Cap.	5000	District:	Northwestern		
Ath Trainer	Bart Stewart	Football	Tony Rayburn	Scholastic			
Band	Doug Harrison	Forensics	Kelly Stallard	Soccer, b	Cosmo Balio		
Baseball	Eddie Simmons	Golf	Tom Arthur	Soccer, g	Luke Mason		
Basket, b	Tommy Dixon	Gymnast, b		Softball	Tim Mondell		
Basket, g	Marvin Scott	Gymnast, g		Swim, b	Tag Grove		
Cheer	Samantha Gorman	Ind Track, b	Sam Finley	Swim, g	Tag Grove		
Cr Writing	Mary Tedrow	Ind Track, g	Sam Finley	Tennis, b	Jimmy Robertson		
Crew, b		Lacrosse, b		Tennis, g	Terry Ewell		
Crew, g		Lacrosse, g		Theatre	Larry Lovelady		
CrossC, b	Mark Stickley	Magazine	Darla Steele	Volley, b			
CrossC, g	Emily Budnyk-Putt	Newspaper	Mary Tedrow	Volley, g	Lindsay Hazelette		
Debate	Kelly Stallard	Out Track, b	Sam Finley	Wrestling	Jim Gowdy		
F Hockey		Out Track, g	Sam Finley	Yearbook	Cosmo Balio		

Hanover

(HANO)

10307 Chamberlayne Road / Mechanicsville, VA 23116

Email: gsadler@hanover.k12.va.us / rstratton@hanover.k12.va.us

Principal: George Sadler

Assistant Principal: Wanda Bibb, Stephanie Shea, Randy West

Athletic/Activities Director: Bob Stratton (CAA)

Superintendent: Dr. Stewart D. Roberson (Hanover)

Assistant AD:		Students	1300	Group:	AAA	Div.:	5
Colors:	Forest Green/Col. Blue/White	Gym Cap.	3000	Region:	Central		
Mascot:	Hawks	Stad. Cap.	4000	District:	Capital		
Ath Trainer	Julie Kostan	Football	Josh Just	Scholastic	Susie Bellows		
Band	Amy Birdsong	Forensics	Shelby Edmonds	Soccer, b	Joe Broschious		
Baseball	Charlie Dragum	Golf	Charlie Dragum	Soccer, g	Whitney Harpold		
Basket, b	Troy Manns	Gymnast, b		Softball	Chris Pace		
Basket, g	Kevin Brooks	Gymnast, g	Jessica Moore	Swim, b	Ann Ramage		
Cheer	Erin Martin	Ind Track, b	Jackie Kosakowski	Swim, g	Ann Ramage		
Cr Writing	Victoria Hutto	Ind Track, g	Jackie Kosakowski	Tennis, b	Aaron Bradley		
Crew, b		Lacrosse, b		Tennis, g	Nancy Lutton		
Crew, g		Lacrosse, g		Theatre	Keri Crosby		
CrossC, b	Cameron Hopper	Magazine	Victoria Hutto	Volley, b	Mike Rohr		
CrossC, g	Cameron Hopper	Newspaper	Michael Goodrich Stuart	Volley, g	Karl Lippa		
Debate	Wendy Aschenbach	Out Track, b	Josh Just	Wrestling	Aaron Bradley		
F Hockey	Sarah Bottorff	Out Track, g	Jackie Kosakowski	Yearbook	Kara Eller		

Harrisonburg

(HBRG)

School Phone: 540-433-2651

Athletics Office: 540-433-0450

School Fax: 540-433-3595

1001 Garbers Church Road / Harrisonburg, VA 22801-1999

Email: ireynolds@harrisonburg.k12.va.us / jcarico@harrisonburg.k12.va.us

Principal: Irene Reynolds

Assistant Principal: Jeremy Knapp, Jay Supko, Mike Eye

Athletic/Activities Director: Joe Carico

Superintendent: Dr. Donald J. Ford (Harrisonburg)

Assistant AD:		Students	1250	Group:	AA	Div.:	4
Colors:	Navy Blue/White	Gym Cap.	1900	Region:	III		
Mascot:	Blue Streaks	Stad. Cap.	5000	District:	Massanutten		
Ath Trainer	Garrie Storie	Football	Tim Sarver	Scholastic			
Band	J.R. Snow	Forensics	Bradley Walton	Soccer, b	Ted Erickson		
Baseball	Jay Hook	Golf	Mike Ruckman	Soccer, g	Amy Cerelli		
Basket, b	Tim Meyers	Gymnast, b		Softball	Nicole Moran		
Basket, g	Bobby Mongold	Gymnast, g	Michael King	Swim, b	Not Filled		
Cheer	Hope Stanley	Ind Track, b	David Loughran	Swim, g	Not Filled		
Cr Writing		Ind Track, g	David Loughran	Tennis, b	Not Filled		
Crew, b		Lacrosse, b		Tennis, g	Lawrence Miller		
Crew, g		Lacrosse, g		Theatre	Stanley Swartz		
CrossC, b	Ross Bair	Magazine		Volley, b			
CrossC, g	David Loughran	Newspaper	Valerie Penton	Volley, g	Andy Thompson		
Debate	Peter Normt	Out Track, b	David Loughran	Wrestling	Mike Dickerson		
F Hockey		Out Track, g	David Loughran	Yearbook	Mary Strickler		

Hayfield

(HAYF)

School Phone: 703-924-7400

Athletics Office: 703-924-7472

School Fax: 703-924-7497

7630 Telegraph Road / Alexandria, VA 22315-3898

Email: william.oehrlein@fcps.edu

Principal: William Oehrlein

Assistant Principal: Jean Bell

Athletic/Activities Director: E. W. Nowland

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD:	Robert Bowman	Students	1750	Group:	AAA	Div.:	5
Colors:	Orange/White	Gym Cap.	4500	Region:	Northern		
Mascot:	Hawks	Stad. Cap.	6000	District:	Patriot		
Ath Trainer	Tay Ellis	Football	Billy Pugh	Scholastic			
Band	Pat Burke	Forensics	Meghan Nugent	Soccer, b	Dan Drickey		
Baseball	Scott Broyles	Golf	James Purdham	Soccer, g	Melissa Morris		
Basket, b	Ron Palmer	Gymnast, b		Softball	Ron Giovannucci		
Basket, g	Richard Carlock	Gymnast, g		Swim, b	Lisa Broadhead		
Cheer	Lynn Hendricks	Ind Track, b	T.D. Holsclaw	Swim, g	Lisa Broadhead		
Cr Writing		Ind Track, g	T.D. Holsclaw	Tennis, b	Matt Elkins		
Crew, b		Lacrosse, b	Jack Kendall	Tennis, g	Freddy Cintron		
Crew, g		Lacrosse, g	Sarah Cohen	Theatre	Meghan Nugent		
CrossC, b	T.D. Holsclaw	Magazine	Mary Prunchak	Volley, b			
CrossC, g	T.D. Holsclaw	Newspaper	Marge Craig	Volley, g	Amy Trimble		
Debate	Not Filled	Out Track, b	T.D. Holsclaw	Wrestling	Roy Hill		
F Hockey	Lauren White	Out Track, g	T.D. Holsclaw	Yearbook	Theresa Poquis		

Haysi

(HAYS)

School Phone: 276-865-5126

Athletics Office: 276-865-5525

School Fax: 276-865-5240

196 Tiger Circle, Drawer G / Haysi, VA 24256-0147

Email: lcompton@dickenson.k12.va.us

Principal: Larry Compton

Assistant Principal:

Athletic/Activities Director: Larry Compton

Superintendent: Mrs. Haydee Robinson (Dickenson)

Assistant AD:		Students	280	Group:	A	Div.:	1
Colors:	Red/White/Blue	Gym Cap.	900	Region:	D		
Mascot:	Tigers	Stad. Cap.	4000	District:	Black Diamond		
Ath Trainer		Football	James Colley	Scholastic			
Band		Forensics	Rod Boyd	Soccer, b			
Baseball	Dwayne Stanley	Golf	Gary Sullivan	Soccer, g			
Basket, b	Ronnie Compton	Gymnast, b		Softball	Daroll Poston		
Basket, g	Jessica Owens	Gymnast, g		Swim, b			
Cheer		Ind Track, b		Swim, g			
Cr Writing	Robin Charles	Ind Track, g		Tennis, b	Brent Deel		
Crew, b		Lacrosse, b		Tennis, g	David Owens		
Crew, g		Lacrosse, g		Theatre	Rod Boyd		
CrossC, b	Ronnie Compton	Magazine		Volley, b			
CrossC, g	Ronnie Compton	Newspaper	Diana Puckett	Volley, g	Karen Fleming		
Debate		Out Track, b	James Colley	Wrestling			
F Hockey		Out Track, g	Annette Counts	Yearbook	Diana Puckett		

Henrico**(HENR)****School Phone:** 804-228-2700**Athletics Office:** 804-228-2703**School Fax:** 804-228-2715

302 Azalea Avenue / Richmond, VA 23227-3618

Email: rsrodriguez@henrico.k12.va.us / twjeremi@henrico.k12.va.us**Principal:** Ron Rodriguez**Assistant Principal:** Tracey Kroll, Mary Noel, Robin Dalton, Tim Lewis, Dana Hawes**Athletic/Activities Director:** Tom Jeremiah**Superintendent:** Dr. Patrick Russo (Henrico)**Assistant AD:****Colors:** Green/Gold/White**Mascot:** Warriors

Ath Trainer Rob Welch

Band John Scott

Baseball Ken Schrad

Basket, b Vance Harmon

Basket, g Jean Adkins

Cheer Christine Little

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Thomas Hill

CrossC, g Lamont Bowles

Debate

F Hockey Not Filled

Students 1780**Gym Cap.** 1200**Stad. Cap.** 4500

Football Roger Brookes

Forensics Keith Hollowell

Golf Wylie Schwieder

Gymnast, b

Gymnast, g Tanya Wood

Ind Track, b Lamont Bowles

Ind Track, g Not Filled

Lacrosse, b

Lacrosse, g

Magazine Alice Anne Ellis

Newspaper Mickey Peters

Out Track, b Lamont Bowles

Out Track, g Not Filled

Group: AAA**Region:** Central**District:** Capital

Scholastic Carla Harrison-Lane

Soccer, b Scott Sherrill

Soccer, g Mike Giancristoforo

Softball Ty Owens

Swim, b

Swim, g

Tennis, b Joe Allred

Tennis, g Not Filled

Theatre Todd Ritter

Volley, b Todd Rigler

Volley, g Jennifer King

Wrestling Ty Owens

Yearbook Mickey Peters

Div.: 6**Patrick Henry (Ashland)****(PHAS)****School Phone:** 804-365-8000**Athletics Office:** 804-365-8055**School Fax:** 804-365-8001

12449 West Patrick Henry Road / Ashland, VA 23005-3152

Email: jcrook@hcps.us / dminton@hcps.us**Principal:** Jeff Crook**Assistant Principal:** Estelle Derricott, William Noel, Brian Maltby**Athletic/Activities Director:** Dennis Minton**Superintendent:** Dr. Stewart D. Roberson (Hanover)**Assistant AD:** Paul Heizer**Colors:** Red/White/Navy**Mascot:** Patriots

Ath Trainer Chris Garrett

Band Amand Peters

Baseball Sam Hart

Basket, b Dave Wyatt

Basket, g Leslie Nuckols

Cheer Kara Greenwood

Cr Writing Sallie Bedall

Crew, b

Crew, g

CrossC, b Jeremy Dobinski

CrossC, g Jeremy Dobinsk

Debate Rebecca Dovi

F Hockey Patti Beach

Students 1500**Gym Cap.** 2000**Stad. Cap.** 5000

Football Ray Long

Forensics Charmaine Monds

Golf Jason Byrd

Gymnast, b

Gymnast, g Not Filled

Ind Track, b Scott Brown

Ind Track, g Scott Brown

Lacrosse, b

Lacrosse, g

Magazine Nicholas Liberante

Newspaper Nicholas Liberante

Out Track, b Scott Brown

Out Track, g Jeremy Dobinski

Group: AAA**Region:** Central**District:** Colonial

Scholastic

Soccer, b Dan McGraw

Soccer, g Wallace Farmer

Softball Matt Crowder

Swim, b Kevin Trent

Swim, g Kevin Trent

Tennis, b Jeremy Brown

Tennis, g Not Filled

Theatre Rebecca Agnew

Volley, b Dan McGraw

Volley, g Alcia Sottung

Wrestling Dennis Adkins

Yearbook Nicholas Liberante

Div.: 5**Patrick Henry (Glade Spring)****(PHGS)****School Phone:** 276-739-3700**Athletics Office:** 276-739-3721**School Fax:** 276-944-2125

31437 Hillman Highway / Glade Spring, VA 24340-5003

Email: kperriga@wcs.k12.va.us / hockett@wcs.k12.va.us**Principal:** Keith Perrigan**Assistant Principal:** Kendra Honaker**Athletic/Activities Director:** Andrew Hockett**Superintendent:** Dr. Alan T. Lee (Washington)**Assistant AD:****Colors:** Columbia/Navy Blue**Mascot:** Rebels

Ath Trainer Beth Funkhouser

Band David Semones

Baseball Jon Boyd

Basket, b Jon Caywood

Basket, g Tommy Thomas

Cheer Not Filled

Cr Writing Sonja Seymore

Crew, b

Crew, g

CrossC, b Not Filled

CrossC, g Not Filled

Debate

F Hockey

Students 387**Gym Cap.** 1200**Stad. Cap.** 6000

Football Mike Compton

Forensics Sonja Seymore

Golf Jon Odum

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Not Filled

Out Track, b Brandon Blankenship

Out Track, g Jason Meyers

Group: A**Region:** C**District:** Hogoheegee

Scholastic Andrew Hockett

Soccer, b Zack Bowers

Soccer, g

Softball Tami Counts

Swim, b Not Filled

Swim, g Not Filled

Tennis, b

Tennis, g

Theatre Not Filled

Volley, b

Volley, g Beth Austin

Wrestling Kevin Addair

Yearbook Michelle Duncan

Div.: 2

Patrick Henry (Roanoke)**(PHRO)****School Phone:** 540-853-2255**Athletics Office:** 540-853-1190**School Fax:** 540-853-1575

2102 Grandin Road, SW / Roanoke, VA 24015-3579

EMail: psheedy@rcps.info**Principal:** Connie Ratcliffe**Assistant Principal:** Rachael Wheaton, Joe Jablonski, Rita Willis, Chris McClellan**Athletic/Activities Director:** Patricia Sheedy (RAA)**Superintendent:** Dr. Rita D. Bishop (Roanoke City)

Assistant AD:		Students 1300	Group: AAA	Div.: 5
Colors: Purple/White/Gold		Gym Cap. 1500	Region: Northwest	
Mascot: Patriots		Stad. Cap. 3000	District: Western Valley	
Ath Trainer Jeanne Brown	Football	Brad Bradley	Scholastic	Steve Villers
Band Sharon Johnson	Forensics	Mark Levy	Soccer, b	Chris Dowdy
Baseball Aaron Haigler	Golf	Chris Dowdy	Soccer, g	Whitney Wright
Basket, b Jack Esworthy	Gymnast, b		Softball	Jeff Shupe
Basket, g Toree Dunleavy	Gymnast, g		Swim, b	Not Filled
Cheer Not Filled	Ind Track, b	Chad Cox	Swim, g	Not Filled
Cr Writing	Ind Track, g	Chad Cox	Tennis, b	James Hill
Crew, b	Lacrosse, b	Josh Wilkinson	Tennis, g	Katherine Smith
Crew, g	Lacrosse, g	Mike Norton	Theatre	Steve Rittenhouse
CrossC, b Chad Cox	Magazine		Volley, b	
CrossC, g Chad Cox	Newspaper		Volley, g	Patti Sheedy
Debate Diane Skole	Out Track, b	Chad Cox	Wrestling	Michael Duncan
F Hockey	Out Track, g	Chad Cox	Yearbook	Not Filled

Heritage (Leesburg)**(HRLE)****School Phone:** 571-252-2800**Athletics Office:** 571-252-2810**School Fax:** 571-252-2801

520 Evergreen Mill Road, SE / Leesburg, VA 20175

EMail: margaret.huckaby@loudoun.k12.va.us / ronald.petrella@loudoun.k12.va.us**Principal:** Margaret Huckaby**Assistant Principal:** Ross Armstrong, Kim Turner, Adrian Powell**Athletic/Activities Director:** Ron Petrella (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)

Assistant AD: Randy Trenary		Students 1700	Group: AAA	Div.: 4
Colors: Red/Black		Gym Cap. 1600	Region: Northwest	
Mascot: Pride		Stad. Cap. 3000	District: Cedar Run	
Ath Trainer Lee Ann Skinner	Football	Wes Driskill	Scholastic	
Band George Herrmann	Forensics	Felisa Cupps	Soccer, b	Betsy Munson
Baseball Ryan Price	Golf	John Dugger	Soccer, g	Casey van Harssel
Basket, b Greg Grimes	Gymnast, b		Softball	Megan Smith
Basket, g Anthony Long	Gymnast, g	Jenny Aubel	Swim, b	Ketie Touve
Cheer Whitney Loy	Ind Track, b		Swim, g	Katie Touve
Cr Writing	Ind Track, g		Tennis, b	Amy Dorozynski
Crew, b	Lacrosse, b	Jason Burke	Tennis, g	
Crew, g	Lacrosse, g	Lauren Bevington	Theatre	Barbara Wilson
CrossC, b Doug Gilbert	Magazine		Volley, b	
CrossC, g Doug Gilbert	Newspaper	Scott Cissel	Volley, g	Carmel Keilty
Debate Not Filled	Out Track, b	Kate Cassidy	Wrestling	Brian Hanselman
F Hockey	Out Track, g	Katie Boring	Yearbook	Tim York

Heritage (Lynchburg)**(HRLN)****School Phone:** 434-582-1147**Athletics Office:** 434-582-1139**School Fax:** 434-582-1185

3020 Wards Ferry Road / Lynchburg, VA 24502-2499

EMail: miearmi@lcsedu.net / stormmr@lcsedu.net**Principal:** Mark Mear**Assistant Principal:** Tim Beatty, Charles King, Maria Jaeger**Athletic/Activities Director:** Mark Storm (CAA)**Superintendent:** Dr. Paul McKendrick (Lynchburg)

Assistant AD:		Students 754	Group: AA	Div.: 4
Colors: Navy/Orange		Gym Cap. 3000	Region: III	
Mascot: Pioneers		Stad. Cap. 12000	District: Seminole	
Ath Trainer Tony Tucker	Football	Chris Jones	Scholastic	
Band Mike Hand	Forensics	Sharon Wright	Soccer, b	Guillermo Sarlo
Baseball Paul Johnson	Golf	Maarty Chandler	Soccer, g	Amy Dalton
Basket, b Dan Stephens	Gymnast, b		Softball	Mike Hand
Basket, g Tracie Hayes	Gymnast, g		Swim, b	Greg Hofmann
Cheer Nikki Rosser	Ind Track, b	Theodore Mclvor	Swim, g	Greg Hofmann
Cr Writing	Ind Track, g	Theodore Mclvor	Tennis, b	Jason Page
Crew, b	Lacrosse, b		Tennis, g	Melisa Lasken
Crew, g	Lacrosse, g		Theatre	Larry Hart
CrossC, b Matt Day	Magazine		Volley, b	
CrossC, g Matt Day	Newspaper	Rich Glover	Volley, g	Kelly Bryant
Debate	Out Track, b	Theodore Mclvor	Wrestling	John Glaister
F Hockey	Out Track, g	Theodore Mclvor	Yearbook	Diana Rider

Heritage (Newport News)**(HRNN)****School Phone:** 757-928-6100**Athletics Office:** 757-928-6110**School Fax:** 757-247-9058

5800 Marshall Avenue / Newport News, VA 23605-2420

Email: michael.nichols@nn.k12.va.us / dwayne.peters@nn.k12.va.us**Principal:** Michael Nichols**Assistant Principal:** Letha Brooks, Roscoe Coles, Kevin Badie, Stephanie Sadler**Athletic/Activities Director:** Dwayne Peters**Superintendent:** Dr. Ashby C. Kilgore (Newport News)**Assistant AD:** Tuffy Leemon**Students** 1400**Group:** AAA**Div.:** 5**Colors:** Maroon/Silver**Gym Cap.** 2000**Region:** Eastern**Mascot:** Hurricanes**Stad. Cap.** 8000**District:** Peninsula

Ath Trainer Cortney Smith

Football Jason Robinson

Scholastic

Band Erma Price

Forensics

Soccer, b Brian Kershasky

Baseball Not Filled

Golf Chris Trotter

Soccer, g

Airis Madden

Basket, b Dennis Koutoufas

Gymnast, b

Softball Danielle Torres

Basket, g Michael Gardner

Gymnast, g Caron Lowe

Swim, b

Not Filled

Cheer Jacqueline East

Ind Track, b Ray Pollard

Swim, g

Not Filled

Cr Writing

Out Track, b Jacqueline Bateman

Tennis, b John Atiomu

Crew, b

Lacrosse, b

Tennis, g

Ed Bunch

Crew, g

Lacrosse, g

Theatre

Laura Lloyd

CrossC, b Ray Pollard

Magazine Not Filled

Volley, b

Eric Scott

CrossC, g Jacqueline Bateman

Newspaper Not Filled

Volley, g

Roberta Conrad

Debate Not Filled

Out Track, b Ray Pollard

Wrestling

Chris Pearson

F Hockey Airris Madden

Out Track, g Jacqueline Bateman

Yearbook

Kim Bates

Hermitage**(HERM)****School Phone:** 804-756-3000**Athletics Office:** 804-672-9230**School Fax:** 804-672-1501

8301 Hungary Spring Road / Henrico, VA 23228-1984

Email: owwilson@henrico.k12.va.us / cdrollis@henrico.k12.va.us**Principal:** Omega Wilson**Assistant Principal:** Dan Dunham, Cheryl Montgomery, Diane Saunders, Brock Goehler**Athletic/Activities Director:** Chris Rollison (RAA)**Superintendent:** Dr. Patrick Russo (Henrico)**Assistant AD:****Students** 2200**Group:** AAA**Div.:** 6**Colors:** Red/Blue**Gym Cap.** 1800**Region:** Central**Mascot:** Panthers**Stad. Cap.** 7000**District:** Colonial

Ath Trainer Bobbi Southard

Football Patrick Kane

Scholastic

Band John Sarvay

Forensics Theresa Steele

Soccer, b Eric Hilton

Baseball Ray Pauley

Golf Sean O'Day

Soccer, g Bennett Baber

Basket, b Earl Kinney

Gymnast, b

Softball Layne Thorpe

Basket, g Allyn Hawkes

Gymnast, g

Swim, b

Cheer Kecia Studevart

Ind Track, b Walter Spain

Swim, g

Anne Agee

Cr Writing Letitia Coffin

Ind Track, g Walter Spain

Tennis, b

McKinley Tucker

Crew, b

Lacrosse, b

Tennis, g

Theresa Steele

Crew, g

Lacrosse, g

Theatre

Jon Lacy

CrossC, b Joe Pardue

Magazine Letitia Coffin

Volley, b

Ginny Dolan

CrossC, g Craig Hedley

Newspaper Shannon Lindbloom

Volley, g

Dalton Head

Debate Phyllis Harris

Out Track, b Walter Spain

Wrestling

Molly Buckley

F Hockey

Out Track, g Walter Spain

Yearbook

Herndon**(HERN)****School Phone:** 703-810-2200**Athletics Office:** 703-810-2211**School Fax:** 703-810-2262

700 Bennett Street / Herndon, VA 20170-3330

Email: / mike.mahoney@fcps.edu**Principal:** Not Filled**Assistant Principal:** Dave Paganin, Prosperanta Calhoun, Jim Hannon, Sheila Colbert -Azate, William Bates**Athletic/Activities Director:** Michael Mahoney**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** J. Frohm, B. O'Hearn**Students** 2150**Group:** AAA**Div.:** 6**Colors:** Red/White/Black**Gym Cap.** 1000**Region:** Northern**Mascot:** Hornets**Stad. Cap.** 4500**District:** Concorde

Ath Trainer R. Beerman, A. Sheedfar, D

Football Joe Sheaffer

Scholastic Kim Belknap

Band Kathleen Schoelwer

Forensics Kristina Rudolph

Soccer, b Sean Lanigan

Baseball Al McCulloch

Golf John Benkovic

Soccer, g Nick Stames

Basket, b Chris Whelan

Gymnast, b

Softball

Not Filled

Basket, g Reggie Barnes

Gymnast, g Keith Naquin

Swim, b

Kathy McLaughlin

Cheer Jenny Goff

Ind Track, b Pete Sherry

Swim, g

Kathy McLaughlin

Cr Writing

Ind Track, g Patrice Humpherys

Tennis, b

David Bristow

Crew, b

Lacrosse, b Bill Will

Tennis, g

Nick Palatiello

Crew, g

Lacrosse, g Lindsey Welch

Theatre

Zoe Dillard

CrossC, b Pete Sherry

Magazine Connie Casserly

Volley, b

Gary Bolt

CrossC, g Pete Sherry

Newspaper Connie Casserly

Volley, g

Patricia Smith

Debate Krisitna Rudolph

Out Track, b Patrice Humpherys

Wrestling

Mike Gonzales

F Hockey Phyllis Pearce

Out Track, g Joe Sheaffer

Yearbook

Lauren Eckert

Hickory

(HKRY)

School Phone: 757-421-4295

Athletics Office: 757-421-0544

School Fax: 757-421-2190

1996 Hawk Boulevard / Chesapeake, VA 23322

E-Mail: turneac@cps.k12.va.us / colekje@cps.k12.va.us

Principal: Alfredia Turner (acting)

Assistant Principal: Christine Babb, John Wecht, Derrell Joppy, Pierre Anderson, Alfredia Turner

Athletic/Activities Director: Kevin Cole

Superintendent: Dr. W. Randolph Nichols (Chesapeake)

Assistant AD:		Students	2000	Group:	AAA	Div.:	6
Colors:	Teal/Black/White/Silver	Gym Cap.	1300	Region:	Eastern		
Mascot:	Hawks	Stad. Cap.	7800	District:	Southeastern		
Ath Trainer	Kelli Guth	Football	Tim Sitterson	Scholastic	Richard Morgan		
Band	David Enloe	Forensics	Jill Branch	Soccer, b	Eric Blackmore		
Baseball	Steve Gedro	Golf	John Holmes	Soccer, g	David Richels		
Basket, b	Shane Smith	Gymnast, b		Softball	Ryan Wieck		
Basket, g	Dubois Scott	Gymnast, g	Sean Rayner	Swim, b	Meredith Law		
Cheer	Linda Laumann	Ind Track, b	Jud Sarver	Swim, g	Meredith Law		
Cr Writing	Diane Cross	Ind Track, g	Meredith Hobson	Tennis, b	Mark Pearman		
Crew, b		Lacrosse, b		Tennis, g	Jud Stokes		
Crew, g		Lacrosse, g		Theatre	Marla Wood		
CrossC, b	Jud Sarver	Magazine	Diane Cross	Volley, b	Cliff Macklin		
CrossC, g	Jud Sarver	Newspaper	Kari Lomanno	Volley, g	Eric Cigich		
Debate	Brayden Emerick	Out Track, b	Anthony Muscatello	Wrestling	Not Filled		
F Hockey	Hannah Jones	Out Track, g	Melvin Queen	Yearbook	Jessica Ruddick		

Hidden Valley

(HVAL)

School Phone: 540-776-7320

Athletics Office:

School Fax: 540-776-7322

5000 Titan Trail / Roanoke, VA 24018

E-Mail: rstegall@rcs.k12.va.us / cmorris@rcs.k12.va.us

Principal: Rhonda Stegall

Assistant Principal: Tina Frye, Josh Whitlow, Andrew Kufel

Athletic/Activities Director: Chris Morris

Superintendent: Dr. Lorraine Lange (Roanoke)

Assistant AD:		Students	1130	Group:	AA	Div.:	4
Colors:	Blue/Gold	Gym Cap.	1000	Region:	IV		
Mascot:	Titans	Stad. Cap.	4500	District:	River Ridge		
Ath Trainer	James Hargenrader	Football	Scott Weaver	Scholastic	Terri Preston		
Band	Glen Gray	Forensics		Soccer, b	Not Filled		
Baseball	Jason Taylor	Golf	Brian Harris	Soccer, g	Will Krause		
Basket, b	Troy Wells	Gymnast, b		Softball	Katrina Kish		
Basket, g	Randy Bush	Gymnast, g		Swim, b	Sherri Vaughn		
Cheer	Maggie Long	Ind Track, b	Dan King	Swim, g	Sherri Vaughn		
Cr Writing		Ind Track, g	Dan King	Tennis, b	Ryan Teague		
Crew, b		Lacrosse, b		Tennis, g	Tommy George		
Crew, g		Lacrosse, g		Theatre	Sally Miller		
CrossC, b	Dan King	Magazine		Volley, b			
CrossC, g	Dan King	Newspaper	Carol Brown	Volley, g	Carla Ponn		
Debate		Out Track, b	Dan King	Wrestling	Ray Broughman		
F Hockey		Out Track, g	Dan King	Yearbook	Angie Brenton		

Highland

(HLND)

School Phone: 540-468-2129

Athletics Office:

School Fax: 540-468-2106

P.O. Box 430, 244 Myers Moon Road / Monterey, VA 24465-0430

E-Mail: kwilmore@highland.k12.va.us / psites@highland.k12.va.us

Principal: Kelly Wilmore

Assistant Principal:

Athletic/Activities Director: Paul Sites

Superintendent: Mr. Gary R. Blair (Highland)

Assistant AD:		Students	105	Group:	A	Div.:	0
Colors:	Blue/Gold	Gym Cap.	500	Region:	C		
Mascot:	Rams	Stad. Cap.	300	District:	Pioneer		
Ath Trainer		Football		Scholastic	Amanda Lotts		
Band	Not Filled	Forensics		Soccer, b			
Baseball	Mike Warf	Golf	Don Ferrell	Soccer, g			
Basket, b	Not Filled	Gymnast, b		Softball	Not Filled		
Basket, g	Sherry Sullenberger	Gymnast, g		Swim, b			
Cheer	Lois Terry	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Mike Warf	Magazine		Volley, b			
CrossC, g	Mike Warf	Newspaper		Volley, g	Margie Swanger		
Debate		Out Track, b	Not Filled	Wrestling			
F Hockey		Out Track, g	Not Filled	Yearbook	Elizabeth Hylton		

Highland Springs

(HSPR)

15 S. Oak Avenue / Highland Springs, VA 23075-1709

Email: hspringslink@henrico.k12.va.us / rforward@henrico.k12.va.us

Principal: Michael Wright

Assistant Principal: Tanekia Hargrove, Sherol Southerland, Jeff Duncan, Laura Matthews

Athletic/Activities Director: Rudy Ward

Superintendent: Dr. Patrick Russo (Henrico)

Assistant AD:		Students	1800	Group:	AAA	Div.:	6
Colors:	Black/Gold	Gym Cap.	2000	Region:	Central		
Mascot:	Springers	Stad. Cap.	5000	District:	Capital		
Ath Trainer	Erin Seabrook	Football	Loren Johnson	Scholastic	Kim Bartle		
Band	Davon Yonkers	Forensics		Soccer, b	Brandon Gooss		
Baseball	BJ Crowder	Golf	Jason Stanley	Soccer, g	Aimee Ball		
Basket, b	George Lancaster	Gymnast, b		Softball	Connie Wishon		
Basket, g	Franklin Harris	Gymnast, g		Swim, b			
Cheer	Cathy Parker	Ind Track, b	Kerry Gray	Swim, g			
Cr Writing		Ind Track, g	Matt Gifford	Tennis, b	Not Filled		
Crew, b		Lacrosse, b		Tennis, g	Cravelyn Williams		
Crew, g		Lacrosse, g		Theatre	Not Filled		
CrossC, b	Kerry Gray	Magazine		Volley, b	Richard Starr		
CrossC, g	Matt Gifford	Newspaper		Volley, g	Shanute Clark		
Debate		Out Track, b	Kerry Gray	Wrestling	Floyd Gladden		
F Hockey	Aimee Ball	Out Track, g	Matt Gifford	Yearbook	Not Filled		

Holston

(HLST)

21308 Monroe Road / Damascus, VA 24236-2900

Email: jking@wcs.k12.va.us / blackburn@wcs.k12.va.us

Principal: Jimmy King

Assistant Principal: Scott Cole

Athletic/Activities Director: Don Blackburn

Superintendent: Dr. Alan T. Lee (Washington)

Assistant AD:	Jason Matlock	Students	320	Group:	A	Div.:	1
Colors:	Red/White	Gym Cap.	1000	Region:	C		
Mascot:	Cavaliers	Stad. Cap.	3000	District:	Hogoheegee		
Ath Trainer	Brad Bussey	Football	Jason Matlock	Scholastic	Shirley Snead		
Band	Uley Daniels	Forensics	Pam Atwell	Soccer, b			
Baseball	Adam Moore	Golf	Adam Moore	Soccer, g			
Basket, b	Travis Gray	Gymnast, b		Softball	Lisa Blackburn		
Basket, g	Not Filled	Gymnast, g		Swim, b			
Cheer	Gina Thomas	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre	Jill Jessee		
CrossC, b	Candice Mullins	Magazine		Volley, b			
CrossC, g	Candice Mullins	Newspaper	Jodi Baldwin	Volley, g	Katie Butcher		
Debate	Pam Atwell	Out Track, b	Jason Matlock	Wrestling	Alex Singleton		
F Hockey		Out Track, g	Candice Mullins	Yearbook	Katie Butcher		

Honaker

(HONA)

1795 Thompson Creek Rd, P. O. Box 764 / Honaker, VA 24260-076

Email: tbush@russell.k12.va.us / tcoleman85@yahoo.com

Principal: Anthony Bush

Assistant Principal: Brenda Campbell

Athletic/Activities Director: Trevor Coleman (CAA)

Superintendent: Dr. Lorraine C. Turner (Russell)

Assistant AD:		Students	402	Group:	A	Div.:	2
Colors:	Orange/Black/White	Gym Cap.	1600	Region:	D		
Mascot:	Tigers	Stad. Cap.	4000	District:	Black Diamond		
Ath Trainer		Football	Doug Hubbard	Scholastic	Alex Zachwieja		
Band	Joseph Whitt	Forensics	Tiffany Hurt	Soccer, b	Doug Hubbard		
Baseball	Tom Harding	Golf	Marcus Dunham	Soccer, g	Wilburn Johnson		
Basket, b	Waylon Hart	Gymnast, b		Softball	Donovan Helton		
Basket, g	Nathan Breeding	Gymnast, g		Swim, b			
Cheer	Erica Bostic, Pam Barton	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g	Vanessa Lester		
Crew, g		Lacrosse, g		Theatre			
CrossC, b		Magazine		Volley, b			
CrossC, g		Newspaper		Volley, g	Greg Mullins		
Debate		Out Track, b	Doug Hubbard	Wrestling			
F Hockey		Out Track, g	Jane Meade	Yearbook			

Hopewell

(HPWL)

School Phone: 804-541-6402

400 S. Mesa Drive / Hopewell, VA 23860-4100

Athletics Office: Ext. 209

E-Mail: rford@hopewell.k12.va.us / mparker@hopewell.k12.va.us

School Fax: 804-541-6403

Principal: Dr. Rudy Ford

Assistant Principal: Melanie Knowles, Rebecca Slagle, Betty Ware

Athletic/Activities Director: Marshall Parker

Superintendent: Dr. Winston O. Odom (Hopewell)

Assistant AD:		Students 1012	Group: AAA	Div.: 5	
Colors: Blue/Gold		Gym Cap. 2200	Region: Central		
Mascot: Blue Devils		Stad. Cap. 6000	District: Central		
Ath Trainer	Not Filled	Football	Marshall Parker	Scholastic	Jessica Ciokan
Band	Not Filled	Forensics	Mary Katherine Owen	Soccer, b	John Kertis
Baseball	Richard Irby	Golf	Robert Witherow	Soccer, g	Rae Parker
Basket, b	William Littlepage	Gymnast, b		Softball	Scott Martin
Basket, g	Walter Broner	Gymnast, g		Swim, b	
Cheer	Michele Hancock	Ind Track, b	Frank Cancino	Swim, g	
Cr Writing	Don McMillan	Ind Track, g	Frank Cancino	Tennis, b	Matt Weston
Crew, b		Lacrosse, b		Tennis, g	Christine Weston
Crew, g		Lacrosse, g		Theatre	Julie Smith
CrossC, b	Frank Whipp	Magazine		Volley, b	
CrossC, g	Frank Whipp	Newspaper	Not Filled	Volley, g	
Debate	Mike Hayes	Out Track, b	Frank Cancino	Wrestling	Clay Bennett
F Hockey	Jane Cashion	Out Track, g	Frank Cancino	Yearbook	Stacey Hipps

Huguenot

(HUGU)

School Phone: 804-320-7967

7945 Forest Hill Avenue / Richmond, VA 23225-1998

Athletics Office: 804-320-7967

E-Mail: kedwards@richmond.k12.va.us / sknight@richmond.k12.va.us

School Fax: 804-560-9103

Principal: Kelvin Edwards

Assistant Principal: Raymond Johnson, Sr., Johnny Mickens, Cynthia Gentry

Athletic/Activities Director: Shawn L. Knight

Superintendent: Dr. Yvonne Brandon (Richmond City)

Assistant AD:		Students 1300	Group: AAA	Div.: 5	
Colors: Green/Gold		Gym Cap. 500	Region: Central		
Mascot: Falcons		Stad. Cap. 3800	District: Dominion		
Ath Trainer	Not Filled	Football	Ronald Gundry	Scholastic	Wayne Ellis
Band	Not Filled	Forensics	Ruth Johnson-Mason	Soccer, b	Ponce Ferguson
Baseball	William Stokes	Golf	Not Filled	Soccer, g	Leonard Jefferson
Basket, b	Bo Jones, Sr. (Interim)	Gymnast, b		Softball	Keith Lorenz
Basket, g	Bo Jones, Sr. (Interim)	Gymnast, g		Swim, b	
Cheer	Tiffany Garland	Ind Track, b	J. Russell Holmes	Swim, g	
Cr Writing		Ind Track, g	Ronald Gundry	Tennis, b	Jerry Archer
Crew, b		Lacrosse, b		Tennis, g	George Powell
Crew, g		Lacrosse, g		Theatre	
CrossC, b	J. Russell Holmes	Magazine		Volley, b	
CrossC, g	Ronald Gundry	Newspaper	Katherine Gareau	Volley, g	
Debate		Out Track, b	J. Russell Holmes	Wrestling	Wayne Booker
F Hockey		Out Track, g	Ronald Gundry	Yearbook	Vanita Miles

Hurley

(HRLY)

School Phone: 276-566-7642

Route 1, Box 249, P.O. Box 249 / Hurley, VA 24620-9519

Athletics Office:

E-Mail: tblankenship@buc.k12.va.us / vdillow@buc.k12.va.us

School Fax: 276-566-7127

Principal: Tommy Blankenship

Assistant Principal: Vivan Dillow

Athletic/Activities Director: Vivian Dillow, Harold Horne

Superintendent: Mr. Tommy P. Justus (Buchanan)

Assistant AD:		Students 262	Group: A	Div.: 1	
Colors: Red/Blue/Gray		Gym Cap. 2000	Region: D		
Mascot: Rebels		Stad. Cap. 2200	District: Black Diamond		
Ath Trainer		Football	Greg Tester	Scholastic	C. Cooper, M. England
Band		Forensics		Soccer, b	
Baseball	Steve Hamrol	Golf		Soccer, g	
Basket, b	Mark Cooper	Gymnast, b		Softball	
Basket, g	Harold Horne	Gymnast, g		Swim, b	
Cheer	Angie Rife	Ind Track, b		Swim, g	
Cr Writing		Ind Track, g		Tennis, b	Joey Blankenship
Crew, b		Lacrosse, b		Tennis, g	Angie Rife
Crew, g		Lacrosse, g		Theatre	
CrossC, b	Steve Hamro	Magazine		Volley, b	
CrossC, g		Newspaper		Volley, g	Brian Davis
Debate		Out Track, b	Mark Cooper	Wrestling	
F Hockey		Out Track, g	Brian Davis	Yearbook	Patricia Cooper

C. D. Hylton**(HYLT)****School Phone: 703-580-4000**

14051 Spriggs Road / Woodbridge, VA 22193-3605

Athletics Office: 703-580-4076**E-Mail:** custarc@pwcs.edu / dewittab@pwcs.edu**School Fax: 703-580-4299****Principal:** Carolyn Custard**Assistant Principal:** Brenda Byrd, Mike DeWitt, Meg Holt, Tony Switzer, Amy Weiler**Athletic/Activities Director:** Al DeWitt (CMAA)**Superintendent:** Dr. Steven L. Walts (Prince William)**Assistant AD:** Kathi Davis**Students** 2322**Group:** AAA**Div.:** 6**Colors:** Navy/White/Vegas Gold**Gym Cap.** 2200**Region:** Northwest**Mascot:** Bulldogs**Stad. Cap.** 6000**District:** Cardinal

Ath Trainer Erica Eberwein Football Lou Sorrentino Scholastic Amy Neumann

Band Dennis Brown Forensics Not Filled Soccer, b Kristi Beckman

Baseball Craig Flesher Golf P.J. Pcsolinski Soccer, g Lauren Brundage

Basket, b Barry Smith Gymnast, b Softball Harry Bell

Basket, g Mike Payne Gymnast, g Swim, b

Cheer Mike Shane Ind Track, b Mike Thorton Swim, g

Cr Writing Ind Track, g Mike Thorton Tennis, b Melvin Smith

Crew, b James Casebere Lacrosse, b Joe McCann Tennis, g Denise Allen

Crew, g Brian Tassi Lacrosse, g Felicia Mascarenas Theatre Jennifer Haas

CrossC, b Amanda Mascarenas Magazine Brian Harvey Volley, b

CrossC, g Amanda Mascarenas Newspaper Evynn Blaher Volley, g Lauren Brundage

Debate Britt Brewer Out Track, b Mike Thorton Wrestling P.J. Pcsolinski

F Hockey Felicia Mascarenas Out Track, g Mike Thorton Yearbook Syndia Payne

Indian River**(INRV)****School Phone: 757-578-7000**

1969 Braves Trail / Chesapeake, VA 23325

Athletics Office: 757-494-8077**E-Mail:** spelllef@cps.k12.va.us / irh@cps.k12.va.us**School Fax: 757-578-7004****Principal:** James L. Frye**Assistant Principal:** Bentley Harrell, Lenny Vaughan, Bryan Carter, Chris Babb, Shaqueef Ameen**Athletic/Activities Director:** Freddie Spellman**Superintendent:** Dr. W. Randolph Nichols (Chesapeake)**Assistant AD:****Students** 1681**Group:** AAA**Div.:** 5**Colors:** C. Blue/N. Blue/White**Gym Cap.** 1500**Region:** Eastern**Mascot:** The Fighting Braves**Stad. Cap.** 7500**District:** Southeastern

Ath Trainer Elisha Harris Football Linda Bull

Band Jay Larkin Forensics Yordan Shabazz Soccer, b Keith Freeman

Baseball Steve West Golf Steve West Soccer, g Kevin Ellis

Basket, b Not Filled Gymnast, b Softball Steve Delima

Basket, g Gavin Harris Gymnast, g Stacy Hobbs Swim, b Debbie Pearsall

Cheer Tiffany Gannes Ind Track, b Shawn Vaughan Swim, g Debbie Pearsall

Cr Writing Ind Track, g Cathy Yost Tennis, b Chavez Mabry

Crew, b Lacrosse, b Tennis, g Cheryl Johnson

Crew, g Lacrosse, g Theatre Jeanette Schuler

CrossC, b Calvin Freeman Magazine Volley, b Paris Winfield

CrossC, g Calvin Freeman Newspaper Shawn Edmonds Volley, g Kirt Overton

Debate Not Filled Out Track, b Shawn Vaughan Wrestling Martin Asprey

F Hockey Wendi Belmont-Evans Out Track, g Calvin Freeman Yearbook Shawn Edmonds

Stonewall Jackson (Manassas)**(SJMN)****School Phone: 703-365-2900**

8820 Rixlew Lane / Manassas, VA 20109

Athletics Office: 703-365-2995**E-Mail:** nicholrd@pwcs.edu / turnerkd@pwcs.edu**School Fax: 703-365-6984****Principal:** Richard Nichols**Assistant Principal:** Mark Roadarmel, Rhonda Early, Cheryl Shell**Athletic/Activities Director:** Kevin Turner**Superintendent:** Dr. Steven L. Walts (Prince William)**Assistant AD:****Students** 2200**Group:** AAA**Div.:** 6**Colors:** Cardinal/Gold/White**Gym Cap.** 3000**Region:** Northwest**Mascot:** Raiders**Stad. Cap.** 5500**District:** Cedar Run

Ath Trainer Keiran Loving Football Mike Dougherty Scholastic Calvin Kelley

Band Greg Kolar Forensics Gayla Meyer Soccer, b Hans Etienne

Baseball Brian McCarthy Golf Hilton Martin Soccer, g Pierre Slaiby

Basket, b Marcus Lawrence Gymnast, b Softball Megan Ponte

Basket, g Nsonji White Gymnast, g Amy Romberger Swim, b Dorothy Collins

Cheer Amy Romberger Ind Track, b Deon Taylor Swim, g Dorothy Collins

Cr Writing Greg Hyde Ind Track, g Julie Nothnagel Tennis, b Lindsey Bailey

Crew, b Lacrosse, b Tony Lepore Tennis, g Aimee O'Conner

Crew, g Lacrosse, g Not Filled Theatre Gayla Meyer

CrossC, b Richard Smith Magazine Greg Hyde Volley, b

CrossC, g Richard Smith Newspaper Greg Hyde Volley, g Matt Heyman

Debate Out Track, b Julie Nothnagel Wrestling Scott LaRochelle

F Hockey Not Filled Out Track, g Deon Taylor Yearbook Greg Hyde

Stonewall Jackson (Quicksburg) (SJQU)

150 Stonewall Lane / Quicksburg, VA 22847-1492

E-Mail: mjdorman@shenandoah.k12.va.us / mtfannin@shenandoah.k12.va.us

Principal: Mike Dorman

Assistant Principal: Deborah Litten

Athletic/Activities Director: Todd Fannin

Superintendent: Dr. B. Keith Rowland (Shenandoah)

Assistant AD: Alisa Sims

Colors: Red/White/Black

Mascot: Generals

Ath Trainer	Dan Carroll	Football	Richard Krol
Band	Robert Curry	Forensics	Jonathan Zaben
Baseball	Not Filled	Golf	Roger Wilkins
Basket, b	Sophie Stout	Gymnast, b	
Basket, g	Jeff Burner	Gymnast, g	
Cheer	Val Sobanko	Ind Track, b	
Cr Writing	Trish Diachenko	Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Mary Clanahan	Magazine	
CrossC, g	Mary Clanahan	Newspaper	Jonathan Zaben
Debate	Jennifer Shraw	Out Track, b	Dick Krol
F Hockey		Out Track, g	Debbie Ritchie

Students 570

Gym Cap. 1200

Stad. Cap. 1500

Group: A

Region: B

District: Shenandoah

Div.: 1

Scholastic	Adina McInturff
Soccer, b	Nate Hissong
Soccer, g	Chris Livesay
Softball	Michael Hunt
Swim, b	Warren Brill
Swim, g	Warren Brill
Tennis, b	
Tennis, g	Cindy Wilkins
Theatre	Trish Diachenko
Volley, b	
Volley, g	Sophie Stout
Wrestling	Jerry Franklin
Yearbook	Cindy Wilkins

James River (Buchanan) (JRBU)

9906 Springwood Road / Buchanan, VA 24066

E-Mail: jtalbott@bcps.k12.va.us / sproffit@bcps.k12.va.us

Principal: Jamie Talbott

Assistant Principal: Dreama McMillan

Athletic/Activities Director: Sheila Proffit (RAA)

Superintendent: Dr. Anthony Brads (Botetourt)

Assistant AD:

Colors: Scarlet/Black/White

Mascot: Knights

Ath Trainer	Kimberley Kirk	Football	Philip King
Band	Will Divers	Forensics	
Baseball	Gehrig Ferguson	Golf	John Shotwell
Basket, b	Mike Goad	Gymnast, b	
Basket, g	Dan Bowser	Gymnast, g	
Cheer	Donna Cox	Ind Track, b	
Cr Writing	Rebekah Woodie	Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Bill Divers	Magazine	Rebekah Woodie
CrossC, g	Jim McLeese	Newspaper	
Debate		Out Track, b	Bill Divers
F Hockey		Out Track, g	Greg Dyer

Students 485

Gym Cap. 1575

Stad. Cap. 1765

Group: A

Region: C

District: Pioneer

Div.: 2

Scholastic	
Soccer, b	Chad Neighbors
Soccer, g	Kim Trask
Softball	John Shotwell
Swim, b	Kit Williams
Swim, g	Kit Williams
Tennis, b	
Tennis, g	
Theatre	Cathy Henderson
Volley, b	
Volley, g	Shannon Thompson
Wrestling	Tim Jennings
Yearbook	Carlos Spellman

James River (Midlothian) (JRMD)

3700 James River Road / Midlothian, VA 23113-3717

E-Mail: John_Titus@ccpsnet.net / Timothy_Llewellyn@ccpsnet.net

Principal: John Titus

Assistant Principal: Amanda Voelker, Kitty Catina, Michael Fennessey, Jennifer Coleman, Jeanine Grabham

Athletic/Activities Director: Tim Llewellyn

Superintendent: Dr. Marcus J. Newsome (Chesterfield)

Assistant AD:

Colors: D. Green/White/Purple

Mascot: Rapids

Ath Trainer	Casey Guadagnini	Football	Greg Defrancesco
Band	Keith Cottrill	Forensics	Laura Stewart
Baseball	Peter Schumacher	Golf	Jim McLean
Basket, b	Tracy Hamner	Gymnast, b	
Basket, g	Tasha West	Gymnast, g	
Cheer	Autum Nabors	Ind Track, b	Vatel Dixon
Cr Writing	Elizabeth Morris	Ind Track, g	Vatel Dixon
Crew, b	Anne Wingen	Lacrosse, b	Not Filled
Crew, g	Anne Wingen	Lacrosse, g	Not Filled
CrossC, b	Brenda Averette	Magazine	Elizabeth Morris
CrossC, g	Brenda Averette	Newspaper	Elizabeth Morris
Debate	Not Filled	Out Track, b	Vatel Dixon
F Hockey	Slade Gormus	Out Track, g	Vatel Dixon

Students 2000

Gym Cap. 2500

Stad. Cap. 3500

Group: AAA

Region: Central

District: Dominion

Div.: 6

Scholastic	Ed Basha
Soccer, b	Eric Schlueter
Soccer, g	Anna Tsironis
Softball	Anthony Yonta
Swim, b	
Swim, g	
Tennis, b	Liz Ahfield
Tennis, g	Nancy Hayes
Theatre	Allison Oyler
Volley, b	Suzanne McLean
Volley, g	Micah White
Wrestling	Mark Helberg
Yearbook	Elizabeth Morris

Jamestown

(JTWN)

School Phone: 757-259-3600

Athletics Office: 757-259-3622

School Fax: 757-259-3711

3751 John Tyler Highway / Williamsburg, VA 23185

Email: wagnerc@wjcc.k12.va.us / brinsfieldj@wjcc.k12.va.us

Principal: Chuck Wagner

Assistant Principal: Jan Boykin, Arletha Dockery

Athletic/Activities Director: Judy Brinsfield

Superintendent: Dr. Gary S. Matthews (Williamsburg/James City)

Assistant AD: Students 1410

Colors: Green/Black/White Gym Cap. 1000

Mascot: Eagles Stad. Cap. 3000

Ath Trainer	Amanda Ricchezza	Football	Ryan Turnage
Band	Steve Turner	Forensics	
Baseball	Mike Kuebler	Golf	Doug Meredith
Basket, b	Lee Underwood	Gymnast, b	
Basket, g	Jeff Thomas	Gymnast, g	
Cheer	Nesli Monroe	Ind Track, b	Howard Townsend
Cr Writing	Leanora Reilly	Ind Track, g	Howard Townsend
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Howard Townsend	Magazine	Leonora Reiley
CrossC, g	Howard Townsend	Newspaper	Jeanne Hobbs
Debate		Out Track, b	Kenneth Edwards
F Hockey	Not Filled	Out Track, g	Kenneth Edwards

Group: AA Div.: 4

Region: I

District: Bay Rivers

Scholastic	Peter Schweitzer
Soccer, b	Bobby O'Brien
Soccer, g	Kevin Dawson
Softball	Jerry Varacallo
Swim, b	Molly Sandling
Swim, g	Molly Sandling
Tennis, b	Bob Artis
Tennis, g	Karen Johnson
Theatre	Marcia DiMattia
Volley, b	
Volley, g	Tom Stephenson
Wrestling	Kyle Cowles
Yearbook	Martha Stathis

Jefferson Forest

(JFOR)

School Phone: 434-525-2674

Athletics Office:

School Fax: 434-525-0106

1 Cavalier Circle / Forest, VA 24551

Email: tfrancis@bedford.k12.va.us / nclaudio@bedford.k12.va.us

Principal: Anthony Francis

Assistant Principal: Troy Doss, Tracy Richardson, Lee Calvert

Athletic/Activities Director: Nancy Claudio (RAA)

Superintendent: Dr. Douglas R. Schuch (Bedford)

Assistant AD: Students 1350

Colors: Red/Black/White Gym Cap. 1800

Mascot: Cavaliers Stad. Cap. 3500

Ath Trainer	Steve MacCord	Football	Don Rice
Band	David Webb	Forensics	Dana Tickle
Baseball	James Thacker	Golf	Ray Davidson
Basket, b	Paul Smith	Gymnast, b	
Basket, g	Paul Redgate	Gymnast, g	
Cheer	Sarah Garbee	Ind Track, b	Robert Butler
Cr Writing		Ind Track, g	Robert Butler
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Jerome Loy	Magazine	Amy Lucy
CrossC, g	Jerome Loy	Newspaper	Wendy Singleton
Debate	Dana Tickle	Out Track, b	Robert Butler
F Hockey		Out Track, g	Robert Butler

Group: AA Div.: 4

Region: III

District: Seminole

Scholastic	
Soccer, b	Jed Zaring
Soccer, g	Stan Golon
Softball	Gary Harris
Swim, b	John Templeton
Swim, g	John Templeton
Tennis, b	Charlie Cook
Tennis, g	Susan Roanowski
Theatre	Dana Tickle
Volley, b	
Volley, g	Steve Mills
Wrestling	Bill Hutchinson
Yearbook	Wendy Singleton

Thomas Jefferson (Richmond)

(TJRI)

School Phone: 804-780-6028

Athletics Office:

School Fax: 804-780-6295

4100 West Grace Street / Richmond, VA 23230-3802

Email: troane@richmond.k12.va.us / jjohnson2@richmond.k12.va.us

Principal: Tanya Roane

Assistant Principal: Archer Collier, Marshall Andrews

Athletic/Activities Director: James T. Johnson

Superintendent: Dr. Yvonne Brandon (Richmond City)

Assistant AD: Colleen Fripps Students 800

Colors: Red/White Gym Cap. 700

Mascot: Vikings Stad. Cap. 800

Ath Trainer	Not Filled	Football	Claude Hataway
Band	Fayesha Toney	Forensics	Not Filled
Baseball	Harold Henry	Golf	
Basket, b	Michael Epps	Gymnast, b	
Basket, g	Andrew Hobbs	Gymnast, g	
Cheer	Locina Montague	Ind Track, b	Chris Wilder
Cr Writing		Ind Track, g	Chris Wilder
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Chris Wilder	Magazine	Not Filled
CrossC, g	Chris Wilder	Newspaper	Not Filled
Debate	Not Filled	Out Track, b	Chris Wilder
F Hockey	Not Filled	Out Track, g	Chris Wilder

Group: AAA Div.: 5

Region: Central

District: Colonial

Scholastic	
Soccer, b	Justin White
Soccer, g	Not Filled
Softball	Not Filled
Swim, b	
Swim, g	
Tennis, b	Will Dupree
Tennis, g	Will Dupree
Theatre	
Volley, b	Aja McNeil
Volley, g	Jermaine Harris
Wrestling	
Yearbook	Victoria Garren

Thomas Jefferson Science & Technol (TJST)

6560 Braddock Road / Alexandria, VA 22312-2206

Email: Evan.Glazer@fcps.edu / dsrumberger@fcps.edu

Principal: Evan Glazer

Assistant Principal: Cliff Hardison, Maryann Bosley, Heather Sondel, Brandon Kosatka

School Phone: 703-750-8300

Athletics Office: 703-750-8333

School Fax: 703-750-5079

Athletic/Activities Director: Dale Rumberger (Interim)

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD: Rusty Hodges

Colors: Red/White/Navy

Mascot: Colonials

Ath Trainer Heather Murphy

Band Mary Ulrey

Baseball David Gardziel

Basket, b Ed Grimm

Basket, g Victor Chen

Cheer Not Filled

Cr Writing

Crew, b Todd Jesdale

Crew, g Matt Schoop

CrossC, b Matt Ryan

CrossC, g Matt Ryan

Debate Sherwood Williams

F Hockey Teri Davis

Students 1750

Gym Cap. 736

Stad. Cap. 5500

Football Tim Puvogel

Forensics Milde Waterfall

Golf John Myers

Gymnast, b

Gymnast, g Pete Novgrad

Ind Track, b Jeff James

Ind Track, g Matt Ryan

Lacrosse, b Alex Gorman

Lacrosse, g Victor Chen

Magazine Emily Orser

Newspaper Jennifer Seavey

Out Track, b Jeff James

Out Track, g Matt Ryan

Group: AAA

Region: Northern

District: Liberty

Scholastic Carolyn Gecan

Soccer, b Sean Burke

Soccer, g Luis Gendive

Softball Brian Fleury

Swim, b Ali Porter

Swim, g Ali Porter

Tennis, b John Myers

Tennis, g Jen Pierce

Theatre Vinny Pollet

Volley, b

Volley, g Charlee Johnson

Wrestling Clint Behling

Yearbook Betty Stegall

Div.: 5

Kecoughtan

(KCTN)

522 Woodland Road / Hampton, VA 23669

Email: rjwright@sbo.hampton.k12.va.us / wmartin@sbo.hampton.k12.va.us

Principal: Rashard Wright

Assistant Principal: Mike Barroso, Dorothy Garrity, Tiffany Sanzo, Shameka Pollard

School Phone: 757-850-5000

Athletics Office: 757-850-5030

School Fax: 757-848-2367

Athletic/Activities Director: Lee Martin, CAA

Superintendent: Dr. Linda Shifflette (Hampton)

Assistant AD:

Colors: Green/White

Mascot: Warriors

Ath Trainer

Band Kelly Dee

Baseball John Greene

Basket, b Carey Forrest

Basket, g Lester Sapp

Cheer Rebecca Davis

Cr Writing

Crew, b

Crew, g

CrossC, b Ed Rietscha

CrossC, g Ed Rietscha

Debate Not Filled

F Hockey Scotty Tyson

Students 1860

Gym Cap. 900

Stad. Cap. 8000

Football Glenn Tidwell

Forensics Not Filled

Golf Brian Hebert

Gymnast, b

Gymnast, g

Ind Track, b Albert Marrow

Ind Track, g William Washington

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Danielle Wilson

Out Track, b Albert Marrow

Out Track, g William Washington

Group: AAA

Region: Eastern

District: Peninsula

Scholastic

Soccer, b Franklin Hughes

Soccer, g Jenni MacIntosh

Softball Mark Christman

Swim, b Joey Stickle

Swim, g Joey Stickle

Tennis, b Jody Sanzo

Tennis, g Lester Sapp

Theatre Carol Fiest

Volley, b

Volley, g

Wrestling Sam Jones

Yearbook Melissa Duckworth

Div.: 5

Floyd E. Kellam

(KELM)

2323 Holland Road / Virginia Beach, VA 23453-3599

Email: bbiehl@vbschools.com / jbmoxey@vbschools.com

Principal: Bruce Biehl

Assistant Principal: Nancy Farrell, Carolyn Keen, Paul Meadors, Mike Porter

School Phone: 757-427-3232

Athletics Office: Ext. 59035

School Fax: 757-427-6265

Athletic/Activities Director: James Moxey

Superintendent: Dr. James G. Merrill (Virginia Beach)

Assistant AD: Jo Blackmon

Colors: Black/Gold/White

Mascot: Knights

Ath Trainer Connie Drago

Band Cameron Baker

Baseball Saint Clair Jones

Basket, b Norm Hassell

Basket, g Teresa Jones

Cheer Angela Bertram

Cr Writing Angie Evans

Crew, b

Crew, g

CrossC, b Bill Bernard

CrossC, g Bill Bernard

Debate Eileen Walsh

F Hockey Katie Staples

Students 2008

Gym Cap. 1100

Stad. Cap. 7500

Football Chris DeWitt

Forensics Angie Evans

Golf Jason Copeland

Gymnast, b

Gymnast, g Debi Strausbaugh

Ind Track, b Bill Bernard

Ind Track, g Bill Bernard

Lacrosse, b

Lacrosse, g

Magazine L. Peters, R. Rivers

Newspaper Amy Wellens

Out Track, b Bill Bernard

Out Track, g Bill Bernard

Group: AAA

Region: Eastern

District: Beach

Scholastic T. McAllister, B. Morriset

Soccer, b Craig Powers

Soccer, g Mario Hurdle

Softball Theresa Jones

Swim, b Abbie McGee

Swim, g Abbie McGee

Tennis, b Tom Drabczyk

Tennis, g Tom Drabczyk

Theatre Tamara Smith

Volley, b John Swanson

Volley, g Janice Johnson

Wrestling Mike Benzel

Yearbook Amy Wellens

Div.: 6

J. J. Kelly**(JJKL)****School Phone:** 276-328-8015**Athletics Office:** 276-328-8016**School Fax:** 276-328-8316

P. O. Box 796, Birchfield Road / Wise, VA 24293

Email: ccollins@wise.k12.va.us**Principal:** Charles Collins**Assistant Principal:** David Stanley**Athletic/Activities Director:** Robin Dotson**Superintendent:** Dr. Jeff Perry (Wise)

Assistant AD:		Students 475	Group: A	Div.: 2
Colors: Red/White		Gym Cap. 725	Region: D	
Mascot: Indians		Stad. Cap. 5000	District: Lonesome Pine	
Ath Trainer	Football	B.I. Salyers	Scholastic	
Band Bob Priest	Forensics	Jan Thompson	Soccer, b	
Baseball Not Filled	Golf	Robin Dotson	Soccer, g	
Basket, b T.J. McAmis	Gymnast, b		Softball	T.J. McAmis
Basket, g Robin Dotson	Gymnast, g		Swim, b	
Cheer Jennifer Fleming	Ind Track, b		Swim, g	
Cr Writing Janice Bolling	Ind Track, g		Tennis, b	Cathy South
Crew, b	Lacrosse, b		Tennis, g	Phillis Wood
Crew, g	Lacrosse, g		Theatre	Jan Thompson
CrossC, b Cathy South	Magazine		Volley, b	
CrossC, g Cathy South	Newspaper		Volley, g	Allison Shortt
Debate	Out Track, b Jason Mullins		Wrestling	B.I. Salyers
F Hockey	Out Track, g Andrew Kilgore		Yearbook	Jan Thompson

Kempsville**(KEMP)****School Phone:** 757-648-5450**Athletics Office:** 757-648-5471**School Fax:** 757-474-8476

5194 Chief Trail / Virginia Beach, VA 23464-2796

Email: evangeline.muldon@vbschools.com / carol.chory@vbschools.com**Principal:** Evangeline R. Muldon**Assistant Principal:** George Korte, Carey Manugo, Becky Porter**Athletic/Activities Director:** Carol Chory (CMAA)**Superintendent:** Dr. James G. Merrill (Virginia Beach)

Assistant AD: T. Wolf (CMAA), K. Knott		Students 2000	Group: AAA	Div.: 6
Colors: Royal Blue/Red/Silver		Gym Cap. 1400	Region: Eastern	
Mascot: Chiefs		Stad. Cap. 4000	District: Beach	
Ath Trainer Marti Mansfield	Football	David Johnson	Scholastic	
Band Bryan Wills	Forensics	Priscilla Stephens	Soccer, b	Not Filled
Baseball John Cinnamon	Golf	Mike Polychroni	Soccer, g	Lauren Tucei
Basket, b Not Filled	Gymnast, b		Softball	Dean Spruill
Basket, g Greg Dunn	Gymnast, g	Laurie Knott	Swim, b	Kristen Knott
Cheer Cassidy Edwards	Ind Track, b	Tim Wolf	Swim, g	Kristen Knott
Cr Writing Not Filled	Ind Track, g	Scott Kayser	Tennis, b	Rod Buffington
Crew, b	Lacrosse, b		Tennis, g	Rebekah Walsh
Crew, g	Lacrosse, g		Theatre	Missy Sullivan
CrossC, b Kendall Tata	Magazine	Jim Bulleit	Volley, b	Bill Reeves
CrossC, g Kendall Tata	Newspaper	Meri Smith	Volley, g	Rob Hale
Debate John Cowan	Out Track, b	Tim Wolf	Wrestling	Sean Early
F Hockey Sarah Hitchings	Out Track, g	Kendall Tata	Yearbook	Mary Boubouheropoulos

Kettle Run**(KTRN)****School Phone:** 540-349-8707**Athletics Office:** 540-349-8707**School Fax:** 540-428-7018

7403 Academic Avenue / Nokesville, VA 20181

Email: pfrye@fcps1.org**Principal:** Major R. Warner**Assistant Principal:** Tripp Burton, Linda Lee, Eric Doyle**Athletic/Activities Director:** Paul Frye**Superintendent:** Dr. Jonathan Lewis (Fauquier)

Assistant AD: Ellen Allan		Students 930	Group: AA	Div.: 3
Colors: Green/Orange/White		Gym Cap. 1800	Region: II	
Mascot: Cougars		Stad. Cap. 4000	District: Evergreen	
Ath Trainer Natalie Swick	Football	Jeff Lloyd	Scholastic	Not Filled
Band Matt Yonkey	Forensics		Soccer, b	Phillip Roper
Baseball William Ty Tharpe	Golf	Billy Childress	Soccer, g	Bob Ruhland
Basket, b Troy Washington	Gymnast, b		Softball	Jessica McGraw
Basket, g Jennifer Olinger	Gymnast, g		Swim, b	Angie Smith
Cheer Lisa Easton	Ind Track, b	Nikki Jenkins	Swim, g	Angie Smith
Cr Writing Not Filled	Ind Track, g	Nikki Jenkins	Tennis, b	Erich Yost
Crew, b	Lacrosse, b	Rich Klares	Tennis, g	Paola Riccetti
Crew, g	Lacrosse, g	Joanie DeGoosh	Theatre	Jeanne Dillon
CrossC, b	Magazine	Shelly Norden	Volley, b	
CrossC, g	Newspaper	Shelly Norden	Volley, g	Krystal Hermes
Debate	Out Track, b	Nikki Jenkins	Wrestling	David Kuzma
F Hockey Joanie DeGoosh	Out Track, g	Nikki Jenkins	Yearbook	Shelly Norden

King and Queen Central**(KGQN)**

School Phone: 804-785-6102

Athletics Office: 804-785-6102

School Fax: 804-785-5129

17024 The Trail / King & Queen Courthouse, VA 23085

EMail: vsimms@kqps.net / emoody@kqps.net

Principal: Veronica Simms

Assistant Principal:

Athletic/Activities Director: Everette Moody (RAA)

Superintendent: Dr. Richard W. Layman (King & Queen)

Assistant AD:		Students	290
Colors:	Red/White	Gym Cap.	650
Mascot:	Royal Tigers	Stad. Cap.	300
Ath Trainer		Football	Not Filled
Band	Not Filled	Forensics	S. F. Howard
Baseball	Everette Moody (RAA)	Golf	
Basket, b	Not Filled	Gymnast, b	
Basket, g	Not Filled	Gymnast, g	
Cheer		Ind Track, b	
Cr Writing		Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b		Magazine	
CrossC, g		Newspaper	
Debate		Out Track, b	Not Filled
F Hockey		Out Track, g	Not Filled

Group:	A	Div.:	1
Region:	A		
District:	Tidewater		
	Scholastic		
	Soccer, b		
	Soccer, g		
	Softball	Not Filled	
	Swim, b		
	Swim, g		
	Tennis, b		
	Tennis, g		
	Theatre		
	Volley, b		
	Volley, g	Mark Saltz	
	Wrestling		
	Yearbook	Julie Carter	

King George**(KGGE)**

School Phone: 540-775-3535

Athletics Office: 540-775-3535

School Fax: 540-775-8426

10100 Foxes Way / King George, VA 22485

EMail: wsatterwhite@kgcs.k12.va.us / jspiak@kgcs.k12.va.us

Principal: Todd Satterwhite

Assistant Principal: John Carter, Holly Wargo

Athletic/Activities Director: John Spiak (RAA)

Superintendent: Dr. Candace F. Brown (King George)

Assistant AD:		Students	1200
Colors:	Royal Blue/Gold	Gym Cap.	2000
Mascot:	Foxes	Stad. Cap.	2500
Ath Trainer	David Smith	Football	John Bryant
Band	Aaron Noe	Forensics	Not Filled
Baseball	Thomas Stimaker	Golf	Irving Taylor
Basket, b	Jeff Smith	Gymnast, b	
Basket, g	Jessica Forsythe	Gymnast, g	
Cheer	Donna Fitzgerald	Ind Track, b	Rudolph Pekarek
Cr Writing	Not Filled	Ind Track, g	Rudolph Pekarek
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Jim Moyer	Magazine	
CrossC, g	Jim Moyer	Newspaper	
Debate	Jessie Reter-Choate	Out Track, b	Todd Metz
F Hockey	Dianna Blair-Baughman	Out Track, g	Rudolph Pekarek

Group:	AA	Div.:	4
Region:	I		
District:	Battlefield		
	Scholastic		
	Soccer, b	David Priser	
	Soccer, g	Dustin Pifer	
	Softball	Billie Jo Derrow	
	Swim, b	Debra Bernardes	
	Swim, g	Debra Bernardes	
	Tennis, b	Not Filled	
	Tennis, g	Martin Wolowicz	
	Theatre	David Richards	
	Volley, b		
	Volley, g	Not Filled	
	Wrestling	Josh Rudolph	
	Yearbook	Not Filled	

King William**(KGWM)**

School Phone: 804-769-2708

Athletics Office: Ext. 605

School Fax: 804-769-2430

80 Cavalier Drive / King William, VA 23086-9773

EMail: tryland@kwcps.k12.va.us / djones@kwcps.k12.va.us

Principal: Tinya D. Ryland

Assistant Principal: Shelley Nester, Kelly Guempel

Athletic/Activities Director: Daniel K. Jones (CAA)

Superintendent: Dr. Mark Russell Jones (King William)

Assistant AD:	Joel Snyder, Jeff Huffman	Students	620
Colors:	Black/Vegas Gold	Gym Cap.	1600
Mascot:	Cavaliers	Stad. Cap.	2500
Ath Trainer	Jacob Pack	Football	Zachary Just
Band	Calvin Sorrell	Forensics	Bill Ballard
Baseball	Jay Blanton	Golf	Jay Blanton
Basket, b	Joe Harper	Gymnast, b	
Basket, g	Not Filled	Gymnast, g	
Cheer	Jennifer Longest	Ind Track, b	
Cr Writing	Gina Wolfe	Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Tommy Tupponce	Magazine	
CrossC, g	Tommy Tupponce	Newspaper	Clint Ruhlman
Debate		Out Track, b	Malcolm Tupponce
F Hockey		Out Track, g	Malcolm Tupponce

Group:	A	Div.:	2
Region:	A		
District:	Tidewater		
	Scholastic	Jean Ballard	
	Soccer, b	Clint Ruhlman	
	Soccer, g		
	Softball	Debra Herrington	
	Swim, b		
	Swim, g		
	Tennis, b		
	Tennis, g		
	Theatre	Bill Ballard	
	Volley, b		
	Volley, g	Lewis Phillips	
	Wrestling	John Pankey	
	Yearbook	Gina Wolfe	

King's Fork**(KGFK)****School Phone: 757-923-5240****Athletics Office: 757-923-5240****School Fax: 757-923-5242**

351 King's Fork Road / Suffolk, VA 23434

Email: suzanne.moore@spsk12.net / ranjessee@spsk12.net**Principal:** Suzanne Moore**Assistant Principal:** Chris Quattlebaum, Elke Boone, Deberry Goodwin**Athletic/Activities Director:** Randy Jessee**Superintendent:** Dr. Milton R. Liverman (Suffolk)

Assistant AD:		Students	1500	Group:	AAA	Div.:	5
Colors:	Maroon/Vegas Gold	Gym Cap.	2200	Region:	Eastern		
Mascot:	Bulldogs	Stad. Cap.	5000	District:	Southeastern		
Ath Trainer	Angelee Wilson	Football	Joe Jones	Scholastic	Jennifer Miguel		
Band	Not Filled	Forensics	Heather Cadorette	Soccer, b	Mark Parsons		
Baseball	Jennings Varney	Golf	Calvin Mitchell	Soccer, g	Gina Herr		
Basket, b	Joshua Worrell	Gymnast, b		Softball	Richard Fromel		
Basket, g	Not Filled	Gymnast, g		Swim, b	Gina Herr		
Cheer	Kelly Annon	Ind Track, b	Tony Johnson	Swim, g	Gina Herr		
Cr Writing		Ind Track, g	Tony Johnson	Tennis, b	Sean White		
Crew, b		Lacrosse, b		Tennis, g	Ernest Williams		
Crew, g		Lacrosse, g		Theatre	Jennifer Miguel		
CrossC, b	Ernest Williams	Magazine		Volley, b	Not Filled		
CrossC, g	Ernest Williams	Newspaper	Wendy Booden	Volley, g	Sarah Whitfield		
Debate		Out Track, b	Tony Johnson	Wrestling	Brett Heberling		
F Hockey	Jessica Neblett	Out Track, g	Tony Johnson	Yearbook	Wendy Booden		

Lafayette**(Lafa)****School Phone: 757-565-0373****Athletics Office: 757-565-0440****School Fax: 757-565-4268**

4460 Longhill Road / Williamsburg, VA 23188-1535

Email: swinton@wjcc.k12.va.us / barnerd@wjcc.k12.va.us**Principal:** Anita Swinton**Assistant Principal:** Mia Pollard, Jeff Bond**Athletic/Activities Director:** Dan Barner**Superintendent:** Dr. Gary S. Matthews (Williamsburg/James City)

Assistant AD:	Jackie Henry	Students	1150	Group:	AA	Div.:	4
Colors:	Navy Blue/Gold	Gym Cap.	1300	Region:	I		
Mascot:	Rams	Stad. Cap.	3000	District:	Bay Rivers		
Ath Trainer	Dan Gotthardt	Football	Paul Wheeler	Scholastic	Bob Bruce		
Band	Chris Smith	Forensics	Ashley Ferguson	Soccer, b	Brian Sorrell		
Baseball	Joe Henzel	Golf	Bill Salamy	Soccer, g	Shaheem Abrahams		
Basket, b	Tony Clark	Gymnast, b		Softball	Tom Bunn		
Basket, g	Charles Brown	Gymnast, g		Swim, b	Harold Baker		
Cheer	L. Todd, A. Ferguson	Ind Track, b	Mel Jones	Swim, g	Harold Baker		
Cr Writing	Judy Salzman	Ind Track, g	Mel Jones	Tennis, b	Richard Goode		
Crew, b		Lacrosse, b		Tennis, g	Pat Thompson		
Crew, g		Lacrosse, g		Theatre	Suzan McCorry		
CrossC, b	Craig Wortman	Magazine	Judy Salzman	Volley, b	Keith Nowady		
CrossC, g	Craig Wortman	Newspaper	Not Filled	Volley, g	Caroline Bowman		
Debate	Not Filled	Out Track, b	Mel Jones	Wrestling	Bruce Shumaker		
F Hockey	Pat Thompson	Out Track, g	Mel Jones	Yearbook	Jan Barrett		

Lake Braddock**(LKBR)****School Phone: 703-426-1000****Athletics Office: 703-426-1001****School Fax: 703-426-1172**

9200 Burke Lake Road / Burke, VA 22015-1682

Email: dave.thomas@fcps.edu / mark.martino@fcps.edu**Principal:** Dave Thomas, T. Garber, V. Emery**Assistant Principal:** L. Jackson, T. Hampton, N. Rottenecker, S. Turner, L. Robertson, A. Howard, M. Bresser, C. Prieto, J. Watson**Athletic/Activities Director:** Mark Martino (RAA)**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD:	Dan Griel, Mike Clark	Students	1850	Group:	AAA	Div.:	6
Colors:	Purple/Gold	Gym Cap.	3000	Region:	Northern		
Mascot:	Bruins	Stad. Cap.	6000	District:	Patriot		
Ath Trainer	M. Sheeron, A. Harris	Football	Jim Poythress	Scholastic	Gary Holtzman		
Band	Roy Holder	Forensics	Brian Mason	Soccer, b	Joe Soos		
Baseball	Jody Rutherford	Golf	Karl Kerns	Soccer, g	Adam Soos		
Basket, b	Brian Metress	Gymnast, b		Softball	George Rumore		
Basket, g	Carl Harris	Gymnast, g	Ellen Hagen-Bowerman	Swim, b	Miriam Lynch		
Cheer	Rebecca Redman	Ind Track, b	Mike Mangan	Swim, g	Miriam Lynch		
Cr Writing	Mike Mariani	Ind Track, g	Mike Mangan	Tennis, b	Bill Hughes		
Crew, b	Eva Patterson	Lacrosse, b	Steve Price	Tennis, g	David Cole, Susan Wells		
Crew, g	Jenny Poppert	Lacrosse, g	Not Filled	Theatre	R. Mirabal		
CrossC, b	Mike Mangan	Magazine	Dirk Schultz	Volley, b			
CrossC, g	Mike Mangan	Newspaper	Kathy Helmke	Volley, g	Erin Clark		
Debate	Brian Mason	Out Track, b	Mike Mangan	Wrestling	Scott Matheny		
F Hockey	Diane Miller	Out Track, g	Mike Mangan	Yearbook	Ashley Yuckenberg		

Lake Taylor

(LKTA)

School Phone: 757-892-3200

Athletics Office: 757-892-3203

School Fax: 757-892-3210

1384 Kempsville Road / Norfolk, VA 23502-2299

E-Mail: charris@nps.k12.va.us / rpannenb@nps.k12.va.us

Principal: Clifton Harrison

Assistant Principal: Monica Robinson, Melanie Van Liere, Nathaniel Jones, Karen Berg

Athletic/Activities Director: Bobby Pannenbacker

Superintendent: Dr. Stephen C. Jones (Norfolk)

Assistant AD:

Colors: Red/White

Mascot: Titans

Ath Trainer Taylor Arman
Band Elton Fitzgerald
Baseball Vince Zebro
Basket, b Kenny Brown
Basket, g Sandra Sawyer
Cheer Ashton McCoy
Cr Writing Not Filled
Crew, b
Crew, g
CrossC, b LaShundra Carter
CrossC, g LaShundra Carter
Debate Cameron Clendenin
F Hockey Kim Barnes

Football Hank Sawyer
Forensics Carrie Pierce
Golf Frank Hunyady
Gymnast, b
Gymnast, g
Ind Track, b LaShundra Carter
Ind Track, g LaShundra Carter
Lacrosse, b
Lacrosse, g
Magazine Christopher Joyner
Newspaper Not Filled
Out Track, b Not Filled
Out Track, g LaShundra Carter

Students 1259
Gym Cap. 2000
Stad. Cap. 2500

Group: AAA
Region: Eastern
District: Eastern

Div.: 5

Scholastic Phillip Dabney
Soccer, b Greg Foote
Soccer, g Gregg Mottinger
Softball Rick Thomas
Swim, b Scott Evans
Swim, g Ricky Johnson
Tennis, b Not Filled
Tennis, g Sarah Peoples
Theatre Not Filled
Volley, b Vince Zebro
Volley, g Steve Gray
Wrestling James Benn
Yearbook Chris Joyner

Lakeland

(LAKE)

School Phone: 757-925-5790

Athletics Office:

School Fax: 757-925-5599

214 Kenyon Road / Suffolk, VA 23434

E-Mail: thomaswhitley@spsk12.net / tertucker@spsk12.net

Principal: Thomas Whitley

Assistant Principal: Brenda Ingram, Kevin Monroe, Douglas Wagoner

Athletic/Activities Director: Teri Tucker

Superintendent: Dr. Milton R. Liverman (Suffolk)

Assistant AD:

Colors: Navy/Carolina Blue

Mascot: Cavaliers

Ath Trainer Not Filled
Band Alvin Wilson
Baseball Daniel Waller
Basket, b James Jones
Basket, g Alan Jones
Cheer Sheri Davis
Cr Writing
Crew, b
Crew, g
CrossC, b Tamara Carrington
CrossC, g Tamara Carrington
Debate
F Hockey Tara Worley

Football Glenwood Ferebee
Forensics
Golf Teri Tucker
Gymnast, b
Gymnast, g
Ind Track, b Greg Rountree
Ind Track, g Greg Rountree
Lacrosse, b
Lacrosse, g
Magazine
Newspaper
Out Track, b Greg Rountree
Out Track, g Greg Rountree

Students 1450
Gym Cap. 1700
Stad. Cap. 4000

Group: AAA
Region: Eastern
District: Southeastern

Div.: 5

Scholastic Betty Twitty
Soccer, b John Christmas
Soccer, g Anita Fisher
Softball Steve Wood
Swim, b
Swim, g
Tennis, b Matt Boehringer
Tennis, g Randolph Holland
Theatre
Volley, b Daniel Waller
Volley, g Paula Neri
Wrestling Jon Bostwick
Yearbook Latoya Floyd

Lancaster

(LANC)

School Phone: 804-462-5177

Athletics Office: 804-462-5177

School Fax: 804-462-5174

P. O. Box 790, 8815 Mary Ball Road / Lancaster, VA 22503

E-Mail: lwatrous@lcs.k12.va.us / fbirchett@lcs.k12.va.us

Principal: Lori Watrous

Assistant Principal: Deborah Thomas

Athletic/Activities Director: Fred Birchett

Superintendent: Susan J. Sciabbarrasi (Lancaster)

Assistant AD:

Colors: Red/White

Mascot: Red Devils

Ath Trainer
Band Robert Spiers
Baseball Welby Saunders
Basket, b Tim Rice
Basket, g JoAnne Webb-Fary
Cheer Tammy Stickler
Cr Writing Lee Meadows
Crew, b
Crew, g
CrossC, b JoAnne Webb-Fary
CrossC, g JoAnne Webb-Fary
Debate
F Hockey Rachael Harding

Football Fred Birchett
Forensics
Golf Fred Swaffin
Gymnast, b
Gymnast, g
Ind Track, b
Ind Track, g
Lacrosse, b
Lacrosse, g
Magazine
Newspaper
Out Track, b Draper Washington
Out Track, g JoAnne Webb-Fary

Students 460
Gym Cap. 1500
Stad. Cap. 1500

Group: A
Region: A
District: Northern Neck

Div.: 2

Scholastic Alex Stickler
Soccer, b John Mann
Soccer, g Gary Gilbert
Softball
Swim, b
Swim, g
Tennis, b
Tennis, g
Theatre
Volley, b
Volley, g Dave Zieler
Wrestling Craig Oren
Yearbook Angela Anderson

Landstown**(LTWN)****School Phone: 757-648-5500**

2001 Concert Drive / Virginia Beach, VA 23456

Athletics Office: 757-648-5521**Email:** brian.baxter@vbschools.com / david.siock@vbschools.com**School Fax: 757-468-1860****Principal:** Brian Baxter**Assistant Principal:** James Miller, Mary Dees, Amy Sulcer, Lisette Diehl, Paula Johnson**Athletic/Activities Director:** Dave Siock**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** Mike Mungin, Tom Anderson**Students** 2400**Group:** AAA**Div.:** 6**Colors:** Royal/Black/Silver/White**Gym Cap.** 1800**Region:** Eastern**Mascot:** Eagles**Stad. Cap.** 4500**District:** Beach

Ath Trainer Y. Kimura-Koenig, A. Dorf

Football Tommy Reamon

Scholastic Susan Kary

Band Elwood Gelbert

Forensics Rebecca Newland

Soccer, b Andrew Blackmore

Baseball Michael Mungin

Golf Ed Holcomb

Soccer, g Scott Cray

Basket, b Dwight Robinson

Gymnast, b

Softball Angela Tonnesen

Basket, g Vic Rosado

Gymnast, g Not Filled

Swim, b Jacob Brubaker

Cheer Kelly Singer

Ind Track, b Tom Anderson

Swim, g Jennifer Groves

Cr Writing Frances Fok

Ind Track, g Dave Coulter

Tennis, b Shawn Bolling

Crew, b

Lacrosse, b

Tennis, g Wendy Zumbrum

Crew, g

Lacrosse, g

Theatre Terri Gayer

CrossC, b Dave Coulter

Magazine Frances Fok

Volley, b Sheryl Grumney

CrossC, g Dave Coulter

Newspaper Krissy Sanderlin

Volley, g Cheryl Smith

Debate Jennifer Ramos

Out Track, b Tom Anderson

Wrestling John Sendzik

F Hockey Meaghan Barry

Out Track, g Dave Coulter

Yearbook Teresa Still

Langley**(LANG)****School Phone: 703-287-2700**

6520 Georgetown Pike / McLean, VA 22101

Athletics Office: 703-287-2750**Email:** Corey.Bowerman@fcps.edu**School Fax: 703-287-2764****Principal:** Matt Ragone**Assistant Principal:** Michelle Norell, Fred Amico, Tomas Meier, Jessica Statz**Athletic/Activities Director:** Corey Bowerman**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** Brian Lamb, Sue Shifflett**Students** 2050**Group:** AAA**Div.:** 6**Colors:** Dark Green/Gold**Gym Cap.** 1300**Region:** Northern**Mascot:** Saxons**Stad. Cap.** 3000**District:** Liberty

Ath Trainer N. Welever, K. Chiochio

Football John Howerton

Scholastic Leah Puhlick

Band Andrew Gekowskie

Forensics Lawrence Brooks

Soccer, b Anthony Amato

Baseball Kevin Healy

Golf Al Berg

Soccer, g Gretchen Hamm

Basket, b Travis Hess

Gymnast, b

Softball Jessica Roche

Basket, g Tim Anderson

Gymnast, g Lauren John

Swim, b Ryan Jackson

Cheer Linsey Upp

Ind Track, b Josh Culver

Swim, g Ryan Jackson

Cr Writing Anna Cohen

Ind Track, g Josh Culver

Tennis, b Jack Porter

Crew, b Brett Rini

Lacrosse, b Earl Brewer

Tennis, g Sara Vincent

Crew, g Matt Fanny

Lacrosse, g Richard DeSomma

Theatre Phyliss Jaffee

CrossC, b Not Filled

Magazine Anna Cohen

Volley, b

CrossC, g Not Filled

Newspaper Jennifer McAdams

Volley, g Sue Shifflett

Debate Marissa Brodsky

Out Track, b Josh Culver

Wrestling John Belyea

F Hockey Jennifer Robb

Out Track, g Josh Culver

Yearbook Kelly Mulligan

Lebanon**(LEBA)****School Phone: 276-889-6539**

P.O. Box 217, Pioneer Drive / Lebanon, VA 24266-0217

Athletics Office: 276-889-6537**Email:** tdodi@russell.k12.va.us / sadams@russell.k12.va.us**School Fax: 276-889-0622****Principal:** Tony Dodi**Assistant Principal:** Laymon Kiser**Athletic/Activities Director:** Shelia Adams (RAA)**Superintendent:** Dr. Lorraine C. Turner (Russell)**Assistant AD:****Students** 550**Group:** A**Div.:** 2**Colors:** Red/White**Gym Cap.** 2400**Region:** D**Mascot:** Pioneers**Stad. Cap.** 4000**District:** Clinch Mountain

Ath Trainer

Football John Adams

Scholastic Mary Stanley

Band Chad Brooks

Forensics Barbara Snead

Soccer, b David Jenks

Baseball Charles Adams

Golf Thad Lambert

Soccer, g Not Filled

Basket, b Thad Lambert

Gymnast, b

Softball Shelia Adams

Basket, g Rex Parker

Gymnast, g

Swim, b

Cheer Ida Ashbrook

Ind Track, b

Swim, g

Cr Writing

Ind Track, g

Tennis, b Travis Hooker

Crew, b

Lacrosse, b

Tennis, g Sharon Owens

Crew, g

Lacrosse, g

Theatre Lee Kennedy

CrossC, b Travis Hooker

Magazine

Volley, b

CrossC, g Travis Hooker

Newspaper

Volley, g Kristen Fletcher

Debate

Out Track, b Bob Weatherly

Wrestling Michael Webb

F Hockey

Out Track, g Not Filled

Yearbook Barbara Snead

Lee (LEEJ)

Route 2, Box 3145, Alt. 58 Highway / Jonesville, VA 24263-9417

E-Mail: ronald.early@leecountyschools.net / grant.stapleton@leecountyschools.net**Principal:** Ronald Earley**Assistant Principal:** Ron Earley, Alan Ingle, Virginia Spence, Lisa Brewer**Athletic/Activities Director:** Richard Stapleton (CAA)**Superintendent:** Mr. Fred Marion (Lee)

Assistant AD:		Students 750	Group: A	Div.: 4
Colors: Red/Gold/White		Gym Cap. 2500	Region: D	
Mascot: Generals		Stad. Cap. 4500	District: Clinch Mountain	
Ath Trainer	Football	G. Wolfe, E. Satterfield	Scholastic	
Band Mike Twigg	Forensics	Brenda Mullins	Soccer, b	
Baseball Not Filled	Golf	R. Robbins, G. Pendergraft	Soccer, g	
Basket, b Not Filled	Gymnast, b		Softball	Mike Twigg, R.C. McDavid
Basket, g S. Ward, R. McDavid	Gymnast, g		Swim, b	
Cheer C. Marshall, L. Willis	Ind Track, b	Mike Elkins	Swim, g	
Cr Writing Lisa Phipps	Ind Track, g	Gary Wolfe	Tennis, b	Bill Turley
Crew, b	Lacrosse, b		Tennis, g	Betsy Barron
Crew, g	Lacrosse, g		Theatre	Brenda Mullins
CrossC, b Mike Elkins	Magazine		Volley, b	
CrossC, g Mike Elkins	Newspaper		Volley, g	A. Thomas, B. Dean
Debate	Out Track, b	Mike Elkins	Wrestling	Not Filled
F Hockey	Out Track, g	Gary Wolfe	Yearbook	A. Thomas, J. McKnight

Robert E. Lee (Springfield) (RLSP)

6540 Franconia Road / Springfield, VA 22150-1413

E-Mail: abe.jeffers@fcps.edu / dale.easton@fcps.edu**Principal:** Abe Jeffers**Assistant Principal:** Dudley Johnson, Evelyn Russell, Denise Katz**Athletic/Activities Director:** Dale Easton, Lori Barb**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD: Megan Brown	Students 1800	Group: AAA	Div.: 5	
Colors: Royal Blue/Gold	Gym Cap. 1200	Region: Northern		
Mascot: Lancers	Stad. Cap. 3500	District: Patriot		
Ath Trainer Diana Caruso	Football	Rob Everett	Scholastic	
Band Kelly May	Forensics		Soccer, b Not Filled	
Baseball Not Filled	Golf	Corey Illes	Soccer, g Brent Leiba	
Basket, b Michael Harris	Gymnast, b		Softball	Keith Tasaka
Basket, g Rudy Coffield	Gymnast, g		Swim, b	Jeff Firman
Cheer Eileen Seltzer	Ind Track, b	Gary Powell	Swim, g	Jeff Firman
Cr Writing	Ind Track, g	Jim Miller	Tennis, b	Lee Bruner
Crew, b	Lacrosse, b	Not Filled	Tennis, g	Shannon Christensen
Crew, g	Lacrosse, g	Kristin Keller	Theatre	Allen Brooks
CrossC, b Barry Mensh	Magazine		Volley, b	
CrossC, g Barry Mensh	Newspaper	Bob Soule	Volley, g	Rebecca Waters
Debate	Out Track, b	Gary Powell	Wrestling	Brandon Rushing
F Hockey	Out Track, g	Jim Miller	Yearbook	Erinn Harris

Robert E. Lee (Staunton) (RLST)

1200 North Coalter Street / Staunton, VA 24401-2598

E-Mail: mrowicki@staunton.k12.va.us / kroberts@staunton.k12.va.us**Principal:** Mark Rowicki**Assistant Principal:** Cynthia Gray, Greg Ciszak**Athletic/Activities Director:** Kaye Roberts**Superintendent:** Dr. R. Steven Nichols (Staunton)

Assistant AD:	Students 820	Group: AA	Div.: 3	
Colors: Royal Blue/White	Gym Cap. 1200	Region: III		
Mascot: Fighting Leemen	Stad. Cap. 3000	District: Southern Valley		
Ath Trainer Dan Kegerreis	Football	David Tibbs	Scholastic	William Terry
Band Doug Lane	Forensics		Soccer, b	Scott Harrison
Baseball Bobby Humphrey	Golf	J. Hatcher	Soccer, g	Andrew Green
Basket, b Paul Hatcher	Gymnast, b		Softball	Danielle Christian
Basket, g Jeremy Hartman	Gymnast, g		Swim, b	
Cheer Michelle Huggard Melton	Ind Track, b	Andrew Frye	Swim, g	
Cr Writing	Ind Track, g	Stephanie Bivona	Tennis, b	Anita Sowers
Crew, b	Lacrosse, b		Tennis, g	Karl Connor
Crew, g	Lacrosse, g		Theatre	M. Maynard
CrossC, b Andrew Frye	Magazine		Volley, b	
CrossC, g Stephanie Bivona	Newspaper		Volley, g	Tiffany Eimers
Debate	Out Track, b	David Tibbs	Wrestling	Joe Boone
F Hockey	Out Track, g	Stephanie Bivona	Yearbook	

Lee-Davis**(LDAV)****School Phone:** 804-723-2200**Athletics Office:** 804-723-2203**School Fax:** 804-723-2202

7052 Mechanicsville Pike / Mechanicsville, VA 23111-6453

Email: mbishop@hcps.us / dchildress@hcps.us**Principal:** Michael Bishop**Assistant Principal:** Jennifer Cohodas, Melissa Hilderbrand, Ginny Matthews, Rob Sargeant**Athletic/Activities Director:** Della Childress (RAA)**Superintendent:** Dr. Stewart D. Roberson (Hanover)**Assistant AD:** Jackie Davis, Donna Ellis**Students** 1663**Group:** AAA**Div.:** 6**Colors:** Orange/Navy/Gray**Gym Cap.** 2000**Region:** Central**Mascot:** Confederates**Stad. Cap.** 4000**District:** Capital

Ath Trainer	Tom O'Brien	Football	Jason Meade
Band	Duane Coston	Forensics	Debbie Munchel
Baseball	Kenny Lewis	Golf	Kenny Lewis
Basket, b	Tripp Metzger	Gymnast, b	
Basket, g	Alvin Puller	Gymnast, g	Cy Witherow
Cheer	Delicia Keeton	Ind Track, b	Neil Mathews
Cr Writing	Not Filled	Ind Track, g	Neil Mathews
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Neil Mathews	Magazine	K. W. Henning
CrossC, g	Neil Mathews	Newspaper	Charles Stevens
Debate	Charlie Crittenden	Out Track, b	Neil Mathews
F Hockey	Courtney Jones	Out Track, g	Neil Mathews

Scholastic	Debbie Munchel
Soccer, b	Ed Kidder
Soccer, g	Brad Dalton
Softball	Jackie Davis
Swim, b	Matt Barker
Swim, g	Matt Barker
Tennis, b	Jason Butler
Tennis, g	Rebecca O'Boyle
Theatre	
Volley, b	Scott Harrison
Volley, g	Crystal Taylor
Wrestling	Tom Riley
Yearbook	Charles Stevens

Liberty (Bealeton)**(LBEA)****School Phone:** 540-439-6300**Athletics Office:** 540-439-4202**School Fax:** 540-439-3397

6300 Independence Avenue / Bealeton, VA 22712-6843

Email: rlee@fcps1.org / mholmes@fcps1.org**Principal:** Roger Lee**Assistant Principal:** Charlie Keith, Sam Cox, Linda Neiderer**Athletic/Activities Director:** Mark Holmes (RAA)**Superintendent:** Dr. Jonathan Lewis (Fauquier)**Assistant AD:** Dean Spahr**Students** 1273**Group:** AA**Div.:** 4**Colors:** Navy/Red/White**Gym Cap.** 2000**Region:** II**Mascot:** Eagles**Stad. Cap.** 4000**District:** Evergreen

Ath Trainer	Emily Rappold, ATC	Football	Tom Buzzo
Band	Pat Neidich	Forensics	
Baseball	Not Filled	Golf	Mark Gorby
Basket, b	Pat Frazer	Gymnast, b	
Basket, g	Lauren Milburn	Gymnast, g	
Cheer	Blaire Connor	Ind Track, b	Dan Thompson
Cr Writing		Ind Track, g	Dee Thompson
Crew, b		Lacrosse, b	P. Cooper, D. Metzger
Crew, g		Lacrosse, g	Ken McInnis, Kim Helsel
CrossC, b	Jim O'Bratka	Magazine	Cherish Smith
CrossC, g	Jim O'Bratka	Newspaper	Lisa Miller
Debate		Out Track, b	Dan Thompson
F Hockey	Mary Beth Colvin	Out Track, g	Dee Thompson

Scholastic	Kathy Butler
Soccer, b	Greg McLeod
Soccer, g	Steve Peacock
Softball	Charlie Padgett
Swim, b	Jo Scott
Swim, g	Cherish Smith
Tennis, b	Gabe Zakak
Tennis, g	Paige Burton
Theatre	Cheryl Scofield
Volley, b	
Volley, g	Teresa Gore
Wrestling	Wes Hawkins
Yearbook	Lisa Miller

Liberty (Bedford)**(LBED)****School Phone:** 540-586-2541**Athletics Office:** 540-586-7644**School Fax:** 540-586-7720

100 Liberty Minuteman Lane / Bedford, VA 24523

Email: thahn@bedford.k12.va.us / lmattson@bedford.k12.va.us**Principal:** Tim Hahn (Acting)**Assistant Principal:** Tim Hahn, Kathy Dills, Tim Overstreet**Athletic/Activities Director:** Lori Mattson**Superintendent:** Dr. Douglas R. Schuch (Bedford)**Assistant AD:****Students** 960**Group:** AA**Div.:** 3**Colors:** Red/White/Blue**Gym Cap.** 900**Region:** III**Mascot:** Minutemen**Stad. Cap.** 2000**District:** Seminole

Ath Trainer	Brian Sennettl	Football	Chris Watts
Band	Matt Farley	Forensics	Mickey VanDerwerker
Baseball	Stewart Grant	Golf	Mark Petersen
Basket, b	Jeff Monroe	Gymnast, b	
Basket, g	E.B. Watson	Gymnast, g	
Cheer	Cheryl Musgrove	Ind Track, b	Ben Wiese
Cr Writing		Ind Track, g	Sherry Elliott
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Not Filled	Magazine	Charlotte Fraser
CrossC, g	Not Filled	Newspaper	Charlotte Fraser
Debate		Out Track, b	Ben Wiese
F Hockey		Out Track, g	Sherry Elliott

Scholastic	Jennifer Boyd
Soccer, b	Not Filled
Soccer, g	Jeff Steele
Softball	Jeff Monroe
Swim, b	Jeff Steele
Swim, g	Jeff Steele
Tennis, b	Kyle Harris
Tennis, g	Kelly Miller
Theatre	Ellen Deane
Volley, b	
Volley, g	Bonita Roberts
Wrestling	Ethan Lucas
Yearbook	Kris Wingfield

Lord Botetourt**(LDBT)****School Phone:** 540-992-1261**Athletics Office:** 540-992-5170**School Fax:** 540-992-8381

1435 Roanoke Road / Daleville, VA 24083

E-Mail: tmbane@bcps.k12.va.us / cpound@bcps.k12.va.us**Principal:** Tim Bane**Assistant Principal:** Mike Ketron, Stacey Jones**Athletic/Activities Director:** Chuck Pound**Superintendent:** Dr. Anthony Brads (Botetourt)**Assistant AD:** Tom Rudisill, Chad Conner**Colors:** Scarlet/Silver**Mascot:** Cavaliers

Ath Trainer Tracey Driscoll

Band Chris Caldwell

Baseball Todd Smith

Basket, b Jon Cook

Basket, g Chuck Pound

Cheer Megan Barnes

Cr Writing

Crew, b

Crew, g

CrossC, b Peter Walton

CrossC, g Peter Walton

Debate

F Hockey

Football Rory Benson

Forensics Not Filled

Golf Todd Smith

Gymnast, b

Gymnast, g

Ind Track, b Peter Walton

Ind Track, g Peter Walton

Lacrosse, b

Lacrosse, g

Magazine Not Filled

Newspaper

Out Track, b Chris Caldwell

Out Track, g Peter Walton

Students 1035**Gym Cap.** 1626**Stad. Cap.** 3500**Group:** AA**Region:** III**District:** Blue Ridge

Scholastic Cindy Boggs

Soccer, b Glenn Hayman

Soccer, g Jamie Bednarek

Softball Brett Newman

Swim, b Ashley Stoneham

Swim, g Ashley Stoneham

Tennis, b Bob Haynie

Tennis, g Not Filled

Theatre Rachel Bremner

Volley, b

Volley, g Cheryl Shockley

Wrestling Bob Haynie

Yearbook Jessica Curulla

Div.: 3**Loudoun County****(LOUD)****School Phone:** 571-252-2000**Athletics Office:** 571-252-2010**School Fax:** 571-252-2001

415 Dry Mill Road, SW / Leesburg, VA 20175

E-Mail: kenneth.wright@loudoun.k12.va.us**Principal:** William Oblas**Assistant Principal:** Mark Patterson, Murial Heanue, Rick Brown**Athletic/Activities Director:** Ken Wright (RAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)**Assistant AD:** Derek Farrey**Colors:** Navy Blue/Lt. Gold**Mascot:** Raiders

Ath Trainer Chris Furr

Band Darron Young

Baseball Tom Lucero

Basket, b Mark Alexander

Basket, g Kevin Reed

Cheer Kristen Johnson

Cr Writing

Crew, b

Crew, g

CrossC, b Cortney Campbell

CrossC, g Cortney Campbell

Debate

F Hockey

Football Todd Hill

Forensics Not Filled

Golf John Laycock

Gymnast, b

Gymnast, g Jenny Aubel

Ind Track, b

Ind Track, g

Lacrosse, b Adam Wilburn

Lacrosse, g Courtney Wilhelm

Magazine Andy Hawk

Newspaper Andy Hawk

Out Track, b Courtney Campbell

Out Track, g Amber Poniatowski

Students 1250**Gym Cap.** 1350**Stad. Cap.** 3500**Group:** AA**Region:** II**District:** Dulles

Scholastic Terry Kristan

Soccer, b Kris Goodwin

Soccer, g Kirk Smith

Softball Ryan Vance

Swim, b Not Filled

Swim, g Not Filled

Tennis, b Randy Hanger

Tennis, g Greg Selby

Theatre John Wells

Volley, b

Volley, g Jenica Matthias

Wrestling Joel Caruso

Yearbook Robin Ellison

Div.: 4**Loudoun Valley****(LVLY)****School Phone:** 540-751-2400**Athletics Office:** 540-751-2410**School Fax:** 540-751-2412

340 N. Maple Avenue / Purcellville, VA 20132-3199

E-Mail: Susan.Ross@loudoun.k12.va.us / Kristopher.Kelican@loudoun.k12.va.us**Principal:** Sue Ross**Assistant Principal:** Vicki Holstead, Stephanie Silvis, Sam Gross**Athletic/Activities Director:** Kris Kelican**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)**Assistant AD:** Rob Puterio**Colors:** Green/White/Gold**Mascot:** Vikings

Ath Trainer Andy Gordon

Band Richard Reaves

Baseball Wayne Todd

Basket, b Chad Dawson

Basket, g Jennifer Piccolomini

Cheer Jenna Stickman

Cr Writing

Crew, b

Crew, g

CrossC, b Nathan Hollenbach

CrossC, g Nathan Hollenbach

Debate

F Hockey

Football Danny McGrath

Forensics David Hoffman

Golf Gary McKay

Gymnast, b

Gymnast, g Jennifer Cooper-Barlow

Ind Track, b

Ind Track, g

Lacrosse, b Jeff Lewandowski

Lacrosse, g Jay Harkey

Magazine Dean Drewyer

Newspaper Tammy Pyle

Out Track, b Doug Livesay

Out Track, g Kent Stanearth

Students 2139**Gym Cap.** 1650**Stad. Cap.** 3500**Group:** AAA**Region:** Northwest**District:** Cedar Run

Scholastic David Noland

Soccer, b Danny Clarke

Soccer, g Kerry Davidson

Softball Joe Spicer

Swim, b John Verdin

Swim, g John Verdin

Tennis, b Alex Bennett

Tennis, g Brooke Brown

Theatre Ike Stoneberger

Volley, b

Volley, g Laird Johnson

Wrestling Troy Mezzatesta

Yearbook Martha Akers

Div.: 6

Louisa County (LUIS)

P. O. Box 328, 757 Davis Highway / Mineral, VA 23117-9328

Email: stralejd@lcps.k12.va.us / downeylc@lcps.k12.va.us

Principal: Doug Straley

Assistant Principal: Todd Weidow, Deborah Coles, Tom Smith, Michael Heard

Athletic/Activities Director: Lee Downey

Superintendent: Dr. Deborah D. Pettit (Louisa)

Assistant AD: Terry Marks

Colors: Forest Green/Vegas Gold

Mascot: Lions

Ath Trainer Charles Carter

Band Not Filled

Baseball Kevin Fisher

Basket, b Preston Gordon

Basket, g Leslie Alexander

Cheer Jessica McCreary

Cr Writing

Crew, b

Crew, g

CrossC, b Jerry Cutright

CrossC, g Jerry Cutright

Debate

F Hockey Barrett Wright

Students 1300

Gym Cap. 1500

Stad. Cap. 3500

Football Mark Fischer

Forensics

Golf Mike Parsons

Gymnast, b

Gymnast, g

Ind Track, b Jerry Cutright

Ind Track, g Jerry Cutright

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Allison Reese

Out Track, b Jerry Cutright

Out Track, g Jerry Cutright

Group: AA

Region: II

District: Jefferson

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 4

School Phone: 540-894-5436

Athletics Office: 540-894-5436

School Fax: 540-894-0534

Luray

243 Bulldog Drive / Luray, VA 22835-1396

Email: dp@pagecounty.k12.va.us / dehlrs@pagecounty.k12.va.us

Principal: Dave Ponn

Assistant Principal: Tood Lynn

Athletic/Activities Director: Don Ehlers

Superintendent: Dr. Randall W. Thomas (Page)

Assistant AD:

Colors: Maroon/White

Mascot: Bulldogs

Ath Trainer

Band Jay Sheridan

Baseball Steve Griffith

Basket, b Jim Sanders

Basket, g Chris Ponn

Cheer P. Secrist, A. Strickler

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Tommy Pitts

CrossC, g Tara Huffman

Debate Not Filled

F Hockey

Students 514

Gym Cap. 1200

Stad. Cap. 2000

Football Travis Osborne

Forensics Not Filled

Golf Chris Mercer

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Roy Leake

Out Track, g Tara Huffman

Group: A

Region: B

District: Shenandoah

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 1

School Phone: 540-743-3800

Athletics Office: 540-843-2651

School Fax: 540-743-5524

Madison County**(MADC)**

68 Mountaineer Lane / Madison, VA 22727-9705

Email: msisler@madisonschools.k12.va.us / pwarren@madisonschools.k12.va.us

Principal: Mike Sisler

Assistant Principal: Josh Walton

Athletic/Activities Director: Phil Warren

Superintendent: Dr. Brenda M. Tanner (Madison)

Assistant AD:

Colors: Royal Blue/White

Mascot: Mountaineers

Ath Trainer Carrie Sacra

Band Mike Allen

Baseball Tom Butterworth

Basket, b Ben Breeden

Basket, g Katherine Johnson

Cheer Lisa Taylor

Cr Writing Donald Hitt

Crew, b

Crew, g

CrossC, b Jennifer Rehm

CrossC, g Jennifer Rehm

Debate Donald Hitt

F Hockey

Students 605

Gym Cap. 1600

Stad. Cap. 2000

Football Stuart Dean

Forensics Donald Hitt

Golf Gary Honaker

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Colleen Eanes

Out Track, b Maurice Weaver

Out Track, g Charissa Goerge

Group: A

Region: B

District: Bull Run

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 1

School Phone: 540-948-3785

Athletics Office: 540-948-3789

School Fax: 540-948-4425

James Madison

(JMAD)

School Phone: 703-319-2300

Athletics Office: 703-319-2360

School Fax: 703-319-2384

2500 James Madison Drive / Vienna, VA 22181-5599

Email: mark.merrell@fcps.edu / john.lingenfelter@fcps.edu

Principal: Mark Merrell

Assistant Principal: Mike Yohe, Kristin Dougherty, Susan Robeson

Athletic/Activities Director: John Lingenfelter

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD: David Cale

Colors: Red/White/Black

Mascot: Warhawks

Ath Trainer: Al Soumah

Band: Michael Hackbarth

Baseball: Mark Gjormand

Basket, b: Chris Kuhblank

Basket, g: Kirsten Roberts

Cheer: Julie Wagner

Cr Writing: Ryan Brown

Crew, b:

Crew, g:

CrossC, b: Craig Chasse

CrossC, g: Craig Chasse

Debate:

F Hockey: Meghan Punaro

Students: 1901

Gym Cap.: 1500

Stad. Cap.: 6000

Football: Gordon Leib

Forensics:

Golf: Ted Savia

Gymnast, b:

Gymnast, g: Danielle Morrison

Ind Track, b: Laura Hackerson

Ind Track, g: Laura Hackerson

Lacrosse, b: Rich Hodge

Lacrosse, g: Amanda Counts

Magazine: Ryan Brown

Newspaper: Cathy Ferrick

Out Track, b: Laura Hackerson

Out Track, g: Laura Hackerson

Group: AAA

Region: Northern

District: Liberty

Scholastic: Albert Gunn

Soccer, b: Ryan Douds

Soccer, g: Grant Massey

Softball: John Schneeberger

Swim, b: Andrew Foos

Swim, g: Jen McFeeley

Tennis, b: Glen Adams

Tennis, g: Jim Tracy

Theatre: Marshall Henderson

Volley, b:

Volley, g: Carrie Hall

Wrestling: Shawn Hutchison

Yearbook: Francesca Branson

Div.: 5

Magna Vista

(MGVS)

School Phone: 276-956-3147

Athletics Office: 276-956-8243

School Fax: 276-956-1401

701 Magna Vista School Road / Ridgeway, VA 24148

Email: gagnew@henry.k12.va.us / mdminter@henry.k12.va.us

Principal: Gracie Agnew

Assistant Principal: Pam Randall, Duane Whittaker, Craig Curtis

Athletic/Activities Director: Michael Minter, Jr.

Superintendent: Mr. Anthony D. Jackson (Henry)

Assistant AD:

Colors: Navy/Silver/Red

Mascot: Warriors

Ath Trainer:

Band: Bonnell Young

Baseball: Ricky Ramey

Basket, b: Kevin Johnson

Basket, g: Jackie Green

Cheer: Amber King

Cr Writing: Samantha Corder

Crew, b:

Crew, g:

CrossC, b: Richard Obenshain

CrossC, g: Annette Carter

Debate:

F Hockey:

Students: 1207

Gym Cap.: 3000

Stad. Cap.: 5000

Football: John Curia

Forensics: D. Berger, G. Jessup

Golf: Scott Gardner

Gymnast, b:

Gymnast, g:

Ind Track, b: Annette Carter

Ind Track, g:

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper: Dorothy Carter

Out Track, b:

Out Track, g: Keyode Rogers

Group: AA

Region: IV

District: Piedmont

Scholastic:

Soccer, b: Michael Portlock

Soccer, g: Eric Flick

Softball: Brian Brinegar

Swim, b:

Swim, g:

Tennis, b: Kevin Johnson

Tennis, g:

Theatre: Damien Berger

Volley, b:

Volley, g: Renee Beason

Wrestling: Zeke Castle

Yearbook: Dorothy Carter

Div.: 4

Manassas Park

(MNPK)

School Phone: 703-361-9131

Athletics Office: 703-361-9359

School Fax: 703-330-1218

8200 Euclid Avenue / Manassas Park, VA 20111-2394

Email: michael.peters@mpark.net / tracy.shaver@mpark.net

Principal: Tracy Shaver

Assistant Principal: Laura Cross

Athletic/Activities Director: Mike Peters

Superintendent: Dr. Thomas H. DeBolt (Manassas Park)

Assistant AD:

Colors: Black/Vegas Gold

Mascot: Cougars

Ath Trainer:

Band: Lisa Eckstein

Baseball: Not Filled

Basket, b: Verdell Robinson

Basket, g: Doug West

Cheer: Alicia Sowers

Cr Writing:

Crew, b:

Crew, g:

CrossC, b: Curtis Yenyo

CrossC, g: Curtis Yenyo

Debate:

F Hockey:

Students: 610

Gym Cap.: 1100

Stad. Cap.: 2500

Football: David Coccoli

Forensics: Jillian Antonucci

Golf: Gerry Campbell

Gymnast, b:

Gymnast, g:

Ind Track, b:

Ind Track, g:

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper: Jenn Rawley

Out Track, b: Joe McElfish

Out Track, g: Joe McElfish

Group: A

Region: B

District: Bull Run

Scholastic: Ray Morelli

Soccer, b: Michael Martinez

Soccer, g: Richard Spagnolo

Softball: Gerry Campbell

Swim, b:

Swim, g:

Tennis, b:

Tennis, g:

Theatre: Amy McCracken

Volley, b:

Volley, g: Teresa Rayhel

Wrestling: Ward Hugh

Yearbook: Craig Smith

Div.: 1

Manchester**(MANC)****School Phone:** 804-739-6275**Athletics Office:** 804-739-6283**School Fax:** 804-739-6340

12601 Bailey Bridge Road / Midlothian, VA 23112-1805

E-Mail: peter_koste@ccpsnet.net / roger_cassem@ccpsnet.net**Principal:** Pete Koste**Assistant Principal:** Don Gallier, Louis Millhouse, Diane O'Connor**Athletic/Activities Director:** Roger Cassem (CAA)**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)**Assistant AD:** Kara Chaconas**Students** 2150**Group:** AAA**Div.:** 6**Colors:** Blue/Orange**Gym Cap.** 2200**Region:** Central**Mascot:** Lancers**Stad. Cap.** 3500**District:** Dominion

Ath Trainer Amanda Thomas

Football Tom Hall

Scholastic Nancy Wood

Band Chris McCarney

Forensics Rob Ellis

Soccer, b Charlie Krausse

Baseball Ricky Saunders

Golf Chris Weaver

Soccer, g Martin Dell

Basket, b Chad Long

Gymnast, b

Softball Chris Hugate

Basket, g Jerry Gibbs

Gymnast, g

Swim, b

Cheer Margie Kelly

Ind Track, b Gene Bowen

Swim, g

Cr Writing Kathy Hoof

Ind Track, g Deb Romig

Tennis, b Rich Munroe

Crew, b

Lacrosse, b

Tennis, g

Crew, g

Lacrosse, g

Theatre Cary Nothnagel

CrossC, b Paul Kline

Magazine Kathy Hoof

Volley, b Mike Ekers

CrossC, g Deb Romig

Newspaper Kathy Geranios

Volley, g Kristen Lockhart

Debate

Out Track, b Gene Bowen

Wrestling Jesse Bell

F Hockey Melissa Esser

Out Track, g Deb Romig

Yearbook Tracy O'Miller

Marion Senior**(MARI)****School Phone:** 276-783-4731**Athletics Office:** 276-783-2552**School Fax:** 276-783-4117

848 Stage Street / Marion, VA 24354-4004

E-Mail: dannynewman@scsb.org / bradhaga@scsb.org**Principal:** Danny Newman**Assistant Principal:** Troy Pollard, Damon Mazoff**Athletic/Activities Director:** Brad Haga**Superintendent:** Dr. Michael M. Robinson (Smyth)**Assistant AD:****Students** 790**Group:** AA**Div.:** 3**Colors:** Scarlet/White**Gym Cap.** 3000**Region:** IV**Mascot:** Scarlet Hurricanes**Stad. Cap.** 4000**District:** Southwest

Ath Trainer Not Filled

Football Mike Briscoe

Scholastic Fred Newcomb

Band Eric Boggs

Forensics Todd Necessary

Soccer, b Eric Albano

Baseball Adam Burchett

Golf Doug Grubb

Soccer, g Jay Shirey

Basket, b Not Filled

Gymnast, b

Softball Not Filled

Basket, g Sallie Moss

Gymnast, g

Swim, b

Cheer Bev Wymer

Ind Track, b Joey Carroll

Swim, g

Cr Writing

Ind Track, g Joey Carroll

Tennis, b

Crew, b

Lacrosse, b

Tennis, g

Crew, g

Lacrosse, g

Theatre Todd Necessary

CrossC, b Jessi Dancy

Magazine Marci Burnett

Volley, b

CrossC, g Jessi Dancy

Newspaper Carrie Cornett

Volley, g Amanda Hanshew

Debate

Out Track, b Joey Carroll

Wrestling Hunter Trivette

F Hockey

Out Track, g Jessi Dancy

Yearbook Amanda Hobbs

George C. Marshall**(GMAR)****School Phone:** 703-714-5400**Athletics Office:** 703-714-5409**School Fax:** 703-714-5497

7731 Leesburg Pike / Falls Church, VA 22043-2405

E-Mail: jay.pearson@fcps.edu / joe.swarm@fcps.edu**Principal:** Jay Pearson**Assistant Principal:** Dan Daus, Marlyn Hutton, Jeff McFarland, Jeanene Sims**Athletic/Activities Director:** Joe Swarm**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** Joe Vargo**Students** 1350**Group:** AAA**Div.:** 5**Colors:** Columbia Blue/Scarlet/White**Gym Cap.** 800**Region:** Northern**Mascot:** Statesmen**Stad. Cap.** 6000**District:** Liberty

Ath Trainer John Reynolds

Football Bill Laphorn

Scholastic

Band Paul Vesilind

Forensics Not Filled

Soccer, b Ricardo Silva

Baseball Joe McDonald

Golf Steve Moody

Soccer, g Not Filled

Basket, b Bobby Forst

Gymnast, b

Softball Laura Campbell

Basket, g Noel Klippenstein

Gymnast, g Not Filled

Swim, b

Cheer Kelly Bresnahan

Ind Track, b Cliff Wong

Swim, g

Cr Writing Not Filled

Ind Track, g Cliff Wong

Tennis, b Stephen Moody

Crew, b

Lacrosse, b Not Filled

Tennis, g

Crew, g

Lacrosse, g Andrew Freeman

Theatre Trina Weiss-Null

CrossC, b Cliff Wong

Magazine Kathryn Weber

Volley, b

CrossC, g Cliff Wong

Newspaper Eston Melton

Volley, g Chris Ann Becki

Debate Not Filled

Out Track, b Cliff Wong

Wrestling Jason Planakis

F Hockey Christina Carroll

Out Track, g Cliff Wong

Yearbook Eston Melton

John Marshall

(JMAR)

School Phone: 804-780-6052

Athletics Office: 804-780-6052

School Fax: 804-321-8523

4225 Old Brook Road / Richmond, VA 23227

Email: bbritt@richmond.k12.va.us / kgadams1@henrico.k12.va.us

Principal: Beverly L. Britt

Assistant Principal: April Hawkins, Kimberly El-Amrani

Athletic/Activities Director: Not Filled

Superintendent: Dr. Yvonne Brandon (Richmond City)

Assistant AD:		Students	960	Group:	AAA	Div.:	5
Colors:	Blue/White	Gym Cap.	800	Region:	Central		
Mascot:	Justices	Stad. Cap.	1000	District:	Colonial		
Ath Trainer	Not Filled	Football	Marvin Bridges, Sr.	Scholastic			
Band	Jeremy Cox	Forensics	Laura Ramsay	Soccer, b			
Baseball	Robert Hancock	Golf		Soccer, g			
Basket, b	Frank Threatts, Jr.	Gymnast, b		Softball	Stevenson Fox		
Basket, g	Raymond Pappou	Gymnast, g		Swim, b			
Cheer	Kelly Carter	Ind Track, b	Kelvin Aiken	Swim, g			
Cr Writing		Ind Track, g	Kelvin Aiken	Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Kelvin Aiken	Magazine		Volley, b	Stefanie Ramsey		
CrossC, g	Kelvin Aiken	Newspaper	Cynthia Carney	Volley, g	Stefanie Ramsey		
Debate		Out Track, b	Kelvin Aiken	Wrestling			
F Hockey		Out Track, g	Kelvin Aiken	Yearbook	Stefanie Ramsey		

Martinsville

(MART)

School Phone: 276-632-9755

Athletics Office: 276-403-5765

School Fax: 276-632-1516

351 Commonwealth Boulevard / Martinsville, VA 24112-1979

Email: tfitzgibbons@martinsville.k12.va.us / tgolding@martinsville.k12.va.us

Principal: Tom Fitzgibbons

Assistant Principal: Pat Walmsley, Earl Flynn, Bobby Dalton

Athletic/Activities Director: Tommy Golding

Superintendent: Dr. Scott R. Kizner (Martinsville)

Assistant AD:	Tommy Golding	Students	850	Group:	AA	Div.:	4
Colors:	Red/White	Gym Cap.	2000	Region:	IV		
Mascot:	Bulldogs	Stad. Cap.	3500	District:	Piedmont		
Ath Trainer	D. R. Cassidy, D. Mahoney	Football	Matt Foust	Scholastic			
Band	Kevin Lewis	Forensics	Tonya Snyder	Soccer, b	Pete Scouras		
Baseball	Barry Powell	Golf	David Draper	Soccer, g	Not Filled		
Basket, b	Kelvin Jackson	Gymnast, b		Softball	Charlie Holland		
Basket, g	David Draper	Gymnast, g		Swim, b	Tom Fitzgibbons		
Cheer	Cheryl Fulton	Ind Track, b	Andre Kidd	Swim, g	Tom Fitzgibbons		
Cr Writing		Ind Track, g	Gregg Dean	Tennis, b	Mike Turner		
Crew, b		Lacrosse, b		Tennis, g	Kim Lawson		
Crew, g		Lacrosse, g		Theatre	Cynthia Breckenridge		
CrossC, b	Gregg Dean	Magazine		Volley, b			
CrossC, g	Gregg Dean	Newspaper		Volley, g	Robin Humlan		
Debate		Out Track, b	McQuail Gravely	Wrestling	Patrick Shuler		
F Hockey		Out Track, g	Kelvin Jackson	Yearbook	Randy Clay		

George Mason

(GMAS)

School Phone: 703-248-5500

Athletics Office: 703-248-5598

School Fax: 703-248-5539

7124 Leesburg Pike / Falls Church, VA 22043

Email: tbyrd@fccps.org / hornt@fccps.org

Principal: Tyrone Byrd

Assistant Principal: Ken Siekman, Tim Guy, Mary McDowell

Athletic/Activities Director: Tom Horn (CAA)

Superintendent: Dr. Lois F. Berlin (Falls Church)

Assistant AD:	Julie Bravin	Students	635	Group:	A	Div.:	2
Colors:	Red/White/Black	Gym Cap.	1000	Region:	B		
Mascot:	Mustangs	Stad. Cap.	1500	District:	Bull Run		
Ath Trainer	Vicki Galliher	Football	Tom Horn (CAA)	Scholastic	Jamie Scharff		
Band	MaryJo Webster	Forensics		Soccer, b	Art Iwanicki		
Baseball	Adam Amerine	Golf	Chris Carrico	Soccer, g	Jennifer Parsons		
Basket, b	Chris Capannola	Gymnast, b		Softball	Jonny Kelly		
Basket, g	LaBryan Thomas	Gymnast, g		Swim, b	Jon-Michael Lemon		
Cheer	Beth Bird	Ind Track, b	Julie Bravin	Swim, g	Jon-Michael Lemon		
Cr Writing		Ind Track, g	Julie Bravin	Tennis, b	Matt Sowers		
Crew, b		Lacrosse, b	Rich Costello	Tennis, g	Chris Madison		
Crew, g		Lacrosse, g	Courtney Gibbons	Theatre	Pam Ricker		
CrossC, b	Julie Bravin	Magazine	Alissa Mears	Volley, b			
CrossC, g	Julie Bravin	Newspaper	Susan Jinks	Volley, g	Liz Rizzi		
Debate		Out Track, b	Julie Bravin	Wrestling	Bryan Harris		
F Hockey		Out Track, g	Julie Bravin	Yearbook	Jeremy Shumpert		

Massaponax**(MASS)**

8201 Jefferson Davis Highway / Fredericksburg, VA 22407

Email: jrodkey@hs.scs.k12.va.us / jmanches@hs.scs.k12.va.us

Principal: Joe Rodkey

Assistant Principal: Angela Cody-Point, Gary Wintersgill, Steve Hall, Maggie Giles

School Phone: 540-710-0419

Athletics Office: Ext. 5235

School Fax: 540-710-1596

Athletic/Activities Director: Jim Manchester (RAA)

Superintendent: Dr. Jerry W. Hill (Spotsylvania)

Assistant AD:

Colors: Black/Silver/Teal

Mascot: Panthers

Ath Trainer: Christy Bagby

Band: Corey Koch

Baseball: Keith Kline

Basket, b: Darren Hickman

Basket, g: William Griffin

Cheer: Derrece Seaman

Cr Writing: Not Filled

Crew, b:

Crew, g:

CrossC, b: Luke Wolverton

CrossC, g: Luke Wolverton

Debate: Lorraine Delgrasso

F Hockey: Samantha Fredo

Football:

Forensics:

Golf:

Gymnast, b:

Gymnast, g:

Ind Track, b:

Ind Track, g:

Lacrosse, b:

Lacrosse, g:

Magazine: Not Filled

Newspaper: Courtney McGonnell

Out Track, b: Luke Wolverton

Out Track, g: Eric Wiggins

Students: 1850

Gym Cap.: 2000

Stad. Cap.: 4000

Group: AAA

Region: Northwest

District: Commonwealth

Scholastic:

Soccer, b:

Soccer, g:

Softball:

Swim, b:

Swim, g:

Tennis, b:

Tennis, g:

Theatre:

Volley, b:

Volley, g:

Wrestling:

Yearbook:

Stuart Flinn

Chris Farrell

Jackie Gebhart

Ric Dugan

Stacy Butler

Stacy Butler

Eric Linton

David Beck

Kim Kemp

Bob Walsh

Mike Ten Kate

Courtney McGonnell

Div.: 5

Mathews**(MTHW)**

P. O. Box 38, 9889 Buckley Hall Road / Mathews, VA 23109-0038

Email: dmalechek@mathews.k12.va.us / pswhite@mathews.k12.va.us

Principal: David Malechek

Assistant Principal: Michael Comer

School Phone: 804-725-3702

Athletics Office: 804-725-3702

School Fax: 804-725-5778

Athletic/Activities Director: Paul White (CMAA)

Superintendent: Dr. David J. Holleran (Mathews)

Assistant AD: Anthony Carlson

Colors: Blue/Gold

Mascot: Blue Devils

Ath Trainer:

Band: Hiroko Akaike

Baseball: Nick Naglieri

Basket, b: Curtis Williamson

Basket, g: Robert Thomas

Cheer: Theresa Soles

Cr Writing:

Crew, b: Tim Ulsaker

Crew, g: Tim Ulsaker

CrossC, b: Drew Greve

CrossC, g: Drew Greve

Debate:

F Hockey:

Football:

Forensics:

Golf:

Gymnast, b:

Gymnast, g:

Ind Track, b:

Ind Track, g:

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper:

Out Track, b: Tony Forrest

Out Track, g: Tony Forrest

Students: 431

Gym Cap.: 900

Stad. Cap.: 2500

Group: A

Region: A

District: Tidewater

Scholastic:

Soccer, b:

Soccer, g:

Softball:

Swim, b:

Swim, g:

Tennis, b:

Tennis, g:

Theatre:

Volley, b:

Volley, g:

Wrestling:

Yearbook:

Ben Hurst

Robert Thomas

LaDonna Collins

Sherry Hamilton

Pat Moughon

Tom Holaday

Anna Inge

Div.: 1

Matoaca**(MATO)**

17700 Longhouse Lane / Chesterfield, VA 23838

Email: stephen_cunningham@ccpsnet.net / larry_stewart@ccpsnet.net

Principal: Stephen Cunningham

Assistant Principal: Scott Birmingham, Gail Ledbetter, Stephanie LaSmith

School Phone: 804-590-3108

Athletics Office: 804-590-3140

School Fax: 804-590-1078

Athletic/Activities Director: Larry Stewart (RAA)

Superintendent: Dr. Marcus J. Newsome (Chesterfield)

Assistant AD: S. Driskill, C. Payton, E. J

Colors: Red/White

Mascot: Warriors

Ath Trainer: Carrie Cheeley

Band: Don Davis

Baseball: Fred Stoots, Jr.

Basket, b: Charles Payton

Basket, g: Glenn Lewis

Cheer: Nita Burchett

Cr Writing: David Duncan

Crew, b:

Crew, g:

CrossC, b: Nolan Shigley

CrossC, g: Paul Smartschan

Debate: Not Filled

F Hockey: Katherine Doctor

Football:

Forensics:

Golf:

Gymnast, b:

Gymnast, g:

Ind Track, b:

Ind Track, g:

Lacrosse, b:

Lacrosse, g:

Magazine:

Newspaper:

Out Track, b: Jerry Price

Out Track, g: Jamie Moore

Students: 1700

Gym Cap.: 1900

Stad. Cap.: 4000

Group: AAA

Region: Central

District: Central

Scholastic:

Soccer, b:

Soccer, g:

Softball:

Swim, b:

Swim, g:

Tennis, b:

Tennis, g:

Theatre:

Volley, b:

Volley, g:

Wrestling:

Yearbook:

Amy Carroll

Corey McConville

Randall Rhyne

Scott Driskill

Timothy Barnes

Nolan Shigley

Alison Turner

Adam Griffin

Stephen Chesher

Michael Moore

Cynthia Early

Div.: 6

Maury**(MAUR)**

School Phone: 757-628-3344
 Athletics Office: 757-628-3357
 School Fax: 757-628-3359

322 Shirley Avenue / Norfolk, VA 23517-2263

EMail: atottosy@nps.k12.va.us / eboyd13@nps.k12.va.us

Principal: Andrea Tottosy

Assistant Principal: Lewis Hudgins, Deb Rocke

Athletic/Activities Director: Edward Boyd

Superintendent: Dr. Stephen C. Jones (Norfolk)

Assistant AD:

Colors: Burnt Orange/N. Blue

Mascot: Commodores

Ath Trainer Ashley Canfield

Band Ezra Washington

Baseball Chris Howlett

Basket, b Jack Baker

Basket, g Angela Allen

Cheer Patsy Chavis

Cr Writing Toni Kershasky

Crew, b James Thompson

Crew, g James Thompson

CrossC, b Nichole Dewey

CrossC, g Nichole Dewey

Debate Arianna Clark

F Hockey Jo Anna Walker

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 2000

Gym Cap. 1000

Stad. Cap. 2800

John Quinerly

Alex Vizzier

Jack Baker

Maurice Franks

Dana Newcomer

Christain Fenley

Drew DePeter

Toni Kershasky

Michele Matthews

Maurice Franks

Dana Newcomer

Group: AAA

Region: Eastern

District: Eastern

Scholastic Diane Zazzera

Soccer, b Mohsin Bouziane

Soccer, g Christine Bouziane

Softball Shawn Ellis

Swim, b Debbie Pearsall

Swim, g Cheryl Jennison

Tennis, b Not Filled

Tennis, g Andrea Machesney

Theatre Steve Saunders

Volley, b Mohsin Bouziane

Volley, g Andrea Machesney

Wrestling Felton Woodson

Yearbook Katie Lewis

Div.: 6

Parry McCluer**(PMCL)**

School Phone: 540-261-2127

Athletics Office:

School Fax: 540-261-1828

100 Bradford Drive / Buena Vista, VA 24416-2699

EMail: haywood.hand@bvcp.org / graftony@comcast.net

Principal: Haywood Hand

Assistant Principal: Anna Graham

Athletic/Activities Director: Ron Loy

Superintendent: Dr. Rebecca Gates (Buena Vista)

Assistant AD:

Colors: Blue/White

Mascot: Fighting Blues

Ath Trainer Not Filled

Band Anna Ducan

Baseball Jason Coleman

Basket, b Nelson Fox

Basket, g John Armstrong

Cheer Meghan Sorrels

Cr Writing

Crew, b

Crew, g

CrossC, b Chris Poluikis

CrossC, g Chris Poluikis

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 340

Gym Cap. 1500

Stad. Cap. 3500

Chris Gardener

Dr. Demaree Peck

Nelson Fox

Not Filled

Dr. Demaree Peck

Chris Poluikis

Not Filled

Group: A

Region: C

District: Pioneer

Scholastic

Soccer, b John Butler

Soccer, g

Softball Fred Fix

Swim, b

Swim, g

Tennis, b Jerry Tutt

Tennis, g Lois Yancy

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 1

McLean**(MCLN)**

School Phone: 703-714-5700

Athletics Office: 703-714-5861

School Fax: 703-714-5797

1633 Davidson Road / McLean, VA 22101

EMail: Debbie.Jackson@fcps.edu / Thomas.Herman@fcps.edu

Principal: Deborah Jackson

Assistant Principal: Scott Davies, Christy Taylor, Stephen Wojciechowski

Athletic/Activities Director: Thomas Herman

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD:

Colors: Red/Silver

Mascot: Highlanders

Ath Trainer D. Lee, C. Guckenberger

Band Chris Weise

Baseball John Thomas

Basket, b Kevin Roller

Basket, g Mike O'Brien

Cheer Bree Melton

Cr Writing Joel Kane

Crew, b Bobby Meeks

Crew, g Chris Gordon

CrossC, b Jason Simoni

CrossC, g Jason Simoni

Debate Amy Poe

F Hockey Summer Hardman

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1750

Gym Cap. 1000

Stad. Cap. 3000

Jim Patrick

Not Filled

Rick Eyerly

Not Filled

John Jones

John Jones

Jake Bullock

Anne Inzerello

Joel Kane

Amy Poe

John Jones

John Jones

Group: AAA

Region: Northern

District: Liberty

Scholastic Jeff Jones

Soccer, b Michael Anderson

Soccer, g Laura O'Brien

Softball Maurice Tawil

Swim, b Jeremy Craig

Swim, g Jeremy Craig

Tennis, b Aavo Tomkov

Tennis, g Nancy Brough

Theatre Denise Perrino

Volley, b

Volley, g Steve Stotler

Wrestling Ken Jackson

Yearbook Meghan Percival

Div.: 5

Meadowbrook**(MEAD)****School Phone:** 804-743-3675**Athletics Office:** 804-743-3682**School Fax:** 804-743-3686

4901 Cogbill Road / Richmond, VA 23234

Email: Thomas_Ferrell@ccpsnet.net / Joey_Richeson@ccpsnet.net**Principal:** Thomas E. Ferrell**Assistant Principal:** Dr. Colleen C. Bryant, Shawn Abel, Tyrus Lyles, Kasaundra Blount-Green, Ben Snyder, Leon Hart**Athletic/Activities Director:** Joey Richeson**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)

Assistant AD:	Peter Conrad	Students	1900
Colors:	Blue/Gold	Gym Cap.	1700
Mascot:	Monarchs	Stad. Cap.	2500
Ath Trainer	Raquel Martin	Football	Bill Bowles
Band	Jim Neiner	Forensics	Jessica Dictor
Baseball	John Grubb	Golf	John Mathers
Basket, b	John Gordon	Gymnast, b	
Basket, g	Micheal Knight	Gymnast, g	
Cheer	Vickie Williams	Ind Track, b	John Allen
Cr Writing		Ind Track, g	John Allen
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	George Richardson	Magazine	
CrossC, g	George Richardson	Newspaper	
Debate	Not Filled	Out Track, b	Dewey Windham
F Hockey	Not Filled	Out Track, g	John Allen

Group:	AAA	Div.:	6
Region:	Central		
District:	Central		
	Scholastic		
	Soccer, b	Not Filled	
	Soccer, g	Gary Ragen	
	Softball	Crystal Hensley	
	Swim, b		
	Swim, g		
	Tennis, b	Bill Gray	
	Tennis, g	Victor Smith	
	Theatre	Charmaine Crowell-White	
	Volley, b	Jolinda Norris	
	Volley, g	Kim Aldous	
	Wrestling	Jim Reilly	
	Yearbook	Shannon Burgess	

Menchville**(MNCH)****School Phone:** 757-886-7722**Athletics Office:** Ext. 1150**School Fax:** 757-875-0648

275 Menchville Road / Newport News, VA 23602-6805

Email: james.surry@nn.k12.va.us / greg.henderson@nn.k12.va.us**Principal:** James Surry**Assistant Principal:** Joseph Edwards, Arva Davidson, Jerry Scicchitano, Robert Parsons, Kelly Smith**Athletic/Activities Director:** Greg Henderson**Superintendent:** Dr. Ashby C. Kilgore (Newport News)

Assistant AD:		Students	1975
Colors:	Purple/Gold	Gym Cap.	900
Mascot:	Monarchs	Stad. Cap.	8000
Ath Trainer	Not Filled	Football	John Byron
Band	Deborah Sarvay	Forensics	Arram Dreyer
Baseball	Phil Forbes	Golf	Peter Hardin
Basket, b	Erick Mays	Gymnast, b	
Basket, g	Arron Webb	Gymnast, g	Jami Edwards
Cheer	Jennifer Howard	Ind Track, b	Daniel Thompson
Cr Writing		Ind Track, g	Daniel Thompson
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	David Baer	Magazine	
CrossC, g	Chris Chappell	Newspaper	Elizabeth Cox
Debate	Melony Johnson	Out Track, b	Daniel Thompson
F Hockey	Melanie Haas	Out Track, g	Daniel Thompson

Group:	AAA	Div.:	6
Region:	Eastern		
District:	Peninsula		
	Scholastic		
	Soccer, b	Daniel Liebler	
	Soccer, g	Dave Guinti	
	Softball	Lisa Molineaux	
	Swim, b	Not Filled	
	Swim, g	Not Filled	
	Tennis, b	Steven Sipe	
	Tennis, g	Marvin Hedgepeth	
	Theatre	June Chapman	
	Volley, b	Not Filled	
	Volley, g	Lisa Molineaux	
	Wrestling	Chris Wiatt	
	Yearbook	Elizabeth Cox	

Middlesex**(MDSX)****School Phone:** 804-758-2132**Athletics Office:** 804-758-3928**School Fax:** 804-758-2873

454 General Puller Highway / Saluda, VA 23149-0206

Email: scastle@mcps.k12.va.us / bnorris@mcps.k12.va.us**Principal:** Stephen Castle**Assistant Principal:** Susan Lefggett**Athletic/Activities Director:** Brad Norris**Superintendent:** Dr. Donald Russell Fairheart (Middlesex)

Assistant AD:		Students	418
Colors:	Colombia/White	Gym Cap.	900
Mascot:	Chargers	Stad. Cap.	1000
Ath Trainer		Football	Heath Cockerham
Band	Justin Ransone	Forensics	Christine Pederson
Baseball	Tim Blake	Golf	Greg Harrow
Basket, b	Not Filled	Gymnast, b	
Basket, g	William Griffin	Gymnast, g	
Cheer	L. Veins, K. McNulty	Ind Track, b	
Cr Writing	Not Filled	Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Johan Odom	Magazine	
CrossC, g	Bill Murray	Newspaper	
Debate		Out Track, b	Joel Anderson
F Hockey		Out Track, g	Heath Cockerham

Group:	A	Div.:	1
Region:	A		
District:	Tidewater		
	Scholastic	Jim Hunt	
	Soccer, b	Scott Rae	
	Soccer, g		
	Softball	Wade Traynham	
	Swim, b		
	Swim, g		
	Tennis, b		
	Tennis, g	Pete Shepherd	
	Theatre	Christine Pederson	
	Volley, b		
	Volley, g	Jennifer Harrow	
	Wrestling	Lee Anderson	
	Yearbook	Carl McWhorter	

Midlothian**(MDLO)****School Phone:** 804-378-2440**Athletics Office:** Ext. 4130**School Fax:** 804-378-2450

401 Charter Colony Parkway / Midlothian, VA 23114

Email: Christine_Wilson@ccpsnet.net / Dick_Overton@ccpsnet.net**Principal:** Christine E. Wilson**Assistant Principal:** Kathryn Whitlow, Wilbur Evans, Jeri Baskerville, Patrick Held**Athletic/Activities Director:** Dick Overton (CMAA)**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)**Assistant AD:** Danny Abell, David Cooper**Students** 1441**Group:** AAA**Div.:** 5**Colors:** Blue/Gold**Gym Cap.** 1500**Region:** Central**Mascot:** Trojans**Stad. Cap.** 3000**District:** Dominion

Ath Trainer Laura Sirrino Football David Cooper

Scholastic Catherine Pace

Band Gordon Rawls Forensics David Wilson

Soccer, b Ted Jones

Baseball Scott Hueston Golf Donald Wade

Soccer, g Cammie Ward

Basket, b Chip McCoull Gymnast, b

Softball Rebekah Milian

Basket, g Farah Allen Gymnast, g

Swim, b

Cheer Jennifer Waskey Ind Track, b Stan Morgan

Swim, g

Cr Writing Ind Track, g Stan Morgan

Tennis, b Eric Robinson

Crew, b Lacrosse, b

Tennis, g

Crew, g Lacrosse, g

Theatre Katherine Baugher

CrossC, b Stan Morgan Magazine Wendy Spanier

Volley, b Scott Hueston

CrossC, g Stan Morgan Newspaper Mark Spewak

Volley, g Mary Allen

Debate Not Filled Out Track, b Stan Morgan

Wrestling Jimmy Cox

F Hockey Geri Douglas Out Track, g Stan Morgan

Yearbook Ian Godwin

Millbrook**(MLBK)****School Phone:** 540-545-2800**Athletics Office:** 540-545-2800**School Fax:** 540-545-8489

251 First Woods Drive / Winchester, VA 22603

Email: butlerc@frederick.k12.va.us / garberc@frederick.k12.va.us**Principal:** Carolyn S. Butler**Assistant Principal:** Mark Hawkins, Carleen Puglisi, Bob Liero**Athletic/Activities Director:** Chris Garber (CAA)**Superintendent:** Ms. Patricia I. Taylor (Frederick)**Assistant AD:** Russ Korn**Students** 1250**Group:** AA**Div.:** 3**Colors:** Navy/Carolina Blue/White**Gym Cap.** 1400**Region:** II**Mascot:** Pioneers**Stad. Cap.** 3500**District:** Northwestern

Ath Trainer Ashley Lanier Football Reed Prosser

Scholastic Roger Copenhaver

Band Mike Ward Forensics Joe Rauscher

Soccer, b

Baseball Mike Smith Golf Russ Korn

Soccer, g Keith Kilmer

Basket, b Scott Markins Gymnast, b

Softball Michelle Long

Basket, g Debby Sanders Gymnast, g

Swim, b

Cheer Marci Simmons Ind Track, b

Swim, g

Cr Writing Ind Track, g

Tennis, b

Crew, b Lacrosse, b

Tennis, g

Crew, g Lacrosse, g

Theatre Rebecca Parker

CrossC, b Greg West Magazine

Volley, b

CrossC, g Greg West Newspaper Cliff Campbell

Volley, g

Debate Joe Rauscher Out Track, b

Wrestling

F Hockey Out Track, g

Yearbook John Borst
Brittany Carper**Monacan****(MONA)****School Phone:** 804-378-2480**Athletics Office:** 804-378-2485**School Fax:** 804-378-2489

11501 Smoketree Drive / Richmond, VA 23236-2598

Email: pat_ferguson@ccpsnet.net**Principal:** Bill Broyles**Assistant Principal:** Carol Moore, John Gordon III, Laura Hebert**Athletic/Activities Director:** Patrick Ferguson (RAA)**Superintendent:** Dr. Marcus J. Newsome (Chesterfield)**Assistant AD:** Natalie White**Students** 1561**Group:** AAA**Div.:** 6**Colors:** Orange/Brown/White**Gym Cap.** 1200**Region:** Central**Mascot:** Chiefs**Stad. Cap.** 3500**District:** Dominion

Ath Trainer Kristin Sampson Football Danny Parsons

Scholastic Martin Goehle

Band Jenny Ryan Forensics Devon Amos

Soccer, b Sean Hollingshed

Baseball Chris Johnson Golf Scott Thackston

Soccer, g Anne Rieser

Basket, b Bill Robeson Gymnast, b

Softball Billy Lewis

Basket, g Larry Starr Gymnast, g

Swim, b

Cheer Cori Bennett Ind Track, b

Swim, g

Cr Writing Ind Track, g

Tennis, b Mihir Elchuri

Crew, b Lacrosse, b

Tennis, g

Crew, g Lacrosse, g

Theatre Robbie Fuhrman

CrossC, b Cameron Fiske Magazine

Volley, b Melinda Carson

CrossC, g Cameron Fiske Newspaper Bonnie Natale

Volley, g

Debate Devon Amos Out Track, b Danny Parsons

Wrestling

F Hockey Cathy Greene Out Track, g Danny Parsons

Yearbook Steve Bolt
Bonnie Natalie

James Monroe

(JMON)

School Phone: 540-372-1100

Athletics Office: 540-372-1100

School Fax: 540-373-8643

2300 Washington Avenue / Fredericksburg, VA 22401

Email: jgordon@cityschools.com / rserbay@cityschools.com

Principal: John Gordon

Assistant Principal: Rita Cavataio, Taneshia Rachal

Athletic/Activities Director: Richard Serbay

Superintendent: Dr. David G. Melton (Fredericksburg)

Assistant AD: Mary Crison
Colors: Black/Orange
Mascot: Yellow Jackets
Ath Trainer Tammy Clark
Band Chris Mallory
Baseball Brian Kiernan
Basket, b Antonio Coghill
Basket, g Julian Bumbrey
Cheer T. Ballard, C. McMillian
Cr Writing Not Filled
Crew, b
Crew, g
CrossC, b David Lovegrove
CrossC, g David Lovegrove
Debate Not Filled
F Hockey Jamie Tierney

Students 800
Gym Cap. 2000
Stad. Cap. 2500
Football Richard Serbay
Forensics Not Filled
Golf
Gymnast, b
Gymnast, g
Ind Track, b Not Filled
Ind Track, g Anthony Bramlett
Lacrosse, b Jay Snyder
Lacrosse, g
Magazine Katie Oliver
Newspaper Katie Oliver
Out Track, b Anthony Bramlett
Out Track, g Tammy Clark

Group: AA
Region: I
District: Battlefield
Scholastic Catherine Brown
Soccer, b Tim Tryon
Soccer, g Keith Marine
Softball Dennis Brown
Swim, b Laura Pinkerton
Swim, g Laura Pinkerton
Tennis, b George Christoforatus
Tennis, g Peggy Langdon
Theatre Mark Wright
Volley, b
Volley, g Valerie Maniscaclo
Wrestling
Yearbook Katie Oliver

William Monroe

(WMON)

School Phone: 434-985-5273

Athletics Office: 434-985-1397

School Fax: 434-985-1461

254 Monroe Drive / Stanardsville, VA 22973

Email: kbrunelle@greenecountyschools.com / kt132001us@yahoo.com

Principal: Mike Jamerson

Assistant Principal: Brad Berry

Athletic/Activities Director: Katie Brunelle (RAA)

Superintendent: Mr. David C. Jeck (Greene)

Assistant AD:
Colors: Green/White
Mascot: Dragons
Ath Trainer Andrew Kelly
Band Bethany Moral
Baseball Mark Arrington
Basket, b Mike Maynard
Basket, g Phillip Lamb
Cheer Toni Allen
Cr Writing Not Filled
Crew, b
Crew, g
CrossC, b Peter Miller
CrossC, g Craig Luther
Debate
F Hockey

Students 523
Gym Cap. 1200
Stad. Cap. 3000
Football Mark Sanford
Forensics Not Filled
Golf Ronnie Morris
Gymnast, b
Gymnast, g
Ind Track, b Shawn Gainer
Ind Track, g Jill Hunt
Lacrosse, b
Lacrosse, g
Magazine
Newspaper
Out Track, b Shaun Gainer
Out Track, g John Rocha

Group: AA
Region: II
District: Jefferson
Scholastic John Fox
Soccer, b Roy Farner
Soccer, g John Burks
Softball Chad Roach
Swim, b Martha Taylor
Swim, g Martha Taylor
Tennis, b
Tennis, g
Theatre Not Filled
Volley, b
Volley, g Denise Hoffman
Wrestling Mike Sizemore
Yearbook Not Filled

Monticello

(MNCTC)

School Phone: 434-244-3100

Athletics Office: 434-244-3131

School Fax: 434-244-3118

1400 Independence Way / Charlottesville, VA 22902

Email: cworley@k12albemarle.org / fbarnes@k12albemarle.org

Principal: Catherine Worley

Assistant Principal: Jim Asher, Hank Atkins, Melissa McBride

Athletic/Activities Director: Fitzgerald Barnes

Superintendent: Dr. Pamela R. Moran (Albemarle)

Assistant AD: Jon McDaniel
Colors: Black/Vegas Gold
Mascot: Mustangs
Ath Trainer Erin McNett
Band Susan Nothnagle
Baseball Niel Schafner
Basket, b Kareem Martin
Basket, g Mike Mountjoy
Cheer Veronica Thomas
Cr Writing Jodie Denny
Crew, b
Crew, g
CrossC, b Doug Bloor
CrossC, g Doug Bloor
Debate
F Hockey Katie Haskins

Students 1100
Gym Cap. 2500
Stad. Cap. 3500
Football Brud Bicknell
Forensics
Golf Pam Bradley
Gymnast, b
Gymnast, g
Ind Track, b Steve Ivory
Ind Track, g Steve Ivory
Lacrosse, b Matt Kinney
Lacrosse, g Karen Hackett
Magazine
Newspaper Not Filled
Out Track, b Steve Ivory
Out Track, g Steve Ivory

Group: AA
Region: II
District: Jefferson
Scholastic Barry Keith
Soccer, b Adam Southall
Soccer, g Jessie Lynn
Softball Beth Humphries
Swim, b Not Filled
Swim, g Not Filled
Tennis, b Andrew Wymmer
Tennis, g Lia Doise
Theatre Madeline Michel
Volley, b
Volley, g John Mitchum
Wrestling Tom Sutliff
Yearbook Nelson Martin

Mount Rogers

(MTRG)

School Phone: 276-388-3489

Athletics Office: 276-388-3967

School Fax: 276-388-3103

11337 Highlands Parkway / Whitetop, VA 24292

Email: jmoser@grayson.k12.va.us

Principal: Karen Blevins

Assistant Principal:

Athletic/Activities Director: Judy Moser

Superintendent: Dr. Elizabeth Thomas (Grayson)

Assistant AD:		Students	28	Group:	A	Div.:	0
Colors:	Green/White	Gym Cap.	350	Region:	C		
Mascot:	Rockets	Stad. Cap.	0	District:	Mtn. Empire		
Ath Trainer		Football		Scholastic			
Band	Emily Spencer	Forensics	Elizabeth Young	Soccer, b			
Baseball		Golf		Soccer, g			
Basket, b		Gymnast, b		Softball			
Basket, g	Not Filled	Gymnast, g		Swim, b			
Cheer		Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b			
Crew, b		Lacrosse, b		Tennis, g			
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Not Filled	Magazine		Volley, b			
CrossC, g	Not Filled	Newspaper		Volley, g			
Debate		Out Track, b		Wrestling			
F Hockey		Out Track, g		Yearbook	Jerry Young		

Mount Vernon

(MTVN)

School Phone: 703-619-3100

Athletics Office: 703-619-3141

School Fax: 703-619-3147

8515 Old Mt. Vernon Road / Alexandria, VA 22309-2015

Email: bernie.forte@fcps.edu

Principal: Nardos King

Assistant Principal: Esther Manns, Mark Sewell, Johnny Pope

Athletic/Activities Director: Bernie Forte

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD:	Not Filled	Students	1700	Group:	AAA	Div.:	5
Colors:	Maroon/White/Gray	Gym Cap.	4400	Region:	Northern		
Mascot:	Majors	Stad. Cap.	5000	District:	National		
Ath Trainer	Dan Reynolds	Football	Thomas Glynn	Scholastic			
Band	Richard Bacz	Forensics	Ken Mussen	Soccer, b	Robert Garza		
Baseball	Bill Dempkowski	Golf	Jard Shoemake	Soccer, g	Not Filled		
Basket, b	Alfonso Smith	Gymnast, b		Softball	Not Filled		
Basket, g	Dwight Trimmer	Gymnast, g	Linda Fischer	Swim, b	Tom Verdin		
Cheer	Charlene Aldridge	Ind Track, b	David Jackson	Swim, g	Tom Verdin		
Cr Writing		Ind Track, g		Tennis, b	Gerald Musarra		
Crew, b	Ryan Ward	Lacrosse, b	Dale Nalls	Tennis, g	Brandon Morehead		
Crew, g	Ryan Ward	Lacrosse, g	Meaghan Cromwell	Theatre	Larry McCormick		
CrossC, b	Willie Medley	Magazine	Danielle DeArment	Volley, b			
CrossC, g	Willie Medley	Newspaper	Terence Donohue	Volley, g	Lisa Aleshire		
Debate	Ken Mussen	Out Track, b	David Jackson	Wrestling	Anthony McDuffie		
F Hockey	Lindsay Speir	Out Track, g	David Jackson	Yearbook	Catherine Allen		

Mountain View

(MTVW)

School Phone: 540-658-6840

Athletics Office: Ext.1129

School Fax: 540-658-6865

2135 Mountain View Road / Stafford, VA 22554

Email: ccourtney@staffordschools.net

Principal: James Stemple

Assistant Principal: Mark Smith, Tammy Houk, John Connor

Athletic/Activities Director: Chris Courtney (CAA)

Superintendent: Dr. David E. Sawyer (Stafford)

Assistant AD:	Cessy Sullivan	Students	1775	Group:	AAA	Div.:	6
Colors:	Maroon/Orange/White	Gym Cap.	2300	Region:	Northwest		
Mascot:	Wildcats	Stad. Cap.	6000	District:	Commonwealth		
Ath Trainer	Chad Cooke	Football	Eric Cooke	Scholastic			
Band	Doug Armstrong	Forensics	Jennifer Hudak	Soccer, b	Fernando Ramos		
Baseball	Craig Lopez	Golf	Jason John	Soccer, g	Lauren Henn		
Basket, b	Kevin Brown	Gymnast, b		Softball	Patty Sullivan		
Basket, g	Cessy Sullivan	Gymnast, g	Tiffany Gomes	Swim, b	Mike Clesner		
Cheer	Not Filled	Ind Track, b	Dave Davis	Swim, g	Mike Clesner		
Cr Writing	Lisa Renard	Ind Track, g	Dave Davis	Tennis, b	Rick Bradley		
Crew, b		Lacrosse, b	John Daugherty	Tennis, g	Meghan Johnson		
Crew, g		Lacrosse, g		Theatre	Tom Clark		
CrossC, b	Dave Davis	Magazine	Lisa Renard	Volley, b			
CrossC, g	Dave Davis	Newspaper	Nikki Eshelman	Volley, g	Stacey Marsh		
Debate	Byron Hoover	Out Track, b	Dave Davis	Wrestling	Nick Ranallo		
F Hockey	Patti Sullivan	Out Track, g	Dave Davis	Yearbook	Mark Hughes		

Nandua

(NAND)

School Phone: 757-787-4514

26350 Lankford Highway / Onley, VA 23418-3013

Athletics Office:

Email: bpatterson@nhs.accmack.k12.va.us / greese@nhs.accmack.k12.va.us

School Fax: 757-787-2194

Principal: Brian Patterson

Assistant Principal: George Parker

Athletic/Activities Director: Gary Reese

Superintendent: Mr. Richard W. Bull, Jr. (Accmack)

Assistant AD:		Students	700	Group:	A	Div.:	2
Colors:	Maroon/Gray	Gym Cap.	1150	Region:	A		
Mascot:	Warriors	Stad. Cap.	2000	District:	Eastern Shore-A		
Ath Trainer		Football	Jeff Wayman	Scholastic	George Waldmier		
Band	Kendra Ayresman	Forensics	Leah Jester	Soccer, b	Paul Noltz		
Baseball	James Brankley	Golf	Not Filled	Soccer, g			
Basket, b	George Boggs	Gymnast, b		Softball	Lynn Williams		
Basket, g	Kim Giddens	Gymnast, g		Swim, b			
Cheer	Linda Rouse	Ind Track, b		Swim, g			
Cr Writing		Ind Track, g		Tennis, b	Curtis Taylor		
Crew, b		Lacrosse, b		Tennis, g	Curtis Taylor		
Crew, g		Lacrosse, g		Theatre	Not Filled		
CrossC, b		Magazine		Volley, b			
CrossC, g		Newspaper		Volley, g	Janelle Geisinger		
Debate		Out Track, b	Tom Guzick	Wrestling			
F Hockey		Out Track, g	Robert Bunting	Yearbook	Paula Thornton		

Nansemond River

(NANR)

School Phone: 757-923-4101

3301 Nansemond Parkway / Suffolk, VA 23435-2000

Athletics Office: Ext. 619

Email: thomasmclemore@spsk12.net / nanrichey@spsk12.net

School Fax: 757-538-5430

Principal: Thomas W. McLemore, Jr.

Assistant Principal: James Carnegie, Janice Bibbo, Michael Milteer

Athletic/Activities Director: Nancy Richey (RAA)

Superintendent: Dr. Milton R. Liverman (Suffolk)

Assistant AD:		Students	1350	Group:	AAA	Div.:	5
Colors:	Red/Black	Gym Cap.	900	Region:	Eastern		
Mascot:	Warriors	Stad. Cap.	5000	District:	Southeastern		
Ath Trainer	Sarah Smith	Football	Tracey Parker	Scholastic	Brian Collins		
Band	Edward Woodis	Forensics	Not Filled	Soccer, b	Brian Gordon		
Baseball	Mark Stuffel	Golf	Craig Stephenson	Soccer, g	Darryl Yandle		
Basket, b	Ed Young	Gymnast, b		Softball	Tim Tarafas		
Basket, g	R. Calvin Mason	Gymnast, g		Swim, b	James Riley		
Cheer	Vicki Stewart	Ind Track, b	Franco Britt	Swim, g	James Riley		
Cr Writing	Not Filled	Ind Track, g	Not Filled	Tennis, b	Kristy Brett		
Crew, b		Lacrosse, b		Tennis, g	Dawn Rountree		
Crew, g		Lacrosse, g		Theatre	Joleen Neighbours		
CrossC, b	Sharon Williams	Magazine		Volley, b	Vincent Pisani		
CrossC, g	Sharon Williams	Newspaper	Not Filled	Volley, g	Christine B. Pisani		
Debate	Not Filled	Out Track, b	Franco Britt	Wrestling	James Seed		
F Hockey	Darryl Yandle	Out Track, g	Not Filled	Yearbook	Dawn Rountree		

Narrows

(NARR)

School Phone: 540-726-2384

#1 Green Wave Lane / Narrows, VA 24124

Athletics Office: 540-726-7258

Email: rgearheart@gilesk12.org / dlowe@gilesk12.org

School Fax: 540-726-2775

Principal: Rex Gearheart

Assistant Principal: Steve Brady

Athletic/Activities Director: Don Lowe

Superintendent: Dr. Terry E. Arbogast, II (Giles)

Assistant AD:	Not Filled	Students	332	Group:	A	Div.:	1
Colors:	Green/Gold	Gym Cap.	1000	Region:	C		
Mascot:	Green Wave	Stad. Cap.	5000	District:	Mtn. Empire		
Ath Trainer		Football	Kelly Lowe	Scholastic			
Band	John Maddy	Forensics		Soccer, b	Dennis Kidd		
Baseball	Bryan Patteson	Golf	Todd Lusk	Soccer, g			
Basket, b	Todd Lusk	Gymnast, b		Softball	Brad Boyd		
Basket, g	Wayne Gautier	Gymnast, g		Swim, b			
Cheer	Debbie Lusk	Ind Track, b		Swim, g			
Cr Writing	Betsy Wood	Ind Track, g		Tennis, b	Todd Lusk		
Crew, b		Lacrosse, b		Tennis, g	Todd Meredith		
Crew, g		Lacrosse, g		Theatre			
CrossC, b	Anna Swenty	Magazine		Volley, b			
CrossC, g	Anna Swenty	Newspaper		Volley, g	Marilyn Mustard		
Debate		Out Track, b	Gary Lowery	Wrestling			
F Hockey		Out Track, g	Anna Swenty	Yearbook	Faye Nicholson		

Nelson County

(NELS)

6919 Thomas Nelson Highway / Lovingson, VA 22949

E-Mail: ewardlaw@nelson.k12.va.us

Principal: Emma Wardlaw

Assistant Principal: Roger Dunnick, Dean of Students, Ed Grumbach

Athletic/Activities Director: Billy League

Superintendent: Dr. Roger Dale Collins (Nelson)

Assistant AD:

Colors: Green/Gold

Mascot: Governors

Ath Trainer John Coots

Band Scott Belcher

Baseball Scott McGarry

Basket, b Brandon Garrett

Basket, g Debbie Whitmore

Cheer Bebra Berry

Cr Writing

Crew, b

Crew, g

CrossC, b Lindsay Hill

CrossC, g Lindsay Hill

Debate

F Hockey

Football

Forensics

Golf Tim Crawford

Gymnast, b

Gymnast, g

Ind Track, b Kevin Walker

Ind Track, g Kevin Walker

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Kevin Walker

Out Track, g Kevin Walker

Students 570

Gym Cap. 1200

Stad. Cap. 2000

Mark Wells

Group: A

Region: B

District: Dogwood

Scholastic David Cameron

Soccer, b Jeff Harris

Soccer, g Phillip Kerl

Softball V. Crawford, T. Donigan

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Weston Mathews

Volley, b Diana Driver

Volley, g Vicki Crawford

Wrestling

Yearbook Anne Barkley

Div.: 1

New Kent

(NKNT)

P.O. Box 130, 7365 Egypt Road / New Kent, VA 23124

E-Mail: yjones@nkcps.k12.va.us / eallen@nkcps.k12.va.us

Principal: Yvonne Jones

Assistant Principal: David Baum, Chris Valdrighi

Athletic/Activities Director: Ed Allen

Superintendent: Dr. Robert Richardson (New Kent)

Assistant AD:

Colors: Royal Blue/White

Mascot: Trojans

Ath Trainer Maya Pajka

Band Jean Flaherty

Baseball Ronnie Cox

Basket, b Ed Allen

Basket, g Thomas Gates

Cheer Whitney Curle

Cr Writing Micki Curle

Crew, b

Crew, g

CrossC, b Carlos Morales

CrossC, g Joan Lawter

Debate

F Hockey Julie Ellis

Football

Forensics Kim Brittingham

Golf Carl Gardner

Gymnast, b

Gymnast, g

Ind Track, b Carlos Morales

Ind Track, g Alicia Williams

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Mort Linkenauer

Out Track, g Jamie Peterson

Students 871

Gym Cap. 1750

Stad. Cap. 2500

Dan Rounds

Group: AA

Region: I

District: Bay Rivers

Scholastic Matt Duckworth

Soccer, b Craig Aliff

Soccer, g Chad Honeycutt

Softball Betsy Lane

Swim, b Kristen Honeycutt

Swim, g Kristen Honeycutt

Tennis, b Jolie Ellis

Tennis, g Matt Duckworth

Theatre Johnetta Cook

Volley, b

Volley, g Cindy Burnett

Wrestling Mike Faus

Yearbook Jane Gregory

Div.: 3

I. C. Norcom

(NORC)

1801 London Boulevard / Portsmouth, VA 23704

E-Mail: lynn.briley@pps.k12.va.us / oronde.andrews@pps.k12.va.us

Principal: Lynn Briley

Assistant Principal: Danny Smith, Erskine Morganl, William Saunders

Athletic/Activities Director: Oronde Andrews

Superintendent: Dr. David C. Stuckwisch (Portsmouth)

Assistant AD:

Colors: Maroon/Grey

Mascot: Greyhounds

Ath Trainer Nicole Spruill

Band Anthony Washington

Baseball Richie Thompson

Basket, b Leon Goolsby

Basket, g Danny Hill

Cheer Janeen Campbell Perry

Cr Writing

Crew, b

Crew, g

CrossC, b Bryan McNeal

CrossC, g Bryan McNeal

Debate Crystal Nolen

F Hockey Not Filled

Football

Forensics William Archie, Jr.

Golf Crystal Nolen

Golf Wayne White

Gymnast, b

Gymnast, g

Ind Track, b Bryan McNeal

Ind Track, g Bryan McNeal

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Dorothy Dray

Out Track, b Bryan McNeal

Out Track, g Bryan McNeal

Students 1450

Gym Cap. 2000

Stad. Cap. 5000

William Archie, Jr.

Group: AAA

Region: Eastern

District: Eastern

Scholastic Kimberly Tate

Soccer, b Omari Adderly

Soccer, g Angela Bell

Softball Wayne White

Swim, b Christine Thompson

Swim, g Christine Thompson

Tennis, b LeRoy Williams

Tennis, g Melvin Milton

Theatre Crystal Nolen

Volley, b Chris Spellman

Volley, g Chris Spellman

Wrestling Wesley Holmes

Yearbook Dorothy Dray

Div.: 5

North Stafford**(NSTF)****School Phone:** 540-658-6150

839 Garrisonville Road / Stafford, VA 22554

Athletics Office: Ext. 1234**Email:** tnichols@staffordschools.net / mlowry@staffordschools.net**School Fax:** 540-658-6158**Principal:** Thomas Nichols**Assistant Principal:** Margaret Lowry, Mark Strickler, Anthony Copeland, Kim Trustlow, Ann Bueche**Athletic/Activities Director:** Margaret Lowry**Superintendent:** Dr. David E. Sawyer (Stafford)

Assistant AD:		Students 1650	Group: AAA	Div.: 5
Colors: Col. Blue/Orange/Navy		Gym Cap. 2500	Region: Northwest	
Mascot: Wolverines		Stad. Cap. 5000	District: Commonwealth	
Ath Trainer Scott Kozlowski	Football	Joe Mangano	Scholastic	David Skeen
Band Austin Nicholas	Forensics	Alicia Synan-Terpstra	Soccer, b	Iric Bressler, Sr.
Baseball James Labrusciano, Jr.	Golf	Mike Byrd	Soccer, g	Joanne Szymanski
Basket, b Not Filled	Gymnast, b		Softball	Pam Kantor
Basket, g Andrew Lacey	Gymnast, g	Annie Barr	Swim, b	Laura Cwick
Cheer Grace Spicer	Ind Track, b	Harry Booth	Swim, g	Traci Abramson
Cr Writing	Ind Track, g	Harry Booth	Tennis, b	Teresa Clark
Crew, b	Lacrosse, b	Fred Donahoe	Tennis, g	Amber Humphrey
Crew, g	Lacrosse, g		Theatre	Andra Dindzans
CrossC, b Andrew Miller	Magazine	Jonathan Barron	Volley, b	
CrossC, g Betty Quinn	Newspaper	Dan Bruno	Volley, g	Dan Jones
Debate Joan Darby	Out Track, b	Harry Booth	Wrestling	Craig Melendez
F Hockey Laura Cwick	Out Track, g	Harry Booth	Yearbook	Jennifer Robinson

Northampton**(NHPT)****School Phone:** 757-678-5151

16041 Courthouse Road / Eastville, VA 23347-0038

Athletics Office: 757-678-8042**Email:** agray@ncps.k12.va.us / bharman@ncps.k12.va.us**School Fax:** 757-678-5244**Principal:** Annette Gray**Assistant Principal:** Lisa Floyd, Toriano Giddens**Athletic/Activities Director:** Brian Harman**Superintendent:** Dr. Richard J. Bowmaster (Northampton)

Assistant AD:		Students 669	Group: A	Div.: 2
Colors: Blue/Gold		Gym Cap. 1200	Region: A	
Mascot: Yellow Jackets		Stad. Cap. 1200	District: Eastern Shore-A	
Ath Trainer	Football	Garry Giddens	Scholastic	Not Filled
Band Michelle Webb	Forensics	Shelly Newsom	Soccer, b	John Gorman
Baseball Gary West, J.P. Atkinson	Golf	David Price	Soccer, g	
Basket, b Michael Brickhouse	Gymnast, b		Softball	Butch Travis
Basket, g Joe Gibson	Gymnast, g		Swim, b	
Cheer Erica Mason	Ind Track, b		Swim, g	
Cr Writing Chris Cowling	Ind Track, g		Tennis, b	Terran Campbell
Crew, b	Lacrosse, b		Tennis, g	Terrance Flynn
Crew, g	Lacrosse, g		Theatre	Peter Surran
CrossC, b Richard Wilfong	Magazine		Volley, b	
CrossC, g	Newspaper	Helen Putre	Volley, g	Cathy Doughty
Debate	Out Track, b	Oliver Bennett	Wrestling	Brian Harman
F Hockey Tom Bonniwell	Out Track, g	Vivian Dent	Yearbook	

Northside**(NSDE)****School Phone:** 540-561-8155

6758 Northside High School Road / Roanoke, VA 24019-2828

Athletics Office:**Email:** fdent@rcs.k12.va.us / jdeeds@rcs.k12.va.us**School Fax:** 540-561-8160**Principal:** Frank Dent**Assistant Principal:** Tracey Williams, Corie Franklin**Athletic/Activities Director:** John-Michael Deeds**Superintendent:** Dr. Lorraine Lange (Roanoke)

Assistant AD:		Students 1030	Group: AA	Div.: 3
Colors: Green/White/Gold		Gym Cap. 2300	Region: III	
Mascot: Vikings		Stad. Cap. 6000	District: Blue Ridge	
Ath Trainer Chris Dake	Football	Burt Torrence	Scholastic	
Band Tim Galyen	Forensics	Joe Kavanaugh	Soccer, b	Joey Draper
Baseball Ed Culicerto	Golf	James Wolfe	Soccer, g	Sean Duff
Basket, b Bill Pope	Gymnast, b		Softball	Lynn Richmond
Basket, g Trayce Coe	Gymnast, g		Swim, b	Mich Peters
Cheer Heather Hale	Ind Track, b	Derrick Hollins	Swim, g	Mich Peters
Cr Writing	Ind Track, g	Derrick Hollins	Tennis, b	Scott Reighard
Crew, b	Lacrosse, b		Tennis, g	Sam Foster
Crew, g	Lacrosse, g		Theatre	Karen Arthur
CrossC, b Page Fairchilds	Magazine	Alitia McClure	Volley, b	
CrossC, g Page Fairchilds	Newspaper	Crystal Shawn	Volley, g	Amy Crawford
Debate Jennifer Snyder	Out Track, b	Derrick Hollins	Wrestling	Mark Agner
F Hockey	Out Track, g	Tracey Coe	Yearbook	Crystal Shawn

Northumberland**(NUMB)****School Phone:** 804-580-5192

201 Academic Lane / Heathsville, VA 22473

Athletics Office: Ext. 1323**E-Mail:** mmyers@nucps.net / lreynolds@nucps.net**School Fax:** 804-580-5232**Principal:** Mike Myers**Assistant Principal:** Lance Reynolds, Martha Hicks**Athletic/Activities Director:** Mike Stevenson**Superintendent:** Mr. David Clint Stables, III (Northumberland)

Assistant AD: Eddie Barnes	Students 420	Group: A	Div.: 1
Colors: Green/Gold	Gym Cap. 900	Region: A	
Mascot: Indians	Stad. Cap. 1000	District: Northern Neck	
Ath Trainer Not Filled	Football John Poindexter	Scholastic Jane Emrick	
Band Walt Mallorie	Forensics Patty Dawson	Soccer, b Rev. Bates	
Baseball Johnny Mothershead	Golf Gayle Sterrett	Soccer, g Mark Fridenstine	
Basket, b Michael Stevenson	Gymnast, b	Softball Bonnie Swann	
Basket, g Darrell Long	Gymnast, g	Swim, b	
Cheer Javonda Ashton	Ind Track, b Eddie Barnes	Swim, g	
Cr Writing	Ind Track, g Eddie Barnes	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre Patty Dawson	
CrossC, b Eddie Barnes	Magazine	Volley, b	
CrossC, g Eddie Barnes	Newspaper	Volley, g Bonnie Swann	
Debate	Out Track, b Eddie Barnes	Wrestling Martin Magerko	
F Hockey Mark Fridenstine	Out Track, g Eddie Barnes	Yearbook Linda Parks	

Northwood**(NWOD)****School Phone:** 276-496-7751

Box Y / Saltville, VA 24370-3040

Athletics Office: 276-646-6075**E-Mail:** standunham@scsb.org / jeangillespie@scsb.org**School Fax:** 276-496-3216**Principal:** Stan Dunham**Assistant Principal:** Stacy Poston**Athletic/Activities Director:** Jean Gillespie**Superintendent:** Dr. Michael M. Robinson (Smyth)

Assistant AD:	Students 347	Group: A	Div.: 1
Colors: Navy/Silver	Gym Cap. 1200	Region: C	
Mascot: Panthers	Stad. Cap. 4000	District: Hogoheegee	
Ath Trainer	Football William Wyatt	Scholastic	
Band Jamie Davidson	Forensics David Burns	Soccer, b	
Baseball Tommy Prater	Golf Gary Arnold	Soccer, g	
Basket, b Chad Bailey	Gymnast, b	Softball B.J. Buchanan	
Basket, g Tammy Gillespie	Gymnast, g	Swim, b	
Cheer Ashley McNew	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre David Burns	
CrossC, b Walter Vencill	Magazine	Volley, b	
CrossC, g Walter Vencill	Newspaper	Volley, g Jean Gillespie	
Debate	Out Track, b Walter Vencill	Wrestling Walter Vencill	
F Hockey	Out Track, g Andrew Roberts	Yearbook Melanie Burngarner	

Norview**(NORV)****School Phone:** 757-852-4500

6501 Chesapeake Blvd. / Norfolk, VA 23513

Athletics Office: Ext. 3030**E-Mail:** mstealey@nps.k12.va.us / tstaples@nps.k12.va.us**School Fax:** 757-852-4511**Principal:** Marjorie Stealey**Assistant Principal:** Adrian Day, Richard Fraley, Louise D'Angelo**Athletic/Activities Director:** Tommy Staples**Superintendent:** Dr. Stephen C. Jones (Norfolk)

Assistant AD:	Students 1850	Group: AAA	Div.: 5
Colors: Royal Blue/White	Gym Cap. 1962	Region: Eastern	
Mascot: Pilots	Stad. Cap. 4000	District: Eastern	
Ath Trainer Regina O'Hara	Football Robert Toran	Scholastic Regina Sweeney	
Band Mike McDonald	Forensics Joe Kurt	Soccer, b Adam Smith	
Baseball Not Filled	Golf Mike Hockensmith	Soccer, g Rob O'Connor	
Basket, b Eric Williams	Gymnast, b	Softball Kristen Allen	
Basket, g Leanne Eyster	Gymnast, g	Swim, b Tim Vohar	
Cheer N. Halsey, K. Woodlee	Ind Track, b John Quinerly	Swim, g Kristen Allen	
Cr Writing	Ind Track, g Lytonya Echols-Payton	Tennis, b John Rainey	
Crew, b	Lacrosse, b	Tennis, g Kelly Woodlee	
Crew, g	Lacrosse, g	Theatre Not Filled	
CrossC, b John Rainey	Magazine Not Filled	Volley, b Not Filled	
CrossC, g John Rainey	Newspaper Theresa Street	Volley, g Dana Fishinger	
Debate Not Filled	Out Track, b John Quinerly	Wrestling Robert Toran	
F Hockey Kristen Allen	Out Track, g Lytonya Echols-Payton	Yearbook Robin Nipper	

Nottoway**(NOTT)****School Phone:** 434-292-5373**Athletics Office:** 434-292-5373**School Fax:** 434-292-3021

5267 Old Nottoway Road / Crewe, VA 23930

E-Mail: stinson.anne@nottowayschools.org / jones.peter@nottowayschools.org**Principal:** Ann Stinson**Assistant Principal:** Reggie Wilson, Peter Jones**Athletic/Activities Director:** Peter Jones**Superintendent:** Dr. Daniel J. Grounard (Nottoway)

Assistant AD:		Students 669	Group: AA	Div.: 3	
Colors:	Maroon/Gold	Gym Cap. 900	Region: I		
Mascot:	Cougars	Stad. Cap. 2500	District: Southside		
Ath Trainer		Football	Waverly Jackson	Scholastic	Linda Johnson
Band	Catherine Hite	Forensics	Not Filled	Soccer, b	Noel Patino
Baseball	Not Filled	Golf	Jeff Hensler	Soccer, g	Marco Ortega
Basket, b	Reggie Wilson	Gymnast, b		Softball	Travis Andrews
Basket, g	Glen Pettis	Gymnast, g		Swim, b	
Cheer	Delphine Fowlkes	Ind Track, b	Albert Booth	Swim, g	
Cr Writing		Ind Track, g	Albert Booth	Tennis, b	
Crew, b		Lacrosse, b		Tennis, g	
Crew, g		Lacrosse, g		Theatre	
CrossC, b	Tim Herring	Magazine		Volley, b	
CrossC, g	Tim Herring	Newspaper		Volley, g	Travis Andrews
Debate		Out Track, b	Albert Booth	Wrestling	Lloyd Page
F Hockey		Out Track, g	Shirley Cousin	Yearbook	Patricia Johnson

Oakton**(OAKT)****School Phone:** 703-319-2700**Athletics Office:** 703-319-2760**School Fax:** 703-319-2761

2900 Sutton Road / Vienna, VA 22181-6199

E-Mail: john.banbury@fcps.edu / michael.ostinato@fcps.edu**Principal:** John Banbury**Assistant Principal:** Chip Comstock, Ellen Reilly, Mark Penn, Dianne Goins, Robin Mentzer**Athletic/Activities Director:** Mike Ostinato (interim)**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD:	J. Thompson, J. Glufing, K.	Students 2400	Group: AAA	Div.: 6	
Colors:	Burgundy/Gold	Gym Cap. 1340	Region: Northern		
Mascot:	Cougars	Stad. Cap. 4500	District: Concorde		
Ath Trainer	Andy Cowdery, Paul Rupp	Football	Joe Thompson	Scholastic	George Hubac
Band	Cheryl Newton	Forensics	Maria Cruz	Soccer, b	T. J. White
Baseball	Justin Janis	Golf	Jack Masich	Soccer, g	Brooke Alexander
Basket, b	David Brookes	Gymnast, b		Softball	Pat Purcell
Basket, g	Fred Priester	Gymnast, g	Angela Peterson	Swim, b	Scott Tsuchitani
Cheer	Not Filled	Ind Track, b	Phil Tiller	Swim, g	Scott Tsuchitani
Cr Writing	Susan Sullivan	Ind Track, g	Alissa Byers	Tennis, b	J. Walecka, B. Tyskowski
Crew, b	Andy Fiebig	Lacrosse, b	Dave Guill	Tennis, g	Josh Henry
Crew, g	Andy Fiebig	Lacrosse, g	Jean Counts	Theatre	Vanessa Gelinis
CrossC, b	Phil Tiller	Magazine	Susan Sullivan	Volley, b	
CrossC, g	Alissa Byers	Newspaper	Chad Rummel	Volley, g	Steve Drumm
Debate	C. Salzman, M. Cruz	Out Track, b	Phil Tiller	Wrestling	John Welcher
F Hockey	Brooke Alexander	Out Track, g	Alissa Byers	Yearbook	Chad Rummel

Ocean Lakes**(OCLK)****School Phone:** 757-648-5550**Athletics Office:** 757-648-5571**School Fax:** 757-721-4309

885 Schumann Drive / Virginia Beach, VA 23454

E-Mail: Cheryl.Askew@vbschools.com / John.Williams@vbschools.com**Principal:** Cheryl Askew**Assistant Principal:** Richard Trumble, Ann Zingraff-Newton, Norm Benwitz, C. Todd Tarkenton, Cecil Mainor, Christopher Lawler**Athletic/Activities Director:** John Williams (CAA)**Superintendent:** Dr. James G. Merrill (Virginia Beach)

Assistant AD:	Nidia Miller, Jacob Miller	Students 2600	Group: AAA	Div.: 6	
Colors:	Navy/Gold/Silver/White	Gym Cap. 2200	Region: Eastern		
Mascot:	Dolphins	Stad. Cap. 5000	District: Beach		
Ath Trainer	D. Lehan, H. Mack	Football	Chris Scott	Scholastic	R. Barnett, A. Filipowicz
Band	Leah Greber	Forensics	K. Bedinger, S. Kelly	Soccer, b	Don Hart
Baseball	Gary Spedden	Golf	Gary Spedden	Soccer, g	Christine Thornton
Basket, b	Mike Head	Gymnast, b		Softball	Jack Wheeler
Basket, g	Kelsey Maloney	Gymnast, g	Jennifer Grinnell	Swim, b	David Bostic
Cheer	Mackenzie Glassco	Ind Track, b	Tom Wetzel	Swim, g	Laura Eldredge
Cr Writing	Katherine Midland	Ind Track, g	Mike Nestor	Tennis, b	Tom Wetzel
Crew, b		Lacrosse, b		Tennis, g	David Hales
Crew, g		Lacrosse, g		Theatre	Christina Jones
CrossC, b	Mike Nestor	Magazine	Katherine Midland	Volley, b	Heath Boomer
CrossC, g	Mike Nestor	Newspaper	Fara Wiles	Volley, g	Jack Wheeler
Debate	Chuck Thomas	Out Track, b	Chris Scott	Wrestling	Jack Harcourt
F Hockey	Elizabeth Sharpe	Out Track, g	Mike Nestor	Yearbook	Claude Blanchard

Orange County

(ORAN)

School Phone: 540-661-4300

Athletics Office: 540-661-4284

School Fax: 540-661-4299

201 Selma Road / Orange, VA 22960-1899

Email: ekotulka@ocss-va.org / mcole@ocss-va.org

Principal: Gene Kotulka

Assistant Principal: Renee Bourke, Jewell Williams, Doug Duncan

Athletic/Activities Director: Marc Cole (RAA)

Superintendent: Dr. Robert Grimesey (Orange)

Assistant AD: Trish Grabeel

Colors: Orange/Blue

Mascot: Hornets

Ath Trainer Sara Whiteside
Band Keera Johnsoni
Baseball Jesse Lohr
Basket, b Keyode Rogers
Basket, g Dave Rabe
Cheer L. Jamerson, D. Buzzell
Cr Writing Lorraine Ryan
Crew, b
Crew, g
CrossC, b Chad Phares
CrossC, g Ashley Hawkins
Debate
F Hockey Steve Grabeel

Football John Kayajanian
Forensics
Golf Dwight Paschall
Gymnast, b
Gymnast, g Casey Nicholas
Ind Track, b Renee Almond
Ind Track, g Renee Almond
Lacrosse, b
Lacrosse, g
Magazine Lorraine Ryan
Newspaper Lorraine Ryan
Out Track, b Renee Almond
Out Track, g Renee Almond

Students 1543

Gym Cap. 2200

Stad. Cap. 3000

Group: AA

Region: II

District: Jefferson

Div.: 4

Scholastic Clysta Walters
Soccer, b Dwayne Pugh
Soccer, g Jaime Dykes
Softball John Ryder
Swim, b Jacob Roth
Swim, g Jacob Roth
Tennis, b Sarah Haney
Tennis, g Jay Allen
Theatre Sandi Terri
Volley, b
Volley, g Angela Pace-Forth
Wrestling John Kayajanian
Yearbook Donna Hutcherson

Osbourn

(OSBN)

School Phone: 703-257-8500

Athletics Office: 703-257-8540

School Fax: 703-257-8515

9005 Tudor Lane / Manassas, VA 20110-5756

Email: jconti@manassas.k12.va.us / idegrood@manassas.k12.va.us

Principal: John Conti

Assistant Principal: Wayne Gryder, Zella Jones, Betsy Whitaker, Eric Barna

Athletic/Activities Director: Ira DeGroot

Superintendent: Dr. Gail E. Pope (Manassas)

Assistant AD: S. Schultze, J. Fisher

Colors: Navy Blue/Silver Gray

Mascot: Eagles

Ath Trainer Ashley Harper
Band Bill Stevens
Baseball Keith Howell
Basket, b Mike Dufrene
Basket, g Emily Kellogg
Cheer Amy Romberger
Cr Writing Kim Schell
Crew, b
Crew, g
CrossC, b Rhys Frank
CrossC, g Marshall Milbrath
Debate
F Hockey Donna Birmingham

Football Steve Schultze
Forensics Not Filled
Golf J. Salony, C. Sarmento
Gymnast, b
Gymnast, g
Ind Track, b Jeff Van Wassen
Ind Track, g Marshall Milbrath
Lacrosse, b Ryan Gast
Lacrosse, g Mike Riley
Magazine Kim Schell
Newspaper Ruth Lindenfelder
Out Track, b Rhys Frank
Out Track, g Marshall Milbrath

Students 1896

Gym Cap. 2000

Stad. Cap. 3500

Group: AAA

Region: Northwest

District: Cedar Run

Div.: 6

Scholastic Sue Perryman
Soccer, b Eric Mauck
Soccer, g Jodi Kranich
Softball Not Filled
Swim, b Liz Belch
Swim, g Liz Belch
Tennis, b Glen Strickland
Tennis, g Debbie Krawczyk
Theatre Lanny Warkentein
Volley, b
Volley, g Bret Machovec
Wrestling Tim Weaver
Yearbook Ruth Lindenfelder

Osbourn Park

(OSPK)

School Phone: 703-365-6500

Athletics Office: 703-365-6502

School Fax: 703-365-6798

8909 Euclid Avenue / Manassas, VA 20111-2404

Email: healey@pwcs.edu / laine@pwcs.edu

Principal: Tim Healey

Assistant Principal: Neil Beech, Karen Riddle, Josie Stevenson

Athletic/Activities Director: Keith Lane

Superintendent: Dr. Steven L. Walts (Prince William)

Assistant AD:

Colors: Blue/Gold

Mascot: Yellow Jackets

Ath Trainer Kim Gray
Band Don Carnohan
Baseball Rod Hodgson
Basket, b Bob Lake
Basket, g Cliff Gorham
Cheer Jessica Burns
Cr Writing Carla Drew
Crew, b
Crew, g
CrossC, b Michael Schuster
CrossC, g Michael Schuster
Debate Heather Davids
F Hockey Kate Thomas

Football Brian Beaty
Forensics Heather Davids
Golf Mike Foley
Gymnast, b
Gymnast, g Monica Brown
Ind Track, b Mike Feldman
Ind Track, g Mike Feldman
Lacrosse, b Rodney Cornell
Lacrosse, g Kate Thomas
Magazine Carla Drew
Newspaper Beth Skaggs
Out Track, b Mike Feldman
Out Track, g Mike Feldman

Students 2500

Gym Cap. 2500

Stad. Cap. 7000

Group: AAA

Region: Northwest

District: Cedar Run

Div.: 6

Scholastic Kathy Yezzi
Soccer, b Larry Nemerow
Soccer, g Rob Watters
Softball Talia Lake
Swim, b Kate Thomas
Swim, g Kate Thomas
Tennis, b Mac Deshazer
Tennis, g Scott Baldwin
Theatre Kristina Nelson
Volley, b
Volley, g Kate Southcott
Wrestling Mike Spudic
Yearbook Beth Skaggs

Page County**(PAGE)****School Phone:** 540-652-8712**Athletics Office:** 540-652-3411**School Fax:** 540-652-1966

184 Panther Drive / Shenandoah, VA 22849-9726

E-Mail: pjohnson@pagecounty.k12.va.us / kcubbage@pagecounty.k12.va.us**Principal:** Paul Johnson**Assistant Principal:** Eric Benson**Athletic/Activities Director:** Keith Cubbage (RAA)**Superintendent:** Dr. Randall W. Thomas (Page)

Assistant AD:		Students 591	Group: A	Div.: 1
Colors:	Columbia Blue/White	Gym Cap. 1200	Region: B	
Mascot:	Panthers	Stad. Cap. 1500	District: Shenandoah	
Ath Trainer		Football Frank Comer	Scholastic Bart Price	
Band	Alex Taylor	Forensics	Soccer, b Josh Caton	
Baseball	Jim Burke	Golf Roy Campbell	Soccer, g Elizabeth Chuba	
Basket, b	Mike Purdham	Gymnast, b	Softball Alan Knight	
Basket, g	Ralph Viafora	Gymnast, g	Swim, b	
Cheer	Jeanie Stepp	Ind Track, b	Swim, g	
Cr Writing		Ind Track, g	Tennis, b	
Crew, b		Lacrosse, b	Tennis, g	
Crew, g		Lacrosse, g	Theatre Not Filled	
CrossC, b	Stan Price	Magazine	Volley, b	
CrossC, g	Deborah Norton	Newspaper	Volley, g Alan Knight	
Debate		Out Track, b Kevin Morris	Wrestling	
F Hockey		Out Track, g Buddy Comer	Yearbook Jonathon Kite	

Park View (South Hill)**(PVSH)****School Phone:** 434-447-3435**Athletics Office:****School Fax:** 434-447-7876

205 Park View Circle / South Hill, VA 23970

E-Mail: btaylor@mcpweb.org / jmcinturf@mcpweb.org**Principal:** Ben Taylor**Assistant Principal:** Michele Powell, Pauline Keeton**Athletic/Activities Director:** Julia McInturf**Superintendent:** Mrs. Helen B. Hill (Mecklenburg)

Assistant AD:		Students 578	Group: AA	Div.: 3
Colors:	Green/White	Gym Cap. 1200	Region: I	
Mascot:	Dragons	Stad. Cap. 1200	District: Southside	
Ath Trainer		Football Not Filled	Scholastic Vickie Swoap	
Band	Chris McDilda	Forensics Lisa Cottingham	Soccer, b Trudy Gentry	
Baseball	Mike Greene	Golf Julia McInturf	Soccer, g Robbie McMillan	
Basket, b	Ivin Parker	Gymnast, b	Softball John Manning	
Basket, g	Mike Greene	Gymnast, g	Swim, b	
Cheer	Sara Trumbull	Ind Track, b	Swim, g	
Cr Writing		Ind Track, g	Tennis, b	
Crew, b		Lacrosse, b	Tennis, g	
Crew, g		Lacrosse, g	Theatre Leigh Howell	
CrossC, b		Magazine	Volley, b	
CrossC, g		Newspaper	Volley, g Beth Joiner	
Debate		Out Track, b Not Filled	Wrestling	
F Hockey		Out Track, g Denise Kirby	Yearbook Kathy Coachelin	

Park View (Sterling)**(PVST)****School Phone:** 571-434-4500**Athletics Office:** 571-4344510**School Fax:** 571-434-4501

400 W. Laurel Avenue / Sterling, VA 20164-3799

E-Mail: virginia.minshe@loudoun.k12.va.us / joseph.e.breinig@loudoun.k12.va.us**Principal:** Virginia Minshe**Assistant Principal:** John Gabriel, Daryl Cummings, Jeff Adam**Athletic/Activities Director:** Joe Breinig, (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)

Assistant AD:	Meredith Polen	Students 1350	Group: AA	Div.: 4
Colors:	Red/White/Blue	Gym Cap. 1500	Region: II	
Mascot:	Patriots	Stad. Cap. 4000	District: Dulles	
Ath Trainer	Dale Hotchkiss	Football Andy Hill	Scholastic Phil Rosenthal	
Band	Jonathon Phillip	Forensics Karen Lieb	Soccer, b Arturo Jimenez	
Baseball	Mickey Leap	Golf Larry Hinders	Soccer, g Chelsea O'Bruba	
Basket, b	Mike Koscinski	Gymnast, b	Softball Ed Abner	
Basket, g	Kim Grigley	Gymnast, g Erin Maas	Swim, b Emily Felker	
Cheer	Nina Peyton	Ind Track, b	Swim, g Emily Felker	
Cr Writing		Ind Track, g	Tennis, b Danielle Lackey	
Crew, b		Lacrosse, b Anthony Dunbar	Tennis, g Jim Hartung	
Crew, g		Lacrosse, g Kathy Koscinski	Theatre Kevin Curtin	
CrossC, b	Jim Nosal	Magazine	Volley, b	
CrossC, g	Jim Nosal	Newspaper Not Filled	Volley, g Kathy Koscinski	
Debate	Jonathan Breslow	Out Track, b Jim Nosal	Wrestling Greg Mitchell	
F Hockey		Out Track, g Melinda Keese	Yearbook	

Patrick County**(PATC)****School Phone: 276-694-7137**

215 Cougar Lane / Stuart, VA 24171

Athletics Office: 276-694-7137**E-Mail:** hs-pal@patrick-county.org / ad@patrick.k12.va.us**School Fax: 276-694-6997****Principal:** E. G. Bradshaw Jr.**Assistant Principal:** Perry Hughes, Jeanie Clark, Robin Ferguson**Athletic/Activities Director:** Todd Purdham (RAA)**Superintendent:** Dr. Roger N. Morris (Patrick)

Assistant AD:		Students 980	Group: AA	Div.: 3
Colors: Green/Gold		Gym Cap. 1200	Region: IV	
Mascot: Cougars		Stad. Cap. 2200	District: Piedmont	
Ath Trainer	Football	Brad Dalton	Scholastic	
Band Lynn Stegall	Forensics	Janice Largen	Soccer, b	James Wagner
Baseball Terry Harris	Golf	Philip Steagall	Soccer, g	Sandra Rakes
Basket, b Adam Haynes	Gymnast, b		Softball	Gerald Culler
Basket, g Glenn Burnett	Gymnast, g		Swim, b	
Cheer Rendy Williams	Ind Track, b		Swim, g	
Cr Writing	Ind Track, g		Tennis, b	Stephen Henderson
Crew, b	Lacrosse, b		Tennis, g	Rebecca Gibson
Crew, g	Lacrosse, g		Theatre	
CrossC, b Not Filled	Magazine		Volley, b	
CrossC, g Not Filled	Newspaper	Steve Henderson	Volley, g	Heidi Moore
Debate	Out Track, b	Not Filled	Wrestling	Stephen Biedrycki
F Hockey	Out Track, g	Not Filled	Yearbook	Beth Witt

Petersburg**(PBRG)****School Phone: 804-862-7095**

3101 Johnson Road / Petersburg, VA 23805-2399

Athletics Office: 804-862-7144**E-Mail:** alfilds@petersburg.k12.va.us / klgray@petersburg.k12.va.us**School Fax: 804-733-5897****Principal:** Alicia Fields**Assistant Principal:** Pamela Branch, Lawrence Bolar, Medicus Riddick**Athletic/Activities Director:** Kerry Gray**Superintendent:** Dr. James M. Victory (Petersburg)

Assistant AD:		Students 1540	Group: AAA	Div.: 5
Colors: Crimson/Gold		Gym Cap. 3000	Region: Central	
Mascot: Crimson Wave		Stad. Cap. 3000	District: Central	
Ath Trainer Not Filled	Football	Not Filled	Scholastic	
Band David Chambliss	Forensics	Not Filled	Soccer, b	Bradley King
Baseball Michael Teasley	Golf	Edward Thompson	Soccer, g	Not Filled
Basket, b William Lawson, III	Gymnast, b	Not Filled	Softball	Keil Dawson
Basket, g Robert Claiborne	Gymnast, g	Not Filled	Swim, b	Not Filled
Cheer Natalie Desmore	Ind Track, b	Remus James	Swim, g	Not Filled
Cr Writing Not Filled	Ind Track, g	Darrell Jackson	Tennis, b	Drake Duncan
Crew, b Not Filled	Lacrosse, b	Not Filled	Tennis, g	Angela Dance
Crew, g Not Filled	Lacrosse, g	Not Filled	Theatre	Not Filled
CrossC, b	Magazine	Not Filled	Volley, b	Not Filled
CrossC, g	Newspaper	Not Filled	Volley, g	Not Filled
Debate Not Filled	Out Track, b	Remus James	Wrestling	Not Filled
F Hockey Not Filled	Out Track, g	Darrell Jackson	Yearbook	Not Filled

Phoebus**(PHOE)****School Phone: 757-727-1000**

100 Ireland Street / Hampton, VA 23663-2199

Athletics Office: 757-727-1694**E-Mail:** rjohnson@sbo.hampton.k12.va.us / djbrown@sbo.hampton.k12.va.us**School Fax: 757-727-0981****Principal:** Robert Johnson**Assistant Principal:** Bruce Godwin, Angelina Lipford, Esther Smith, Kevin Davis**Athletic/Activities Director:** Deonna Brown**Superintendent:** Dr. Linda Shifflette (Hampton)

Assistant AD:		Students 1300	Group: AAA	Div.: 5
Colors: Blue/Gold		Gym Cap. 2000	Region: Eastern	
Mascot: Phantoms		Stad. Cap. 8500	District: Peninsula	
Ath Trainer Tonya Benjamin	Football	Stan Sexton	Scholastic	Mahla Swinford
Band James Stanley	Forensics	Mahla Swinford	Soccer, b	Bobby Wilt
Baseball Scott Snyder	Golf	Robert Newman	Soccer, g	Ryan Pringle
Basket, b James Daniel	Gymnast, b		Softball	Not Filled
Basket, g William Brooks	Gymnast, g		Swim, b	Elizabeth Wilder
Cheer Tenika Lewis	Ind Track, b	Brian Rountree	Swim, g	Elizabeth Wilder
Cr Writing	Ind Track, g	Edna Davis	Tennis, b	Kevin Wilder
Crew, b	Lacrosse, b		Tennis, g	Marcine Bailey
Crew, g	Lacrosse, g		Theatre	Beth Fenstermacher
CrossC, b Brian Rountree	Magazine	Elizabeth Wilder	Volley, b	
CrossC, g Brian Rountree	Newspaper	Margaret Dee	Volley, g	
Debate Emma Flood	Out Track, b	Brian Rountree	Wrestling	Maurice Ward
F Hockey Ryan Pringle	Out Track, g	Edna Davis	Yearbook	Pam Gregory

Poquoson**(POQU)****School Phone: 757-868-7123****Athletics Office: 757-868-7184****School Fax: 757-868-3141**

51 Odd Road / Poquoson, VA 23662-2099

Email: bwright@phs.poquoson.k12.va.us / kenneth.bennett@poquoson.k12.va.us**Principal:** Bernard A. Wright, Jr.**Assistant Principal:** George Yeager, Donna Buzonas, Whitney Cataldo**Athletic/Activities Director:** Kenneth Bennett**Superintendent:** Dr. Jennifer B. Parish (Poquoson)

Assistant AD:		Students	900	Group:	AA	Div.:	3
Colors:	Maroon/Old Gold	Gym Cap.	1000	Region:	I		
Mascot:	Islanders	Stad. Cap.	2500	District:	Bay Rivers		
Ath Trainer	Jamie Meredith	Football	Elliott Duty	Scholastic	Kip Flynn		
Band	Doug Spruill	Forensics	John Forrest	Soccer, b	Charles Sneddon		
Baseball	Kenny Bennett	Golf	Ed Spain	Soccer, g	Not Filled		
Basket, b	Todd Bowden	Gymnast, b		Softball	Colleen Duman		
Basket, g	Jeff Gross	Gymnast, g	Bobby Semes	Swim, b	Tim Mousetis		
Cheer	Julie Pitman	Ind Track, b	Joe Garrity	Swim, g	Tim Mousetis		
Cr Writing	John Forrest	Ind Track, g	Joe Garrity	Tennis, b	Pax Goodson		
Crew, b		Lacrosse, b		Tennis, g	Gloria Insley		
Crew, g		Lacrosse, g		Theatre	Not Filled		
CrossC, b	Jeff Gross	Magazine	John Forrest	Volley, b			
CrossC, g	Jeff Gross	Newspaper	Dory Holder	Volley, g	Colleen Duman		
Debate	Jim Woodard	Out Track, b	Jeff Gross	Wrestling	Mark Strickland		
F Hockey	Debbie Bunting	Out Track, g	Jeff Gross	Yearbook	Marie Warlitrer		

Potomac Falls**(PFAL)****School Phone: 571-434-3200****Athletics Office: 571-434-3210****School Fax: 571-434-3201**

46400 Algonkian Parkway / Potomac Falls, VA 20165

Email: janice.koslowski@loudoun.k12.va.us / michael.sipe@loudoun.k12.va.us**Principal:** Janice Koslowski**Assistant Principal:** Doug Fulton, John Duellman, Melissa Sargeant**Athletic/Activities Director:** Mike Sipe (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)

Assistant AD:	Chris Tully	Students	1519	Group:	AA	Div.:	4
Colors:	Black/Purple/White	Gym Cap.	1500	Region:	II		
Mascot:	Panthers	Stad. Cap.	2500	District:	Dulles		
Ath Trainer	Paul Peterson	Football	Scott Woodlief	Scholastic			
Band	Tim Niebergall	Forensics	Jeannie Jens	Soccer, b	Dave Gryder		
Baseball	Joe Terango	Golf	Not Filled	Soccer, g	Mitch Schwartz		
Basket, b	Jeff Hawes	Gymnast, b		Softball	Joe Pettit		
Basket, g	Lynn Ewald	Gymnast, g	Carollann Krische	Swim, b	Holly Ward		
Cheer	Carollann Krische	Ind Track, b		Swim, g	Holly Ward		
Cr Writing		Ind Track, g		Tennis, b	George Bowman		
Crew, b		Lacrosse, b	Not Filled	Tennis, g	Dave Quirin		
Crew, g		Lacrosse, g	Not Filled	Theatre	Renee Haynes		
CrossC, b	Dolph Null	Magazine		Volley, b			
CrossC, g	Dolph Null	Newspaper		Volley, g	Linda Lachy-Helms		
Debate	Alice Foltz	Out Track, b	Courtney Cornwall	Wrestling	Rob Puterio		
F Hockey		Out Track, g	Carollann Krische	Yearbook	Tracy Sauer		

Potomac Senior**(POTO)****School Phone: 703-441-4200****Athletics Office: 703-441-4264****School Fax: 703-441-4497**

3401 Panther Pride Drive / Dumfries, VA 22026

Email: malonemm@pwcs.edu / steamb1@pwcs.edu**Principal:** Marc Maloney**Assistant Principal:** Ernette Martin, Lorraine Sadler**Athletic/Activities Director:** Bill Stearns**Superintendent:** Dr. Steven L. Walts (Prince William)

Assistant AD:	Sal Colangelo	Students	1500	Group:	AAA	Div.:	5
Colors:	Col. Blue/Navy/White	Gym Cap.	1937	Region:	Northwest		
Mascot:	Panthers	Stad. Cap.	4000	District:	Cardinal		
Ath Trainer	Rick Stewart	Football	Tony Lilly	Scholastic			
Band	Dave Van Gelder	Forensics	Izora Everson	Soccer, b	Mark Mesterhazy		
Baseball	Mike Covington	Golf	Sal Colangelo	Soccer, g	Carol Gomez		
Basket, b	Keith Honore	Gymnast, b		Softball	John Ponikvar		
Basket, g	Kendall Hayes	Gymnast, g		Swim, b	Bridget Martin		
Cheer	Hilary Hartt	Ind Track, b	Steve Petrosky	Swim, g	Bridget Martin		
Cr Writing	Kathleen O'Connor	Ind Track, g	Steve Petrosky	Tennis, b	Dean Allen		
Crew, b	Peter Haberkost	Lacrosse, b	Frank Dunn	Tennis, g	Cindy Morrell		
Crew, g	Peter Haberkost	Lacrosse, g	Wanda Higgins	Theatre	N. Stalter, R. Jones		
CrossC, b	Steve Petrosky	Magazine	Kathleen O'Connor	Volley, b			
CrossC, g	Steve Petrosky	Newspaper	Kathleen O'Connor	Volley, g	Audrey Shutte		
Debate	PJ Regan	Out Track, b	Steve Petrosky	Wrestling	John Compel		
F Hockey		Out Track, g	Steve Petrosky	Yearbook	PJ Regan		

Pound**(POUN)****School Phone:** 276-796-4432**Athletics Office:** 276-796-4050**School Fax:** 276-796-5983

11531 Wildcat Drive / Pound, VA 24279-0768

Email: mshortt@wise.k12.va.us / droop@wise.k12.va.us**Principal:** Marcia Shortt**Assistant Principal:** Danny Roop**Athletic/Activities Director:** Randy Shortt**Superintendent:** Dr. Jeff Perry (Wise)**Assistant AD:****Colors:** Red/Black/White**Mascot:** Wildcats**Ath Trainer**

Band Stephen Stiltner

Baseball Brian Mills

Basket, b Chris Wilson

Basket, g Wayne Leftwich

Cheer Amber Boggs

Cr Writing

Crew, b

Crew, g

CrossC, b Brian Dotson

CrossC, g Brian Dotson

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Not Filled

Out Track, g Eddie Boles

Students 240**Gym Cap.** 1200**Stad. Cap.** 3255

Chris Crabtree

Debra Taylor

Brian Sturgill

Group: A**Region:** D**District:** Lonesome Pine

Scholastic

Soccer, b

Soccer, g

Softball Randy Shortt

Swim, b

Swim, g

Tennis, b Brian Dotson

Tennis, g Brenda Baker

Theatre Pamela Gilmer

Volley, b

Volley, g Kristen Phillips

Wrestling Chris Crabtree

Yearbook Vonda Sturgill

Div.: 1**Powell Valley****(PWVL)****School Phone:** 276-523-1290**Athletics Office:****School Fax:** 276-523-6804

1 Avenue of Champions / Big Stone Gap, VA 24219

Email: defee@wise.k12.va.us**Principal:** David Lee**Assistant Principal:** Fay Garrison**Athletic/Activities Director:** Phil Robbins (CMAA)**Superintendent:** Dr. Jeff Perry (Wise)**Assistant AD:****Colors:** Columbia Blue/Red/White**Mascot:** Vikings**Ath Trainer**

Band Bryan Wharton

Baseball J.W. Salyers

Basket, b Zachary Moore

Basket, g Mike Day

Cheer Vickie Day

Cr Writing Grace Bradshaw

Crew, b

Crew, g

CrossC, b Mark Cassell

CrossC, g Mark Cassell

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Kim Mabe

Out Track, b Phil Robbins

Out Track, g Tim Thomas

Students 510**Gym Cap.** 1800**Stad. Cap.** 3500

Phil Robbins

Matt Stanley

Paul Clendenon

Group: A**Region:** D**District:** Lonesome Pine

Scholastic

Soccer, b

Soccer, g

Softball Paul Clendenon

Swim, b

Swim, g

Tennis, b Jim Huff

Tennis, g Brandi Bostic

Theatre Matt Stanley

Volley, b

Volley, g Kim Moore

Wrestling Jarrod Collins

Yearbook Kim Mabe

Div.: 2**Powhatan****(POWH)****School Phone:** 804-598-5710**Athletics Office:** 804-598-5704**School Fax:** 804-598-0298

1800 Judes Ferry Road / Powhatan, VA 23139-5746

Email: bob.carden@powhatan.k12.va.us / jim.woodson@powhatan.k12.va.us**Principal:** Bob Carden**Assistant Principal:** Kathryn Garrett, Kris Gwatney, William Lewis**Athletic/Activities Director:** James Woodson**Superintendent:** Dr. Margaret S. Meara (Powhatan)**Assistant AD:** Gregg Connor, Dave Noechel**Colors:** Black/Orange**Mascot:** Indians**Ath Trainer** Faith Rosselot

Band Scott Gordon

Baseball Gregg Conner

Basket, b Steve Washburn

Basket, g Paulette Bowman

Cheer Mark Robertson

Cr Writing Dave Noechel

Crew, b

Crew, g

CrossC, b Elliot Gibbs

CrossC, g Elliot Gibbs

Debate

F Hockey Sara Franklin

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Dave Noechel

Out Track, b Ernie Henderson

Out Track, g Paulette Bowman

Students 1350**Gym Cap.** 2000**Stad. Cap.** 3500

James Woodson

Wendy Rogers

Gregg Perry

Group: AA**Region:** I**District:** Southside

Scholastic

Soccer, b Wayne Hagy

Soccer, g Pam Spotts

Softball Marie Crump

Swim, b

Swim, g

Tennis, b John Dinardi

Tennis, g John Ringstaff

Theatre Woody Czelusta

Volley, b

Volley, g Clark Menger

Wrestling Lee Richardson

Yearbook Melissa Goda

Div.: 4

Prince Edward County**(PECO)****School Phone:** 434-315-2130**Athletics Office:** 434-315-2102**School Fax:** 434-392-1901

35 Eagle Drive / Farmville, VA 23901-9011

Email: odessa.pride@pecps.k12.va.us / daniel.soderholm@pecps.k12.va.us**Principal:** Odessa Pride**Assistant Principal:** Allie Yarbrough, Erenest Miller, Rodney Kane**Athletic/Activities Director:** Daniel Soderholm**Superintendent:** Dr. Patricia Watkins (Prince Edward)

Assistant AD:		Students	850
Colors:	Purple/Gold	Gym Cap.	1500
Mascot:	Eagles	Stad. Cap.	1200
Ath Trainer	Kenneth Ashley	Football	Terrence Edmonds
Band	Anders Pierce	Forensics	Deborah Rush
Baseball	Michael Weaver	Golf	Michael Weaver
Basket, b	James Scott	Gymnast, b	
Basket, g	Chris McCormick	Gymnast, g	
Cheer	Lisa Simon	Ind Track, b	James Baker
Cr Writing	Rachel Overstreet	Ind Track, g	James Baker
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Bruce Bogese	Magazine	Not Filled
CrossC, g	Not Filled	Newspaper	Not Filled
Debate		Out Track, b	James Baker
F Hockey		Out Track, g	James Baker

Group:	AA	Div.:	3
Region:	I		
District:	Southside		
Scholastic			
Soccer, b	Chris McCormick		
Soccer, g	Not Filled		
Softball	Marvin Meadows		
Swim, b	Bruce Bogese		
Swim, g	Bruce Bogese		
Tennis, b	Bruce Bogese		
Tennis, g	James Scott		
Theatre	Deborah Rush		
Volley, b			
Volley, g	Marvin Meadows		
Wrestling			
Yearbook	Kathryn Orth		

Prince George**(PRGE)****School Phone:** 804-733-2720**Athletics Office:** 804-733-2720**School Fax:** 804-861-4530

7801 Laurel Spring Road / Prince George, VA 23875-3399

Email: tsmallwood@pgs.k12.va.us / wrussell@pgs.k12.va.us.**Principal:** Tracey Smallwood**Assistant Principal:** Tracey Smallwood, Janie Williams, Chris Romig, Joe McDaniels**Athletic/Activities Director:** Bill Russell**Superintendent:** Dr. R. Francis Moore (Prince George)

Assistant AD:		Students	1454
Colors:	Green/Gold/White	Gym Cap.	1900
Mascot:	Royals	Stad. Cap.	4000
Ath Trainer	Jason Chandler	Football	Bruce Carroll
Band	Michael Warnock	Forensics	Chris Waugaman
Baseball	Mickey Roberts	Golf	Earle Burton
Basket, b	Bill Russell	Gymnast, b	
Basket, g	Billy Gray	Gymnast, g	
Cheer	Donna Jones	Ind Track, b	Dan Rivera
Cr Writing	Chris Waugaman	Ind Track, g	Dan Rivera
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Bruce Harding	Magazine	Beth Andersen
CrossC, g	Bruce Harding	Newspaper	Chris Waugaman
Debate		Out Track, b	Dan Rivera
F Hockey	Roy York	Out Track, g	Dan Rivera

Group:	AAA	Div.:	6
Region:	Central		
District:	Central		
Scholastic	Dan Pulskamp		
Soccer, b	Tommy Harrison		
Soccer, g	Kendall Warren		
Softball	Pat Waguespack		
Swim, b			
Swim, g			
Tennis, b	Paul Cash		
Tennis, g	Paul Cash		
Theatre	Daryl Phillips		
Volley, b	John Pelter		
Volley, g	Wanda Gilbert		
Wrestling	Dave Emory		
Yearbook	Allison Heath		

Princess Anne**(PANN)****School Phone:** 757-648-5600**Athletics Office:** 757-648-5621**School Fax:** 757-473-5004

4400 Virginia Beach Boulevard / Virginia Beach, VA 23462-3198

Email: pat.griffin@vbschools.com / alyson.myers@vbschools.com**Principal:** Patricia Griffin**Assistant Principal:** Wayne Varney, Ernie Sawyer, Helen Cox, Tom Gustafson, Ann Bissel, Angelita Isom**Athletic/Activities Director:** Alyson Myers**Superintendent:** Dr. James G. Merrill (Virginia Beach)

Assistant AD:	Pat McGloine, Joe Panchik	Students	1800
Colors:	Red/White/Blue	Gym Cap.	1200
Mascot:	Cavaliers	Stad. Cap.	4000
Ath Trainer	A. Hansel, L. Mushik	Football	Juan Jackson
Band	John Boyd	Forensics	Rachel Grubb
Baseball	Jimmy Hunt	Golf	Hutch Hammond
Basket, b	Robert Woodley	Gymnast, b	
Basket, g	Darnell Dozier	Gymnast, g	Katie Arnold
Cheer	L. Reiser, S. Smith, N. Gl	Ind Track, b	Kevin Rhue
Cr Writing	Not Filled	Ind Track, g	Brian Triolet
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Joe Panchik	Magazine	E. Blair Thurman
CrossC, g	Kevin Rhue	Newspaper	E. Blair Thurman
Debate	Christina Siemieniak	Out Track, b	Kevin Rhue
F Hockey	Denise O'Connell	Out Track, g	Brian Triolet

Group:	AAA	Div.:	6
Region:	Eastern		
District:	Beach		
Scholastic	J. Petykowski, J. Harrison		
Soccer, b	BK Brinkley		
Soccer, g	Jen Denkler		
Softball	Dennis Nixon		
Swim, b	Jay Smith		
Swim, g	Jay Smith		
Tennis, b	Hutch Hammond		
Tennis, g	Rick Zano		
Theatre	Brandy Baker		
Volley, b	Jeff Kinser		
Volley, g	Craig Dooren		
Wrestling	Chuck Johnson		
Yearbook	Jessica Stahlaback		

Pulaski County

(PULA)

School Phone: 540-643-0747

Athletics Office: 540-643-0750

School Fax: 540-674-4722

5414 Cougar Trail Drive / Dublin, VA 24084

E-Mail: reedy@pcva.us / mhanks@pcva.us

Principal: Rod Reedy

Assistant Principal: Mary Rash, Phil Vickers, Peter Anderson

Athletic/Activities Director: Mark Hanks

Superintendent: Dr. Donald E. Stowers (Pulaski)

Assistant AD:

Colors: Cardinal/Gold/White

Mascot: Cougars

Ath Trainer	Jackie Snell	Football	Jack Turner
Band	Patrick Butler	Forensics	Jeff McCoy
Baseball	Doug Dunavant	Golf	Daniel Goff
Basket, b	Geoff McCulloch	Gymnast, b	
Basket, g	Jason Grubb	Gymnast, g	
Cheer	Angie Harrell	Ind Track, b	Jamie McCarty
Cr Writing		Ind Track, g	Jamie McCarty
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Jamie McCarty	Magazine	
CrossC, g	Jamie McCarty	Newspaper	Virginia Mammi
Debate		Out Track, b	Jamie McCarty
F Hockey		Out Track, g	Jamie McCarty

Students 1482

Gym Cap. 2600

Stad. Cap. 10000

Group: AA

Region: IV

District: River Ridge

Div.: 4

Scholastic	Misty Melton
Soccer, b	Mike Price
Soccer, g	James Wienke
Softball	Gina Miano
Swim, b	Carl Hanks, Jr.
Swim, g	Carl Hanks Jr.
Tennis, b	Gerald Danner
Tennis, g	Sarah Vaught
Theatre	Jeff McCoy
Volley, b	
Volley, g	Ashley Surber
Wrestling	Dan Butler
Yearbook	Paige Cash

Radford

(RADF)

School Phone: 540-731-3649

Athletics Office: 540-731-3650

School Fax: 540-731-4427

50 Dalton Drive / Radford, VA 24141-1599

E-Mail: gpayne@rcps.org / gwade@rcps.org

Principal: Gregory M. Payne

Assistant Principal: Michael Brown

Athletic/Activities Director: Gregory Wade (CAA)

Superintendent: Dr. William C. Bishop (Radford)

Assistant AD:

Colors: Black/White/Old Gold

Mascot: Bobcats

Ath Trainer	Adam Mistr	Football	Matthew Saunders
Band	Daniel Frankenberger	Forensics	Tina Tapp
Baseball	D. Freeman, W. Pridgen	Golf	Darden Freeman
Basket, b	Ricky Cormany	Gymnast, b	
Basket, g	Not Filled	Gymnast, g	
Cheer	Michelle Saunders	Ind Track, b	Not Filled
Cr Writing	Cathy Gallo	Ind Track, g	Not Filled
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Mike Carrow	Magazine	Rusty Swope
CrossC, g	Mike Carrow	Newspaper	Barbara Shifflett
Debate		Out Track, b	Not Filled
F Hockey		Out Track, g	Not Filled

Students 488

Gym Cap. 1200

Stad. Cap. 6000

Group: A

Region: C

District: Three Rivers

Div.: 2

Scholastic	
Soccer, b	Greg Wade
Soccer, g	Lee Boehling
Softball	David Morris
Swim, b	Heather Rowland
Swim, g	Heather Rowland
Tennis, b	Cecil Hickham
Tennis, g	Cecil Hickham
Theatre	Tina Tapp
Volley, b	
Volley, g	Toni Wright
Wrestling	Chris Vicars
Yearbook	Donna Irvin

Randolph-Henry

(RNHN)

School Phone: 434-542-4111

Athletics Office:

School Fax: 434-542-4114

755 David Bruce Avenue / Charlotte Court House, VA 23923-0668

E-Mail: bowmancw@ccps.k12.va.us / critzer@ccps.k12.va.us

Principal: Charlene Bowman

Assistant Principal: Shep Critzer

Athletic/Activities Director: Shep Critzer

Superintendent: Mrs. Melody D. Hackney (Charlotte)

Assistant AD:

Colors: Blue/White

Mascot: Statesmen

Ath Trainer		Football	Joe Freeland
Band	Not Filled	Forensics	Deborah Ketchum
Baseball	Todd Abell	Golf	Kelly Powell
Basket, b	Shep Critzer	Gymnast, b	
Basket, g	Not Filled	Gymnast, g	
Cheer	Deborah Laine	Ind Track, b	
Cr Writing		Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Cedric Edmonds	Magazine	
CrossC, g	Cedric Edmonds	Newspaper	
Debate		Out Track, b	Derek Burke
F Hockey		Out Track, g	Cedric Edmonds

Students 700

Gym Cap. 1000

Stad. Cap. 1500

Group: A

Region: B

District: James River

Div.: 2

Scholastic	
Soccer, b	Shawn Reyburn
Soccer, g	
Softball	Deborah Laine
Swim, b	
Swim, g	
Tennis, b	Kenny Howard
Tennis, g	Lorraine Johnson
Theatre	Deborah Ketchum
Volley, b	
Volley, g	Don Hackney
Wrestling	Brette Arbogast
Yearbook	Claudia McMillan

Rappahannock (RAPP)

6914 Richmond Road, P.O. Box 550 / Warsaw, VA 22572

E-Mail: jcooley@richmond-county.k12.va.us / jparrish@richmond-county.k12.va.us

Principal: Jack Cooley

Assistant Principal: Jesse Boyd

Athletic/Activities Director: Jerry Parrish

Superintendent: Mr. William P. Brann (Acting) (Richmond County)

Assistant AD: Larry Barker

Colors: Red/Gray

Mascot: Raiders

Ath Trainer

Band William Fields

Baseball Larry Barker

Basket, b Jason Frye

Basket, g Ellen Gaines

Cheer Not Filled

Cr Writing

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Football

Forensics

Golf Paul Yackel

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b William West

Out Track, g Robin Cramp

Students 380

Gym Cap. 500

Stad. Cap. 1200

William West

Group: A

Region: A

District: Northern Neck

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b Jackie Morris

Tennis, g Mary Pierandozzi

Theatre

Volley, b

Volley, g Dori Sanders

Wrestling

Yearbook Cindy Packett

Div.: 1

School Phone: 804-333-3551

Athletics Office: 804-333-4227

School Fax: 804-333-5186

Rappahannock County (RPCO)

12576 Lee Highway / Washington, VA 22747

E-Mail: bobczekaj@rappahannock.k12.va.us / andyhipple@rappahannock.k12.va.us

Principal: Adam Burket

Assistant Principal: Andrew Hipple

Athletic/Activities Director: Bob Czekaj (RAA)

Superintendent: Dr. Robert T. Chappell (Rappahannock County)

Assistant AD:

Colors: Navy/Gold

Mascot: Panthers

Ath Trainer

Band David DeBoer

Baseball Not Filled

Basket, b Bob Czekaj (RAA)

Basket, g Scott Wilde

Cheer Melanie Torrance

Cr Writing

Crew, b

Crew, g

CrossC, b David Gillis

CrossC, g David Gillis

Debate

F Hockey

Football

Forensics

Golf Jason Gochenour

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Scott Stephens

Out Track, g Scott Stephens

Students 310

Gym Cap. 625

Stad. Cap. 1000

Bob Czekaj (RAA)

Group: A

Region: B

District: Bull Run

Scholastic David Naser

Soccer, b David Gillis

Soccer, g Not Filled

Softball Not Filled

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g Scott Wilde

Wrestling Not Filled

Yearbook Joy Sours

Div.: 1

School Phone: 540-987-8575

Athletics Office: Ext. 19

School Fax: 540-987-9331

Richlands (RICH)

Tornado Alley / Richlands, VA 24641-3097

E-Mail: kwebb@tazewell.k12.va.us / rvencill@tazewell.k12.va.us

Principal: Karen Webb

Assistant Principal: Brenda Ayers

Athletic/Activities Director: Rickie Vencill

Superintendent: Dr. Brenda B. Lawson (Tazewell)

Assistant AD:

Colors: Blue/Silver/White

Mascot: Blue Tornado

Ath Trainer

Band Bruce Miller

Baseball Brad Strong

Basket, b James McGee

Basket, g James Cochran

Cheer Paula Bandy

Cr Writing

Crew, b

Crew, g

CrossC, b Carla Richardson

CrossC, g Carla Richardson

Debate

F Hockey

Football

Forensics

Golf Sarah O'Quinn

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Beth Smith

Out Track, b Greg Mance

Out Track, g D. Palmer

Students 750

Gym Cap. 2300

Stad. Cap. 5000

Greg Mance

Sarah O'Quinn

Not Filled

Group: AA

Region: IV

District: Southwest

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b Chris Hale

Tennis, g Christina Allsion

Theatre

Volley, b

Volley, g Ronnie Sparks

Wrestling Ronnie Sparks

Yearbook Terri Mosley

Div.: 3

School Phone: 276-964-4602

Athletics Office: 276-964-5543

School Fax: 276-963-1049

Riverbend (RBND)

12301 Spotswood Furnace Road / Fredericksburg, VA 22407

Email: twright@hs.spotsylvania.k12.va.us / dlancast@hs.spotsylvania.k12.va.us

Principal: Troy Wright

Assistant Principal: Christine Clark, Brandon Hess, Larry Marks, Amber Holloway

Athletic/Activities Director: David Lancaster (CAA)

Superintendent: Dr. Jerry W. Hill (Spotsylvania)

Assistant AD:		Students	1965	Group:	AAA	Div.:	6
Colors:	Royal Blue/Emerald Green/White	Gym Cap.	2500	Region:	Northwest		
Mascot:	Bears	Stad. Cap.	6000	District:	Commonwealth		
Ath Trainer	Benette Clinton	Football	Todd Campbell	Scholastic			
Band	Laura Cole	Forensics	Not Filled	Soccer, b	Bob Stack		
Baseball	Tim Stimmel	Golf	Andrew Hence	Soccer, g	Becca Berry		
Basket, b	Wayne Via	Gymnast, b		Softball	Chad Randall		
Basket, g	Robyn Gray	Gymnast, g		Swim, b	Maggie Frankston		
Cheer	Rachel Witt	Ind Track, b	Romeo Wright	Swim, g	Maggie Frankston		
Cr Writing	Dan Walker	Ind Track, g	Tony DeMarco	Tennis, b	Randy Garr		
Crew, b		Lacrosse, b		Tennis, g	Cindy Edwards		
Crew, g		Lacrosse, g		Theatre	Kelly Creswell		
CrossC, b	Jeff Arnold	Magazine	Dan Walker	Volley, b			
CrossC, g	Jeff Arnold	Newspaper	Andrew Young	Volley, g	Kim Rolling		
Debate	Margaret Frankston	Out Track, b	Romeo Wright	Wrestling	Josh Johnson		
F Hockey	Lisa Brown	Out Track, g	Tony DeMarco	Yearbook	Andrea Shipp		

Riverheads (RVHD)

19 Howardsville Road / Staunton, VA 24401-9499

Email: stbarnett@augusta.k12.va.us / mstevens@augusta.k12.va.us

Principal: P. Steve Barnett

Assistant Principal: Max Lowe, Matt Stevens

Athletic/Activities Director: Matt Stevens

Superintendent: Dr. Gary D. McQuain (Augusta)

Assistant AD:		Students	500	Group:	A	Div.:	1
Colors:	Red/White/Black	Gym Cap.	1200	Region:	B		
Mascot:	Gladiators	Stad. Cap.	2500	District:	Shenandoah		
Ath Trainer	Laura Shifflett	Football	Robert Casto	Scholastic	Jo-El Nelson		
Band	Tim Woolwine	Forensics	Virginia Gano	Soccer, b	Dickie Bell		
Baseball	Rodney Painter	Golf	Scott Cassell	Soccer, g	Homes Tehrani		
Basket, b	John Corbett	Gymnast, b		Softball	Jenn Colvin		
Basket, g	Tim Morris	Gymnast, g		Swim, b			
Cheer	C. LaPorte, A. Rohr	Ind Track, b	Gene Wassick	Swim, g			
Cr Writing		Ind Track, g	Gene Wassick	Tennis, b	Doris Scott		
Crew, b		Lacrosse, b		Tennis, g	Steve Anson		
Crew, g		Lacrosse, g		Theatre	Joy George		
CrossC, b	Doris Scott	Magazine		Volley, b			
CrossC, g	Breanne Weisenburger	Newspaper		Volley, g	Whitney Dove		
Debate	Tracee McDonald	Out Track, b	Ron Wilkerson	Wrestling	Eric Spath		
F Hockey		Out Track, g	Gene Wassick	Yearbook	John Ward		

James W. Robinson (ROBN)

5035 Sideburn Road / Fairfax, VA 22032-2637

Email: dan.meier@fcps.edu / martin.riddle@fcps.edu

Principal: Dan Meier, Principal, Rich Mondloch, Associate

Assistant Principal: Joanne Leone, Scott Turner, Deb Duncan, Bill Evers, Sharon Newcome, Terrance Yarborough, Terrance Yarborough, Keith Hall

Athletic/Activities Director: Marty Riddle

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD:	Jeff Ferrell	Students	2750	Group:	AAA	Div.:	6
Colors:	Royal Blue/Gold	Gym Cap.	5000	Region:	Northern		
Mascot:	Rams	Stad. Cap.	7000	District:	Concorde		
Ath Trainer	J. Perry, D. Cassidy	Football	Mark Bendorf	Scholastic	Mike Campana		
Band	Micheal Cook	Forensics	Jan Swartzendruber	Soccer, b	Jac Cicala		
Baseball	Jeff Ferrell	Golf	Chuck Humphries	Soccer, g	Jim Rike		
Basket, b	Brian Nelson	Gymnast, b		Softball	Barry Gorodnick		
Basket, g	T.J. Dade	Gymnast, g	Megan Smiley	Swim, b	Not Filled		
Cheer	Jocelyn Swiger	Ind Track, b	Mark Gleason	Swim, g	Not Filled		
Cr Writing	Not Filled	Ind Track, g	Mark Gleason	Tennis, b	Paul Fisher		
Crew, b	Jon Barrett	Lacrosse, b	Justin Fitzgerald	Tennis, g	Jeff Jones		
Crew, g	R. Wasalaski, K. Wasalaski	Lacrosse, g	Alison Neun	Theatre	Chip Rome		
CrossC, b	Jeremy Workman	Magazine	Tim Harris	Volley, b			
CrossC, g	Jeremy Workman	Newspaper	Stephanie Axelrod	Volley, g	Jill Pearson		
Debate	Jan Swartzendruber	Out Track, b	Jeremy Workman	Wrestling	Bryan Hazard		
F Hockey	Katy Garvey	Out Track, g	Jeremy Workman	Yearbook	Linda Hughes		

Rockbridge County**(RKCO)****School Phone:** 540-463-5555**Athletics Office:** 540-463-4488**School Fax:** 540-463-6152

143 Greenhouse Road / Lexington, VA 24450-8806

Email: jennifer_weaver@rockbridge.k12.va.us / david_miller@rockbridge.k12.va.us**Principal:** Jennifer Weaver**Assistant Principal:** Joseph Gates, Rick Lollis, Matthew Crossman**Athletic/Activities Director:** David Miller**Superintendent:** Dr. John T. Reynolds (Rockbridge)**Assistant AD:****Colors:** Blue/Silver**Mascot:** Wildcats

Ath Trainer Not Filled

Band Frank Sampson

Baseball Jamey Nicely

Basket, b Jason Buzzard

Basket, g Mike McElroy

Cheer Emiline DeCristo

Cr Writing

Crew, b

Crew, g

CrossC, b Cynthia Spangler

CrossC, g Chris Bowring

Debate

F Hockey

Students 811**Gym Cap.** 1400**Stad. Cap.** 2500

Football Jason White

Forensics Amanda Merrill

Golf Matthew Nicely

Gymnast, b

Gymnast, g

Ind Track, b Jennifer Showalter

Ind Track, g Jennifer Showalter

Lacrosse, b Seth Goodhart

Lacrosse, g Not Filled

Magazine Davina Copsy

Newspaper Laura Shull

Out Track, b Jennifer Showalter

Out Track, g Jennifer Showalter

Group: AA**Region:** III**District:** Southern Valley

Scholastic

Soccer, b Dan Evans

Soccer, g Not Filled

Softball Bill Kessinger

Swim, b Leslie Ayers

Swim, g Leslie Ayers

Tennis, b Bill Oliver

Tennis, g Linda White

Theatre Linda Gorman

Volley, b

Volley, g

Wrestling Jessica Smith

Yearbook Greer Stene

Div.: 4**Rocky Gap****(RGAP)****School Phone:** 276-928-1100**Athletics Office:** 276-928-1100**School Fax:** 276-928-1988

176 Eagles Rd, PO Box #9 / Rocky Gap, VA 24366

Email: eworkman@bland.k12.va.us / tmusserr@bland.k12.va.us**Principal:** Eric Workman**Assistant Principal:****Athletic/Activities Director:** Temple Musser**Superintendent:** Mr. Donald Hodock (Bland)**Assistant AD:****Colors:** Navy/Orange/White**Mascot:** Bears

Ath Trainer

Band Ryan Altizer

Baseball Norman Dillow

Basket, b Rich Hankins

Basket, g Jason Lambert

Cheer Iris Strock

Cr Writing

Crew, b

Crew, g

CrossC, b Brian Porter

CrossC, g Brian Porter

Debate

F Hockey

Students 157**Gym Cap.** 600**Stad. Cap.** 2000

Football Harris Hart

Forensics Tiffany Carter

Golf Roger Thompson

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper John Dodson

Out Track, b Harris Hart

Out Track, g Harris Hart

Group: A**Region:** C**District:** Mtn. Empire

Scholastic

Soccer, b Ashley Sexton

Soccer, g

Softball Rich Hankins

Swim, b

Swim, g

Tennis, b

Tennis, g Ashley Beasley

Theatre Tiffany Carter

Volley, b

Volley, g

Wrestling Cora Cagle

Yearbook Marlene Belcher

Div.: 1**Rural Retreat****(RURT)****School Phone:** 276-686-4143**Athletics Office:****School Fax:** 276-686-4601

321 East Buck Avenue / Rural Retreat, VA 24368

Email: mlnear@wythe.k12.va.us / adrhea@wythe.k12.va.us**Principal:** Michael Neal**Assistant Principal:** Shannon S. Phillips**Athletic/Activities Director:** Dean Rhea**Superintendent:** Dr. Albert S. Armentrout (Wythe)**Assistant AD:****Colors:** Orange/Black**Mascot:** Indians

Ath Trainer

Band Justin McFarland

Baseball Jammie Hughes

Basket, b Michael Brown

Basket, g Quinton Hensley

Cheer Amy Pruitt

Cr Writing

Crew, b

Crew, g

CrossC, b Martin Hadaway

CrossC, g Martin Hadaway

Debate

F Hockey

Students 350**Gym Cap.** 1000**Stad. Cap.** 3000

Football Quinton Hensley

Forensics DeAnna Bradberry

Golf Doug Humphreys

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Quinton Hensley

Out Track, g Michael Brown

Group: A**Region:** C**District:** Hogoheegee

Scholastic

Soccer, b Walter Midkiff

Soccer, g

Softball John Phillips

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Susan Sowers

Volley, b

Volley, g

Wrestling Rick Boyd

Yearbook Megan Jones

Div.: 1

Rustburg

(RUST)

P. O. Box 830, 1671 Village Highway / Rustburg, VA 24588-0830

Email: dentonsisk@campbell.k12.va.us / pnazigian@campbell.k12.va.us

Principal: Denton Sisk

Assistant Principal: John Gloss, Traci Lipscomb, Paul Nazigian

Athletic/Activities Director: Paul Nazigian

Superintendent: Dr. Robert Johnson (Campbell)

Assistant AD:

Colors: Red/White

Mascot: Devils

Ath Trainer Beth Isner
 Band Mike Straw
 Baseball Barry Godsey
 Basket, b Matt Hildebrand
 Basket, g Kim Trent
 Cheer Stephanie Ragland
 Cr Writing Denise Moran
 Crew, b
 Crew, g
 CrossC, b Phillip Reynolds
 CrossC, g Phillip Reynolds
 Debate
 F Hockey

Students 840
Gym Cap. 1200
Stad. Cap. 4800

Football Jon Berlin
 Forensics Jamie Banton
 Golf David Dinwiddie
 Gymnast, b
 Gymnast, g
 Ind Track, b Gerald Mosley
 Ind Track, g Gerald Mosley
 Lacrosse, b
 Lacrosse, g
 Magazine
 Newspaper
 Out Track, b Gerald Mosley
 Out Track, g Gerald Mosley

Group: AA
Region: III
District: Seminole

Scholastic Diana Duckworth
 Soccer, b John Grubba
 Soccer, g J. T. Wagurak
 Softball Michele Riddle
 Swim, b
 Swim, g
 Tennis, b Danny Williams
 Tennis, g Nikki Hughes
 Theatre Erin Rierson
 Volley, b
 Volley, g Kristen Hardie
 Wrestling Phillip Reynolds
 Yearbook Nikki Hughes

School Phone: 434-332-5171

Athletics Office:

School Fax: 434-332-1187

Rye Cove

(RYCV)

164 Eagles Nest Lane / Duffield, VA 24244

Email: reagan.mullins@scott.k12.va.us / reaganmullins@hotmail.com

Principal: Reagan Mullins

Assistant Principal: Jamie Carter

Athletic/Activities Director: Jamie Carter

Superintendent: Mr. James B. Scott (Scott)

Assistant AD:

Colors: Navy Blue/Gold

Mascot: Eagles

Ath Trainer
 Band Shelia King
 Baseball Terry Fields
 Basket, b Justin Seaver
 Basket, g Jamie Carter
 Cheer Tammy Cassell
 Cr Writing
 Crew, b
 Crew, g
 CrossC, b
 CrossC, g
 Debate
 F Hockey

Students 242
Gym Cap. 900
Stad. Cap. 1200

Football Tom Callaway
 Forensics C. Head, A. Hall
 Golf Matt Bays
 Gymnast, b
 Gymnast, g
 Ind Track, b
 Ind Track, g
 Lacrosse, b
 Lacrosse, g
 Magazine
 Newspaper
 Out Track, b Adam Toney
 Out Track, g Jacob Horton

Group: A
Region: D
District: Cumberland

Scholastic Jeremy Francis
 Soccer, b
 Soccer, g
 Softball Ashley Hall
 Swim, b
 Swim, g
 Tennis, b
 Tennis, g
 Theatre Christy Head
 Volley, b
 Volley, g Greg Gilliam
 Wrestling Chris Barte
 Yearbook Joy Davidson

School Phone: 276-940-2701

Athletics Office: 276-940-2796

School Fax: 276-940-2277

Saint Paul

(STPL)

3207 Deacon Drive, P. O. Box 976 / St. Paul, VA 24283-0966

Email: wpadgett@wise.k12.va.us / pdamron@wise.k12.va.us

Principal: Wait Padgett

Assistant Principal: Rick Thompson

Athletic/Activities Director: Patrick Damron

Superintendent: Dr. Jeff Perry (Wise)

Assistant AD:

Colors: Purple/Vegas Gold

Mascot: Deacons

Ath Trainer
 Band Marsha Crosky
 Baseball Chris Clay
 Basket, b Patrick Damron
 Basket, g Seth Padgett
 Cheer Sara Stallard
 Cr Writing Susan Collins
 Crew, b
 Crew, g
 CrossC, b Twila Waldron
 CrossC, g Twila Waldron
 Debate
 F Hockey

Students 111
Gym Cap. 1200
Stad. Cap. 2500

Football Mark Palmer
 Forensics Susan Collins, Ann Wade
 Golf Rick Thompson
 Gymnast, b
 Gymnast, g
 Ind Track, b
 Ind Track, g
 Lacrosse, b
 Lacrosse, g
 Magazine
 Newspaper
 Out Track, b Johnnie Davis
 Out Track, g Johnnie Davis

Group: A
Region: D
District: Cumberland

Scholastic
 Soccer, b
 Soccer, g
 Softball Laura McNew
 Swim, b
 Swim, g
 Tennis, b
 Tennis, g
 Theatre Susan Collins
 Volley, b
 Volley, g
 Wrestling Kip Parsons
 Yearbook Susan Collins

School Phone: 276-762-2172

Athletics Office:

School Fax: 276-762-5580

Salem (Salem)**(SLSL)****School Phone:** 540-387-2437

400 Spartan Drive / Salem, VA 24153-3296

Athletics Office:**E-Mail:** jhall@salem.k12.va.us / shadaway@salem.k12.va.us**School Fax:** 540-387-2543**Principal:** John Hall**Assistant Principal:** William Gerrol, Sandy Hadaway (CMAA), Scott Habeeb**Athletic/Activities Director:** Sandy Hadaway (CMAA)**Superintendent:** Dr. H. Alan Seibert (Salem)**Assistant AD:** Chris King, Charles Ward**Students:** 1278**Group:** AA**Div.:** 4**Colors:** Maroon/Silver**Gym Cap.:** 1500**Region:** IV**Mascot:** Spartans**Stad. Cap.:** 10000**District:** River Ridge

Ath Trainer C. Tucker, J. Hickerson

Football Steve Magenbauer

Scholastic Fred Campbell

Band James Paxton

Forensics Mark Ingerson

Soccer, b Dean Jones

Baseball Jim Stepp

Golf Thad Snyder

Soccer, g Josh Jones

Basket, b Kevin Garst

Gymnast, b

Softball Ron Reynolds

Basket, g Dwayne Harrell

Gymnast, g

Swim, b Howard Butts

Cheer Shelly Hamlin

Ind Track, b Adam Linkenauer

Swim, g Beth Boothe

Cr Writing Fred Campbell

Ind Track, g Tom Roth

Tennis, b Michael Gibson

Crew, b

Lacrosse, b David Turk

Tennis, g Chris Wilkes

Crew, g

Lacrosse, g Kelly White

Theatre Rachel Sailer

CrossC, b Tom Roth

Magazine Fred Campbell

Volley, b

CrossC, g Shelley Sayers

Newspaper Alison Moore

Volley, g Kim Martinez

Debate

Out Track, b Jeff Leftwich

Wrestling Randall Sell

F Hockey

Out Track, g Tom Roth

Yearbook Katie Reed

Salem (Virginia Beach)**(SLVB)****School Phone:** 757-648-5650

1993 SunDevil Drive / Virginia Beach, VA 23464-8522

Athletics Office: 757-648-5671**E-Mail:** donald.robertson@vbschools.com / mark.harrison@vbschools.com**School Fax:** 757-474-0100**Principal:** Donald Robertson**Assistant Principal:** Amy Hunley, James Avila, Eva Melatti, Tony Anderson, Patti Jenkins**Athletic/Activities Director:** Mark Harrison**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** J. Byzewski, S. Scarborough**Students:** 1900**Group:** AAA**Div.:** 6**Colors:** Scarlet/Black/Silver/White**Gym Cap.:** 3000**Region:** Eastern**Mascot:** SunDevils**Stad. Cap.:** 4000**District:** Beach

Ath Trainer N. Bair, M. Mosciano

Football Robert Jackson

Scholastic Gary Gardner

Band Brian Webb

Forensics Lara Green

Soccer, b Jason Byzewski

Baseball Pete Zell

Golf Tabb Pearson

Soccer, g John Byzewski

Basket, b Bill Cochrane

Gymnast, b

Softball Michele Hill

Basket, g Tim Carr

Gymnast, g Wendy Cauthen

Swim, b Casey Quilter

Cheer Dana Holmes

Ind Track, b George Porter

Swim, g Casey Quilter

Cr Writing Ray Obispo

Ind Track, g George Porter

Tennis, b C. Allen, G. Thurman

Crew, b

Lacrosse, b

Tennis, g Linda Cascio

Crew, g

Lacrosse, g

Theatre Martha Baker

CrossC, b Krista Lewis

Magazine Ray Obispo

Volley, b Not Filled

CrossC, g Krista Lewis

Newspaper Heather Carasella

Volley, g Kelly Mills

Debate V. Gnadt, C. Johnson

Out Track, b George Porter

Wrestling Justin Fentress

F Hockey Rudy van Oekel

Out Track, g George Porter

Yearbook Maria T. Ripoll

Sherando**(SHER)****School Phone:** 540-869-0060

185 South Warrior Drive / Stephens City, VA 22655-3251

Athletics Office: Ext. 85712**E-Mail:** nelsonj@frederick.k12.va.us / barbej@frederick.k12.va.us**School Fax:** 540-869-5183**Principal:** John Nelson**Assistant Principal:** Kathy Konopa, Gary Tisinger**Athletic/Activities Director:** Jason Barbe (CAA)**Superintendent:** Ms. Patricia I. Taylor (Frederick)**Assistant AD:** William Andrews**Students:** 1400**Group:** AA**Div.:** 4**Colors:** Scarlet/Black/White**Gym Cap.:** 1200**Region:** II**Mascot:** Warriors**Stad. Cap.:** 4000**District:** Northwestern

Ath Trainer Tim Duval

Football Bill Hall

Scholastic Julie Nesselrodt

Band Ryan Dempsey

Forensics Archie Painter

Soccer, b Pat Anderson

Baseball Pepper Martin

Golf Rob Wright

Soccer, g Rob Kilmer

Basket, b Garland Williams

Gymnast, b

Softball Erin Manuel

Basket, g Tim Davis

Gymnast, g

Swim, b Joe Knight

Cheer Tom Grim

Ind Track, b Tom Grim

Swim, g Joe Knight

Cr Writing Trevor Johnson

Ind Track, g Tom Grim

Tennis, b Steve Jennings

Crew, b

Lacrosse, b

Tennis, g Garry Sawyer

Crew, g

Lacrosse, g

Theatre Archie Painter

CrossC, b Tim Ritter

Magazine Trevor Johnson

Volley, b

CrossC, g Tim Ritter

Newspaper John Partington

Volley, g Chuck Ashby

Debate Archie Painter

Out Track, b Tom Grim

Wrestling Pepper Martin

F Hockey

Out Track, g Tom Grim

Yearbook Trevor Johnson

Skyline**(SKYL)****School Phone:** 540-631-0366**Athletics Office:** Ext. 31114**School Fax:** 540-635-4026

151 Skyline Vista Drive / Front Royal, VA 22630

E-Mail: wcupp@wcpss.k12.va.us**Principal:** Andrew Keller**Assistant Principal:** Josh Mosher, Michael Smith, Jody Lee, Susanne Cline**Athletic/Activities Director:** Bill Cupp**Superintendent:** Mrs. Pamela M. McInnis (Warren)**Assistant AD:** Brian Haywood**Colors:** Blue/Green/Gold**Mascot:** Hawks

Ath Trainer Amy Derflinger

Band Kim Kiec

Baseball Nicholas Sborz

Basket, b Leonard (Sonny) Dyke

Basket, g Andrew Lacey

Cheer Christy Baylis

Cr Writing

Crew, b

Crew, g

CrossC, b Mike Tanner

CrossC, g Mary Catherine Funk

Debate Richard Follett

F Hockey Richard Follett

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Michael Tanner

Ind Track, g Michael Tanner

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Steve Burton

Out Track, g Steve Burton

Students 1191**Gym Cap.** 1400**Stad. Cap.** 3563**Group:** AA**Region:** II**District:** Northwestern

Scholastic Marilyn Corker

Soccer, b Mike Nicewarner

Soccer, g John Moore

Softball Richard Armstrong

Swim, b

Swim, g

Tennis, b Debra Ramsey

Tennis, g John Natalie

Theatre Richard Follett

Volley, b

Volley, g Lesley Detweiler

Wrestling Matt Keel

Yearbook Jessica McGreevy

Div.: 3**Oscar Smith****(OSMI)****School Phone:** 757-548-0696**Athletics Office:** 757-548-0608**School Fax:** 757-548-0531

1994 Tiger Drive / Chesapeake, VA 23320

E-Mail: joseppan@cps.k12.va.us / parketpa@cps.k12.va.us**Principal:** Paul Joseph**Assistant Principal:** Charles Stukes, Phil Webb, Brian Dugan, Shafeeq Ameen, Sarah Rhodes**Athletic/Activities Director:** Todd Parker (RAA)**Superintendent:** Dr. W. Randolph Nichols (Chesapeake)**Assistant AD:****Colors:** Blue/White/Gold**Mascot:** Tigers

Ath Trainer Erica Borgia

Band James Wilson

Baseball Mike Tarbox

Basket, b LaVar Griffin

Basket, g Early Beckwith Jr.

Cheer Becky Gordillo

Cr Writing John Kraemer

Crew, b

Crew, g

CrossC, b Rob Kirkman

CrossC, g Rob Kirkman

Debate Beth Craig

F Hockey Suzanne Roebuck

Football

Forensics

Golf

Gymnast, b

Gymnast, g Elisabeth Coker

Ind Track, b Jeremy Baldwin

Ind Track, g David Craig

Lacrosse, b

Lacrosse, g

Magazine Julie Bailey

Newspaper Marianne McMillin

Out Track, b Jeremy Baldwin

Out Track, g David Craig

Students 2300**Gym Cap.** 3840**Stad. Cap.** 8000**Group:** AAA**Region:** Eastern**District:** Southeastern

Scholastic Mark Moses

Soccer, b Brandon Spontak

Soccer, g Stacey Gause

Softball Pete Thompson

Swim, b Jenn Holbach

Swim, g Jenn Holbach

Tennis, b Sandy Williams

Tennis, g George Sheperdy

Theatre M. Naccarato

Volley, b Ray Collins

Volley, g Karen Hill

Wrestling Sidney Savoy

Yearbook Patty LaRossa

Div.: 6**Smithfield****(SFLD)****School Phone:** 757-357-3108**Athletics Office:** 757-357-4287**School Fax:** 757-357-7253

14171 Turner Drive / Smithfield, VA 23430-6675

E-Mail: rmercer@iwcs.k12.va.us / mblount@iwcs.k12.va.us**Principal:** Rebecca Mercer**Assistant Principal:** Howard Freeman, Cecilia Wilson**Athletic/Activities Director:** Miles Blount II**Superintendent:** Dr. Michael W. McPherson (Isle of Wight)**Assistant AD:** Catherine Riddick**Colors:** Royal Blue/Vegas Gold**Mascot:** Packers

Ath Trainer Shannon Puzio

Band Aaron Hill

Baseball Brian Thrift

Basket, b Richard Pullen

Basket, g Gregory Dockery

Cheer Megan Floyd

Cr Writing

Crew, b

Crew, g

CrossC, b Todd Kessler

CrossC, g Todd Kessler

Debate Todd Kessler

F Hockey

Football

Forensics

Golf Jodi Stambaugh

Gymnast, b

Gymnast, g

Ind Track, b Larry Givens

Ind Track, g Bill Bowser

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Tyris Hill

Out Track, g Bill Bowser

Students 1150**Gym Cap.** 1400**Stad. Cap.** 3100**Group:** AA**Region:** I**District:** Bay Rivers

Scholastic Virginia McKenzie

Soccer, b Lawrence Rotruck

Soccer, g Jose Bocanegra

Softball Cathy Riddick

Swim, b Cathy Riddick

Swim, g Kelly Sauber

Tennis, b John Marshall

Tennis, g Greg Ruffin

Theatre Tamarra Walker

Volley, b

Volley, g Towanda Mayes

Wrestling Chris Wiatt

Yearbook Megan Floyd

Div.: 4

South County**(SOCO)****School Phone:** 703-446-1600**Athletics Office:** 703-446-1675**School Fax:** 703-446-1677

8501 Silverbrook Road / Lorton, VA 22079

E-Mail: Jane.Lipp@fcps.edu / Michael.Pflugrath@fcps.edu**Principal:** Jane Lipp, Robert Sanders**Assistant Principal:** Paula Di Salvo, Mary McAdory, Gary Morris, Kaaren Lowder**Athletic/Activities Director:** Mike Pflugrath (CAA)**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** M. Luther, L. Conte, P. Bend**Colors:** F. Green/Silver/N. Blue**Mascot:** Stallions

Ath Trainer B. Clark, J. Thompson

Band Alan Johnson

Baseball Mark Luther

Basket, b Mike Pflugrath (CAA)

Basket, g Chrissy Kelly

Cheer Ashley Lintott

Cr Writing Troy Ketch

Crew, b Christopher Miller

Crew, g Mary King

CrossC, b Robert Christie

CrossC, g Greg Rowe

Debate Mercedes Allen

F Hockey Leah Conte

Football Pete Bendorf

Forensics Melissa Christensen

Golf John Caulfield

Gymnast, b Not Filled

Gymnast, g Greg Rowe

Ind Track, b Greg Rowe

Ind Track, g Greg Rowe

Lacrosse, b Kenny Carrington

Lacrosse, g Barbara Mahony

Magazine Troy Ketch

Newspaper Carol Floto

Out Track, b Greg Rowe

Out Track, g Greg Rowe

Group: AAA**Region:** Northern**District:** Patriot

Scholastic

Soccer, b Erich Gunderman

Soccer, g Maureen Saale

Softball Al Thompson

Swim, b Robert Jones

Swim, g Robert Jones

Tennis, b Lou Gates

Tennis, g Tom Demharter

Theatre Sherry Johnson

Volley, b David Prah

Volley, g Andy Jimmo

Wrestling Andy Jimmo

Yearbook Leana Jensen

Div.: 6**South Lakes****(SOLK)****School Phone:** 703-715-4500**Athletics Office:** 703-715-4517**School Fax:** 703-715-4597

11400 South Lakes Drive / Reston, VA 20191-4199

E-Mail: bruce.butler@fcps.edu / linda.jones@fcps.edu**Principal:** Bruce Butler**Assistant Principal:** Tim Arrington, David Goldfarb, Kim Retzer**Athletic/Activities Director:** Linda Jones**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** J. Ellenberger, L. Trout**Colors:** Kelly Green/Royal Blue**Mascot:** Seahawks

Ath Trainer K. Hulnick, L. Massie

Band Grayson Fore

Baseball Galvin Morris

Basket, b Darryl Branch

Basket, g Christy Scott

Cheer Becky Slaight

Cr Writing Not Filled

Crew, b Not Filled

Crew, g Not Filled

CrossC, b Kevin Donovan

CrossC, g Kevin Donovan

Debate K. Offutt, C. Finley

F Hockey Not Filled

Football John Ellenberger

Forensics K. Offutt, C. Finley

Golf Jeff Elliott

Gymnast, b Not Filled

Gymnast, g Becky Slaight

Ind Track, b Scott Raczek

Ind Track, g Scott Raczek

Lacrosse, b Matt Blamey

Lacrosse, g Not Filled

Magazine Margaret Ludwig

Newspaper Andrea Harding

Out Track, b Scott Raczek

Out Track, g Scott Raczek

Group: AAA**Region:** Northern**District:** Liberty

Scholastic K. Schenker, J. Davis

Soccer, b Marty Pfister

Soccer, g Joanie Murphy

Softball Not Filled

Swim, b Scott Brown

Swim, g Scott Brown

Tennis, b Fred Kyle

Tennis, g Gabriel Kotto

Theatre Maria Harris

Volley, b Cheri Hostetler

Volley, g Bruce Hall

Wrestling Suzanne Abdelrazaq

Yearbook Suzanne Abdelrazaq

Div.: 5**Southampton****(SHMP)****School Phone:** 757-653-2751**Athletics Office:****School Fax:** 757-653-0414

23350 Southampton Parkway / Courtland, VA 23837-2377

E-Mail: aatkins21@yahoo.com / aatkinson@southampton.k12.va.us**Principal:** Allene Atkinson**Assistant Principal:** Littleton Parker**Athletic/Activities Director:** Littleton Parker**Superintendent:** Mr. Charles E. Turner (Southampton)**Assistant AD:** Aronda Bell**Colors:** Red/White**Mascot:** Indians

Ath Trainer

Band Stafford Claud

Baseball Wes Griffith

Basket, b Will Melbye

Basket, g Tanika Hudgins

Cheer Sherry Jarvis

Cr Writing

Crew, b Not Filled

Crew, g Not Filled

CrossC, b Not Filled

CrossC, g Not Filled

Debate Shannon Gray

F Hockey William Whitehurst

Football Littleton Parker

Forensics

Golf Bob Woulf

Gymnast, b Not Filled

Gymnast, g Not Filled

Ind Track, b Not Filled

Ind Track, g Not Filled

Lacrosse, b Not Filled

Lacrosse, g Not Filled

Magazine

Newspaper Michelle McHenry

Out Track, b Alfred Charity

Out Track, g Tanika Hudgins

Group: AA**Region:** I**District:** Southside

Scholastic Susan Phelps

Soccer, b Scott Edwards

Soccer, g Susan Melbye

Softball

Swim, b Not Filled

Swim, g Not Filled

Tennis, b Larry Rose

Tennis, g Not Filled

Theatre Renee Baldwin

Volley, b Chad Brock

Volley, g Not Filled

Wrestling Not Filled

Yearbook Shannon Gray

Div.: 3

Spotswood**(SPWD)****School Phone: 540-289-3100**

368 Blazer Drive / Penn Laird, VA 22846

Athletics Office: 540-289-3100**Email:** twoodward@rockingham.k12.va.us / mdonnellan@rockingham.k12.va.us**School Fax: 540-289-3301****Principal:** Seth Muraskin**Assistant Principal:** Paul DeLaGarza, Alicia Corral-Clark, Robert Dansey**Athletic/Activities Director:** Mary T. Donnellan (CAA)**Superintendent:** Dr. Carol S. Fenn (Rockingham)

Assistant AD:		Students 1350	Group: AA	Div.: 4
Colors: Royal Blue/Gray		Gym Cap. 3200	Region: III	
Mascot: Trailblazers		Stad. Cap. 4500	District: Massanutten	
Ath Trainer John Roberts	Football	Eric Phillips	Scholastic	Not Filled
Band Greg Oaks	Forensics	Emmett Sheahan	Soccer, b	Steve Rittenhouse
Baseball Mike Thompson	Golf	Linda Failes	Soccer, g	Heather Amon
Basket, b Chad Edwards	Gymnast, b		Softball	Amy Raines
Basket, g Chris Dodson	Gymnast, g		Swim, b	Barbara Palmer
Cheer Brandy Strickler	Ind Track, b	Sue Rinker	Swim, g	Barbara Palmer
Cr Writing Barbara Beam	Ind Track, g	Sue Rinker	Tennis, b	Aaron Good
Crew, b	Lacrosse, b		Tennis, g	Linda Failes
Crew, g	Lacrosse, g		Theatre	Kathlyn Milligan
CrossC, b Sue Rinker	Magazine	Barbara Bean	Volley, b	
CrossC, g Sue Rinker	Newspaper	Barbara Bean	Volley, g	Jim Roth
Debate Emmett Sheahan	Out Track, b	Chip Long	Wrestling	Jorge Munoz
F Hockey	Out Track, g	Sue Rinker	Yearbook	Debra Pugh

Spotsylvania**(SPSY)****School Phone: 540-582-3882**

6975 Courthouse Road / Spotsylvania, VA 22551-3322

Athletics Office: 540-582-3882**Email:** rrdavis@hs.spotsylvania.k12.va.us / mherndon@hs.spotsylvania.k12.va.us**School Fax: 540-582-3890****Principal:** Russell Davis**Assistant Principal:** Jonathan Patterson, Lisa Andruss**Athletic/Activities Director:** Buddy Herndon**Superintendent:** Dr. Jerry W. Hill (Spotsylvania)

Assistant AD: Johnnie Ellis		Students 1200	Group: AA	Div.: 4
Colors: Red/White/Navy Blue		Gym Cap. 2000	Region: I	
Mascot: Knights		Stad. Cap. 4500	District: Battlefield	
Ath Trainer Daniela Tamillow	Football	Ben Lawrynas	Scholastic	Susan Robinson
Band Robert Pomerleau	Forensics		Soccer, b	Kevin Berry
Baseball Brad Kocher	Golf	Daniel Schaffer	Soccer, g	Not Filled
Basket, b Michael McCauley	Gymnast, b		Softball	Danny Brooks
Basket, g Warren Tyler	Gymnast, g		Swim, b	Jennifer Canning
Cheer Lauri Sisk	Ind Track, b		Swim, g	Jennifer Canning
Cr Writing David Sellers	Ind Track, g		Tennis, b	William Somers
Crew, b	Lacrosse, b		Tennis, g	Jamie Smith
Crew, g	Lacrosse, g		Theatre	Scott Quinn
CrossC, b Erica Worthen	Magazine	David Sellers	Volley, b	
CrossC, g Erica Worthen	Newspaper	Deborah Collins	Volley, g	Lou Wonderee
Debate Bonnie Woodhouse	Out Track, b	Dale Floyd	Wrestling	Joseph Wood
F Hockey Regina Baker	Out Track, g	Erica Worthen	Yearbook	Bonnie Woodhouse

Stafford**(STAF)****School Phone: 540-371-7200**

33 Stafford Indian Lane / Fredericksburg, VA 22405-5308

Athletics Office: 540-899-6629**Email:** jlewis@staffordschools.net / wbergazzi@staffordschools.net**School Fax: 540-371-2389****Principal:** Joseph Lewis**Assistant Principal:** Harry Johnston, Mary Frances George, Felix Addo**Athletic/Activities Director:** Wes Bergazzi (RAA)**Superintendent:** Dr. David E. Sawyer (Stafford)

Assistant AD:		Students 1800	Group: AAA	Div.: 6
Colors: Blue/Gold		Gym Cap. 2000	Region: Northwest	
Mascot: Indians		Stad. Cap. 6000	District: Commonwealth	
Ath Trainer Ben Colwell	Football	Chad Lewis	Scholastic	Barbara Rankin
Band Chuck Hite	Forensics	Chad Johnson	Soccer, b	Rob Jobrack
Baseball Tommy Harrison	Golf	Dan Beverly	Soccer, g	Shelly Jones
Basket, b Steve Spicer	Gymnast, b		Softball	Cathy Tobin
Basket, g Julie Hincley	Gymnast, g	Shawn Thurston	Swim, b	Amanda Scanlon
Cheer Kristi Proudfoot	Ind Track, b	Not Filled	Swim, g	Amanda Scanlon
Cr Writing Jim Andrews	Ind Track, g	Not Filled	Tennis, b	Garrett Green
Crew, b	Lacrosse, b	Chris Adams	Tennis, g	Chris Hylton
Crew, g	Lacrosse, g		Theatre	Not Filled
CrossC, b Not Filled	Magazine		Volley, b	
CrossC, g Not Filled	Newspaper	Sue Gill	Volley, g	Demaris Brown
Debate Seth Bixler	Out Track, b	Not Filled	Wrestling	Deval Williams
F Hockey Danielle Woodie	Out Track, g	Not Filled	Yearbook	Linda Keefer

Staunton River**(STRV)****School Phone:** 540-297-7151**Athletics Office:** 540-297-7151**School Fax:** 540-297-4514

1095 Golden Eagle Drive / Moneta, VA 24121

EMail: ezimmerman@bedford.k12.va.us / rfalls@bedford.k12.va.us**Principal:** Edwin Zimmerman**Assistant Principal:** Lawanda Lowry, Scott Simmons**Athletic/Activities Director:** Ricky Falls (CAA)**Superintendent:** Dr. Douglas R. Schuch (Bedford)**Assistant AD:** Chris Carr, CAA**Colors:** Gold/White/Black**Mascot:** Golden Eagles

Ath Trainer Alicia McClure

Band Kevin Reamy

Baseball Brian Divers

Basket, b Chris Carr

Basket, g Kim Jones

Cheer Peggy Stump

Cr Writing

Crew, b

Crew, g

CrossC, b Joe Hubble

CrossC, g Joe Hubble

Debate Shawn Tickle

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1100**Gym Cap.** 1600**Stad. Cap.** 2000

Rick Witt

Kristen Cunningham

Rob Sowder

Joe Curcio

Kenny Waldron

Sue Hubble

Jessica Presley

Joe Curcio

Kenny Waldron

Group: AA**Region:** III**District:** Blue Ridge

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 4

Robert Morck

Kenneth Young

Donald Dellis

Rebekah Brooks

Rebekah Brooks

Chad Proctor

Erika Zielinski

Sheri Given

Rich Northrup

Ronnie Long

Jason Ruiz

Stone Bridge**(STBR)****School Phone:** 571-252-2200**Athletics Office:** 571-252-2210**School Fax:** 571-252-2212

43100 Hay Road / Ashburn, VA 20147

EMail: james.person@loudoun.k12.va.us / dave.hembach@loudoun.k12.va.us**Principal:** James Person**Assistant Principal:** Jan Whitfield, Joe Gabalski, Matt Wilburn**Athletic/Activities Director:** Dave Hembach (CAA)**Superintendent:** Dr. Edgar B. Hatrick, III (Loudoun)**Assistant AD:** Mike Skinner**Colors:** N. Blue/Silver/C. Blue/White**Mascot:** Bulldogs

Ath Trainer Mark Wagner

Band David Keller

Baseball Sam Plank

Basket, b Sonny Green

Basket, g Chris Jones

Cheer Nick Marchio

Cr Writing Lisa Fiorilli

Crew, b

Crew, g

CrossC, b Jen Oblas

CrossC, g Jen Oblas

Debate Jon Landry

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 1800**Gym Cap.** 1600**Stad. Cap.** 3000

Mickey Thompson

Sarah Sturtz

David Yockers

Catherine Morrison

Scott Mitchell

Kristin Howard

Mike Faul

Jo Ellen Sholl

Robert Mandes

Matt Henry

Group: AAA**Region:** Northern**District:** Liberty

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 5

Gary Willis

Randall May

Joan Windows

Richard Sullivan

Jennifer House

Jennifer House

Not Filled

Rachel Scribner

Glen Hochkeppel

Jill Raschiatore

Mike Faul

Jo Ellen Sholl

Strasburg**(SBRG)****School Phone:** 540-465-5195**Athletics Office:** 540-465-8669**School Fax:** 540-465-5461

250 Ram Drive / Strasburg, VA 22657-2246

EMail: bzarey@shenandoah.k12.va.us / mrhiserman@shenandoah.k12.va.us**Principal:** Barry Z. Arey**Assistant Principal:** Holly Massie**Athletic/Activities Director:** Matt Hiserman**Superintendent:** Dr. B. Keith Rowland (Shenandoah)**Assistant AD:** Millson French**Colors:** Purple/White**Mascot:** Rams

Ath Trainer Abbie Hansberger

Band Chris Szuba

Baseball Jeff Smoot

Basket, b Millson French

Basket, g Joel Morgan

Cheer Anne Gorman

Cr Writing Erin Hubbard

Crew, b

Crew, g

CrossC, b Jeff Rudy

CrossC, g Jeff Rudy

Debate

F Hockey

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b

Out Track, g

Students 660**Gym Cap.** 1250**Stad. Cap.** 2500

Mark Roller

Erin Hubbard

Ricky Bowley

Group: A**Region:** B**District:** Bull Run

Scholastic

Soccer, b

Soccer, g

Softball

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre

Volley, b

Volley, g

Wrestling

Yearbook

Div.: 2

Emily Brown

Not Filled

Jonathan Dodd

Suzanne Mathias

Jill Tanner

Jill Tanner

Erin Hubbard

Suzanne Mathias

Ricky Bowley

Jennifer Martin

J.E.B. Stuart**(JEBS)****School Phone:** 703-824-3900**Athletics Office:** 703-824-3960**School Fax:** 703-824-8968

3301 Peace Valley Lane / Falls Church, VA 22044-1508

Email: Pamela.Jones@fcps.edu / E.W.Nowland@fcps.edu**Principal:** Pamela Jones**Assistant Principal:** Shawn DeRose, Michelle Whalen, Frank Brady**Athletic/Activities Director:** E. W. Nowland (CAA)**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** S. Ponton, B. Garvey**Colors:** Navy Blue/Red/White**Mascot:** Raiders

Ath Trainer Corey Berg

Band Doug Martin

Baseball Randy Lightle

Basket, b Antonio Harris

Basket, g Ron Wilson

Cheer Debbie O'Rourke

Cr Writing David Dahl

Crew, b Reid Voss

Crew, g Reid Voss

CrossC, b Ron Kronlage

CrossC, g Ron Kronlage

Debate Kelley Brown

F Hockey Bonnie Paigo

Football Roy Ferri

Forensics Vanessa Maxey

Golf Eric Welch

Gymnast, b

Gymnast, g

Ind Track, b Erik Beall

Ind Track, g Erik Beall

Lacrosse, b Not Filled

Lacrosse, g Jennifer Leslie

Magazine Dave Dahl

Newspaper Joy Fredericks

Out Track, b Roy Ferri

Out Track, g Roy Ferri

Students 1675**Gym Cap.** 1200**Stad. Cap.** 4500**Group:** AAA**Region:** Northern**District:** National

Scholastic Pam Martinov

Soccer, b Larry Bernfeld

Soccer, g Carl Horsham

Softball MK Jennings

Swim, b Amanda Sperling

Swim, g Amanda Sperling

Tennis, b Matt Hills

Tennis, g Nancy McGirr

Theatre Shannon Lynch

Volley, b

Volley, g Sharon Ponton

Wrestling Donald Balasavich

Yearbook Matt Thompson

Div.: 5**Stuarts Draft****(SDFT)****School Phone:** 540-946-7600**Athletics Office:** 540-886-8500**School Fax:** 540-946-7605

1028 Augusta Farms Road / Stuarts Draft, VA 24477-9718

Email: / shartley@augusta.k12.va.us**Principal:** Donna Abernathy**Assistant Principal:** Sara Quinn, Bryan Huber**Athletic/Activities Director:** Steve Hartley (RAA)**Superintendent:** Dr. Gary D. McQuain (Augusta)**Assistant AD:****Colors:** Maroon/White**Mascot:** Cougars

Ath Trainer Katie Roberts

Band James Taylor

Baseball Josh Podgorski

Basket, b Mike Gale

Basket, g Marc Sweigert

Cheer Bethany Blouse

Cr Writing Judy Hevener

Crew, b

Crew, g

CrossC, b Allen Clifton

CrossC, g Steve Bridge

Debate

F Hockey

Football Rod Bowers

Forensics Sonya Craig

Golf Kevin Helmick

Gymnast, b

Gymnast, g

Ind Track, b Allen Clifton

Ind Track, g Allen Clifton

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Shawn Baska

Out Track, g Allen Clifton

Students 740**Gym Cap.** 1200**Stad. Cap.** 2000**Group:** AA**Region:** III**District:** Southern Valley

Scholastic

Soccer, b Chris Loomis

Soccer, g Caroline Wright

Softball Michelle Campbell

Swim, b

Swim, g

Tennis, b Al Hite

Tennis, g Melissa Cobb

Theatre Amy Bussey

Volley, b

Volley, g Kami Meeteer

Wrestling Chip Campbell

Yearbook Kimberly Wise

Div.: 3**Surry County****(SURR)****School Phone:** 757-267-2211**Athletics Office:** 757-267-2212**School Fax:** 757-267-2978

1675 Hollybush Road / Dendron, VA 23839-2201

Email: Rita_Holmes@surryschoools.net / Nathaniel_Elliott@surryschoools.net**Principal:** Rita Holmes**Assistant Principal:** Nat Elliott**Athletic/Activities Director:** Nat Elliott**Superintendent:** Mr. Lloyd A. Hamlin (Surry)**Assistant AD:****Colors:** Royal Blue/Gold**Mascot:** Cougars

Ath Trainer

Band Tomisha Brock

Baseball James Pike

Basket, b Landon Pittman

Basket, g Maze Toomer

Cheer Jennifer Wooden

Cr Writing

Crew, b

Crew, g

CrossC, b

CrossC, g

Debate

F Hockey

Football Ervin Jones

Forensics

Golf James Pike

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Ervin Jones

Out Track, g Sandy Fitzgerald

Students 325**Gym Cap.** 800**Stad. Cap.** 2000**Group:** A**Region:** A**District:** Tri-Rivers

Scholastic

Soccer, b Maggie Sakowski

Soccer, g

Softball Jake Mintz

Swim, b

Swim, g

Tennis, b Arthur Allmond

Tennis, g Kenya Grissett

Theatre Adrian Taylor

Volley, b

Volley, g Sandy Fitzgerald

Wrestling

Yearbook

Div.: 1

Sussex Central**(SUSX)**

21394 Sussex Drive, P. O. Box 1307 / Sussex, VA 23884-0307

Email: ajarrett@sussex.k12.va.us / slatham@sussex.k12.va.us**Principal:** Dr. Arthur Jarrett, Jr.**Assistant Principal:** Sarah Mason**Athletic/Activities Director:** Stan Latham**Superintendent:** Dr. Charles H. Harris, III (Sussex)**Assistant AD:****Colors:** Red/White/Blue**Mascot:** Tigers

Ath Trainer

Band Louis Simmons

Baseball Rickey Barefoot

Basket, b Rickey Barefoot

Basket, g Devonia Nixon

Cheer Lakeisha Ellis

Cr Writing Don Mudrick

Crew, b

Crew, g

CrossC, b William Ricks

CrossC, g William Ricks

Debate

F Hockey

Football

Forensics

Golf Sam Petticolas

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b William Ricks

Out Track, g Eugene Roberts

Students 472**Gym Cap.** 1100**Stad. Cap.** 2200

Curtis Jefferson

Group: A**Region:** A**District:** Tri-Rivers

Scholastic

Soccer, b

Soccer, g

Softball Donald Mudrick

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Wilma Brown

Volley, b

Volley, g Tahesha Harrison

Wrestling Adrian Foster

Yearbook

Div.: 1**School Phone:** 434-246-6051**Athletics Office:** 434-246-9250**School Fax:** 434-246-5503**Tabb****(TABB)**

4431 Big Bethel Road / Yorktown, VA 23693-3124

Email: label@ycsd.york.va.us / swiker@ycsd.york.va.us**Principal:** Laura Abel**Assistant Principal:** Serbrenia Sims, Douglas Hartley**Athletic/Activities Director:** Susan Wiker**Superintendent:** Dr. Eric Williams (York)**Assistant AD:** Joe Levi, Lucas Brown**Colors:** Orange/White/Black**Mascot:** Tigers

Ath Trainer Todd Pickens

Band Adam Waller

Baseball Doug Baggett

Basket, b Doug Baggett

Basket, g Kay Aultman

Cheer Shelley Pagan

Cr Writing Elizabeth Milne

Crew, b

Crew, g

CrossC, b George Coulter

CrossC, g George Coulter

Debate Brenda Oswald

F Hockey Wendy Wilson

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b George Coulter

Ind Track, g George Coulter

Lacrosse, b

Lacrosse, g

Magazine Elizabeth Milne

Newspaper Jessica Austin

Out Track, b Lucas Brown

Out Track, g George Coulter

Students 1287**Gym Cap.** 1000**Stad. Cap.** 4000

Matt Lawson

Elizabeth Milne

Bob Brownschilde

Group: AA**Region:** I**District:** Bay Rivers

Scholastic

Soccer, b

Soccer, g Nathan Sharp

Softball Kay Aultman

Swim, b Sarah Miller

Swim, g

Tennis, b

Tennis, g Joe Levi

Theatre Jack Poland

Volley, b

Volley, g

Wrestling Doug Roper

Yearbook Melinda Schenckan

Div.: 4**School Phone:** 757-867-7400**Athletics Office:** 757-867-5306**School Fax:** 757-867-7414**Tallwood****(TALL)**

1668 Kempsville Road / Virginia Beach, VA 23464-7102

Email: jobynia.caldwell@vbschools.com / cjanders@vbschools.com**Principal:** Nancy Farrell**Assistant Principal:** Robin Reese, Sharon Mims, Patrick Wroton**Athletic/Activities Director:** Christine Anderson (CAA)**Superintendent:** Dr. James G. Merrill (Virginia Beach)**Assistant AD:** M. Denmark, A. Hendricks**Colors:** Purple/Gold/White**Mascot:** Lions

Ath Trainer S. Manspeaker, L. Morris

Band Tim Rossitini

Baseball Monty Hilliard

Basket, b Tom Gunsalus

Basket, g Rod Jernigan

Cheer Andrea Fisher

Cr Writing

Crew, b

Crew, g

CrossC, b Caitlin Stravino

CrossC, g Caitlin Stravino

Debate Adrienne Schachtrup

F Hockey Theresa Platte

Football

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Thad Harold

Ind Track, g Caitlin Stravino

Lacrosse, b

Lacrosse, g

Magazine Junius Gradney

Newspaper Bernadine Duncan

Out Track, b Thad Harold

Out Track, g Caitlin Stravino

Students 2065**Gym Cap.** 2100**Stad. Cap.** 5000

Thad Harold

Janet Peterson

Tom Bacalis

Group: AAA**Region:** Eastern**District:** Beach

Scholastic Ken Andrews

Soccer, b Justin Pantophlet

Soccer, g

Softball Mike Denmark

Swim, b Melanie Weaver

Swim, g Phillip Friedman

Tennis, b Adam Detamore

Tennis, g Mike DeSamone

Theatre Mike Camenisch

Volley, b Chris McGarity

Volley, g Kristen Roberts

Wrestling Eddie Whiteman

Yearbook Kate Aprahamian

Div.: 6**School Phone:** 757-648-5700**Athletics Office:** 757-648-5721**School Fax:** 757-479-5534

Tazewell

627 East Fincastle / Tazewell, VA 24651-9715

EMail: khovis@tazewell.k12.va.us

Principal: Keith Hovis

Assistant Principal: Rodney Reid

Athletic/Activities Director: Thomas Keene, III

Superintendent: Dr. Brenda B. Lawson (Tazewell)

Assistant AD:

Colors: Kelly Green/White

Mascot: Bulldogs

Ath Trainer

Band Justin Camacho

Baseball Lou Peery

Basket, b Lee Walker

Basket, g Bill Mitchell

Cheer Natalie Blankenship

Cr Writing Gail Webb

Crew, b

Crew, g

CrossC, b Tom Keene

CrossC, g Ann Keene

Debate

F Hockey

Students 598

Gym Cap. 3200

Stad. Cap. 5000

Football Bobby Wyatt

Forensics

Golf

Gymnast, b

Gymnast, g

Ind Track, b Dan Tibbs

Ind Track, g Dan Tibbs

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Dan Tibbs

Out Track, g Randy Sparks

(TAZE)

School Phone: 276-988-6502

Athletics Office: 276-988-0896

School Fax: 276-988-3263

Group: AA

Region: IV

District: Southwest

Div.: 3

Scholastic

Soccer, b Tim Rasnick

Soccer, g Patti Cecil

Softball Tom Keene

Swim, b

Swim, g

Tennis, b William Lester

Tennis, g Vera Austin

Theatre Not Filled

Volley, b

Volley, g Julie Durkot

Wrestling Charles Burton

Yearbook Melett Smith

John Randolph Tucker

2910 Parham Road / Richmond, VA 23294

EMail: gemiller@henrico.k12.va.us / jpcarrol@henrico.k12.va.us

Principal: Gwen Miller

Assistant Principal: Rick Butler, Reggie Davenport, Sharon Payne, Naeemah Rodriguez

Athletic/Activities Director: John Carroll (RAA)

Superintendent: Dr. Patrick Russo (Henrico)

Assistant AD:

Colors: Royal Blue/Orange

Mascot: Tigers

Ath Trainer Jessica Atkinson

Band Allen Hall

Baseball John Fletcher

Basket, b Corey Bradt

Basket, g Mollie Pawlowski

Cheer Kelly Jessup

Cr Writing

Crew, b

Crew, g

CrossC, b Jane Selden

CrossC, g Julie Norris

Debate Lee Knapp

F Hockey Erin Mable

Students 1631

Gym Cap. 1800

Stad. Cap. 3100

Football Not Filled

Forensics Jacqueline Capar

Golf Jim Thompson

Gymnast, b

Gymnast, g

Ind Track, b John Amoroso

Ind Track, g John Amoroso

Lacrosse, b

Lacrosse, g

Magazine Julia Davezac

Newspaper Donna Wine

Out Track, b Joe Mack

Out Track, g Joe Mack

(JR TK)

School Phone: 804-527-4600

Athletics Office: 804-527-4615

School Fax: 804-527-4611

Group: AAA

Region: Central

District: Colonial

Div.: 6

Scholastic Not Filled

Soccer, b Jim Dorton

Soccer, g Sarah Rutherford

Softball Pat McGuire

Swim, b

Swim, g

Tennis, b Jane Selden

Tennis, g Chris Brown

Theatre Lisa Dyer

Volley, b Kevin Hoy

Volley, g Steve Czatt

Wrestling Kevin Mable

Yearbook Paige Tucker

Tunstall

100 Trojan Circle / Dry Fork, VA 24549-2300

EMail: barbara.brown@pcs.k12.va.us / ed.newnam@pcs.k12.va.us

Principal: Barbara Brown

Assistant Principal: Kirsten Harper, Edwin Newnam

Athletic/Activities Director: Edwin Newnam

Superintendent: Mr. James E. McDaniel (Pittsylvania)

Assistant AD: Mark Austin

Colors: Scarlet/Silver/White

Mascot: Trojans

Ath Trainer

Band Debra Bray

Baseball Barry Shelton

Basket, b Eddy Lloyd

Basket, g Not Filled

Cheer Karen Canody

Cr Writing

Crew, b

Crew, g

CrossC, b David Pavord

CrossC, g David Pavord

Debate

F Hockey

Students 820

Gym Cap. 809

Stad. Cap. 2500

Football Averett Brown

Forensics Not Filled

Golf Adam Lovelace

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Patsy Poteat

Out Track, b Averett Brown

Out Track, g David Potts

(TUNS)

School Phone: 434-724-7111

Athletics Office:

School Fax: 434-724-4588

Group: AA

Region: IV

District: Piedmont

Div.: 4

Scholastic Patrick Touart

Soccer, b Wes Spivey

Soccer, g Marc Parrish

Softball Not Filled

Swim, b

Swim, g

Tennis, b

Tennis, g

Theatre Kristen Williams

Volley, b

Volley, g Jackie Hardy

Wrestling Randy Hunsicker

Yearbook Janet Robertson

Turner Ashby**(TASH)****School Phone:** 540-828-2008**Athletics Office:** 540-828-2008**School Fax:** 540-828-4764

800 North Main Street / Bridgewater, VA 22812-1696

Email: swalk@rockingham.k12.va.us / jwoodrum@rockingham.k12.va.us**Principal:** Steve Walk**Assistant Principal:** Phil Judd, Jacki Nickel, Eric Baylor**Athletic/Activities Director:** John Woodrum**Superintendent:** Dr. Carol S. Fenn (Rockingham)**Assistant AD:** R. Anderson, B. Kyger, D. Co**Students** 1116**Group:** AA**Div.:** 4**Colors:** Black/White**Gym Cap.** 1800**Region:** III**Mascot:** Knights**Stad. Cap.** 5500**District:** Massanutten

Ath Trainer Heather Fincham

Football Charles Newman

Scholastic Bill Kyger

Band Robert Nash

Forensics Dee Grimm

Soccer, b Sheldon Rice

Baseball Richie Anderson

Golf Corey Hutchinson

Soccer, g Renee Cleaver

Basket, b Jamie Eberly

Gymnast, b

Softball Laura Bowman

Basket, g Rob Lovell

Gymnast, g Not Filled

Swim, b Kim Floyd

Cheer Ashley Crowe-Beahm

Ind Track, b Terry Anderson

Swim, g Kim Floyd

Cr Writing Leslie Stevens

Ind Track, g Terry Anderson

Tennis, b Howard Davis

Crew, b

Lacrosse, b

Tennis, g Cindy Ferek

Crew, g

Lacrosse, g

Theatre Cecille Deason

CrossC, b Dwight Denlinger

Magazine Leslie Stevens

Volley, b

CrossC, g Dwight Denlinger

Newspaper Leslie Stevens

Volley, g Gina Troyer

Debate Bill Wonneberger

Out Track, b John Childs

Wrestling Will Crockett

F Hockey

Out Track, g Denise Shiffet

Yearbook Leslie Stevens

Twin Springs**(TSPR)****School Phone:** 276-479-2185**Athletics Office:** 276-479-3200**School Fax:** 276-479-3103

273 Titan Lane / Nickelsville, VA 24271-9799

Email: mike.lane@scott.k12.va.us / norma.casteel@scott.k12.va.us**Principal:** Mike Lane**Assistant Principal:** Jordan Mullins, Tracy Garrett**Athletic/Activities Director:** Jordan Mullins**Superintendent:** Mr. James B. Scott (Scott)**Assistant AD:****Students** 299**Group:** A**Div.:** 1**Colors:** Red/White/Blue**Gym Cap.** 1600**Region:** D**Mascot:** Titans**Stad. Cap.** 1600**District:** Cumberland

Ath Trainer Mike Larkins

Football Mike Castle

Scholastic Jason McCarty

Band Beth Justice

Forensics Joey Shipley

Soccer, b

Baseball Mike Castle

Golf Joey Shipley

Soccer, g

Basket, b John McCrary

Gymnast, b

Softball Not Filled

Basket, g Jordan Mullins

Gymnast, g

Swim, b

Cheer Lana Culbertson

Ind Track, b

Swim, g

Cr Writing Joey Shipley

Ind Track, g

Tennis, b

Crew, b

Lacrosse, b

Tennis, g

Crew, g

Lacrosse, g

Theatre Jason McCarty

CrossC, b

Magazine

Volley, b

CrossC, g

Newspaper

Volley, g Brittany Lawson

Debate

Out Track, b Nathan Kilgore

Wrestling

F Hockey

Out Track, g Molly Clark

Yearbook Mary Keith

Twin Valley**(TVAL)****School Phone:** 276-259-7741**Athletics Office:** 276-259-7818**School Fax:** 276-259-7713

P.O. Box 190 / Pilgrims Knob, VA 24634

Email: jwest@buc.k12.va.us / rgoodman@buc.k12.va.us**Principal:** Janie West**Assistant Principal:****Athletic/Activities Director:** Rick Goodman**Superintendent:** Mr. Tommy P. Justus (Buchanan)**Assistant AD:****Students** 275**Group:** A**Div.:** 1**Colors:** Black/Purple/Silver/White**Gym Cap.** 1600**Region:** D**Mascot:** Panthers**Stad. Cap.** 3000**District:** Black Diamond

Ath Trainer

Football Tom Crigger

Scholastic

Band Tom Burniston

Forensics Tammy Case

Soccer, b

Baseball Tom Crigger

Golf Not Filled

Soccer, g

Basket, b Brian Moore

Gymnast, b

Softball

Basket, g Rick Goodman

Gymnast, g

Swim, b

Cheer Not Filled

Ind Track, b

Swim, g

Cr Writing Tammy Case

Ind Track, g

Tennis, b Mary Rasnake

Crew, b

Lacrosse, b

Tennis, g Mary Rasnake

Crew, g

Lacrosse, g

Theatre Tammy Case

CrossC, b Dominique Traverse

Magazine Lonnie White

Volley, b

CrossC, g Dominique Traverse

Newspaper Lonnie White

Volley, g Melisa Goodman

Debate

Out Track, b Rick Goodman

Wrestling

F Hockey

Out Track, g Dominique Traverse

Yearbook Lonnie White

Varina**(VARI)****School Phone:** 804-226-8700**Athletics Office:** 804-222-3043**School Fax:** 804-226-8706

7053 Messer Road / Richmond, VA 23231-5509

Email: tqomohun@henrico.k12.va.us / kgadams1@henrico.k12.va.us**Principal:** Tracie Omohundro**Assistant Principal:** Cody Strieghtiff, Katy Noah, Dawn Rogers, Nic Barlett**Athletic/Activities Director:** Kevin Adams (CAA)**Superintendent:** Dr. Patrick Russo (Henrico)**Assistant AD:** Paige Lasky**Colors:** Navy Blue/Vegas Gold**Mascot:** Blue Devils

Ath Trainer Jessica Meade

Band Justin Ratcliff

Baseball Adam Griffin

Basket, b Matt McKeag

Basket, g Becky Snow

Cheer Torri Pierre

Cr Writing Not Filled

Crew, b

Crew, g

CrossC, b Kenny Perrault

CrossC, g Jason Ward

Debate

F Hockey Erin McGrath

Football Stu Brown

Forensics Rebecca Still

Golf Tony Sorbello

Gymnast, b

Gymnast, g Gretchen Hiort

Ind Track, b Kenny Perrault

Ind Track, g Jason Ward

Lacrosse, b

Lacrosse, g

Magazine Elizabeth Watkins

Newspaper Lesley St. James

Out Track, b Kenny Perrault

Out Track, g Jason Ward

Group: AAA**Region:** Central**District:** Capital

Scholastic

Soccer, b Keith Stainker

Soccer, g Jennifer Burke

Softball Paige Lasky

Swim, b

Swim, g

Tennis, b Jacob Scott

Tennis, g Ashley Reyher

Theatre Jill Nogueras

Volley, b Trey Gregory

Volley, g Ashley Reyher

Wrestling John Marshall

Yearbook Kim Hodges

Div.: 6**Virginia****(VIRG)****School Phone:** 276-821-5858**Athletics Office:** 276-821-5880**School Fax:** 276-821-5851

Long Crescent Drive / Bristol, VA 24201-2752

Email: mringstaff@bristolvaschools.org / breed@bristolvaschools.org**Principal:** Martin Ringstaff**Assistant Principal:** Brenda Carroll, Ronnie Collins**Athletic/Activities Director:** Barry Reed**Superintendent:** Ms. Ina Danko (Bristol)**Assistant AD:****Colors:** Orange/Black**Mascot:** Bearcats

Ath Trainer Randy Hodge

Band Tom Hopson

Baseball Mark Daniels

Basket, b Jason Stevens

Basket, g Barry Reed

Cheer Raeanne Matney

Cr Writing

Crew, b

Crew, g

CrossC, b Janet Quesenberry

CrossC, g Janet Quesenberry

Debate

F Hockey

Football Chris Thurman

Forensics Kristin Palmer

Golf Carlos Lee

Gymnast, b

Gymnast, g

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper

Out Track, b Chris Thurman

Out Track, g Janet Quesenberry

Group: A**Region:** D**District:** Clinch Mountain

Scholastic

Soccer, b Carol Propst

Soccer, g Mike Locke

Softball Hunter Meade

Swim, b Barry Reed

Swim, g Woody VanNostrand

Tennis, b Woody VanNostrand

Tennis, g Bill Harness

Theatre Scott Debusk

Volley, b Kristen Palmer

Volley, g Holly Rolen

Wrestling Ed Cressel

Yearbook Ashley Odum

Div.: 3**Wakefield****(WAKE)****School Phone:** 703-228-6700**Athletics Office:** 703-228-6733**School Fax:** 703-575-8832

4901 S. Chesterfield Road / Arlington, VA 22206-1097

Email: djackson@arlington.k12.va.us / ndeskins@arlington.k12.va.us**Principal:** Doris Jackson**Assistant Principal:** Christian Willmore, Derrick Dunlap, Betty Sanders**Athletic/Activities Director:** Noel Deskins**Superintendent:** Dr. Robert G. Smith (Arlington)**Assistant AD:** Robert Strauss**Colors:** Kelly Green/White**Mascot:** Warriors

Ath Trainer Becky Kigin

Band Denny d'Alelio

Baseball George Baker

Basket, b Tony Bentley

Basket, g Marcia Richardson

Cheer Tia Johnson

Cr Writing

Crew, b Alex Ramirez

Crew, g Andy Rabus

CrossC, b Bob Strauss

CrossC, g Bob Strauss

Debate

F Hockey Jillian Clacherty

Football Keith Powell

Forensics Not Filled

Golf Don Tomb

Gymnast, b

Gymnast, g Joe Demidio

Ind Track, b Will Harber

Ind Track, g Bob Strauss

Lacrosse, b Not Filled

Lacrosse, g Not Filled

Magazine

Newspaper Clifford Brown

Out Track, b Bob Strauss

Out Track, g Bob Strauss

Group: AAA**Region:** Northern**District:** National

Scholastic

Soccer, b Scott McKeown

Soccer, g Fernando Castro

Softball Not Filled

Swim, b George Long

Swim, g Sean Carey

Tennis, b Sean Carey

Tennis, g Don Tomb

Theatre Barbara Hoepfer

Volley, b Chris Gillespie

Volley, g Marcus Robinson

Wrestling Jeff Humphries

Yearbook Maureen Naughton

Div.: 5

Maggie L. Walker Governor's School (MWGS)

1000 North Lombardy Street / Richmond, VA 23220

Email: fmorton@gsgis.k12.va.us / phawkins@gsgis.k12.va.us

Principal: Fred Morton

Assistant Principal: Phil Tharp, Patti Chappell, Pat Taylor

Athletic/Activities Director: Paige Hawkins (RAA), Jim Holdren (RAA)

Superintendent: Dr. Janet C. Crawley (Charles City)

Assistant AD: **Students** 713

Colors: Green/White **Gym Cap.** 500

Mascot: Dragons **Stad. Cap.** 0

Ath Trainer	M. Brown, M. Corcoran	Football	
Band	Karl Von Klein	Forensics	Celie Boswell
Baseball	Meade Langhorne	Golf	Mike Brown
Basket, b	Guy Davis	Gymnast, b	
Basket, g	Speedy Baughman	Gymnast, g	
Cheer		Ind Track, b	Jim Holdren
Cr Writing	Denise Yagel	Ind Track, g	Jim Holdren
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Jim Holdren	Magazine	
CrossC, g	Jim Holdren	Newspaper	Hal Waller
Debate	Dan Brown	Out Track, b	Jim Holdren
F Hockey	Paige Hawkins	Out Track, g	Jim Holdren

Group: AAA **Div.:** 5

Region: Central

District: Colonial

Scholastic	John Barnes
Soccer, b	Not Filled
Soccer, g	Patty Glenn
Softball	Jeff Elliott
Swim, b	Robb Sultzer
Swim, g	Robb Sultzer
Tennis, b	Lee Kelley
Tennis, g	Beth Weigen
Theatre	Grant Mudge
Volley, b	Theresa Armstrong
Volley, g	Tony Dee
Wrestling	Don Blanton
Yearbook	Michael White

Thomas Walker (TWLK)

Old Highway 58, P.O. Box 39 / Ewing, VA 24248-0039

Email: Terry.Welch@leecountyschools.net / blee@leectysch.com

Principal: Terry Welch

Assistant Principal: Shannon Grabeel

Athletic/Activities Director: Brian Lee

Superintendent: Mr. Fred Marion (Lee)

Assistant AD: **Students** 273

Colors: Blue/Gray **Gym Cap.** 900

Mascot: Pioneers **Stad. Cap.** 1300

Ath Trainer	Not Filled	Football	Brian Lee
Band	Francis DiVirgilio	Forensics	Crystal Holman
Baseball	Tim McElyea	Golf	Tim Lock
Basket, b	Chris Sutphin	Gymnast, b	Not Filled
Basket, g	Janet Nelson	Gymnast, g	Not Filled
Cheer	Not Filled	Ind Track, b	Not Filled
Cr Writing	Not Filled	Ind Track, g	Not Filled
Crew, b		Lacrosse, b	Not Filled
Crew, g		Lacrosse, g	Not Filled
CrossC, b	Tim McElyea	Magazine	Carol Skeen
CrossC, g	Tim McElyea	Newspaper	Vicki Snodgrass
Debate	Melissa McDonald	Out Track, b	Chris Sutphin
F Hockey	Not Filled	Out Track, g	Steve Gardner

Group: A **Div.:** 1

Region: D

District: Cumberland

Scholastic	Vicki Snodgrass
Soccer, b	
Soccer, g	
Softball	Myra Brooks
Swim, b	
Swim, g	
Tennis, b	Not Filled
Tennis, g	Janet Nelson
Theatre	Crystal Holman
Volley, b	
Volley, g	Janet Nelson
Wrestling	
Yearbook	Vicki Snodgrass

Warhill

4615 Opportunity Way / Williamsburg, VA 23188

Email: mullend@wjcc.k12.va.us

Principal: Dr. Sharmaine D. Grove

Assistant Principal: Dan Fields, Sharmaine Grove

Athletic/Activities Director: Dan Mullen (RAA)

Superintendent: Dr. Gary S. Matthews (Williamsburg/James City)

Assistant AD: **Students** 850

Colors: Carolina Blue/Black/Silver **Gym Cap.** 1500

Mascot: Lions **Stad. Cap.** 3000

Ath Trainer	Todd Korabek	Football	Billy Jarvis
Band	Jonathan Hargis	Forensics	
Baseball	Thad Reviello	Golf	Fielding Crawford
Basket, b	Justin Hayes	Gymnast, b	
Basket, g	Norm Brungot	Gymnast, g	
Cheer	Candace Shafer-Southard	Ind Track, b	Dan Stebbins
Cr Writing		Ind Track, g	Lindsay Newell
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Lindsay Newell	Magazine	
CrossC, g	Lindsay Newell	Newspaper	Joan Turner
Debate	Heather Scully	Out Track, b	
F Hockey	Leslie Souliere	Out Track, g	Lindsay Newell

Group: AA **Div.:** 3

Region: I

District: Bay Rivers

Scholastic	
Soccer, b	Matt Garrison
Soccer, g	Christine Connelly
Softball	Dave Gabeler
Swim, b	Sarah Kim
Swim, g	Sarah Kim
Tennis, b	Bob Hyatt
Tennis, g	Helen Stahl
Theatre	Rob Cannon
Volley, b	
Volley, g	Sandra Mays
Wrestling	Matt Pardekooper
Yearbook	

School Phone: 276-445-4111

Athletics Office: 276-445-4161

School Fax: 276-445-5584

School Phone: 757-565-4615

Athletics Office: 757-565-9121

School Fax: 757-565-9101

Warren County

(WARR)

School Phone: 540-635-4144
Athletics Office: 540-635-1160
School Fax: 540-635-1037

155 Westminster Drive / Front Royal, VA 22630

Email: ejordan@wcps.k12.va.us / jgrooms@wcps.k12.va.us

Principal: Ernestine Jordan

Assistant Principal: Ken Knesh, Jim Sykes, Jeff Horton, Mary Bukva

Athletic/Activities Director: Jim Grooms

Superintendent: Mrs. Pamela M. McInnis (Warren)

Assistant AD: Bill Cupp	Students 775	Group: AA	Div.: 3
Colors: Maroon/White/Gray	Gym Cap. 1400	Region: II	
Mascot: Wildcats	Stad. Cap. 3500	District: Northwestern	
Ath Trainer Jeff Crawford	Football Tony Tallent	Scholastic	
Band David Digess	Forensics Chris Whitney	Soccer, b Pam Cornell	
Baseball Vernon Mathews	Golf Matt Wadas	Soccer, g Michael Carpenter	
Basket, b Dave Cramer	Gymnast, b	Softball Justin Stock	
Basket, g John Kelly	Gymnast, g	Swim, b	
Cheer Alex Amos	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b Michael Waurio	
Crew, b	Lacrosse, b	Tennis, g Jeanie Tallent	
Crew, g	Lacrosse, g	Theatre Christopher Whitney	
CrossC, b Jeremy Burnworth	Magazine	Volley, b	
CrossC, g Jeremy Burnworth	Newspaper Katie Sullivan	Volley, g Cathy Brill	
Debate Christopher Whitney	Out Track, b Kennon Yeck	Wrestling Matt Wadas	
F Hockey	Out Track, g Kennon Yeck	Yearbook Katie Sullivan	

Warwick

(WARW)

School Phone: 757-591-4700
Athletics Office: Ext. 1150
School Fax: 757-596-7415

51 Copeland Lane / Newport News, VA 23601-2399

Email: rory.stapleton@nn.k12.va.us / marilyn.watkins@nn.k12.va.us

Principal: Rory Stapleton

Assistant Principal: Anthony Frazier, Claudia Hines, Christopher Colvin, Brenda Poole, John Leydon

Athletic/Activities Director: Marilyn Watkins

Superintendent: Dr. Ashby C. Kilgore (Newport News)

Assistant AD: Maroon/Gold	Students 1700	Group: AAA	Div.: 5
Colors: Raiders	Gym Cap. 1600	Region: Eastern	
Mascot: Raiders	Stad. Cap. 8000	District: Peninsula	
Ath Trainer Oscar Mallory	Football Juan Jackson	Scholastic Justin Giroux	
Band Alyssa Glover	Forensics Deon Gardner	Soccer, b Justin Roerink	
Baseball Todd Barker	Golf Thomas Bourgeois	Soccer, g Justin Chezem	
Basket, b Ben Moore	Gymnast, b	Softball James Dawson	
Basket, g Vanessa Starks	Gymnast, g	Swim, b Not Filled	
Cheer Tivika Taswell-Richardson	Ind Track, b Wendell Holmes	Swim, g Not Filled	
Cr Writing	Ind Track, g Wendell Holmes	Tennis, b Thomas Lomax	
Crew, b	Lacrosse, b	Tennis, g Adrienne Rylander	
Crew, g	Lacrosse, g	Theatre Paul Phillips	
CrossC, b Matthew MacDonald	Magazine	Volley, b Earl Hester	
CrossC, g Wendell Holmes	Newspaper	Volley, g Bill Bowman	
Debate Deon Garner	Out Track, b Wendell Holmes	Wrestling James Graves	
F Hockey William Scudder	Out Track, g Wendell Holmes	Yearbook Brian Cagle	

Washington & Lee

(W&LE)

School Phone: 804-493-8015
Athletics Office: 804-493-8016
School Fax: 804-493-0243

16380 Kings Highway / Montross, VA 22520-0366

Email: pisanija@wmlcps.org

Principal: Joseph Pisani, Ph.D.

Assistant Principal: Roger Coleman

Athletic/Activities Director: Malcolm Lewis

Superintendent: Dr. Audrey Elaine Fogliani (Westmoreland)

Assistant AD: Mike Clark	Students 600	Group: A	Div.: 2
Colors: Carolina Blue/Gold/Navy	Gym Cap. 1000	Region: A	
Mascot: Eagles	Stad. Cap. 1200	District: Northern Neck	
Ath Trainer	Football Malcolm Lewis	Scholastic John Lewis, Eddie Bowen	
Band Antwan Garner	Forensics Allison Ondivcik	Soccer, b RJ Sudduth	
Baseball Mike Clark	Golf Eddie Bowen	Soccer, g Robert Poole	
Basket, b Dean Taylor	Gymnast, b	Softball Cory Shay	
Basket, g Elizabeth Chandler	Gymnast, g	Swim, b	
Cheer Sandy Henderson	Ind Track, b	Swim, g	
Cr Writing	Ind Track, g	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g	
Crew, g	Lacrosse, g	Theatre Megan Griener	
CrossC, b Cindy Flickinger	Magazine	Volley, b	
CrossC, g Cindy Flickinger	Newspaper Jake Spears	Volley, g Michael Breunig	
Debate	Out Track, b Mario Moreno	Wrestling David Wlkerson	
F Hockey	Out Track, g Stephanie Lambrecht	Yearbook Cory Shay	

B. T. Washington**(BTWN)**

School Phone: 757-628-3575
Athletics Office: 757-628-3587
School Fax: 757-628-3566

1111 Park Avenue / Norfolk, VA 23504

Email: kmonroe1@nps.k12.va.us / thaynes@nps.k12.va.us**Principal:** Kevin Monroe**Assistant Principal:** Melvin White, Louis D'Angelo, David Nelson, Margie Stallings**Athletic/Activities Director:** Tim Haynes**Superintendent:** Dr. Stephen C. Jones (Norfolk)

Assistant AD:		Students 1500	Group: AAA	Div.: 5
Colors: Maroon/White		Gym Cap. 1800	Region: Eastern	
Mascot: Mighty Bookers		Stad. Cap. 2000	District: Eastern	
Ath Trainer	Football	Che Jacobs	Scholastic	Nikita Shrieves
Band Dean McDowell	Forensics	Robin Williams	Soccer, b	Not Filled
Baseball Jeff Cooper	Golf	Don Lloyd	Soccer, g	Not Filled
Basket, b Darren Sanderlin	Gymnast, b		Softball	Not Filled
Basket, g Mike Evans	Gymnast, g		Swim, b	Cherrod Taylor
Cheer Janet Dennis	Ind Track, b	Che Jacobs	Swim, g	Courtney Linke
Cr Writing	Ind Track, g	Yolanda Penn	Tennis, b	Larry Gee
Crew, b	Lacrosse, b		Tennis, g	Victoria Horton
Crew, g	Lacrosse, g		Theatre	Samuel Roundtree
CrossC, b Marvin Henry	Magazine	Irene Bond	Volley, b	Larry Gee
CrossC, g Marvin Henry	Newspaper	Lhe Reel	Volley, g	Robin Williams
Debate Nikita Shrieves	Out Track, b	Che Jacobs	Wrestling	Gaskins Reynolds
F Hockey Sandra Welch	Out Track, g	Yolanda Penn	Yearbook	Lhe Reel

George Washington**(GWAS)**

School Phone: 434-799-6410
Athletics Office:
School Fax: 434-799-5251

701 Broad Street / Danville, VA 24541-2627

Email: cacarter@mail.dps.k12.va.us / wjackson@mail.dps.k12.va.us**Principal:** Chris Carter**Assistant Principal:** Curtis Gore, Kenny Lewis, Jay Lancaster, Christine Rayford, Gayle Brinkley**Athletic/Activities Director:** Withers Jackson**Superintendent:** Dr. Sue B. Davis (Danville)

Assistant AD:		Students 1600	Group: AAA	Div.: 6
Colors: Silver/Navy Blue		Gym Cap. 1200	Region: Northwest	
Mascot: Eagles		Stad. Cap. 8000	District: Western Valley	
Ath Trainer Tim Torborg	Football	Dan Newell	Scholastic	Ruby Hovatter
Band Reginald Purvis	Forensics	Not Filled	Soccer, b	Brandon Lewis
Baseball Wayne Shelton	Golf	Bob Jones	Soccer, g	Cary Wright
Basket, b Bobby Martin	Gymnast, b		Softball	Not Filled
Basket, g Wayne Shelton	Gymnast, g		Swim, b	Not Filled
Cheer Melissa Asbury	Ind Track, b	Veronica Harris	Swim, g	Not Filled
Cr Writing Sharon Leigg	Ind Track, g	Keith Douglas	Tennis, b	Chris Akers
Crew, b	Lacrosse, b		Tennis, g	Lester Yesnick
Crew, g	Lacrosse, g		Theatre	Connie Jennings
CrossC, b Brandon Lewis	Magazine	Sharon Leigg	Volley, b	
CrossC, g Brandon Lewis	Newspaper	Lester Yesnick	Volley, g	Jonathan Fain
Debate	Out Track, b	Veronica Harris	Wrestling	Rodney James
F Hockey	Out Track, g	Keith Douglas	Yearbook	Deborah Slayton

Washington-Lee**(WLEE)**

School Phone: 703-228-6200
Athletics Office: 703-228-6207
School Fax: 703-841-1047

1301 N. Stafford Street / Arlington, VA 22201-4698

Email: ccallawa@arlington.k12.va.us / ccallawa@arlington.k12.va.us**Principal:** Gregg Robertson**Assistant Principal:** Paul Jamelske, Margarita Cruz, Tony Hall**Athletic/Activities Director:** Carol Callaway (CAA)**Superintendent:** Dr. Robert G. Smith (Arlington)

Assistant AD: Justin Bolfeck		Students 1560	Group: AAA	Div.: 5
Colors: Blue/Gray		Gym Cap. 2000	Region: Northern	
Mascot: Generals		Stad. Cap. 10000	District: National	
Ath Trainer Andrea Paight	Football	Joshua Shapiro	Scholastic	Catherine Sauter
Band Alex Robinson	Forensics		Soccer, b	Jimmy Carrasquillo
Baseball Doug Grove	Golf	Doug Grove	Soccer, g	Ann Cernicek
Basket, b Robert Dobson	Gymnast, b		Softball	Carolyn Majowka
Basket, g Angie Kelly	Gymnast, g	Joe D'Emidio	Swim, b	Kristina Dorville
Cheer Libby Hardy	Ind Track, b	Matthew Przydzial	Swim, g	Kristina Dorville
Cr Writing Sarah Harrick	Ind Track, g	Warren Gillus	Tennis, b	Rick Kakareka
Crew, b Derek Parsons	Lacrosse, b	Chris Corey	Tennis, g	Sam Hughes
Crew, g Paul Holland	Lacrosse, g	Erica Larson	Theatre	Keith Cassidy
CrossC, b Jeff McCarthy	Magazine		Volley, b	
CrossC, g Jeff McCarthy	Newspaper	Clair Moir	Volley, g	Rebecca Baltare
Debate Ron Revere	Out Track, b	Warren Gillus	Wrestling	James Mon
F Hockey Beth Prange	Out Track, g	Matthew Przydzial	Yearbook	Sarah Reese

Waynesboro**(WAYN)****School Phone:** 540-946-4616**Athletics Office:** 540-946-4629**School Fax:** 540-946-4621

1200 West Main Street / Waynesboro, VA 22980-4393

Email: sjwright@waynesboro.k12.va.us / mmorris@waynesboro.k12.va.us**Principal:** William Teachey**Assistant Principal:** Janet Buchheit, Mel Morris, Matt Schult**Athletic/Activities Director:** Mel Morris**Superintendent:** Dr. Robin G. Crowder (Waynesboro)**Assistant AD:** Candace Kimmett**Students** 840**Group:** AA**Div.:** 3**Colors:** Purple/Gold**Gym Cap.** 1200**Region:** III**Mascot:** Little Giants**Stad. Cap.** 3000**District:** Southern Valley

Ath Trainer Rita Nelson

Football Steve Isaacs

Scholastic Jim Calhoun

Band Mike Wagner

Forensics Not Filled

Soccer, b Bill Meicke

Baseball Not Filled

Golf Charlie Cox

Soccer, g Robin Hersey

Basket, b C.J. Dewitt

Gymnast, b

Softball Jason Aleshire

Basket, g Secrett Stubblefield

Gymnast, g

Swim, b Dan Bledsoe

Cheer Cyndi Farrar

Ind Track, b Not Filled

Swim, g Dan Bledsoe

Cr Writing

Ind Track, g Not Filled

Tennis, b C. J Dewitt

Crew, b

Lacrosse, b

Tennis, g Marvinia Anderson

Crew, g

Lacrosse, g

Theatre Diane Wade

CrossC, b Julie Stevens

Magazine

Volley, b

CrossC, g Julie Stevens

Newspaper Laura Riggan

Volley, g Lori Aleshire

Debate Tara Heck

Out Track, b Not Filled

Wrestling Richard Palmer

F Hockey

Out Track, g Not Filled

Yearbook Wendy Teeter

West Point**(WPNT)****School Phone:** 804-843-3630**Athletics Office:** 804-843-6149**School Fax:** 804-843-3406

2700 Mattaponi Avenue / West Point, VA 23181-9304

Email: mdorsey@wpps.k12.va.us / mredden@wpps.k12.va.us**Principal:** Mark Dorsey**Assistant Principal:** Suzy Aunspach**Athletic/Activities Director:** Mark Redden**Superintendent:** Dr. Jeffrey Smith (West Point)**Assistant AD:****Students** 185**Group:** A**Div.:** 1**Colors:** Orange/Blue**Gym Cap.** 950**Region:** A**Mascot:** Pointers**Stad. Cap.** 1500**District:** Tidewater

Ath Trainer Not Filled

Football John Fulks

Scholastic

Band Robert Sydnor

Forensics

Soccer, b Brooke Gwathmey

Baseball L.C. Lewis

Golf

Soccer, g

Basket, b Keith Washington

Gymnast, b

Softball Arthue Anderson

Basket, g Mark Ware

Gymnast, g

Swim, b

Cheer Zakia Gilchrist

Ind Track, b

Swim, g

Cr Writing Amber Lacy

Ind Track, g

Tennis, b

Crew, b

Lacrosse, b

Tennis, g Tina Gulley

Crew, g

Lacrosse, g

Theatre Bev Hammond

CrossC, b Brittney Ball

Magazine

Volley, b

CrossC, g Brittney Ball

Newspaper

Volley, g Linda White

Debate

Out Track, b Brittney Ball

Wrestling

F Hockey

Out Track, g Brittney Ball

Yearbook Mary Borinsky

West Potomac**(WPOT)****School Phone:** 703-718-2500**Athletics Office:** 703-718-2560**School Fax:** 703-718-2661

6500 Quander Road / Alexandria, VA 22307

Email: clifford.hardison@fcps.edu / aaron.helmick@fcps.edu**Principal:** Clifford Hardison**Assistant Principal:** Ivan Johnson, Aaron Engley, Janice Monroe, Nancy Kreloff**Athletic/Activities Director:** Aaron Helmick (RAA)**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** B. Mahony, A. Case**Students** 2010**Group:** AAA**Div.:** 6**Colors:** Blue/Silver/White**Gym Cap.** 2000**Region:** Northern**Mascot:** Wolverines**Stad. Cap.** 5000**District:** Patriot

Ath Trainer A. Zamudio, J. Dixon-Hawki

Football Eric Henderson

Scholastic Sal Olivo

Band Stephen Rice

Forensics

Soccer, b Andrew Peck

Baseball Jim Sullivan

Golf

Soccer, g

Basket, b David Houston

Gymnast, b

Softball Rick Anderson

Basket, g Michael Weber

Gymnast, g Pete Novgrod

Swim, b

Cheer Melody ColebrookJones

Ind Track, b

Swim, g Bob Lombardi

Cr Writing Paul Russell

Ind Track, g

Tennis, b

Crew, b Jaime Rubini

Lacrosse, b Patrick Carmack

Tennis, g

Crew, g Jaime Rubini

Lacrosse, g

Theatre Melissa Christensen

CrossC, b Don Beeby

Magazine Paul Russell

Volley, b

CrossC, g Don Beeby

Newspaper

Volley, g

Debate Julian Dotson

Out Track, b Don Beeby

Wrestling Casey Grubbs

F Hockey

Out Track, g Don Beeby

Yearbook Mel Mobley

West Springfield

(WSPR)

School Phone: 703-913-3800

6100 Rolling Road / Springfield, VA 22152

Athletics Office: 703-913-3860

E-Mail: paul.wardinski@fcps.edu / andy.muir@fcps.edu

School Fax: 703-913-3897

Principal: Paul Wardinski

Assistant Principal: Jennifer Knox, Mike Mikai, Becky Brandt, Richard Griffin

Athletic/Activities Director: Andy Muir

Superintendent: Dr. Jack Dale (Fairfax)

Assistant AD: Steve Fox, Scott Settar

Students 2242

Group: AAA

Div.: 6

Colors: Orange/Blue

Gym Cap. 1200

Region: Northern

Mascot: Spartans

Stad. Cap. 5000

District: Patriot

Ath Trainer C. Fauquet, K. Ford

Football JT Biddison

Scholastic Maggie Tran

Band Larry Einius

Forensics Madelienne Deliee

Soccer, b Andy Saffron

Baseball John James

Golf Rachael Malenich

Soccer, g JT Alukonis

Basket, b Dick Wickline

Gymnast, b

Softball Teressa Scott

Basket, g Bill Gibson

Gymnast, g Sylvie Rosenbaum

Swim, b Karen Spooner

Cheer Betsy Fawsette

Ind Track, b Chris Pelligrini

Swim, g Karen Spooner

Cr Writing

Ind Track, g Chris Pelligrini

Tennis, b Brian Stagliano

Crew, b Not Filled

Lacrosse, b Scott Settar

Tennis, g Monica Danko

Crew, g Mark Hemphill

Lacrosse, g Brian Puhlick

Theatre Mary Levesque

CrossC, b Wolcott Baird

Magazine Katherine Faircloth

Volley, b

CrossC, g Wolcott Baird

Newspaper Brooke Nelson

Volley, g Stephanie Noriega

Debate Pat Hagy

Out Track, b Chris Pelligrini

Wrestling Cory Walker

F Hockey Rosie Pannoni

Out Track, g Chris Pelligrini

Yearbook Brooke Nelson

Western Albemarle

(WALB)

School Phone: 434-823-8700

5941 Rockfish Gap Turnpike / Crozet, VA 22932-9734

Athletics Office: 434-823-8705

E-Mail: dfrancis@k12albemarle.org / sheon@k12albemarle.org

School Fax: 434-823-8712

Principal: David Francis

Assistant Principal: Dave Francis, Bobbi Hughes, Greg Domecq

Athletic/Activities Director: Steve Heon (CAA)

Superintendent: Dr. Pamela R. Moran (Albemarle)

Assistant AD: Maria Fields

Students 1065

Group: AA

Div.: 3

Colors: Royal Blue/Gold

Gym Cap. 2500

Region: II

Mascot: Warriors

Stad. Cap. 3500

District: Jefferson

Ath Trainer Brandon Davis

Football Ed Pierce

Scholastic Eric Strzepek

Band Joel Hartshorn

Forensics

Soccer, b Paul Rittenhouse

Baseball Skip Hudgins

Golf Darren Maynard

Soccer, g Lesly Gourdet

Basket, b Darren Maynard

Gymnast, b

Softball Stuart Collier

Basket, g Kris Wright

Gymnast, g

Swim, b Diana Bowen

Cheer Myra Key

Ind Track, b Linden Bain

Swim, g Diana Bowen

Cr Writing

Ind Track, g William Tillery

Tennis, b Charles Ix

Crew, b

Lacrosse, b Brad Haws

Tennis, g Betsy Nugent

Crew, g Myrium Pitts

Lacrosse, g Nancy Haws

Theatre

CrossC, b Linden Bain

Magazine

Volley, b

CrossC, g Kate Pugh

Newspaper Jill Williams

Volley, g Lance Rogers

Debate

Out Track, b Linden Bain

Wrestling Jim Herzog

F Hockey Mia Fields

Out Track, g Marie Whitten

Yearbook Jennifer Sublette

Western Branch

(WBRN)

School Phone: 757-638-7900

1968 Bruin Place / Chesapeake, VA 23321-4598

Athletics Office: 757-494-8072

E-Mail: sykesjr@cps.k12.va.us / wbpagemaster@cps.k12.va.us

School Fax: 757-638-7904

Principal: John R. Sykes III, Samuel K. Khoshaba, II, Clarysa Kelly

Assistant Principal: Deana Otwell, Jeff Johnson, Mr. Douglas R. Parks

Athletic/Activities Director: Mark Didawick

Superintendent: Dr. W. Randolph Nichols (Chesapeake)

Assistant AD:

Students 2300

Group: AAA

Div.: 6

Colors: Navy Blue/Old Gold

Gym Cap. 1400

Region: Eastern

Mascot: Bruins

Stad. Cap. 8000

District: Southeastern

Ath Trainer Amy Swistak

Football Scott Johnson

Scholastic Debbie Akers

Band Crystal Cox

Forensics Kay Sykes

Soccer, b Ed Velazquez

Baseball Roland Wright

Golf Karl Quinn

Soccer, g Becky Journigan

Basket, b Michael Donovan

Gymnast, b

Softball Sarah Wright

Basket, g Troy Terry

Gymnast, g Cindee Hawkins

Swim, b Mike Salpeter

Cheer Ashley Williamson

Ind Track, b Claude Toukene

Swim, g Mike Salpeter

Cr Writing Sandy Jory

Ind Track, g Claude Toukene

Tennis, b Russ Kostinas

Crew, b

Lacrosse, b

Tennis, g Russ Kostinas

Crew, g

Lacrosse, g

Theatre Kay Sykes

CrossC, b Claude Toukene

Magazine Sandy Jory

Volley, b Bob Arnette

CrossC, g Claude Toukene

Newspaper Becky Hinton

Volley, g Joel Schlabach

Debate Jake Yowell

Out Track, b Claude Toukene

Wrestling Chris Martin

F Hockey Dawn Smith

Out Track, g Claude Toukene

Yearbook Jennifer Settar

Westfield**(WFLD)****School Phone:** 703-488-6300**Athletics Office:** 703-488-6400**School Fax:** 703-488-6405

4700 Stonecroft Blvd. / Chantilly, VA 20151

E-Mail: tthomas1@fcps.edu / tktowle@fcps.edu**Principal:** Tim Thomas**Assistant Principal:** Dave Jagels, Brian Grainer, Kim Greer, Eric Johnson, Harry VanTrees, Pat Williams, Harry Wolin**Athletic/Activities Director:** Terri Towle**Superintendent:** Dr. Jack Dale (Fairfax)**Assistant AD:** Tom Verbanic**Colors:** Black/Gold**Mascot:** Bulldogs

Ath Trainer R. Wingo, K. Conboy

Band Steve Panoff

Baseball Chuck Welch

Basket, b Doug Ewell

Basket, g Pat Deegan

Cheer Jessica Coad

Cr Writing Kimberly Watkins

Crew, b Eric Nienaber

Crew, g Eric Nienaber

CrossC, b Kelly Deegan

CrossC, g Kelly Deegan

Debate Ted Penton

F Hockey Terri Towle

Football Tom Verbanic

Forensics Ted Penton

Golf Tim Vigotsky

Gymnast, b Holly Richbourg

Gymnast, g Mike Kiernan

Ind Track, b Mike Kiernan

Ind Track, g Mike Kiernan

Lacrosse, b Brian Dilley

Lacrosse, g Jim Dwyer

Magazine Todd Kelly

Newspaper Anthony Witten

Out Track, b Mike Kiernan

Out Track, g Mike Kiernan

Group: AAA**Region:** Northern**District:** Concorde

Scholastic MaryEllen Webb

Soccer, b Tom Torres

Soccer, g Kristi Williams

Softball Dean Ferington

Swim, b Bruce Andersen

Swim, g Bruce Andersen

Tennis, b Tracy Castleberry

Tennis, g Steve Lombard

Theatre Scott Pafumi

Volley, b Jim Bour

Volley, g Chuck Hoskins

Wrestling Anthony Witten

Div.: 6**T. C. Williams****(TCWM)****School Phone:** 703-824-6800**Athletics Office:** 703-824-6860**School Fax:** 703-824-6826

3330 King Street / Alexandria, VA 22302-3099

E-Mail: William.Clendaniel@acps.k12.va.us**Principal:** Bill Clendaniel**Assistant Principal:** Peter Balas, Robert White, Steve Colantouni, Tammy Ignacio**Athletic/Activities Director:** Not Filled**Superintendent:** Dr. Bill Symons (Alexandria)**Assistant AD:** Robert Eavenson (CAA)**Colors:** Red/White/Blue**Mascot:** Titans

Ath Trainer L. Stone, K. Chambers, T.

Band Andrew Simpson

Basket, b Not Filled

Basket, g Jim Lewis

Cheer Lucresha Murphy

Cr Writing Jeff Cunningham

Crew, b Peter Stramese

Crew, g Not Filled

CrossC, b Mike Hughes

CrossC, g Mike Hughes

Debate Michelle Christiansen

F Hockey Bill Heresniak

Football Dennis Randolph

Forensics Michelle Christiansen

Golf Dee Marrara

Gymnast, b Marshall Edmonds

Gymnast, g Marshall Edmonds

Ind Track, b Charles Juris

Ind Track, g Charles Juris

Lacrosse, b Jill Clacherty

Lacrosse, g Not Filled

Magazine Not Filled

Newspaper Marshall Edmonds

Out Track, b Marshall Edmonds

Out Track, g Marshall Edmonds

Group: AAA**Region:** Northern**District:** Patriot

Scholastic Martin Nickley

Soccer, b Bill Heresniak

Soccer, g Dennis Day

Softball Brett Eanes

Swim, b Brett Eanes

Swim, g Mike Vitez

Tennis, b Katie Sloper

Tennis, g Leslie Jones

Theatre Rhea Butler

Volley, b Jason Perkins

Volley, g Peter Reddington

Wrestling

Yearbook

Div.: 6**Wilson Memorial****(WMEM)****School Phone:** 540-886-4286**Athletics Office:** 540-949-8643**School Fax:** 540-886-4611

189 Hornet Road / Fishersville, VA 22939

E-Mail: dwshiff@augusta.k12.va.us / gtroxel@augusta.k12.va.us**Principal:** Doug Shifflett**Assistant Principal:** Kay Menk, Tim Harrison**Athletic/Activities Director:** Greg Troxell**Superintendent:** Dr. Gary D. McQuain (Augusta)**Assistant AD:** Green/White**Colors:** Green/White**Mascot:** Green Hornets

Ath Trainer Susanna Lerner

Band Matt Baraclough

Baseball Derek McDaniel

Basket, b Rodney Cullen

Basket, g Jackie Bryan

Cheer Jennifer Hobson

Cr Writing

Crew, b

Crew, g Steve Geiman

CrossC, b Gary Kessler

CrossC, g Stephen Singleton

Debate

F Hockey

Football Derek McDaniel

Forensics Carl Flippin

Golf Rob Hopkins

Gymnast, b Gary Kessler

Gymnast, g Gary Kessler

Ind Track, b

Ind Track, g

Lacrosse, b

Lacrosse, g

Magazine

Newspaper Eileen Jurand

Out Track, b Steve Geiman

Out Track, g Gary Kessler

Group: AA**Region:** III**District:** Southern Valley

Scholastic Michelle Hutchens

Soccer, b Kyle Congleton

Soccer, g Scotty Crist

Softball Maura Stout

Swim, b

Swim, g

Tennis, b Scott Steele

Tennis, g Seth Lovell

Theatre Diana Beam

Volley, b Kim Claytor

Volley, g Steve Geiman

Wrestling Eileen Jurand

Yearbook

Div.: 3

Woodrow Wilson**(WWIL)**

1401 Elmhurst Lane / Portsmouth, VA 23701-1798

E-Mail: jackie.kennedy@pps.k12.va.us / jackie_kennedy26@yahoo.com**Principal:** Timothy Johnson**Assistant Principal:** Damon Cary, Mike Hillinch, Vivian J. Pharr**Athletic/Activities Director:** Jack Kennedy (CAA)**Superintendent:** Dr. David C. Stuckwisch (Portsmouth)

Assistant AD:	Royal/Orange/White	Students	1142
Colors:	Presidents	Gym Cap.	2000
Mascot:		Stad. Cap.	5000
Ath Trainer	Jennifer Sippel	Football	Carlton Thomas
Band	John Jenkins	Forensics	Tamona Baldwin
Baseball	John Sangiovanni	Golf	James Deans
Basket, b	Donnell Hammonds	Gymnast, b	
Basket, g	Rodger Smith	Gymnast, g	
Cheer	Angela Baker	Ind Track, b	Joseph Taylor
Cr Writing	Delores Dudley	Ind Track, g	Amanda Stock
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Donnell Hammonds	Magazine	
CrossC, g		Newspaper	Nancy Thiel
Debate	Tamona Baldwin	Out Track, b	
F Hockey	Not Filled	Out Track, g	

Group:	AAA	Div.:	5
Region:	Eastern		
District:	Eastern		
Scholastic	John Brown		
Soccer, b	Bill O'Donnell		
Soccer, g	Martin Hill		
Softball	Thomas Martin		
Swim, b	Martin Hill		
Swim, g	Pamela Morris		
Tennis, b	Roy White		
Tennis, g	James Deans		
Theatre	Carol Jackson		
Volley, b	William O'Donnell		
Volley, g	William O'Donnell		
Wrestling	Tony Reynolds		
Yearbook	Ross Creecy		

Windsor**(WIND)**

24 Church Street / Windsor, VA 23487

E-Mail: cnewman@iwcs.k12.va.us / cparrish@iwcs.k12.va.us**Principal:** C. Michael Newman**Assistant Principal:****Athletic/Activities Director:** Charles Parrish**Superintendent:** Dr. Michael W. McPherson (Isle of Wight)

Assistant AD:	Jeff Burchette	Students	490
Colors:	Blue/Gold	Gym Cap.	500
Mascot:	Dukes	Stad. Cap.	1200
Ath Trainer	Not Filled	Football	Charles Parrish
Band	Andrew Micciche	Forensics	
Baseball	Not Filled	Golf	Broc Smith
Basket, b	Not Filled	Gymnast, b	
Basket, g	Holly Andreski	Gymnast, g	
Cheer	Dawn Carroll	Ind Track, b	
Cr Writing	Lohrer Mise	Ind Track, g	
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b		Magazine	
CrossC, g		Newspaper	Lohrer Mise
Debate		Out Track, b	Jeff Burchette
F Hockey		Out Track, g	Lori Gaskins

Group:	A	Div.:	2
Region:	A		
District:	Tri-Rivers		
Scholastic	Debbie McManaway		
Soccer, b	Matt Burgess		
Soccer, g			
Softball	Not Filled		
Swim, b			
Swim, g			
Tennis, b	Jeff Hampton		
Tennis, g	Holly Goetz		
Theatre	Ginger Beatty		
Volley, b			
Volley, g	Jeff Burchette		
Wrestling			
Yearbook	Cassie Presson		

School Phone: 757-242-6172**Athletics Office:** 757-242-6172**School Fax:** 757-242-4948**James Wood****(JWOD)**

161 Apple Pie Ridge Road / Winchester, VA 22603-4118

E-Mail: salyerj@frederick.k12.va.us**Principal:** Joseph Salyer**Assistant Principal:** Monty Loving, William Daniel, Mary Jane Spore**Athletic/Activities Director:** Craig Woshner**Superintendent:** Ms. Patricia I. Taylor (Frederick)

Assistant AD:	Richard Moore	Students	1350
Colors:	Navy/Vegas Gold	Gym Cap.	2000
Mascot:	Colonels	Stad. Cap.	6000
Ath Trainer	Jessica Myers	Football	Michael Bolin
Band	Jeff Rutherford	Forensics	Not Filled
Baseball	Jared Mounts	Golf	Allen Smith
Basket, b	Allen Smith	Gymnast, b	
Basket, g	Rhonda Slider	Gymnast, g	
Cheer	Tracy Copley	Ind Track, b	Matt Stegmaier
Cr Writing	Rhonda Lancaster	Ind Track, g	Matt Stegmaier
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Mike Onda	Magazine	Rhonda Lancaster
CrossC, g	Mike Onda	Newspaper	Karen Contreras
Debate	Not Filled	Out Track, b	Matt Stegmaier
F Hockey		Out Track, g	Matt Stegmaier

Group:	AA	Div.:	4
Region:	II		
District:	Northwestern		
Scholastic	Mark Reddy		
Soccer, b	Christopher Hild		
Soccer, g	Jim Carden		
Softball	Ted McDaniel		
Swim, b	Mark Pennypacker		
Swim, g	Mark Pennypacker		
Tennis, b	Gene Lewis		
Tennis, g	Rob Haskiell		
Theatre	Steve Cramer		
Volley, b			
Volley, g	Jill Lester		
Wrestling	Greg Walker		
Yearbook	David Collins		

School Phone: 540-667-5226**Athletics Office:** Ext. 84238**School Fax:** 540-667-3154

Woodbridge Senior**(WDBR)****School Phone:** 703-497-8000**Athletics Office:** 703-497-8106**School Fax:** 703-497-8115

3001 Old Bridge Road / Woodbridge, VA 22192-3299

E-Mail: huckesdj@pwcs.edu / kernskr@pwcs.edu**Principal:** David Huckestein**Assistant Principal:** Andrea Sparks-Brown, Ginny Kubiak, Dot McCabe, Debbie Floris**Athletic/Activities Director:** Karl Kerns**Superintendent:** Dr. Steven L. Walts (Prince William)

Assistant AD:		Students	2500
Colors:	Green/Gold/White	Gym Cap.	2071
Mascot:	Vikings	Stad. Cap.	4825
Ath Trainer	Toby McCullough	Football	Keith King
Band	Mark Carder	Forensics	Not Filled
Baseball	Jason Ritenour	Golf	Darin Snoots
Basket, b	Chad Anderson	Gymnast, b	
Basket, g	George Washington	Gymnast, g	
Cheer	Julie Garretson	Ind Track, b	Adam Daniels
Cr Writing	Cathy Hailey	Ind Track, g	Adam Daniels
Crew, b	Mike Malak	Lacrosse, b	Not Filled
Crew, g	John Meehan	Lacrosse, g	Not Filled
CrossC, b	Adam Daniels	Magazine	Cathy Hailey
CrossC, g	Adam Daniels	Newspaper	Todd Kelly
Debate	Not Filled	Out Track, b	Adam Daniels
F Hockey	Tiffani Washington	Out Track, g	Adam Daniels

Group:	AAA	Div.:	6
Region:	Northwest		
District:	Cardinal		
Scholastic	M. S. Bryant-Kline		
Soccer, b	Not Filled		
Soccer, g	Scott Kerns		
Softball	Colleen Kersey		
Swim, b	Wayne White		
Swim, g	Wayne White		
Tennis, b	Courtney Green		
Tennis, g	Brenda Rowland		
Theatre	Not Filled		
Volley, b			
Volley, g	Mary Kerski		
Wrestling	Jim Dutrow		
Yearbook	Megan McManus		

Woodside**(WDSO)****School Phone:** 757-886-7530**Athletics Office:** 757-886-7535**School Fax:** 757-877-0480

13450 Woodside Lane / Newport News, VA 23608-1364

E-Mail: susan.tilley@nn.k12.va.us / albert.dorner@nn.k12.va.us**Principal:** Susan Tilley**Assistant Principal:** Carl Williams, Courtney Mompont, Ramona Palmer, Michele Hancock, Thomas Jackson, John Boyles**Athletic/Activities Director:** Al Dorner**Superintendent:** Dr. Ashby C. Kilgore (Newport News)

Assistant AD:		Students	2100
Colors:	Teal/Purple	Gym Cap.	2000
Mascot:	Wolverines	Stad. Cap.	8000
Ath Trainer	Christine Berg	Football	Danny Dodson
Band	Bryan Austin	Forensics	Linda Vulcan
Baseball	Kevin Hare	Golf	Chris Trotter
Basket, b	Eric Wakefield	Gymnast, b	
Basket, g	Mike Tallon	Gymnast, g	
Cheer	Tiffany Thomas	Ind Track, b	Derrel Johnson
Cr Writing	Not Filled	Ind Track, g	Derrel Johnson
Crew, b		Lacrosse, b	
Crew, g		Lacrosse, g	
CrossC, b	Derrel Johnson	Magazine	Kim McHugh
CrossC, g	Barbara Frey	Newspaper	Not Filled
Debate	Erin Stevenson	Out Track, b	Derrel Johnson
F Hockey	Susan Pimblett	Out Track, g	Derrel Johnson

Group:	AAA	Div.:	6
Region:	Eastern		
District:	Peninsula		
Scholastic	Kate McGaw		
Soccer, b	Jimmy Shaffer		
Soccer, g	Ed Timas		
Softball	Mike Tallon		
Swim, b	Carol Prentiss		
Swim, g	Carol Prentiss		
Tennis, b	Steve Brady		
Tennis, g	Chris Montgomery		
Theatre	Patricia Quinn		
Volley, b	Dorien Hart		
Volley, g	Jena Cumming		
Wrestling	Doug Camp		
Yearbook	Roland Noel		

W. T. Woodson**(WTWD)****School Phone:** 703-503-4600**Athletics Office:** 703-503-4681**School Fax:** 703-503-4685

9525 Main Street / Fairfax, VA 22031-4099

E-Mail: Jeff.Yost@fcps.edu / Daniel.Checkosky@fcps.edu**Principal:** Jeff Yost**Assistant Principal:** LeAnne Kannapel, Shashi Madan, Tom Maher, Adam Entenberg, Virginia Chambers, Pat Full**Athletic/Activities Director:** Dan Checkosky (CAA)**Superintendent:** Dr. Jack Dale (Fairfax)

Assistant AD:	Geoff Noto, Grif Barhight	Students	2100
Colors:	Blue/White	Gym Cap.	1200
Mascot:	Cavaliers	Stad. Cap.	12000
Ath Trainer	K. Fickes, M. Redmond	Football	Trey Taylor
Band	Melinda Hall	Forensics	Martha Lee
Baseball	Chris Warren	Golf	George Malenich
Basket, b	Doug Craig	Gymnast, b	
Basket, g	Pat Neri	Gymnast, g	Mike Cooper
Cheer	Betsy Nerdahl	Ind Track, b	Mike Fronckel
Cr Writing		Ind Track, g	Mike Fronckel
Crew, b	Ashley Frese	Lacrosse, b	Jon Fitzgerald
Crew, g	Ashley Frese	Lacrosse, g	Meaghan O'Leary
CrossC, b	CaSandra DeVaughn	Magazine	Ron Shapiro
CrossC, g	CaSandra DeVaughn	Newspaper	Andrew Springer
Debate	Martha Lee	Out Track, b	Mike Fronckel
F Hockey	Becky Preston	Out Track, g	Mike Fronckel

Group:	AAA	Div.:	6
Region:	Northern		
District:	Patriot		
Scholastic	Sam Gee		
Soccer, b	Cliff Campbell		
Soccer, g	Warren Williams		
Softball	Bob Coleman		
Swim, b	Susie Hamrock		
Swim, g	Susie Hamrock		
Tennis, b	David Post		
Tennis, g	David Post		
Theatre	Terri Hobson		
Volley, b			
Volley, g	Len Palaschak		
Wrestling	Jack Clark		
Yearbook	Jacqueline Godwin		

George Wythe (Richmond)**(GWYR)****School Phone:** 804-780-5037**Athletics Office:** Ext. 149**School Fax:** 804-780-5043

4314 Crutchfield Street / Richmond, VA 23225-4767

Email: wbell@richmond.k12.va.us / pthomas@richmond.k12.va.us**Principal:** Willie Bell**Assistant Principal:** Mel Rose, Kimberly Allen, Camona Woodford**Athletic/Activities Director:** Paul Thomas**Superintendent:** Dr. Yvonne Brandon (Richmond City)

Assistant AD: Michael Hill	Students 985	Group: AAA	Div.: 5
Colors: Red/White/Navy Blue	Gym Cap. 1000	Region: Central	
Mascot: Bulldogs	Stad. Cap. 3000	District: Dominion	
Ath Trainer Not Filled	Football Michael Hill (Acting)	Scholastic	
Band Nathaniel Boyd	Forensics	Soccer, b	
Baseball Not Filled	Golf Greg Gilliam	Soccer, g	
Basket, b Jack Epps (Acting)	Gymnast, b	Softball Not Filled	
Basket, g Andrea Spurell-Robinson	Gymnast, g	Swim, b	
Cheer Valentina Thompson	Ind Track, b Not Filled	Swim, g	
Cr Writing Edwina Tucker	Ind Track, g Jimmy Hart	Tennis, b	
Crew, b	Lacrosse, b	Tennis, g Not Filled	
Crew, g	Lacrosse, g	Theatre Derome Smith	
CrossC, b Not Filled	Magazine	Volley, b Not Filled	
CrossC, g Not Filled	Newspaper	Volley, g Danyelle Smith	
Debate	Out Track, b Not Filled	Wrestling Alvin Scott	
F Hockey	Out Track, g Jimmy Hart	Yearbook Monica Glass	

George Wythe (Wytheville)**(GWYW)****School Phone:** 276-228-3157**Athletics Office:** 276-228-3793**School Fax:** 276-228-4124

#1 Maroon Way / Wytheville, VA 24382-1598

Email: rskeens@wythe.k12.va.us / rbeamer@wythe.k12.va.us**Principal:** Richard Skeens, Jr.**Assistant Principal:** Rolland Cook**Athletic/Activities Director:** Rusty Beamer**Superintendent:** Dr. Albert S. Armentrout (Wythe)

Assistant AD:	Students 460	Group: A	Div.: 2
Colors: Maroon/Gray	Gym Cap. 1100	Region: C	
Mascot: Maroons	Stad. Cap. 4000	District: Hogoheegee	
Ath Trainer	Football H.S. Ingo	Scholastic	
Band Not Filled	Forensics Lorna King	Soccer, b Donald Vaught	
Baseball Jerad Ward	Golf Donnie Pattison	Soccer, g Wendy Dove	
Basket, b Joey Russell	Gymnast, b	Softball Not Filled	
Basket, g Not Filled	Gymnast, g	Swim, b	
Cheer Not Filled	Ind Track, b	Swim, g	
Cr Writing Lyndsey Byars	Ind Track, g	Tennis, b Robert Shelton	
Crew, b	Lacrosse, b	Tennis, g Candace Iroler	
Crew, g	Lacrosse, g	Theatre Lorna King	
CrossC, b Pat Spradlin	Magazine	Volley, b	
CrossC, g Pat Spradlin	Newspaper	Volley, g Jo Repass	
Debate	Out Track, b Danny Suthers	Wrestling Jermey Hagee	
F Hockey	Out Track, g Tammy Suthers	Yearbook Lorna King	

York**(YORK)****School Phone:** 757-898-0354**Athletics Office:** 757-898-0421**School Fax:** 757-898-8235

9300 George Washington Highway / Yorktown, VA 23692-4066

Email: afox@ycsd.york.va.us / sjackson@ycsd.york.va.us**Principal:** Antonia Fox**Assistant Principal:****Athletic/Activities Director:** Sam Jackson (RAA)**Superintendent:** Dr. Eric Williams (York)

Assistant AD: M. Wintermental, N. Leache	Students 981	Group: AA	Div.: 4
Colors: Blue/Gray	Gym Cap. 1200	Region: I	
Mascot: Falcons	Stad. Cap. 4000	District: Bay Rivers	
Ath Trainer Ben MacAndrews	Football Douglas Pereira	Scholastic	Veverlyn Lee
Band Richard Purvis	Forensics Jaime Miller	Soccer, b	Thomas Hipple
Baseball Russell Ingram	Golf Jerry Turner	Soccer, g	Leo Schatzel
Basket, b Not Filled	Gymnast, b	Softball	Amy Hunter
Basket, g Timothy Knapp	Gymnast, g	Swim, b	Steven Fisher
Cheer Kimberly Newsom	Ind Track, b Jeff MacGuinness	Swim, g	Amy Hunter
Cr Writing Valerie Egger	Ind Track, g Sam Jackson (RAA)	Tennis, b	Justin Keyes
Crew, b	Lacrosse, b	Tennis, g	Steve Fisher
Crew, g	Lacrosse, g	Theatre	Jessica Smith
CrossC, b Sam Jackson (RAA)	Magazine Valerie Egger	Volley, b	
CrossC, g Sam Jackson (RAA)	Newspaper Jaime Miller	Volley, g	Sharon Grunthaner
Debate Paul Rice	Out Track, b Jeff MacGuinness	Wrestling	Todd Parrish
F Hockey Jacque Mayer	Out Track, g Sam Jackson (RAA)	Yearbook	Ashley Ellis

Yorktown**(YTWN)****School Phone:** 703-228-5400**Athletics Office:** 703-228-5388**School Fax:** 703-228-5409

5201 28th Street, North / Arlington, VA 22207-1799

E-Mail: mkrulfel@arlington.k12.va.us**Principal:** Ray Pasi**Assistant Principal:** William Lomax, Gail Ridley, John Doll**Athletic/Activities Director:** Michael Krulfeld (CAA)**Superintendent:** Dr. Robert G. Smith (Arlington)**Assistant AD:** Stephanie Meadows**Colors:** Columbia Blue/White**Mascot:** Patriots

Ath Trainer Bruce Ferratt

Band Brian Coffill

Baseball Mike Allen

Basket, b Rich Avila

Basket, g Chantal Gill

Cheer Nadia Conyers

Cr Writing

Crew, b Andy Bacas

Crew, g Not Filled

CrossC, b Mark Stripe

CrossC, g Mark Stripe

Debate Millie Solomon

F Hockey Rebecca Guy

Football

Forensics

Golf

Gymnast, b

Gymnast, g Joanne Price

Ind Track, b Mark Stripe

Ind Track, g Mark Stripe

Lacrosse, b Greg Beer

Lacrosse, g Robin Steinberg

Magazine Melanie McCabe

Newspaper Chrissy Wiedemann

Out Track, b Mark Stripe

Out Track, g Mark Stripe

Students 1650**Gym Cap.** 1500**Stad. Cap.** 2500Bruce Hanson
Millie Solomon
Christopher Williams**Group:** AAA**Region:** Northern**District:** National

Scholastic Charles Obetts

Soccer, b David Wood

Soccer, g Vicky Brunt

Softball Not Filled

Swim, b Dave Lassiter

Swim, g Dave Lassiter

Tennis, b David Barton

Tennis, g Natalie Roy

Theatre Carol Cadby

Volley, b

Volley, g Brittanie Stowell

Wrestling

Yearbook Millie Solomon

Div.: 5