

# 2017-18 WINTER Athletic Accomplishments

## Denbigh High School

### BOYS BASKETBALL

Raekwon Britt	Honorable Mention All-Region 4A East 2 <sup>nd</sup> Team All-Peninsula District
Clint Scott	Honorable Mention All-Region 4A East 2 <sup>nd</sup> Team All-Peninsula District
Jakari Wilkins	2 <sup>nd</sup> Team All-Region 4A East Honorable Mention All-Peninsula District

### GIRLS BASKETBALL

Ta'kyrah Barnes	2 <sup>nd</sup> Team All-Region 4A East
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### WRESTLING

Thomas Allison	2 <sup>nd</sup> Place All-Region 4A East-Weight Class 145
Ron Colby	3 <sup>rd</sup> Place All-Region 4A East-Weight Class 170
Simuel Hinton	3 <sup>rd</sup> Place All-Region 4A East-Weight Class 126

Janiyah Thomas	4 <sup>th</sup> Place State 4A 4x200m Relay 7 <sup>th</sup> Place State 4A 55m Dash 7 <sup>th</sup> Place Region 4A 55m Dash 2 <sup>nd</sup> Place Region 4A 4x200m Relay 4 <sup>th</sup> Place Region 4A 4x400m Relay
Angela Tubman	2 <sup>nd</sup> Place Region 4A 4x200m Relay 3 <sup>rd</sup> Place Region 4A Long Jump 4 <sup>th</sup> Place Region 4A 4x400m Relay 4 <sup>th</sup> Place State 4A 4x200m Relay
Jhala Williams	2 <sup>nd</sup> Place Region 4A 4x200m Relay 4 <sup>th</sup> Place State 4A 4x200m Relay
Shashauna Valentine	2 <sup>nd</sup> Place Region 4A East 500m 2 <sup>nd</sup> Place Region 4A East 1000m 4 <sup>th</sup> Place Region 4A 4x400m Relay

## Heritage High School

### BOYS BASKETBALL

Trovel Blizzard	1 <sup>st</sup> Team All-Region 4A East 2 <sup>nd</sup> Team All-Peninsula District
Amari Lee	2 <sup>nd</sup> Team All-Region 4A East 1 <sup>st</sup> Team All-Peninsula District

### GIRLS BASKETBALL

Angel James	Honorable Mention All-Region 4A East
Rheality Webb	Honorable Mention All-Region 4A East

### BOYS INDOOR TRACK

Jamal Hopkins	4A East Regional Champion 4x400m Relay
Tim Payne	4A East Regional Champion 55m Hurdles 4A East Regional Champion 4x400m Relay 2 <sup>nd</sup> Place State 4A East 55m Hurdles 2 <sup>nd</sup> Place State 4A East 300m Dash 4 <sup>th</sup> Place State 4A East 4x400m Relay
Elijah Robinson	4 <sup>th</sup> Place State 4A 4x400m Relay
James Stephens	4A East Regional Champion 4x400m Relay 3 <sup>rd</sup> Place Region 4A East 55m Dash 3 <sup>rd</sup> Place Region 4A East 300m Dash 4 <sup>th</sup> Place State 4A 4x400m Relay

Aiden White	4A East Regional Champion 4x400m Relay 2 <sup>nd</sup> Place Region 4A East 300m Dash 4 <sup>th</sup> Place State 4A 4x400m Relay
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### GIRLS INDOOR TRACK

Bre'nagia Drake	3 <sup>rd</sup> Place Region 4A Triple Jump
Shirelle Linzy	1 <sup>st</sup> Place Region 4A Long Jump 2 <sup>nd</sup> Place Region 4A Triple Jump 2 <sup>nd</sup> Place Region 4A 4x200m Relay 4 <sup>th</sup> Place Region 4A 4x400m Relay 4 <sup>th</sup> Place State 4A 4x200m Relay

## Menchville High School

### GIRLS BASKETBALL

Amari Carter	1 <sup>st</sup> Team All-Peninsula District
Kelsey Forgarty	1 <sup>st</sup> Team All-Peninsula District

### BOYS BASKETBALL

Allen Strothers	1 <sup>st</sup> Team All-Peninsula District
Amar Hawkins	Honorable Mention All-Peninsula District

### BOYS SWIMMING

Cole Younger	<b>Region 5A East Champions</b> 3 <sup>rd</sup> Place Region 5A East-200 Yard IM 2 <sup>nd</sup> Place Region 5A East-400 Yard Freestyle Relay 2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay 2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay 4 <sup>th</sup> Place Region 5A East-100 Yard Breaststroke 2 <sup>nd</sup> Place Region 5A East-100 Yard Backstroke 2 <sup>nd</sup> Place Region 5A East-400 Yard Freestyle Relay
Brandon Brnich	2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Jake Blackburn	2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay 4 <sup>th</sup> Place Region 5A East-100 Yard Breaststroke
Kade Younger	2 <sup>nd</sup> Place Region 5A East-100 Yard Backstroke 2 <sup>nd</sup> Place Region 5A East-400 Yard Freestyle Relay
Chris Verastek	5A East Region Champion-100 Yard Breaststroke 2 <sup>nd</sup> Place Region 5A East-200 Yard IM 2 <sup>nd</sup> Place Region 5A East-400 Yard Freestyle Relay
Landon Potter	2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay 3 <sup>rd</sup> Place Region 5A East-500 Yard Freestyle Relay
Patrick Maloon	2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Juanito Barad	2 <sup>nd</sup> Place Region 5A East-400 Yard Freestyle Relay

## Menchville High School (continued)

### GIRLS SWIMMING

#### 5A East Region Champions

Skyler Dewall	2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Chelsea Marsteller	2 <sup>nd</sup> Place Region 5A East-100 Yard Backstroke 5A East Region Champion- 400 Yard Freestyle Relay
Jenna Thompson	3 <sup>rd</sup> Place Region 5A East-100 Yard Freestyle 3 <sup>rd</sup> Place Region 5A East-200 Yard IM 5A East Region Champion- 400 Yard Freestyle Relay
Delaney Younger	5A East Region Champion-100 Yard Breaststroke 4 <sup>th</sup> Place Region 5A East-200 Yard IM 2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Katy Nunez	3 <sup>rd</sup> Place Region 5A East-500 Yard Freestyle 5A East Region Champion-400 Yard Freestyle Relay
Leah Riley	5A East Region Champion-200 Yard Freestyle 2 <sup>nd</sup> Place Region 5A East-100 Yard Freestyle 5A East Region Champion-400 Yard Freestyle Relay
Caitlyn Verastek	4 <sup>th</sup> Place Region 5A East- 50 Yard Freestyle 2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Erin Wojtkowski	4 <sup>th</sup> Place Region 5A East-100 Yard Breaststroke 2 <sup>nd</sup> Place Region 5A East-200 Yard Freestyle Relay
Megan Melzer	3 <sup>rd</sup> Place Region 5A East-100 Yard Backstroke

## Menchville

### GIRLS INDOOR TRACK

Arionne Riddick	5A East Region Champion-4x 800m Relay
Brittany Allen	5A East Region Champion-4 x 800m Relay
Jaelyn Windham	5A East Region Champion-4 x 800m Relay
Morgan Merritt	5A East Region Champion-4 x 800m Relay

## Warwick High School

### GIRLS BASKETBALL

Christina Deng	1 <sup>st</sup> Team All-Region 5A East
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### BOYS INDOOR TRACK

Malik Mathews	2 <sup>nd</sup> Place All-Region 5A East-Shot Put
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### WRESTLING

Damor Hughes	3 <sup>rd</sup> Place Region 5A East-Weight Class 113
Dillon Messick	6 <sup>th</sup> Place State 5A-Weight Class 106 2 <sup>nd</sup> Place Region 5A East-Weight Class 106

## Woodside High School

### BOYS BASKETBALL

Xavier Askew	2 <sup>nd</sup> Team All-Peninsula District
Demariyea Sills	1 <sup>st</sup> Team All-Peninsula District
Logan Washington	Honorable Mention All-Conference

### GIRLS BASKETBALL

Phylicia Allen	1 <sup>st</sup> Team All-Peninsula District
	2 <sup>nd</sup> Team All-Region 6A South
Tynasia Bunting	1 <sup>st</sup> Team All-Peninsula District
	2 <sup>nd</sup> Team All-Region 6A South

### BOYS INDOOR TRACK

Tariq Clark	3 <sup>rd</sup> Place Region 6A South 4x200m Relay
Reginald Martindale	3 <sup>rd</sup> Place Region 6A South 4x200m Relay
Kadin Roane	3 <sup>rd</sup> Place Region 6A South 4x200m Relay
Tyler Thompson	3 <sup>rd</sup> Place Region 6A South 4x200m Relay

### GIRLS INDOOR TRACK

Shakayla Venable	3 <sup>rd</sup> Place Region 6A South-300m
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### BOYS SWIMMING

Steven Duong	6 <sup>th</sup> Place Region 6A South 200m Medley Relay
Ahmon Johnson	6 <sup>th</sup> Place Region 6A South 200m Medley Relay
	7 <sup>th</sup> Place Region 6A South 200m Freestyle Relay
Will Redd	6 <sup>th</sup> Place Region 6A South 200m Medley Relay
	7 <sup>th</sup> Place Region 6A South 200m Freestyle Relay
Brant Rogers	7 <sup>th</sup> Place Region 6A South 200m Freestyle Relay
Steven Sayles	6 <sup>th</sup> Place Region 6A South 200m Medley Relay
	7 <sup>th</sup> Place Region 6A South 200m Freestyle Relay

### GIRLS SWIMMING

Kiyah Brown	6 <sup>th</sup> Place Region 6A South 1m Dive
Gabriella Crooks	6 <sup>th</sup> Place Region 6A South 200m Freestyle Relay

### GIRLS WRESTLING

Iyana Hicks	2 <sup>nd</sup> Place State 6A-Weight Class 220
Kaitlyn Nowell	4 <sup>th</sup> Place State 6A-Weight Class 113