



72nd Annual HEADLINER'S NIGHT

HONORING THE
HERBERT MOREWITZ
SPORTS PERSON OF THE YEAR



MAURICE PIERCE

PRESENTING SPONSOR **HEALTH RESEARCH OF HAMPTON ROADS**

MONDAY, JUNE 27, 2022 • HOLIDAY INN NEWPORT NEWS - HAMPTON



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The Peninsula Sports Club's 72nd Annual Headliner's Night and all student-athletes, parents, and coaches

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A note from the...

PENINSULA SPORTS CLUB PRESIDENT



Greetings,

Welcome to the Peninsula Sports Club's 72nd Annual Headliner's Night presented by Health Research of Hampton Roads. Headliner's Night is the club's marquee event where we have the privilege of honoring a group of diverse, talented and accomplished individuals that have significantly contributed to the Virginia Peninsula sports scene. These recognitions have been a part of the club's mission since its founding in 1949 and I am extremely proud to say that the Peninsula's rich tradition of excellence continues with this year's honorees!

While you listen to the journey and accomplishments of our honorees this evening, I hope it makes you even more proud to call the Peninsula home. Therefore, I implore you to share your passion of sports with your friends and colleagues. Invite them to one of our upcoming events or to join you as a Peninsula Sports Club member. It is the best way to positively impact Peninsula sports and to ensure the rich, diverse sporting history of the Virginia Peninsula continues to be recognized and honored.

On behalf of the Peninsula Sports Club Board Members – congratulations to all our honorees. Thank you to our presenting sponsor Health Research of Hampton Roads, our guest speaker Jason Bryant, our emcee Jay Colley, our other community minded sponsors, the Holiday Inn and staff, Jeff Johnson the Headliner's Event Chair and the incoming President of the Peninsula Sports Club and finally - to each of you for attending this evening and supporting the honorees. We look forward to seeing you next year!

Cheers,

Joseph Dusewicz
President, Peninsula Sports Club



PENINSULA SPORTS CLUB

Since its founding in 1949, the Peninsula Sports Club has been an active force on the sports scene. The 1st Headliner's Night was held in 1950 and continues to recognize high school, college, and professional athletes, coaches and volunteers from local communities. In 1955 the first All-Peninsula football team was honored. In 1958, baseball, basketball and track were added.

The Club became involved in community projects, advocating a "civic center" which became the Hampton Coliseum, and was involved in bringing professional baseball back to the Peninsula in 1963. In 2012, we were proud to incorporate the PSC Foundation to enhance the Club and its offerings. The Club provides financial aid to high school athletes throughout the greater Peninsula area through the scholarship program and is active with many events throughout the Peninsula through our membership.

The goals of the Club have remained the same over the years, to identify and recognize Peninsula citizens who promote sport activities make outstanding contributions to perpetuate community athletics; and to recognize outstanding Peninsula athletes, many of whom have gained national acclaim. The Club continues to recognize and honor the successes of female and male high school and college athletes throughout the area.

2021 - 2022 OFFICERS

President.....	Joe Dusewicz
1st Vice President	Jeff Johnson
2nd Vice President	Michael Allen
Treasurer	Marshall Bagley
Sergeant at Arms	Horace Underwood

DIRECTORS

Bill Badgett
Bobby Brown
Willie Brown
Dale Goodman

Belinda Langston
Kyle McMullin
Bud Porter
Sonny Seay

Ray Smith
Boo Williams

Website Administrator: Carolyn B. Langevin

— PAST PRESIDENTS —

1949 - Herbert Morewitz
William Van buren, Jr.
1950 - (Herbert Kelley finished term)
1951 - Charles Karmosky
1952 - Louis (Lolly) Aronow
1953 - H.V. (Bird) Hooper
1954 - Vic Zodda
1955 - Vaughn Mackey
1956 - Bruce Barclay
1957 - Fred (Tootsie) Bashara
1958 - Elmo Stephenson
1959 - Arthur Newsome, Jr.
1960 - L.W. (Duff) Klierer
1961 - Bob Moskowitz
1962 - Dr. J.t. (Tommy) Jobe
1963 - Gene O. Howell
1964 - George Walker
1965 - Richard W. Hudgins
1966 - W. Tribble Wilkinson
1967 - John (Bucky) Marshall
1968 - Godfrey L. Smith
1969 - Monty Williams
1970 - Jimmy Eason
1971 - Frank Schwalenberg
1972 - C.C. Duff, Jr.

1973 - Tom Crenshaw
1974 - W.A. Bud Porter
1975 - Bob Tysinger
1976 - Jerry Franklin
1977 - Larry Turner
1978 - C.J. Browne
1979 - Bill Copeland
1980 - Ron Kubesh
1981 - Bob Moorman
1982 - Elmer Fisher
1983 - Nelson Ellis
1984 - Glen Davenport
1985 - Horace Underwood
1986 - Bev Vaughan
1987 - John Graham
1988 - John Graham
1989 - Mickey Marcella
1990 - Bobby Brown
1991 - W.A. Bud Porter
1992 - Sam Vreeland
1993 - Connie Powers
1994 - Bill Smith
1995 - Tom Lee
1996 - Willie Brown
1997 - Mary Jo Horton

1998 - Mike Barber
1999 - George Powell
2000 - Boo Williams
2001 - Gordon Cooper
2002 - Steve Veazey
2003 - Jim Healy
2004 - Jim Healy
2005 - Michael Evans
2006 - Michael Evans
2007 - Horace Underwood
2008 - Colleen Messier
2009 - Colleen Messier
2010 - Lori Woods
2011 - Lori Woods
2012 - Bryan Weaver
2013 - Bryan Weaver
2014 - Sonny Seay
2015 - Sonny Seay
2016 - Sonny Seay
2017 - Sonny Seay
2018 - Sonny Seay
2019 - Sonny Seay
2020 - Joe Dusewicz
2021 - Joe Dusewicz

PENINSULA SPORTS CLUB FOUNDATION



The Foundation is the financial arm of the Peninsula Sports Club with the responsibility of enhancing and managing the growth of the Peninsula Sports Club scholarship fund.

It is a non-profit tax exempt 501-(c)-3 charitable organization, and contributions to it are tax deductible. The Peninsula Sports Club is proud of its commitment to scholarship, and over the life of the Club has distributed over \$200,000 to this project. Please consider making a 2019 contribution today by mailing your check payable to the Peninsula Sports Club Foundation at:

PSC Foundation
Post Office Box 459
Newport News, VA 23607

"Education through scholarship is a key element to individual success"

72nd Annual— HEADLINER'S NIGHT

COMMITTEES

PROGRAM	Jeff Johnson, Joe Dusewicz
BANQUET	Jeff Johnson
RESERVATIONS	Belinda Langston, Horace Underwood
PROGRAM WRITER/EDITOR	Jim Heath
HEADLINER'S NIGHT EVENT SPONSOR	Health Research of Hampton Roads
HEADLINER'S NIGHT DINNER SPONSOR	Bayport Credit Union
HEADLINER'S NIGHT AWARDS SPONSOR	Riverside Sports Medicine

PROGRAM

WELCOME	Joe Dusewicz	
PLEDGE OF ALLEGIANCE AND INVOCATION	Willie Brown	
MASTER OF CEREMONIES	Jay Colley	
COLLEGE SCHOLARSHIP RECOGNITION	Ray Smith	
MEGAN WILSON	KATRYNA AULENBACH	OLIVIA DiNONNO
JOCELYN HURST	LOGAN PICKFORD	

DINNER

GUEST SPEAKER	Jason Bryant
HERBERT MOREWITZ SPORTS PERSON OF THE YEAR	Maurice Pierce
JULIAN RICE AWARD.....	Menchville High School
BOB MOSKOWITZ MEDIA AWARD	Marty O'Brien
CHARLES KAROSKY AWARD	Ray Smith
SPORTS PERSON EMERITUS AWARD	Jim Guthrie
SPORTS PERSON EMERITUS AWARD	Frank Conway "Conky" Sorrell
THAD MADDEN AWARD	Brandon Sipe
THAD MADDEN AWARD	Jamie Gunderson
THAD MADDEN AWARD	Valerie Cagel
THAD MADDEN AWARD	Keith Parr
THAD MADDEN AWARD	Ben Jones

THAD MADDEN AWARD	Riley Cook
THAD MADDEN AWARD	Kaitlyn Hasty
SPECIAL ACHIEVEMENT AWARD	Marseilles Brown
HENRY JORDAN AWARD	Troy Williams
BETSY THOMAS OUTSTANDING HIGH SCHOOL FEMALE ATHLETE OF THE YEAR	Caroline Bauer
JULIE CONN OUTSTANDING HIGH SCHOOL MALE ATHLETE OF THE YEAR	Ben Madrigal
THE APPRENTICE SCHOOL ATHLETE OF THE YEAR	Paul Massey, Jr.
CHRISTOPHER NEWPORT UNIVERSITY ATHLETE OF THE YEAR.....	Riley Cook
HAMPTON UNIVERSITY ATHLETE OF THE YEAR	Amira Aduma
THOMAS NELSON COMMUNITY COLLEGE ATHLETE OF THE YEAR.....	Michael Adams
THE COLLEGE OF WILLIAM AND MARY UNIVERSITY ATHLETE OF THE YEAR.....	Tyler Crist
OUTSTANDING IN-STATE COLLEGE/UNIVERSITY FEMALE UNIVERSITY ATHLETE OF THE YEAR	Keely Rochard
OUTSTANDING IN-STATE COLLEGE/UNIVERSITY MALE UNIVERSITY ATHLETE OF THE YEAR	Pat McCormick
OUTSTANDING OUT OF STATE COLLEGE/UNIVERSITY FEMALE UNIVERSITY ATHLETE OF THE YEAR	Diamond Johnson
OUTSTANDING OUT OF STATE COLLEGE/UNIVERSITY MALE UNIVERSITY ATHLETE OF THE YEAR	Qhiyal Towns
COMMUNITY IMPACT AWARD	Hornsby Tire Pros
PRESIDENTS AWARD	Jake Cave
CLOSING REMARKS	Joe Dusewicz



Jay Colley

One of the nation's longest-tenured college sports broadcasters, Colley has been a fixture of the Tribe's sports broadcasts for 40 years. During that impressive tenure, he has missed just three W&M football games, which was due to illness during the Tribe's 2010 playoff run.

Colley calls the play-by-play for the Tribe in football, basketball and select baseball game. Colley is also a veteran baseball commentator, who was previously the voice of the Rochester Redwings, the Richmond Braves, the Tidewater Tides and the Norfolk Tides. In recognition of Colley's years of service to the College, he was selected as an honorary alumnus of William & Mary and was officially presented with the honor at Charter Day in February, 2003.

Colley was a mass communications graduate of Middle Tennessee State University. In 2012, he received the W&M men's basketball program's Sixth Man Award for his hard work and dedication to the program. Jay and his wife Cindy have a daughter, Carleigh Danielle, who graduated from James Madison University, and a son, Benjamin William, who was an All-American swimmer at North Carolina.

EMCEE - JAY COLLEY



Jason Bryant

For the last 28 years, broadcasting, announcing and writing has been a constant presence in Jason Bryant's life. Originally from Newport News, Bryant moved to Poquoson in 1992 and it was there where the passion for broadcasting and announcing became a common practice. In the late 1990s, it was impossible to go to a Poquoson sporting event and not see Bryant covering the event or calling the action over the PA system.

A 1997 graduate of Poquoson High School and a 2004 graduate of Old Dominion University in Norfolk, Bryant's Peninsula sports roots began with the Peninsula Poseidons, a popular semipro football team, in 1992. Two years later, as a freshman in high school, then-baseball coach George Yeager gave Bryant a shot on the mic. It was Poquoson's signature sport – wrestling – that helped take his career from Bull Island to the Olympics and help him become one of the most recognizable voices in the sport as both a broadcaster, journalist and PA announcer.

In 2021, Bryant received the Bob Moskowitz Media Award literally the day after he arrived from Tokyo, Japan, where he worked his third Olympic Games and his second as the public address voice of wrestling.

From 1997-2004, Bryant worked at the Daily Press. He created Mat Talk Online, a Virginia-based wrestling website in October of 1997 out of his dorm room. The website and wrestling coverage led to numerous announcing gigs around the region, state and eventually, the world. Bryant left Virginia in 2005 and since has worked for the National Wrestling Coaches Association, USA Wrestling and Amateur Wrestling News before rebranding and relaunching Mat Talk Online as his own business into the world's largest on-demand wrestling audio website.

He's produced, edited and distributed over 3,000 podcast episodes. Bryant has either covered or announced 24 Virginia Duals, 48 different college national championships (and counting), 16 World Championships, 17 World or Olympic Team Trials and three Olympic Games. The first time Bryant ever stepped foot on an airplane was to cover the Junior Nationals in Fargo, North Dakota in 1999. He hasn't missed one since. Wrestling's help take him to 43 states and 27 countries on six continents. Sadly, there doesn't seem to be any wrestling in Antarctica.

Few in the sport's history are as accomplished in a media and broadcasting role as Bryant. In May of 2022, he was named Wrestling Insider Newsmagazine's Journalist of the Year for the second time, giving him his 16th major award in the last 21 years. Bryant is the President of the National Wrestling Media Association, a post he's held since 2009. He's currently a resident of New Brighton, Minnesota with his wife Abby and two gold medal daughters – Lucy London (10) and Ruby Rio (5).



Health Research of Hampton Roads

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FDA-regulated clinical trials for a variety of national and international pharmaceutical and biotech companies. Since opening in 1998, we have tested investigational and established therapies in our local community for many indications including COPD, migraines, constipation, women's studies, osteoarthritis, GERD, allergies, high cholesterol, vaccines, and many others.

Who are **THESE GUYS?**

Several Peninsula Sports Club awards are labeled, but not identified...

The **HERBERT MOREWITZ** Sports Person of the Year Award is presented in honor of the club's first president (1949) and an organization co-founder. He was tireless, generous and always optimistic. He spent untold hours coaching youngsters playing for his Hurricanes in the 1940s and 1950s, while also working with the Boys Scouts and Boys and Girls Club of the Virginia Peninsula for five decades until his death in 1997. His most successful venture was spearheading a drive that raised \$1.2 million in 1985 for the construction of a Boys Club building in Denbigh. He also engineered raising \$235,000 to assist in the opening of Peninsula War Memorial Stadium in 1948. No one else backed Peninsula minor league baseball as fervently or tried as diligently to return it here after its collapse in 1992.

The **JULIE CONN** Outstanding High School Male Athlete of the Year Award remembers the colorful, extremely successful Newport News High School athletic director and coach of virtually all sports. He was unequalled in track, and basketball for decades. He spent 56 years in the Newport News school system before mandatory retirement at age 65 in 1970. His basketball teams never missed a VHSL state tournament from 1927 to 1953. His Typhoon won 396 games and lost 77. In track, his tutelage led to 21 outdoor state championships. He was the Peninsula Sports Club's first Man of the Year in 1951 and was National High School Track Coach of the Year in 1958.

The **HENRY JORDAN** Award goes to a professional athlete who demonstrates high integrity and a positive attitude. Jordan is most known for his stellar 11-year career with the NFL's Green Bay Packers (1959-69) as a defensive tackle. He graduated from Warwick High School in 1953 and played collegiately at Virginia. He was a seven-time All-Pro selection and played on the first two Super Bowl champion teams and five NFL champions. He was inducted into the Pro Football Hall of Fame and the Virginia Sports Hall of Fame.

The **CHARLES KARMOSKY** Award recognizes the community spirit which symbolized Karmosky's 38 years as sports editor of the Daily Press. The honor goes to a Peninsula Sports Club member for outstanding contributions to PSC activities. Karmosky was a founding member of the Club and its president in 1951. He was PSC Man of the Year in 1957, and was in the first class admitted to the media wing of Virginia State Athletic Hall of Fame in 1997.

Who are **THESE GUYS?**

Several Peninsula Sports Club awards are labeled, but not identified...

THAD MADDEN spent 28 years as the football, basketball and track coach at Huntington High School in Newport News. In 1971, he moved to Warwick High School and stayed until his retirement in 1981. He owned a 251-114-16 career record in football. In a four-year stretch at Huntington, his basketball teams went 112-13 and won three Virginia Interscholastic League Eastern District titles. In track, his Vikings won 198 state individual titles.

The **BOB MOSKOWITZ** Media Award is presented to the area media person for exemplary presentation of area sports. Moskowitz, a Sports Club President in 1961, logged over 50 years in journalism, and is in the Media Wing of the Virginia Sports Hall of Fame.

The **BETSY THOMAS** Outstanding High School Female Athlete of the Year Award is named for the long-time Lafayette High School athletic director, and James Blair High School field hockey and cheerleading coach. She was a pioneer in the advancement of girl's athletics in the state, and is co-founder of the Lafayette High School Hall of Fame. The 2016 Headliner's Event signifies the first year the Peninsula Sports Club named and presented this award in honor of Betsy Thomas.

Maurice Pierce



Maurice Pierce, finishing his 23rd year at Hampton University and 20th as head coach, has enjoyed a career that has seen him travel around the world coaching world class track and field athletes and leading the track programs at Hampton.

In a career that has seen many honors for Pierce, he earns another honor being named the 2022 Peninsula Sports Club Herbert Morewitz Sportsperson Of The Year.

Upon learning of the award, Pierce was caught by surprise. "I was in shock when I heard that I would be receiving the 2022 Peninsula Sports Club Sports Person of the Year Award," he said. "It is truly an honor to be recognized for all of my hard work and successes at Hampton University. Having my name mentioned with

past greats such as Francena McCorory among other local coaches and standouts is very humbling.

Pierce, a Newport News native and graduate of Norfolk State, has been involved with the Hampton track program since 1999 and took over as the Director of Cross Country and Track and Field in 2012.

Among his many highlights in that time frame he has coached seven Olympians, four Olympic medalists, six World Championship participants with three medalists and four Mid-Eastern Athletic Conference Hall of Fame Inductees. The sport of track and field has given him chances to visit places such as London, Tokyo, Beijing, China, Africa, Russia, Norway and many other places around the world.

In his Hampton University career, he has guided his teams to 33 championships which are the most since the Pirates made the move to NCAA Division I. Only Dr. Robert Screen has won more championships at Hampton with 37 tennis crowns when the Pirates were NCAA Division II.

The Pirates are in the midst of moving to the Colonial Athletic Association, starting July 1, and look to make an immediate impact. In their first season of Big South Conference competition, the track programs made a statement as both teams swept the track titles winning indoor and outdoor crowns. Pierce was selected as the Coach of the Year for both indoor teams and the women's outdoor for the second double sweep for Hampton in school history.

Hampton University Congratulates
2022 HERBERT MOREWITZ
SPORTS PERSON OF THE YEAR



Head Coach Maurice Pierce
Hampton University Director of Track and Field

Peninsula Sports Club | hamptonpirates.com

Menchville High School

Julian Rice Award winner for 2020-2021 school year is Menchville High School. The girls Cross Country were 5B Regional Runner-up, Golf team were 5B Regional runner-up, both girls and boys swim teams were Regional Champions, girls' basketball were 5B Regional champions and class 5 State Champions. In the spring the girl's tennis team were 5B Regional Runner-up, with boys' soccer winners of 5B championship. The soccer team played in the state playoffs.

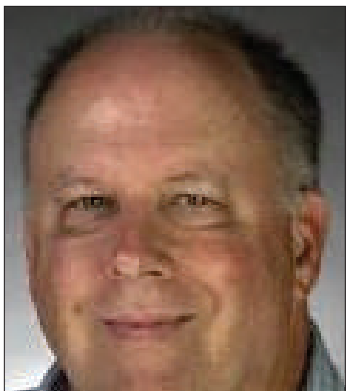
Woodside, Kecoughtan and Gloucester were tough challengers, but Menchville High School wins the trophy. Menchville has won this award 35 times out of the 50 times it has been given.



Eligible Schools are Bethel, Denbigh, Gloucester, Hampton, Heritage, Kecoughtan, Menchville, Phoebus, Warwick and Woodside

Julian Rice Award

1969-70	Hampton
1970-71	Bethel
1971-72	Menchvill
1972-73	Menchville
1973-74	Ferguson
1974-75	Menchville
1975-76	Menchville
1976-77	Menchville
1977-78	Menchville
1978-79	Menchville
1979-80	Menchville
1980-81	Menchville
1981-82	Menchville
1982-83	Menchville
1983-84	Menchville
1984-85	Menchville
1985-86	Lafayette
1986-87	Lafayette
1987-88	Lafayette
1988-89	Lafayette
1989-90	Lafayette
1990-91	Lafayette
1991-92	Menchville
1992-93	Denbigh
1993-94	Denbigh
1994-95	Lafayette
1995-96	Lafayette
1996-97	Menchville
1997-98	Menchville
1998-99	Menchville
1999-00	Menchville
2000-01	Menchville
2001-02	Menchville
2002-03	Menchville
2003-04	Menchville
2004-05	Menchville
2005-06	Menchville
2006-07	Menchville
2007-08	Menchville
2008-09	Menchville
2009-10	Menchville
2010-11	Menchville
2011-12	Menchville
2012-13	Kecoughtan
2012-13	Kecoughtan
2014-15	Menchville
2015-16	Menchville
2016-17	Menchville
2017-18	Menchville
2020-21	Menchville



Marty O'Brien

Marty O'Brien Staff Writer DAILY PRESS

Marty O'Brien has reported for more than 21 years in Hampton Roads. He is an outstanding journalist and primarily covers Peninsula District and Bay Rivers District high school sports.

He also covers William and Mary, Hampton University and Christopher Newport University athletics and reports on Langley Speedway in Hampton.

In his spare time, he looks at a lot of college sports and he's a lover of Kentucky basketball.

Marty is an advocate for the youth of his community. O'Brien said he wants to concentrate on building a thriving community by first focusing on the city's youth.

In 2021, the Virginian-Pilot, Daily Press, Virginia Gazette and Tidewater Review won 63 awards in this year's Virginia Press Association news and advertising contest. The four Virginia Media publications won 19 first-place awards. Marty O'Brien won three (3) first place awards with his expert journalism.

First place Front Page: Daily Press Staff: 2021

- Sports Column Writing: He was in a coma for 17 days and almost died twice. Robert Calloway has no memory of his long battle with coronavirus. by Marty O'Brien, Daily Press
- Sports Column Writing: Parker Topping was told he has 22 months to live, but he's fighting and coaching his son at Poquoson by Marty O'Brien, Daily Press
- Sports Column Writing: Mo'ne Davis was thrust into the spotlight while dominating in Little League. Now she's quietly excelling at Hampton by Marty O'Brien, Daily Press

He does an outstanding job of keeping us informed about team standings, statistics, playoffs, tournament information and college commitments for the Peninsula, Bay Rivers, Tidewater and Tri-Rivers districts and area private schools.

Marty's work is key to the up-to-date sports happenings in Hampton Roads and on the Peninsula.

Ray Smith

A longtime resident of the Virginia Peninsula, Ray Smith grew up in Newport News where he was a three sport athlete, lettering in football, baseball, and basketball at Warwick High School. After graduating from Warwick in 1967, Ray earned a football scholarship to Frederick College and started as a freshman. Emory and Henry College picked up his scholarship after Frederick disbanded, and he continued his collegiate football career as a three-year starter at defensive back.

After graduation from Emory and Henry, Ray was hired by Hampton City Schools and taught U. S. History at Kecoughtan High School from 1971-1975 where he was also the Assistant Varsity Football Coach and JV Baseball Head Coach. Ray was on the first faculty of Phoebus High School in 1975, and he was the school's first varsity baseball coach.

After spending the better part of the 1970's in public education and coaching, Ray left Hampton City Schools to become a co-owner and manager of the Ski Center's Hampton location from 1978-1984. He was hired as the City of Hampton's Tennis Director and ran the Hampton Tennis Center from 1980-1990. He was the Sports Director and Head Tennis Pro at Kiln Creek Golf and Country Club from 1990-1992.

Ray returned to Hampton City Schools in 1993, teaching U. S. History from 1993-2014. He replaced Dennis Kozlowski as Director of Athletics at Bethel High School in 1998 and served in that capacity until his retirement in June of 2015. His return to public education coincided with a return to coaching. He was Bethel's girls' varsity tennis coach from 1993-1997. Ray coached the varsity girls at Hampton Roads Academy from 1992-2012. His HRA teams were highly successful, achieving 22 consecutive winning seasons including two undefeated seasons, four conference championships, three state championships, and over 200 victories. He was selected as Coach of the Year in the Tidewater Conference of Independent Schools six times.

While the AD at Bethel, Ray joined the Peninsula Sports Club because he wanted to support the mission of the club, especially as it pertains to the recognition of outstanding high school athletes. Of special interest is increasing the revenue of the Peninsula Sports Club Foundation with the goal of increasing the number of scholarships that the PSC gives to graduating seniors.

Ray has been married to his college sweetheart, Linda, for 50 years. He is a dedicated father to his son Justin and daughter-in-law Tammy and an equally doting grandfather to Madeline. Ray is a longtime member of First Presbyterian Church in Hampton, where he has served as Deacon. In his retirement, he continues to be involved in local high school sports, serving as director of various track and tennis championships at the regional and state levels for the Virginia High School League.





Jim Guthrie

James W. Guthrie was the fore-runner to Leroy Keyes at Carver High School. They lived in the same neighborhood and Leroy Keyes learned a lot by watching James Guthrie play.

Guthrie was an outstanding, multi-talented athlete at Carver High School, Newport News, VA from 1959 – 1963. He played football, basketball and ran track for 4 years.

James played point guard on the basketball team and average double figures for three (3) years. He was the leader of the team, was chosen captain of the team, his junior and senior years.

In 1961 and 1962, James Guthrie won the Long Jump at the VIA State Championship. He set the state record, 1962, with a jump of 23 feet, 10 3/4 inches. He was undefeated for two years in the long jump.

He was also the VIA State Champion in the 100-yard dash and Champion in the 220-yard dash.

He played football for three (3) years. He was the 1st team running back and played 1st team safety, on the defensive side of the ball.

In 1961, Carver won the VIA Football Championship. He co-captain of the team and played a vital role during that season. This is the only Championship, Carver has ever won.

He was voted as one of the 100 Top Athletes in the History of the Virginia Peninsula.

He was given honorable mention of the All-American Team in the Pittsburg Courier Publication.

He received a football scholarship to Hampton Institute. In 1962 and 1963, he was the leading rusher for Hampton Institute.

In 1963, James won the CIAA rushing championship over Leroy Kelly; Morgan State and Emerson Booser, Maryland Eastern Shore.

In the 1963, in the post season Fish Bowl, played in Norfolk, VA. Guthrie rushed for 220 yards. He had an outstanding game to cap off an outstanding season.

Frank Conway “Conky” Sorrell



Lifelong Hampton Resident & Sports Enthusiast

The Early Years 1929-1947

I have been fascinated with sports for as long as I can remember. My Dad was a big baseball fan and carried me to ball games all over the area. Somehow, he came up with an old lefthanded 1st baseman mitt. That mitt went with me everywhere, hanging on my belt. Most of my original ball playing was right in the neighborhood and at school yards. I remember going to Hampton High School football games in 1936 (State Champions) and seeing Corky Davis and Nelson Catlett play.

My Dad and older brother, Gilly, beat me to death teaching me how to catch the ball, throw the ball and hit. I became a New York Yankee fan for life and read every article I could get my hands on about them.

The first organized team I ever played on was with the Wythe Christian Boys Club. They were sponsored by Wythe Parkway Baptist Church and was a softball team. We played against other church boy teams. At that time there were not any city or county programs or sponsored leagues.

A man in Wythe got together a football team to play in the Newport News Leagues. There was a 120# weight limit and practices were about two miles from where I lived on Shell Road. By this time, I was in Junior High at George Wythe. I played baseball and football for them but since there were no Junior High's around, we played High Schools. So called "B" Varsity Teams, or men's teams. We held our own pretty darn good.

It was about this time someone in Wythe organized and entered a baseball team in the Newport News City League for kids about 13-14. I made the All-Star Team and got to play the champion "East End Blue Devils" in a three-game series under the lights. This was my first time playing under lights. We played at the old "Baby Dodgers" ballpark on Virginia Avenue. This was also the first time I ever wore a team uniform.

The Apprentice School, Hampton Royal & Shipyard League Years 1947-1967

I graduated from Hampton High in June of 1947. I went into the Shipyard Apprentice School in August. I played basketball in the Apprentice House League and Varsity baseball for four years. While in the "A" school I got to play for Seaford in the recently established Semi-Pro Tri County League. Around this time the manager of the Hampton Royals noticed a Hampton boy playing in York County and he expected me to play for him! It was 1950 and I was with the Royals for ten years. The last five years as playing Manager. During this time, we were runner up in two state semi-pro tournaments and won it once in 1958. This win entitled us to go to the National tournament in Wichita, Kansas. The Royals came out tied for 7th place. After the Tri-County League folded the Royals played in the Semi-Pro Tidewater League from 1957-1959.

During this time, I also played basketball in the Shipyard League for many years and played Shipyard League baseball from 1949-1967.

The Golf Years 1961-Present

My kids grew up around ball parks and still talk about it. I coached Pony League baseball 1967-1968 and Colt League 1969-1971. I continued to umpire boys' baseball until they started paying the umpires.

As my baseball playing days were slowing down, I started playing golf. I joined the Hampton Golf Association in 1961 around the time my youngest was born. I was on the Board of Directors and served as Golf Chairman for 25 years. I played in numerous tournaments (i.e., PEN AM, Hampton AM, Hampton Senior AM, VSGA Mid-Championship, State Team matches and others).

I joined the Hampton Golf Association (HGA) and represented them at many VSGA meetings and events. Over the years I have had eight hole in ones. When I turned 80 years of age, I was voted to be a lifetime honorary member of the HGA. The one thing I will never forget is making a six-foot par putt on the 18th hole to break 80 on my 90th birthday...shot a 79. I joined the Hampton Senior Golf Association in 1991 and served as President for about 20 years.



Brandon Sipe

A major part of Hampton Roads' golf future recently became the present, and it has been displayed on the Golf Channel.

Yorktown's Brandon Sipe made the most of a trip to southwestern Louisiana, winning the boys 13-and-under title at the Notah Begay III All Boys Jr. Golf National Championship from Nov. 13-15, 2021. While the youngest player in a field of 30, he shot a 16-under-par 200 for three rounds on the nearly 6,000-yard course, Koasati Pines at Coushatta, to win by five strokes. Highlights were shown on a Golf Channel program and are on YouTube now.

"It was amazing," said Sipe in an article in the Daily Press after the event who is a homeschooled seventh grader that has never taken a formal golf lesson. "I'd never played that good before. I did shoot, like, 66s, but (never) that consistent, in a big tournament with all that pressure, with all those cameras."

Juniorgolfscoreboard.com lists Sipe as the fourth-best player nationally in the 12th-grade class of 2027.

Sipe, a natural left-hander who's a right-handed golfer, first raised a few eyebrows in the area when he was about 5. He would blast tennis balls well enough to impress the players on a Peninsula District champion boys team coached by his dad, Steve, a science teacher at Menchville High in Newport News.

Practicing with his father, Sipe — who started at age 2 — already was using a regular-size racket and tennis balls. But many tournaments in his age group were contested with smaller rackets and foam balls, which frustrated him.

"But then there was a golf event at my golf course, Kiln Creek, and I did it," he said. "Then I did a camp and I enjoyed it. At first I was just playing for fun, and then I wanted to do good. I started playing tournaments at 8 1/2 and took it serious when I turned 9.

"I started shooting under par when I was 10. My average score was 35 or 34 in nine-hole tournaments."

Steve Sipe, who occasionally caddies for his son, estimated that Brandon has won 98 of the 129 tournaments he has played, including a men's open at Kiln Creek at age 12. He turned 13 on Oct. 20.

Jamie Gunderson

Jamie Gunderson was appointed the head coach of the Christopher Newport women's soccer program in the spring of 2020 after serving as an assistant coach for eight years. He became the seventh Head Coach in the program's 24-year history.



In his second trip to the NCAA Division III National Semifinals, first as head coach, he guided the Captains to the first NCAA team championship outside of track and field in school history as CNU defeated top-ranked The College of New Jersey 2-0 in Greensboro, N.C. on December 4, 2021.

Gunderson, who has been with the Captains since the fall of 2012, previously served as an assistant coach under Dan Weiler for seven seasons before stepping into the interim head coaching position following the 2019 season. The interim tag was then removed in April.

Prior to taking the reins as the top assistant coach in 2014, Gunderson also served under head coach Ruth Keegan as a volunteer assistant coach in 2012 and started his tenure with Weiler in 2013. He has been a staple on the sidelines during the most successful stretch in program history as he helped guide the Captains to six straight regular season conference titles between 2013-18 and six NCAA Tournament berths in his time under coach Weiler. In a three-year stretch between 2016-18, the Captains set and re-set the program record for wins in a season while capturing the program's first three Capital Athletic Conference Tournament Championships.

In 2018, Gunderson was part of the coaching staff that led Christopher Newport to the NCAA Division III National Semifinals and wrapped up the season with a 21-2-0 overall record. For his efforts, he was honored as part of the United Soccer Coaches Atlantic South Region Coaching Staff of the Year.

Prior to arriving at Christopher Newport University, Gunderson was a four-year starter at Methodist University and was a USA South All-Sportsmanship Team representative for the Monarchs. He has competed professionally as a member of the Norfolk Sharx in the Major Indoor Soccer League and also played with the Lionsbridge FC. He also continued to hone his coaching prowess as a head coach with the VA Legacy soccer club in Williamsburg, Va. from 2009-19.

Christopher Newport women's soccer posted a 16-3-3 overall record and went 8-1-1 in conference play during the 2019 season. The Captains earned an at-large berth into the NCAA Tournament and reached the second round of the postseason tournament after a 2-0 win over Worcester State in the opening round.

Gunderson holds a "C" License from the United States Soccer Federation, earning the certificate in 2018.





Valerie Cagle

Valerie Cagle - 2022

- NFCA First Team All-American and NFCA All-Region First Team
- USA Softball Player of the Year Top 25 Finalist
- ACC All-Tournament Team Selection
- First Team All-ACC
- Tallied a .308 average overall and .282 average in ACC play
- Finished the season with 44 RBIs and 34 runs scored
- Had 55 hits on the year with 10 doubles, one triple and 13 home runs
- Had three hits in the NCAA Clemson Regional, including a home run in the regional title game against Louisiana (May 22)
- Went 2-for-3 with one home run in ACC Tournament Quarterfinals against Notre Dame (May 12)
- Went 3-for-4 in the opening game at FGCU (Feb. 10) with a double, a home run and six RBIs
- Hit two home runs against Winthrop (March 15)
- Went 3-for-4 at Charlotte (Feb. 23) with one run scored
- Holds a 1.92 ERA through 32 appearances in the circle with three saves
- Has 16 wins, 16 complete games and seven solo shutouts which leads the ACC
- Leads the team with 176 strikeouts through 160.2 innings pitched
- Pitched 6.1 hitless innings against Georgia Tech with 10 strikeouts
- Pitched Clemson 2-0 upset victory over No. 6/5 Washington with 10 strikeouts
- Had a season-high 13 strikeouts in Clemson's 4-3 win over Tennessee
- Struck out 12 batters at UNC (April 1) after striking out 11 vs. South Carolina (March 30)
- Turned in a shutout with six strikeouts against Auburn (May 21) in the NCAA Clemson Regional
- Preseason All-ACC Selection
- No. 6 on Extra Innings Softball's Extra Elite 100 list
- No. 19 on Softball America's 2022 Preseason College Top 100 list
- Preseason D1Softball.com First Team All-American
- Preseason Softball America First Team All-American
- D1Softball.com Preseason Top 10 Pitcher Power Rankings
- Preseason D1Softball.com Player of the Year

THAD MADDEN AWARD



Keith Parr

Christopher Newport University Head Coach
19 seasons....635-188-1 (.771)

Keith Parr has led the Christopher Newport softball program since 2003, and has overseen an amazing era in the program's history. The Captains have developed into one of the elite softball programs in all of Division III with Parr at the helm, and Christopher Newport won its first NCAA National Championship in 2022.

The Captains have now advanced to 15 consecutive NCAA Tournament appearances, and Parr recorded his 600th career victory during the 2022 season. CNU captured the Coast-To-Coast Athletic Conference crown to advance to the tourney, and Parr was selected the Coach of the Year in the C2C.

Parr's Captains were ranked the top team in the nation for the last nine rankings of the season by the NFCA. 2022 marked Parr's his third trip to the finals, and the first since 2011 when Christopher Newport finished as the national runner-up.

The 2021 CNU squad received an at large bid to the tourney, falling in Texas in regional play to end the year at 28-14. Parr's Captains were 12-1 in 2020 prior to the cancellation of the remainder of the season due to CoVID. Christopher Newport was ranked third in the nation by the National Fastpitch Coaches Association (NFCA) when the season was halted.

CNU gained its first-ever #1 ranking during the 2019 season, as the Captains were picked as the top team in the nation in back-to-back weeks by the NFCA. Christopher Newport recorded a record of 37-9 and advanced to the Super Regional Round of the NCAA Tournament, ending the year as the 15th-ranked squad in the country.

Through 19 seasons as CNU's head coach, Parr has posted an overall record of 635-188-1 for a winning percentage of .771, which ranked eighth among active coaches at the Division III level...and 29th in the history of collegiate softball. His squads have also won at least a share of 13 regular season conference crowns and six tournament titles.

Parr graduated in 1999 from Christopher Newport with a degree in Recreation, Sports, and Wellness Management. He assisted former head coach Paul Weiss for four years from 2000-03, a span that saw the Captains go 131-38-2 for a winning percentage of .772, at the time the most successful four-year stretch in CNU softball history.





Ben Jones

The Apprentice School Builders, under first-year head coach Ben Jones, completed a run for the record books on May 19 winning three games in one day to capture the 2022 United States Collegiate Athletic Association (USCAA) Small College World Series Baseball Championship at Showers Field.

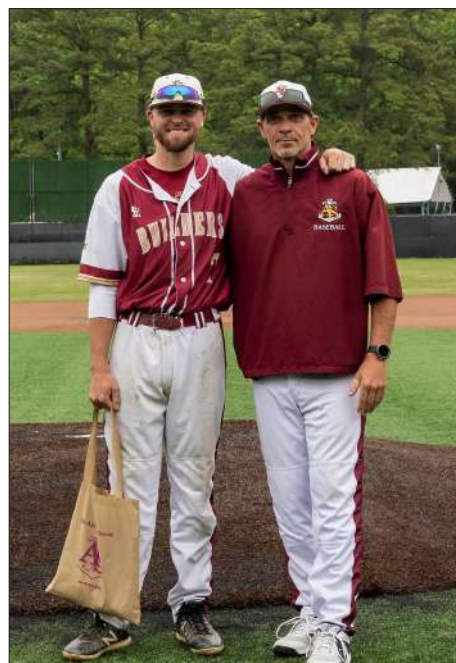
The fifth-seeded Builders captured the third title in school history with a wild 23-17 win over fourth-seeded Miami-Hamilton. Apprentice School rallied from a 15-2 deficit in the fifth and a 17-6 deficit in the sixth to score the wild victory. Apprentice School lost its opener to Miami-Hamilton and became the first team to lose its opener and work all the way through the elimination bracket to win the title in the history of the Small College World Series.

A combined 40 runs in the championship game broke the tournament record held since 2015, ironically when the last time Apprentice School won the championship defeating Illinois Tech 25-10.

Apprentice School started the tournament losing 12-2 to Miami-Hamilton before beginning its march through the elimination bracket with a pair of five-inning wins over Mid-Atlantic Christian (11-1) and Bryant & Stratton Albany (13-3). On Wednesday, the Builders defeated Penn State Mont Alto 7-1 and then eliminated the three-time defending champions Penn State DuBois 7-0. That set up the championship day that started with an eight-inning 6-3 win over Cinconnati-Clermont before they faced Miami-Hamilton again and won 14-3.

This is the third national title in Apprentice School baseball history winning in 2007 and 2015.

THAD MADDEN AWARD



Riley Cook

Riley Cook finished her Christopher Newport career as the program's all-time leading scorer with 198 points on 90 career goals and 18 assists. She consistently ranked in the top-five nationally in points throughout her four seasons and finished her senior campaign with 53 points on 24 goals and five assists. She became the only player in DIII NCAA Tournament history to record a goal in all six games of the postseason event; she also became the first soccer player, men's or women's, to score five or more game-winning goals in the history of the NCAA Championship.

Cook set and re-set nearly every standard in the record book by every measure. She is the all-time leader in goals and points scored in a game, single season and career at Christopher Newport.

Cook was named the 2021 United Soccer Coaches Division III National Player of the Year and the D3soccer.com National Midfielder of the Year after leading her team to its first NCAA National Championship title in 2021 and recognized as the Tournament's Most Outstanding Player. The three-time Conference Player of the Year earned first team All-America plaudits for the third time and is a four-time first team All-Conference selection.

She was selected as the DIII Honda Athlete of the Year finalist for soccer as announced by THE Collegiate Women Sports Awards presented by Honda



Kaitlyn Hasty

Kaitlyn Hasty concluded her amazing softball career at Christopher Newport University by leading the Captains to the National Championship, and was named the National Fastpitch Coaches Association (NFCA) Schutt Sports Division III National Player of the Year.



"Kaitlyn has been one of the most-feared hitters in the country since she joined our program four years ago," Parr said. "She has continued to grow and develop due to her incredible work ethic, desire, and yearning to be the absolute best. Her accomplishments, essentially in just over three seasons due to our shortened 2020 season, will be remembered and celebrated for years to come. We are so happy for her to receive post-season honors, especially knowing they come after the greatest team accomplishment ever, the National Championship."

Hasty, from Chesapeake, became the first CNU National Player of the Year after becoming the first three-time All-American in CNU softball history. She has been instrumental in the success of the program since her arrival in 2019, when she was named the National Freshman of the Year.

The power-hitting anchor in the third spot of the order helped lead the Captains to a 47-1 record, and along the way led the nation in home runs with 19 and set a new program career mark with 53 long balls. Her final career round-tripper came in the NCAA Fijinals, the go-ahead grand slam in the fifth inning of the opening game of a best-of-three championship series against Trine. The monster shot over the left field fence broke a 2-2 tie and propelled Christopher Newport to a 6-3 victory over the Thunder. It was Hasty's first long ball since her blast in a victory over fourth-ranked Salisbury in the Coast-to-Coast Athletic Conference Tournament at Captains Park.

For the season, Hasty batted .414 with 33 runs, 53 hits and 12 doubles, and led the country with 19 homers and 67 RBI. She ranked second nationally in slugging percentage (.953), had a .532 on-base percentage and a 1.485 OPS, drawing 28 walks and striking out just 16 times in 128 at-bats.

Uniform number 27, worn by Hasty since her arrival in the program, will never be issued again. A formal ceremony to retire the number will be held at a home game at Captains Park sometime during the 2023 season.

The Western Branch High School product earned Louisville Slugger/NFCA Division III Player of the Week honors, when she hit .700 with two doubles, three walks, four homers and 11 RBI. She previously earned All-Region and All-America honors in 2019 and 2021.

Christopher Newport was the top-ranked team in the nation for the final nine weeks of rankings. The Captains won their first 23 games before falling at Averett University in the second game of a doubleheader on March 27th. CNU responded after the loss, setting a new school record for consecutive wins by claiming their final 24 games, including ten in the NCAA tourney, to capture the National crown.

Hasty led a group of seven seniors in the CNU lineup, including two fifth-year seniors, that advanced to the NCAA Tournament each season of their careers. The Captains have now played in the last 15 NCAA Tournaments, and 19 in program history.

Hasty Quick Hits:

NFCA DIII National Player of the Year- first in program history

First player in program history to earn three NFCA All-America honors (two-time First Team)

Three-time First Team All-Region

Three-time First Team All-Conference

Led the nation in home runs (19) and RBI (67)

Ranked second nationally in slugging pct. (.953)

Batted .414 with 33 runs, 53 hits and 12 doubles, 532 on-base pct. and 1.485 OPS

Drew 28 walks and struck out just 16 times in 128 at-bats

First player in league history to earn Player and Freshman of the Year (2019) in the same season

Uniform Number 27 set to be retired

Marseilles Brown

A close look at how Marseilles Brown, Owner of Hoops and Life Basketball Training and you can see it was created in an attempt to teach aspiring basketball players how to improve their game." We teach our players how to apply this type of commitment to excellence to other areas of their lives such as academics, relationships with people, and their spiritual lives."



Marseilles conducts high energy, physically and mentally demanding workouts where he is able to demonstrate EVERYTHING that he teaches. He often competes with the clients as well." We cover everything from footwork, shooting off the catch, shooting off the dribble, passing, ball handling, cutting, ball screens, back to basket and face up posting, defense, as well as strength and conditioning."

Marseilles is an International Basketball Skills Trainer who trains players of all levels; from 8 years old, to pros. Based in Columbia, SC, Marseilles travels from coast to coast to train, and he has been as far as the British Virgin Islands to train their national Team in preparation for the Olympic

At the end of the day, Marseilles teaches his clients how to train themselves when he is NOT in the gym with them, because that's where players are made, scholarships are earned, and contracts are offered. He takes all of his positive and negative experiences in hoops as well as life, and shares them with his clients in an effort to prevent them from making the same mistakes that he made as a youngster.

Marseilles has an array of drills that allow him to maintain the same level of intensity and game-like situations as in the individual workout. There is also a significant amount of correction that takes place in these workouts, but his attention is divided equally to each player. In addition to the drill work, these groups are sometimes broken down into teams, where they are allowed to compete against one another, not only to teach them how to make "basketball plays", but to teach them how to compete every second of every game.

"I had a vision from God. In this vision, God showed me that he would use me to help people find themselves and prevent them from going through the same things that I had." "The vehicle to do this was basketball."



Troy Williams

Troy Williams, one who has won many awards throughout his career, earns another one this evening – the Henry Jordan Award from the Peninsula Sports Club.

Williams played three years at Phoebus High School before finishing his high school career at Oak Hill Academy. As a senior he averaged 16.2 points, 7.5 rebounds, 4.0 assists and 2.0 blocks with nine double-doubles. He was Gatorade Player of the Year as a senior as Oak Hill advanced to the National High School Invitational.

A three-year stint at Indiana, saw him earn third-team All-Big Ten honors as a junior averaging 13.3 points and 5.8 rebounds per game. He went into the 2016 NBA draft and joined the Phoenix Suns Summer League team. Williams shined and was picked up by the Memphis Grizzlies and secured an opening night roster spot. He has seen action with the Grizzlies, Houston Rockets, New York Knicks, Sacramento Kings and New Orleans Pelicans. In the G League/D League, Williams has seen time with the Iowa Energy, Rio Grande Valley Vipers and Stockton Kings.

Williams scored an NBA career high 21 points for Houston in a win over Phoenix in 2017.

Troy Williams has provided an annual free basketball camp for the youth of the Peninsula over the last few years. He gives back to the community because the community gave a lot to him. Williams also takes time to work players on all levels of the Boo Williams Program, doing as older players did for him – Pay It Forward.





Caroline Bauer

Caroline Bauer is a senior student-athlete at Jamestown High School, having competed this year on the Cross-Country and Track and Field teams. She maintains a 4.1 GPA and graduated in the top 15 percent of her class. She is a member of the National Honor Society, National English Honor Society and the National Latin Honor Society.

In addition to her success in the classroom, Caroline is an accomplished distance runner. Her current PRs are 16:54 for Cross-Country (5k), 10:24 for the 3200m, 9:41 for the 3000m, 4:53 for the 1600m, 4:40 for the 1500m and 2:19 for the 800m. She holds the Jamestown High School records in all of those events, along with the VHSL Class 4 State Indoor Championship meet record in the 3200m. In 2022, Carolina was the Region 4A champion in Cross-Country, the Indoor Track 200m, 1600m and 4x800m relay champ, along with the Outdoor Track 3200m and 4x800m relay champion. She finished as the 2021 VHSL state runner up in Cross Country, the 2022 state champion in the Indoor Track 3200m and 2022 state runnerup in the Outdoor Track 3200m. In addition, Caroline earned High School All-American honors in Cross Country at the 2021 Garmin Running Lane Cross Country Championships and in Indoor Track at the 202 New Balance Indoor Nationals. She also placed fifth in the 3000m at the historic and iconic Penn Relays in April.

Caroline is active in the community, working with children and volunteering in the Sunday School program at the Williamsburg Community Chapel (WCC). She participates in the Student Ministries program at WCC and assists the leaders where needed. Additionally, Caroline has volunteered with the Greater Williamsburg Distance Running Club (GWDRC), at the Morningside of Williamsburg nursing home playing BINGO and bringing flowers to the residents, as an Orientation Aide at Jamestown High School to help students make the transition to high school from middle school and assisting with highway trash pickup with the National Honor Society.

Ben Madrigal

Ben Madrigal graduated this year from Grafton High School and plans to attend Virginia Tech in the fall with the hopes of running cross country and track and field for the Hokies. In addition to his athletic aspirations, he plans on pursuing a degree in Human Nutrition, Foods, and Exercise, with the hopes of the obtaining a job in the field of athletics after college, whether it be as an athletic trainer, dietician, physical therapist, or coach.

Throughout his time in high school, he explored many different avenues and activities ranging from sports to fine arts (photography and band), and high-level AP classes. Although not a self-professed "Jack of all trades," he went at those activities which allowed me to better himself and find out new things about himself as a person.

While he may have learned that band wasn't my calling, he did learn the importance of practice and preparation. He found a love for the grind and grit necessary in track and cross country, spending every day after school at practice. From rigorous academics, he learned the importance of time management. The common theme: learning new things about himself and how to improve himself from all these different experiences.

His plan is to continue this trend in college and pursue new avenues, as well as find new hobbies and activities post-college.



JULIE CONN OUTSTANDING HIGH SCHOOL MALE ATHLETE



Megan Wilson

It all started the day my feet first touched the field. From then on, soccer was my home, my happiness, my life. I played it all throughout elementary school, middle school, and now high school, and it has continuously impacted my life by molding me into an understanding, kind leader and introducing me to noteworthy people who have greatly impacted my life.

As a shy child, I was never very vocal in school and would hide from strangers rather than reach out to them. I can vividly remember taking shelter behind the slim leg of my mother when seeing someone else my age on the street, as if I were a caterpillar retreating into my cocoon. However, once I began playing soccer, I found my confidence. It was something that I could understand and love, something I was good enough at that I could explain to others.

Suddenly, all I wanted to do was teach others about my new found passion. It was as if my cocoon had ripped wide open and this beautiful butterfly of a leader emerged. I found a voice through soccer, one I used to help others around me emerge into their own distinct butterflies. I learned how to collaborate with my teammates and look at situations from a view other than my own, and I also learned how to be a leader who could listen to criticism from others and make changes to better myself. Similarly, this voice connected me to people from all over the peninsula, people who made drastic changes in my life and who bettered my understanding of the world outside of my own city bubble. I became friends with people from Williamsburg to Hampton, of all backgrounds and ethnicities, and grew to realize that soccer was a pathway that connected me to amazing people who helped me learn how to laugh and smile, but also work hard and compete.

Soccer pushed me to become a better person by allowing me to grow into a confident, happy, hard-working woman through its role in pushing me to teach others and introducing me to some of the most influential people in my life, such as friends and coaches. Without this sport, I may still be confined to my small cocoon of shyness in Newport News and would not be the same person I am today.

Jocelyn Hurst

From three-year-old rec soccer to competing at multiple state track meets, sports have been a big part of my life. Being a part of high school teams have contributed to my growth as an athlete on and off the field and track.

Teamwork

First and foremost, sports have taught me that synergy leads to success. My field hockey, soccer, track, and cross-country teams have all felt like second families, and being a family member means supporting each other, whether it be on or off the field or track. I have a passion for sports, I love achieving goals, and I work to be the best I can be in anything that I set my mind to, which makes me a leader to the team. My teammates and I have helped each other through difficult times ranging from athletic injuries to the loss of a loved one. This past indoor track season, I've had two of my teammates tell me that they feel like I am like an older sister to them, and that meant the most to me.

Accountability

I am not only liable for what I do at practices, games, and meets, I am responsible for hydrating throughout the day, eating well, getting enough sleep, doing rehab with my athletic trainers, fitting in time for schoolwork, and more. I have learned to manage my time wisely, especially because I am a five-sport athlete and my team counts on me. Being a student-athlete takes a large toll on my body and mind, so it is important that I treat them well.

Work Ethic

My cross-country coach has taught me about these four keys to success: student mentality, positive attitude, self-motivation, and work ethic. I must be willing to work hard with the right mindset daily. There have been numerous times where I have been close to feeling burnt out of running, but when I truly think about my passion for sports and the happiness it has brought me, I know I can't quit. Sports drive me to have a positive work ethic and to keep getting better as an individual.





Katryna Aulenbach

Katryna Aulenbach has graduated from Tabb High School with highest honors from all four years. During her time at Tabb she was an active member of National Beta Club, Spanish National Honor Society, and National Honor Society.

Since eighth grade Katryna has ran for Tabb High School and Growing Runner's Track Club, participating in cross country, indoor track, and outdoor track. Her most notable accomplishments are being all state for cross country her junior and senior year, all state for indoor track her freshman and senior year, and all state for outdoor track her junior and senior year. She was state champion in outdoor track for the 3200-meter run her junior year and state champion for the 4x8 relay her senior year.

Next year she will be studying psychology at George Mason University where she will be running cross country and track at the Division 1 level.

Logan Pickford

Sports have always been a huge part of my life. I started softball, basketball, and karate when I turned five. There's something about being on a team that forms communication, leadership, and important life skills that I use in my everyday life. I have committed to play Division I softball at George Mason University and fully believe that the team environment will help me thrive in the college setting.

As a First Team all-region point guard, I learned the importance of clear communication from basketball, and I learned how to lead. My favorite sport, softball, has taught me important lessons about teamwork that helped my extraverted personality work as part of a group to overcome adversity and achieve goals.

In 2014, I earned my black belt in Hapkido. While learning to protect myself, I learned these key athletic principles: Courtesy, Perseverance, Character, Endeavor and Indomitable Spirit.

I believe there is never a reason to be mean, especially in school. I practice courtesy everyday at school by saying hello or simply holding the door for the person behind me.

Perseverance is the reason I am committed to play Division I softball at George Mason. Perseverance means never giving up, and through the challenges of online school and lost opportunities during the pandemic, that's exactly what I did. In 2020, I made it my goal to use the time to make myself the best athlete I could be, and I never gave up. I lost over 30lbs and became quick on the basketball court and powerful in the batter's box. Perseverance made me the athlete I am now.

Character and Endeavor made the most impact. My character shows in my leadership roles, as the Class Vice President and the Captain of the softball and basketball teams. I "endeavor" to achieve goals not only in sports and with my honor-roll grades, but also by being involved with several extracurricular clubs. Learning to seize opportunities helped me achieve every goal I have wanted to accomplish, and I am grateful for that.

Lastly, Hapkido taught me "Indomitable Spirit." I am strong, brave, powerful, and determined to do great things. These principles are why I have made a positive impact at school and become a better person overall. I will use them throughout my journey in life.



Editor's Note: On June 15, Pickford was named to the All-Region and All-State softball teams for Group 2A.



Olivia DiNonno

It was a humid day, and the sun beat down on my skin as my shoes smacked against the hard black pavement. Sweat was dripping down my face and into my eyes, causing temporary blurs in my vision. I could feel my heart pounding heavily throughout my entire body as I urged myself forward. My legs felt heavy and clumsy, my arms felt sore and limp; and yet I had never felt better. A certain calmness swept over me as I moved myself forward. I certainly didn't look calm. I looked like a sweaty, uncomfortable mess. But inside I was content as endorphins were released inside my mind, as well as any stressors from earlier in the day. I know it's highly controversial to say this, but I love running.

If there's anything long, tiring runs and short, painful sprints during cross country and track practice have taught me, it's willpower. This is a concept that I've come to value in other aspects of my life as well, whether it be completing schoolwork, helping my sister with chores, or staying on task at my job. The desire for something greater long term overcomes my immediate desire to quit. Although when I first joined track, I was one of the slowest people on the team (out of about 60 people). Fortunately, I received constant support from my coach and friends who encouraged me to work my hardest at each practice and to run on my own when I could. Now, two years later, my speed and stamina have increased tremendously. One of the challenges that I faced during winter track in particular was that the weather was not ideal and it was typically icy and windy during all of the workouts. While just about anyone would find this uncomfortable, I especially felt this way since I have a condition called Raynaud's Syndrome that causes my arteries to constrict during cold weather and reduces blood flow to my extremities, making it difficult to move my hands and feet. The practices were often demanding, painful, and cold, but I still found joy in being with my team.

The most valuable thing that I've taken away from joining cross country and track is the importance of working with a closely knit group of supportive people and being able to work in an environment where I can push myself as well as those around me. Even though it requires a lot of endurance every day, I love the sport and plan to do it in college.



Congratulations to all of the

2021 -2022 PSC Honorees

We could not be more proud to honor you for your skills,
character and educational success! Good luck with your futures
and we hope to hear about you!

Paul Massey, Jr.

Paul Massey, Jr., has been selected as the 2021-22 Apprentice School Athlete of the Year. A native of Waldorf, MD, and 2018 graduate of St. Charles High School, Paul has been an outstanding leader in the Builders athletic department since starting his apprenticeship in the summer of 2018.

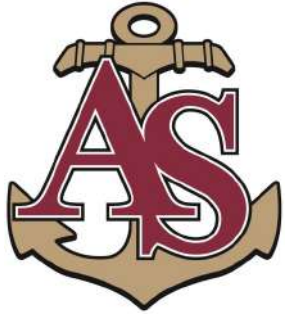
This USCAA All-Academic recipient, displays a team-first attitude, an exemplary dedication to his academics and craft training, as well as in the weight room and on the gridiron. Whatever he puts his mind to, he is "all-in" and displays 'The Builder Way' in everything he does.

As a safety and linebacker, Massey, Jr. has been named a team captain in all four years thus far, while starting every game of his career. This past season, he received the Builders Defensive MVP Award, where he recorded 52 solo tackles, 4.5 yards per loss average, one sack and 67 total tackles. He recorded a season-high 15 solo tackles vs. Hampden-Sydney College.

Apprentice School Head Football Coach Vincent Brown stated, "I would like to say congratulations to Paul Massey Jr.,. He sets the standard for what a coach is looking for when recruiting and building a program. He exemplifies a complete Apprentice student-athlete, as his work-ethic and attention to detail is unmatched, while his leadership, accountability and character will take him to great heights within this company. I couldn't be prouder of him. We are thankful to have Paul as a member of our football program and The Builder Family."

Massey, Jr., has one season of eligibility left due to Covid.





THE APPRENTICE SCHOOL

WISHES TO CONGRATULATE



2021-22 ATHLETE OF THE YEAR

PAUL MASSEY, JR.

Riley Cook

2019 - Junior Season - Continued her ascent as one of the top women's soccer players in school and league history with another record-breaking campaign in her third season in the royal blue and silver...Became the most decorated Captain of all-time following just her third season as she garnered first team All-American plaudits from D3soccer.com and second team All-American honors from the United Soccer Coaches...Also became the first to earn first team All-Region accolades in each of her first three seasons...Earned Capital Athletic Conference Offensive Player of the Year honors along with first team All-Conference and All-State certificates...During the year, became the program's all-time scoring leader and also the career goals scored record holder...Also set the standard for goals and points in a game with a 9-point performance against Southern Virginia...One of the top scoring threats in the nation, ranked fourth nationally in total goals and seventh nationally in total points, with 55...Scored a program-record 26 goals while also adding three assists...Ranked first in NCAA Division I, II, or III in active players for goals scored (66) and second in points scored (145)...Named United Soccer Coaches National Player of the Week once and was CAC Player of the Week on four separate occasions...One of only four players to start all 22 games and ranked second among all field players in total minutes played...Took a program-record 166 shots, ranking third nationally, and put 77 on-frame for a .464 SOG%...Scored four goals in three different games, breaking the program record for hat tricks with five in her career...Added seven game-winning goals to increase program record to 24...In a span of less than 10 days, she scored nine straight goals for the Captains to post one of the most impressive runs in CNU Athletics history; she became the third player in program history to score 100 points, broke the career goals scored record, and surpassed the record for career points scored...During the run, she set the school record for fastest consecutive goals scored by the same player with a 42-second burst against nationally-ranked Trinity (Texas)...Became the all-time scoring leader in the Capital Athletic Conference while also taking her perch atop the career goals scored chart as well

At Atlee -- Played in the midfield for the Raiders all four years under head coach Bruce Lovelace...Earned All-Conference and All-Region honors in each of her last three seasons...Also picked up first team All-Metro laurels as a senior...Scored 94 goals in high school...Played with Richmond United ECNL, which made the Top 32 teams in the nation sophomore and junior years.

Personal -- Riley Ann Cook was born in Richmond, Va...Daughter of Mike and Courtney Cook...Has four brothers, Jack, Andrew, Mark, and Sam...Brother, Jack, plays lacrosse at the University of Richmond...Dream vacation is a trip to the Dominican Republic...Person in history she'd most like to meet is George Washington...Most impressive person met is her mother...Favorite TV show is "One Tree Hill"...Favorite foods are chicken nuggets and ice cream...Favorite musician is Brett Young...Majoring in Chemistry.





CONGRATULATIONS CAPTAINS!



Amira Aduma

It is our honor to introduce the Hampton University Female Athlete of the Year – Amira Aduma. This young lady has transferred into the program as a graduate student and became a catalyst for the HU track program both on and off the track. Not only does she get the job done in competition, but she exemplifies Hampton's standard of excellence in the classroom by maintaining a 3.96 GPA.

When her coaches were asked to describe her in three words they said, "she's hardworking, a leader and most of all determined." She has been nationally ranked in the long jump. She's also a critical part of both the 4x100 and 4x400 relay teams that have been performing exceptionally well, she was regionally and nationally ranked in the 60, 100, and 200 meter. Aduma is also a native of Hampton, Virginia having attended Phoebus High School before heading to the University of Illinois where she had a successful career in the Big Ten.



Hampton University Congratulates **ATHLETE OF THE YEAR**

Amira Aduma
Indoor/Outdoor Track
Hampton, Virginia



THE DIRECTOR'S AWARD
Female Student-Athlete of the Year
AMIRA ADUMA
HAMPTON UNIVERSITY
2023

Michael Adams

Michael Adams is the son of Lee and Beth Adams of Yorktown, Va. A 5'9" right hander, he is a freshman at Thomas Nelson which is becoming Virginia Peninsula Community College.

This year for the Gators baseball team, the Tabb High School graduate hit .245 in 43 games while stealing 21 bases. He produced 1 HR, 14 RBI's and 19 runs and was named to the NJCAA Region X All-Defensive team for his many spectacular plays as well as his consistent play in the outfield. Selected as Rookie of the Year, he also received All-Academic recognition.

While in high school Michael played varsity baseball for two years and received First Team All -Region, outfielder. He also played football for four years with three of those on varsity and received the coaches' award his senior year. During his junior and senior years, he ran track. As a senior he received second place in the 300 meter and third in the 4x2 relay team making him Second Team All-Region track runner. He qualified for state placing ninth in the 4x2 relay and tenth in the 300. He played travel baseball with the Renegades, Virginia REVO and ODH. He also played for the American Legion Post 273.

Michael is in the College's Fire Science program and is pursuing a career as a firefighter/EMT. He is a member of the Carrollton Volunteer Fire Department.



BECOME A GATOR!

Thomas Nelson Community College supports student athletes to reach their full potential in their pursuit of achieving academic and athletic success.

Competitive Sports:

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Basketball (Men & Women)
Softball (Women)
Volleyball

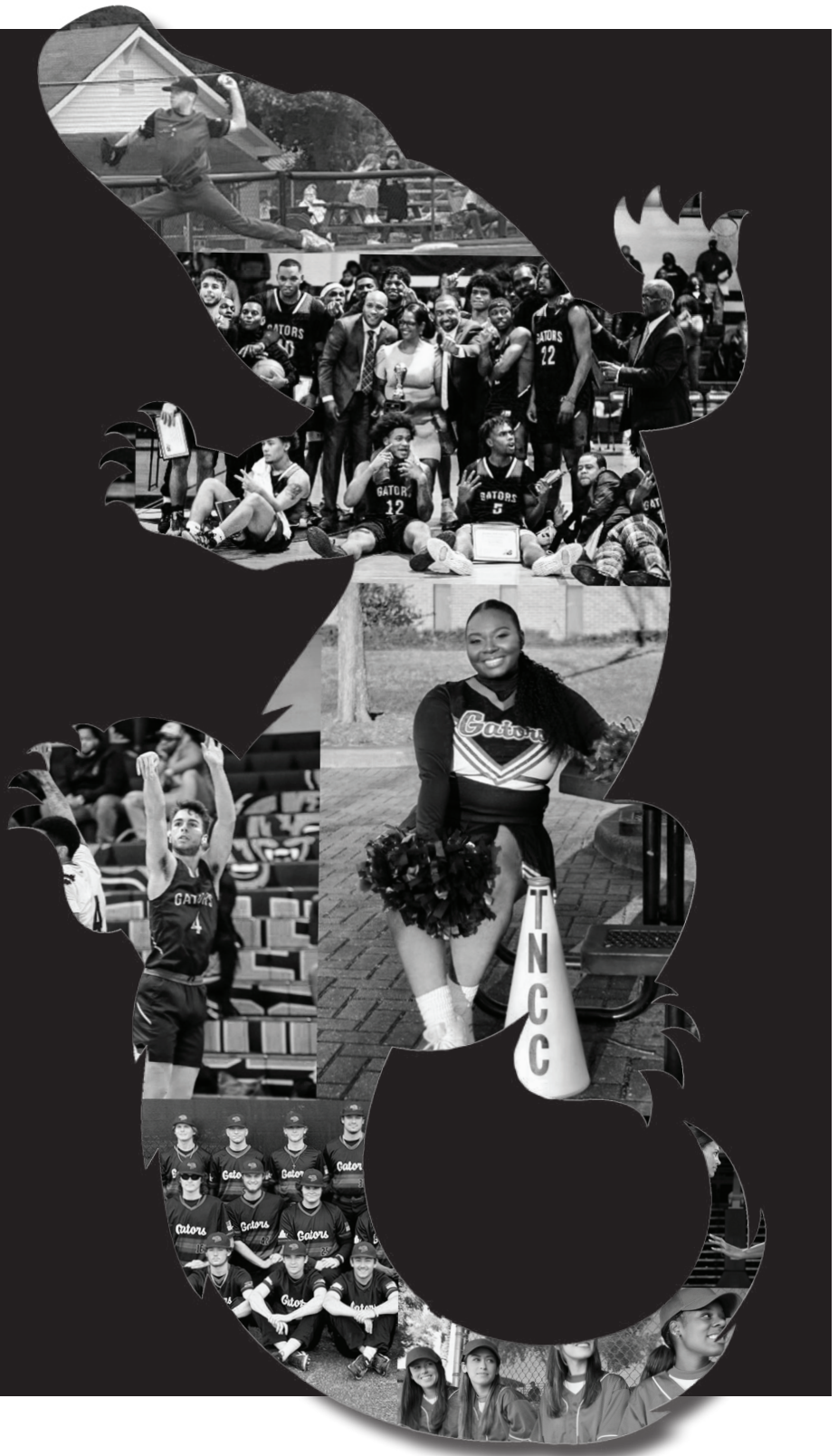
Club Sports:

Cheerleading

Intramural Sports:

Bowling
Flag Football
Any sports expressed as an interest

For further information on participation and eligibility requirements, call (757) 825-3888 or email athletics@tncc.edu



**THOMAS
NELSON**

becoming

**VIRGINIA PENINSULA
COMMUNITY COLLEGE**

Tyler Crist



SENIOR YEAR (2021)

Team captain ... Appeared in four games ... Totaled 16 tackles, 3.5 TFL, a PBU and a half sack ... Recorded five tackles and 2.0 TFL at Delaware ... Totaled five stops, a TFL and a PBU in the victory at No. 4 Villanova ... Posted four tackles and a half sack against No. 2 James Madison ... Earned CAA Commissioner's Academic Honor Roll accolades ...

REDSHIRT JUNIOR YEAR (2021 – Spring)

Team captain ... Earned starts in all three games ... Finished the season with eight tackles, a sack, a forced fumble and two PBU ... Posted four tackle with a forced fumble and a PBU versus No. 1 James Madison ... Recorded a sack and a PBU in the win against Elon ... Earned distinction on the CAA Commissioner's Academic Honor Roll ...

JUNIOR YEAR (2019)

Earned All-CAA honors as a fullback for the third consecutive season, earning third-team accolades ... Rushed for 103 yards on 25 carries with a touchdown ... Also recorded four catches for 29 yards ... Rushed for a career-high 52 yards on five carries with a touchdown at East Carolina ... Transitioned to linebacker during the final five games and finished the season with 22 tackles, 3.0 sacks, 4.5 TFL, a forced fumble and two fumble recoveries ... Recorded four tackles, 2.5 TFL and a sack in the win at Elon ... Posted five tackles with a sack, forced fumble and fumble recovery in the victory against Rhode Island ... Totaled four tackles with a half sack and returned a fumble 15 yards for a touchdown against No. 20/21 Towson ... Registered three tackles and a half sack in the win at Richmond ... Phil Steele Preseason All-America second-team selection as a fullback ... Preseason All-CAA first-team honoree as a fullback ... Earned CAA Commissioner's Academic Honor Roll accolades ...

SOPHOMORE YEAR (2018)

Earned All-CAA Third Team honors for the second consecutive season ... Appeared in all 10 games and earned six starts ... Finished the season with six catches for 37 yards ... Converted a successful fake punt with a 27-yard run at No. 2 James Madison ... Recorded nine tackles on special teams ... Totaled three carries for 25 yards in the win against Albany ... Earned CAA Commissioner's Academic Honor Roll distinction ...

REDSHIRT FRESHMAN YEAR (2017)

All-CAA Third Team selection ... Finished the season with 12 catches for 89 yards and two touchdowns ... Saw action in all 11 games and earned five starts ... Recorded two catches for 35 yards with a touchdown in the win at Norfolk State ... Registered a 4-yard touchdown catch in the victory against Bucknell ... Posted two catches for 24 yards versus No. 21/19 New Hampshire ...

FRESHMAN YEAR (2016)

Redshirted ... Member of the travel squad for six games ...

HIGH SCHOOL

Four-year letterwinner as a tight end, fullback, defensive end, linebacker and punter for head coach Alonzo Coley at Kecoughtan High School ... All-state selection as a defensive end in 2015 after totaling 22 sacks ... Also garnered all-conference honors twice (2014, 2015) and all-region distinction once (2015) as a defensive end ... Earned all-conference honors as a tight end as a senior ... Totaled 37 sacks during his final two seasons ... Three-year Academic Letterman ... Served as DECA chapter president (2015) ... Also a two-time DECA officer and a three-time DECA competitor ...

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Keely Rochard



2022 Season

- Top-10 Finalist for 2022 USA Softball Player of the Year
- NFCA First Team All-American
- NFCA First Team All-Region
- ACC Pitcher of the Year
- All-ACC First Team
- ACC Pitcher of the Week (2/14, 4/5)
- Threw eighth career no-hitter at #22 UCF, striking out 14
- Threw ninth career no-hitter at the Blacksburg Regional against Saint Francis, matching her season-high with 17 strikeouts
- Had three games during the 2022 season with 17 strikeouts, including a nine-inning shutout of Ohio State and a 13-1 win over Syracuse
- Ended her senior season with a 26-4 record in the circle with a 1.89 ERA
- Pitched 104 innings with 328 strikeouts, ranking third in Division I
- Her six saves ranked her first in the ACC and fifth nationally
- Finished her career first in school history with a .802 winning percentage
- Struck out 1,120 batters, ranking her second in school history in strikeouts and just the second Hokie to reach the 1,000-strikeout milestone
- Recorded 97 wins in a Hokie uniform with a .170 batting average against

2021 season

- 2021 NFCA First-Team All-American
- 2021 ACC Pitcher of the Year
- 2021 NFCA All Mid-Atlantic First Team
- 2021 ACC All-Tournament Team
- 2021 JWOS First Team All-American
- 2021 VaSID First Team All-State
- 2x First-Team All-ACC
- 8x ACC Pitcher of the Week
- 5x NFCA DI National Pitcher of the Week
- 2x Preseason All-ACC
- 2021 USA Softball Collegiate Player of the Year Top 25
- 2021 JWOS Preseason First-Team All-American
- 2021 D1 Softball Preseason Second-Team All-American
- First-Team NFCA All-Region (Mid-Atlantic)
- 2x Fastpitch News DI Pitcher of the Week
- USA Softball Collegiate Player of the Week (4/16/19)





Pat McCormick

High School

4-time High school state champion for Poquoson HS. 3-time team captain and finished with a HS record of 173-9 record.

2018 Virginia Wrestler of the year by the VA Chapter of the National wrestling hall of fame.

2018-2019

Red shirted as a first year and finished with a record of 15-12 at 133 lbs.

Named to the ACC honor roll

2019-2020

Finished with a 12-5 record. Defeated No. 17 Jonathan Tropea of Rider in the semi-finals and lost to No. 11 Michael Colaiocco of Penn at the Keystone Classic. Won the national collegiate open and was again named to the ACC honor roll.

2020-2021

- NCAA qualifier at 125 lbs., lost to Spencer Lee (3 X NCAA champion)
- 3rd place finish at the ACC tournament
- Named to ACC Honor Roll
- Named to All- ACC Academic team
- National Wrestling Coaches Association Scholar All-American

2021-2022

- NCAA qualifier at 125 lbs.
- 3rd place finish at the ACC Tournament
- Named to ACC Honor Roll
- Named to All- ACC Academic team
- National Wrestling Coaches Association Scholar All-American



Diamond Johnson

2021-22 (SOPHOMORE AT NC STATE):

- ACC Sixth Player of the Year
- 2022 Nancy Lieberman Award Top 10 Finalist
- Featured on late season watch list for Dawn Staley Award
- Preseason WNIT Classic All-Tournament Team
- Played in all 36 games and averaged 10.8 points, 3.9 rebounds, 2.2 assists and 1.3 steals while playing 22.3 minutes per game
- Ranked second on the team in scoring average while coming off the bench in all but one outing
- Posted 24 points in the team's win over the Cougars, which stood as the highest scoring performance by any Wolfpack player this season
- Spurred along Pack's 14-point fourth-quarter comeback over No. 3 Louisville on Jan. 20; led team with 16 points and scored 14 of those in the fourth quarter; hit three huge three pointers in final frame
- Named ACC Player of the Week on Nov. 29 after averaging 20.5 points, 7.5 rebounds, 3.0 assists and 4.0 steals in the Pack's pair of Baha Mar wins over No. 2 Maryland and Washington State
- Six assists and zero turnovers in NC State's road win at Miami
- Led NC State in scoring with 19 points at Indiana; hit two threes in second quarter and scored eight of her points in the paint
- Scored 22 points in Pack's comeback win at Boston College on Feb. 10
- Led team in scoring with 16 points in Feb. 17 win over Wake Forest; one of five double-figure scorers in that outing
- Scored in double figures in a total of 18 games this season; balanced player that had 13 games with 5+ rebounds, 17 games with 3+ assists and 13 games with 2+ steals
- Shot perfect 5-of-5 from distance in Pack's second round NCAA Tournament win over Kansas State; set season high in three pointers made to finish just one short of career high
- Made NC State debut and earned only start of the season in Pack's season opener against No. 1 South Carolina





Qhiyal Towns

Ranks among the program's all-time sprint leaders in both the indoor and outdoor record books ... In the outdoor records, his time of 10.32 in the 100 meters is the second-fastest in program history ... In indoors competition, his time of 6.82 in the 60 meters ranks 10th

2021-22: In the indoor season, placed third in the 60m at the Indiana Relays in a time of 6.95 ... At ACC Indoor Championships, placed 13th in the 60m with a season-best 6.82, the 10th-fastest time in program history ... In outdoors, ran a personal-best 10.32 in the 100 meters at the Tom Jones Invitational, good for the second-fastest time in school history ...

Competed in the 100m (14th) and the 200m (26th) at ACC Outdoor Championships

2020-21: At ACC Indoor Championships, placed eighth in 60m preliminaries (6.84) to advance to the finals, where he finished seventh with another 6.84 ... In the outdoor season, placed second in the 100m at Raleigh Relays (10.38), at the time the second-fastest mark in school history ... Second in 100m at the Virginia Invitational (10.57) ... Fourth in 200m (21.91) at the Tobacco Road Challenge ... Third in 100m (10.67) at the Torrin Lawrence Memorial ... Placed 12th in the 100m at ACC Outdoor Championships

2019-20: Earned second team All-ACC honors with a sixth-place finish in the 60-meter dash (6.75) at the ACC Indoor Championships ... Broke a program record in the 60 with a prelim time of 6.67 seconds before clocking 21.48 seconds in the 200-meter prelims for 10th-place overall • First clocked a 60-meter time of 6.81 seconds at the Dick Taylor Carolina Challenge before running that exact same time in four more races ... Broke into the top-five all-time performances with a 6.74-second 60-meter dash at the Power 5 Invitational, where he also finished fifth in the 200 (21.73) ... Outdoor season canceled due to COVID-19 pandemic.

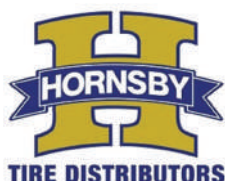
2018-19: Finished 17th in the men's 100 meters with a collegiate-best performance (10.55) at the ACC Outdoor Championships ... Also helped the 4x100 finish fifth (40.35) at ACC Outdoors ... Competed primarily in relays for the first four meets of the outdoor season including a first-place finishes in the 4x100 (40.67) at High Point's VertKlasse Meeting and the Battle of the Blues ... Made his collegiate debut in the 100 (10.62) at Florida's Tom Jones Memorial • Did not compete during the indoor season ... Named to the ACC Academic Honor Roll.

Prep: Ranked sixth in the nation in the 60 ... AAU Junior Olympic All-American ... Four-time state champion ... Holds the Virginia 4-A State records in the 55 and the 100 ... Was a member of the high school track team for three years after playing one season of varsity baseball

More on Towns: Son of Carolyn and Quintin Towns • Born November 20



Hornsby Tire



Hornsby is an independent, family-owned Tire and Service Center located in Newport News, Virginia. They have been servicing the Tidewater area since "1935". Hornsby Tire Pros & Service Center has a proven record of great quality and service, for everyone from the independent customer to the commercial fleet account customer.

Hornsby Tire Pros have been active in supporting local colleges, high schools, recreational associations, recreational teams, tournaments, classics, sports organizations, semi-pro baseball teams, and sporting events for many years.

Hornsby have sponsored or supported golfing events, college and high school football and basketball games, Challenger Little League, Special Olympics, AAU and Boys and Girls Clubs and many other community groups. They have given their time, effort and expertise to many causes and events. They have supported the Peninsula Sports Club over many years and can always be counted upon for support.

The Community Impact Award is given to an organization that goes above beyond just being a good neighbor but doing those things to support community unity and making a difference. Hornsby was done that over and over again.

Their selfless giving and support haven't gone unnoticed. The Peninsula Sports Club recognizes Hornsby with a Milestone Award. The length and breadth of their support, covers over 500 organizations, not just once, buy many times over. This kind of support surely meets the criteria for the Community Impact Award.

Jake Cave



High School

Cave attended Hampton Christian High School in Hampton, VA. As a pitcher for his high school's baseball team in his sophomore year, Cave had a 10–0 win-loss record and a 1.23 ERA with 109 strikeouts in 61 innings. He also demonstrated his hitting ability winning the World Wooden Bat Association Under-16 national title. He committed to attend Louisiana State University (LSU) on a college baseball scholarship. Before his junior year, he transferred to Kecoughtan High School. He also played basketball in high school. In 2011, his senior year at Kecoughtan, he had a .609 batting average. Cave was named the Peninsula District and Daily Press Player of the Year. He spent the summer after graduating from Kecoughtan playing for the Peninsula Pilots of the Coastal Plain League.

New York Yankees

The New York Yankees selected Cave in the sixth round, with the 209th overall selection, of the 2011 MLB draft. He signed with the Yankees, receiving a \$825,000 signing bonus. He made his professional debut that season for the Gulf Coast Yankees. In his first game, he fractured his kneecap in a collision at home plate. The injury caused him to miss the rest of the season as well as the entire 2012 season.

In 2013, Cave played 113 games for the Charleston RiverDogs of the Class A South Atlantic League. He finished the year hitting .282/.347/.401 with two home runs and 31 RBIs. Cave started the 2014 season with the Tampa Yankees of the Class A Advanced Florida State League. After hitting .304/.354/.395 with three home runs and 24 RBIs in 90 games with Tampa, he was promoted to the Trenton Thunder of the Class Double A Eastern League in July, where he finished the season batting .273 with four home runs and 18 RBIs in 42 games.

Cave spent 2015 with both Trenton and the Scranton/Wilkes-Barre RailRiders of the Class AAA International League, compiling a combined .278 batting average with two home runs and 39 RBIs. He was selected by the Cincinnati Reds in the 2015 Rule 5 draft. Cave did not make the Reds' Opening Day roster, and he was returned to the Yankees on April 5, 2016. In 2016, he played for Trenton and Scranton/Wilkes-Barre, posting a combined .268 batting average with eight home runs and 55 RBIs, and in 2017, he returned to both the Thunder and RailRiders, batting a combined .305 with 20 home runs and 56 RBIs.

The Yankees added Cave to their 40-man roster after the 2017 season. He was designated for assignment on March 12, 2018, following the Yankees signing of Neil Walker.

Minnesota Twins

The Minnesota Twins acquired Cave on March 16, 2018, for minor league pitcher Luis Gil. He began the season with the Rochester Red Wings of the International League, and made his MLB debut on May 19. He hit his first major league home run in his first major league game. During the 2018 season, Cave hit 13 home runs and led all Major League Baseball hitters in average distance per home run, at 421 feet.

On May 13, 2019, Cave was sent down to the minor leagues. On the season, Cave hit .258 with 8 home runs and 25 RBI. He was added to the playoff roster for the 2019 postseason. In 2020, Cave hit .221 with 4 home runs and 15 RBI.

On May 15, 2021, Cave was placed on the 60-day injured list after suffering a fracture in his back. Cave was activated off of the injured list on July 24. On November 25, 2021, the Minnesota Twins outrighted Cave to the St. Paul Saints.

Personal Life

Cave's father, Bryan, played baseball at Kecoughtan and was the long-time head baseball coach of The Apprentice School. Both of Cave's sisters played softball on the Peninsula and were named All-District.

2021-2022 Milestone Award Winners

Since 2006, the Peninsula Sports Club has been honoring individuals who have a minimum of 15 years of outstanding service and significant contributions to their sport.

They are individuals who have attained distinction or recognition on the regional, district, state conference or national level. Ones that educate or mentor athletes, coaches or athletic administrators and have promoted character development and ethical sportsmanship for the betterment of their sport, have exhibited extraordinary leadership and is an ambassador of their sport.

They all have an outstanding record, exceptional accomplishments and a distinguished career in their sport.

THELMA DANLEY

For thirty-six years, Thelma served as a physical education instructor, athletic coach in multiple sports, and mentor for Newport News Public Schools. She taught on both the intermediate, and high school levels which allowed her to witness students develop as athletes and mature as individuals. As head track coach at Warwick High School, Coach Delaney provided leadership, mentorship and inspiration to future nuclear engineers, NFL players, Olympic gold-medal coaches, and neurosurgeons. Her motto was, “don’t let your situation take away from your future goals and endeavors.”

JIM HEATH

Jim served the Newport News Apprentice School for sixteen years as Sports Information Director. He also worked for fifteen years as the Sports Information Director for the United States Collegiate Athletic Association developing websites for the association as well as introducing the use of live stats for national tournaments. Jim served as the Sports Information Director for Hampton University for seven years. He is an active member of College Sports Information Directors of America and Virginia Sports Information Directors where he served four years as President of this organization.

TOMMY THOMAS

The past thirty-one years, Tommy has been coaching volleyball between high school and club teams. The last twenty-one years has been at Peninsula Catholic High School. At Peninsula Catholic, he has accumulated a record of 356 and 11, with 3 state championships, 2 state runner-up, 7 conference championships, 6 conference coach of the year and 3 state coach of the year awards. His club travel teams have over 500 wins and has finished in the top 50 in the nation 3 times.

JEAN BEALL

Jean has been with the Tribe athletic department for more than forty-four years and describes her job duties as “everything.” She is mainly responsible for raising scholarship money for student-athletes. In 1977 it was hard to raise \$250,000 and now she is involved in raising \$5,000,000 annually. Among other things she prepares practice hard copies for coaches, and student term papers, and is a major connection between William and Mary athletics and the community. Jean was involved in creating the HEYFARL organization to raise money for scholarships for walk-on football players. Jean was awarded honorary alumni status from William and Mary in 2010 which is one of the highest honors bestowed to someone that did not attend William and Mary.



2021-2022 Milestone Award Winners

TRACY HARROD

Teacher of the year award several times in two different districts for his performances as a Social Studies teacher, Tracy also coached basketball and football for many years. He serves two years as assistant football coach for the post-graduate program at Hargrave Military Academy, six years as defensive coach for the Newport News Apprentice school, and head football coach for six years at Bruton and twelve years at Denbigh high Schools. Coach Harrod has been instrumental in developing the positive culture at his many stops. Apprentice line-backer Illichris Gordon said, "He was the smartest and most detail-oriented coach I ever had."

DON ROSE

Don has been associated with Hampton University for thirty-four years. As a former player, NFL player, assistant and head football coach at Hampton, executive director of Job Education Training Corps and the program Hampton Opportunity Program for Enhancement. He served as Assistant Athletic Director for three years before becoming the Director of Operations for Athletics with emphasis in fundraising. Don plays a major part in the smooth running of the Hampton University Athletic Department.

BILLY BARNES

Billy was an outstanding basketball player at William and Mary and has spent the past twenty-nine years as boys' basketball coach at Walsingham Academy. He has over 500 victories and has won the regular season and Tidewater Conference Tournament titles several times. Billy will be greatly missed as he was a major influence for the entire school.

KYLE NEVE

Kyle has spent twenty-seven years as a NCAA basketball official, seven years as a coach in Surry County, twenty-one years at Bruton High with eight years as Athletic Director, and eight years at Lafayette High with five as Athletic director. Serving as a public-school teacher and administrator for thirty-eight years, Kyle has influenced the lives of many students, athletes, and coaches in a positive way.

LUCY AND RANDALL STOWE

This husband-and-wife combination has served the sport of wrestling for a lifetime. Their involvement ranges from referee of wrestling matches, arranging schedules for tournaments and youth matches, making travel arrangements for teams to travel, thirty years involved with the VHSL wrestling events, held official positions such as secretary of the Peninsula Wrestling Association, Vice President for Virginia Challenge, and Commissioner/President for the Peninsula Youth Wrestling league. Their involvement is not limited to what has been mentioned. In 2019 both Lucy and Randall were presented a special Lifetime Award by the National Wrestling Hall of Fame.





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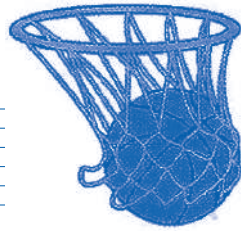
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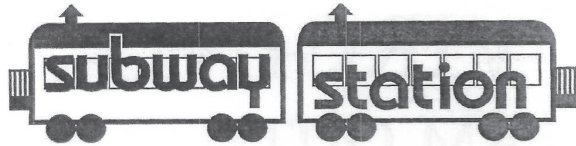
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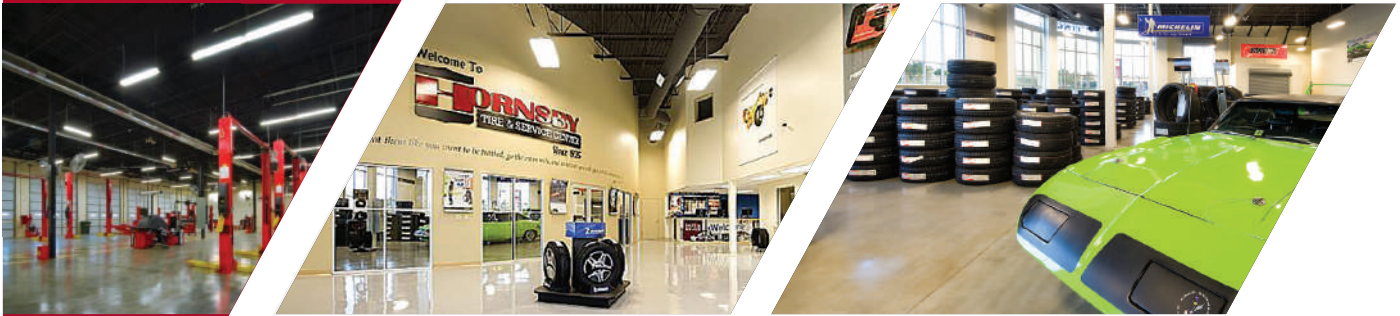
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