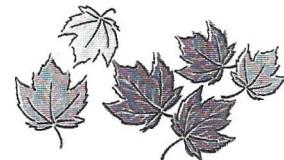

The Colonial Athletic Boosters
Presents



Fall 2017



Sports Banquet News

Thomas Jefferson High School for Science and Technology
November 16, 2017

Welcome everyone!

Congratulations to TJ's Fall 2017 teams and individuals!!!

Some highlights include that our Co-Ed Golf team won the District Championship, Girls Varsity Cross Country came in 2nd in the Conference Championship, and Boys JV Cross Country won the JV Conference Championship.

We recognize ALL our student-athletes for their many accomplishments this season. To the Class of 2018, and *especially* to any seniors who are concluding their TJ athletic experience this season, we offer the thanks of the entire TJ community for the respect and honor you brought to our school. We wish you all a successful future.

Additional thanks to our coaches, our athletic trainers Heather Murphy and Todd Gilmore, intern Kelsey Schaefer, and the staff in the Student Activities office - DSA Rusty Hodges, Assistant DSAs Dave Gardziel and Mark Gray-M endes, and Administrative Assistant Dorothy Diggs.

Finally, a hearty thank-you to the hundreds of parent volunteers for their time and financial support, and to the CAB Officers and Committee Chairs, the individual Team Liaisons and the booth and sideline statisticians, who keep this program going!!

All TJ sports information can be found on the website
www.co1onialathletics.org

And now for the team news...

CROSS COUNTRY

GIRLS DOMINATE CONFERENCE CHAMPIONSHIP; BOYS & GIRLS QUALIFY FOR REGIONAL CHAMPIONSHIP

The Cross Country teams, *Girls* - led by Captains Margaret Covey, Sherry Xie and Emily Quan - and *Boys* - led by Captains Sean Clancy, Dylan Klapper, Nick Begotka and Spencer Atkin - continued their long tradition of outstanding performances.

Conference Championship: The *Girls Varsity Team* - Sydney Szabos, Zoe VanWinckel, Margaret Covey, Sherry Xie, Faith Lu, Emily Quan and Janice Li - finished 2nd in the Conference Championship race at Burke Lake Park and qualified for the Regional Championship with Sydney, Zoe, Margaret and Sherry earning All-Conference Honors. The *Boys Varsity Team* - Tucker Stanley, Ethan Stanley, Rayaan Malhotra, Jonathan West, Sean Clancy, Dylan Klapper and Max Judish - kept pace by also qualifying for the Regional Championships with Tucker Stanley earning All-Conference Honors.

Not to be out done, the *JV teams* ran impressive races in the JV Conference Championships. The Girls finished 3rd as a team with Christine Zhao finishing 3rd individually. In an amazing team performance, the Boys completely overwhelmed the competition in winning the JV Conference Championship, with Max Judish finishing 1st, Teja Kocherla-3rd, Ikhlaas Bhat-4th, Leo Diperna-5th, Dennis Tian-6th, and Nick Begotka-7th overall.

Regional Championship: The Boys (Dylan, Rayaan, Jonathan, Ethan, Sean, Max and Leo) and Girls (Sydney, Zoe, Margaret, Sherry, Christine, Emily and Annabel Li) all ran extremely well at Regionals. Most of the runners set personal course records on the challenging Oatlands Plantation course, which is notorious for its extreme hills, especially the one known as "The Wall."

Sydney, Zoe and Dylan earned All Region honors; and Sydney and Dylan qualified for the State Championship.

Nike Regionals: Next for the Boys - Dylan, Sean, Rayaan, Tucker, Ethan, Jonathan, and Leo - is the Nike Cross Nationals Southeast Regional Championship race in Cary, North Carolina on November 25th.

Congratulations to all the runners and coaches on a fantastic season!

FIELD HOCKEY

VARSITY

The Varsity Field Hockey team, led by Coach Aubrey Lear, assisted by Coach Arthur Reinaltt fielded a 17 -member team this fall with 7 seniors: {Capt.) My-Linh Budzien - mid, (Capt.) Anusha Samant - mid, (Capt.) Madeleine Min - Forward, IVlaxina Sheft - Defender, Arpitha Shenoy - Mid, Lydia You - Mid, and Caroline Hatcher - Goalie; 7 juniors: Yukta Chidanandan - Defender, Jennifer Hernandez - Defender, Nali Huynh - Forward, Nidhi Nagireddy - Defender, Vi Nguyen - Defender, Kaitlin Phan - Mid, Shambhavi Ramaswamy- Forward; Sophomore Ella Nguyen - Defender and Freshman Mallika Khati - Defender, managed by Senior Katherine Schinella. The team displayed strong teamwork throughout and despite having a tough season with multiple, extremely close losses, gave their opponents a run for their money including a beautiful goal by Ella and My-Linh's beautiful penalty corner shot to make the 'season memorable! Varsity field hockey will miss the Seniors and wishes them the very best in their future endeavors! Gooo Colonials!!

JUNIOR VARSITY

The JV Field Hockey team, led by Coach Allie Ivener and Assistant Coach Cam Johnson, had a strong season this fall! With a number of returning Sophomores, complimented by a handful of talented Freshmen, and supported by Junior goalie, Sophia Trissel, the team demonstrated that they are a force in Capitol Conference Field Hockey. Led by Captains Nikita Reddy, Anne Shen, and Sophia Trissel, the team finished with a 2-7-2 record overall. The first half of the season went well, including 2 ties and 1 win. Several Forwards and Mid-fielders scored for TJ, including Aastha Mistry, Anne Shen, Mercille Nguyen, and Erin Ganley. Our forwards and midfielders showed improvement as the season progressed, with Beyonce Andrades, Arisa Chue, Sophia Cheng, Alexandra Friedman, Rithika Murugesan, and Emily Worden moving the ball up the field, setting up scoring opportunities. The second half of the season yielded several very close games, with thanks to our solid defensive line of Preethi Chidambaram, Taylor Kynard, Krupa Natarajan, Quyen Tran, and anchored by goalie Sophia Trissel, for holding our opponents to close, low scoring games. The team showed continued improvement as the season progressed, gelling as a team, and demonstrating solid passing, stick skills, and communication. Several players had the opportunity to play with the Varsity team post-season, including Aastha Mistry, Taylor Kynard, Preethi Chidambaram, Erin Ganley, and Sophia Trissel. Great season ladies!



The Fall 2017 Cheer season was marked with many milestones, including welcoming a new head coach, more than doubling the size of its JV team, having five Varsity members who made All-District teams, and coming within points of qualifying for Regionals.

Coach Mary Brunson took the position of Head Cheer Coach this year, assisted by veteran Coaches Carolyn Leary and Stephanie Rawlings, and quickly focused on growing the JV team - more than doubling its size from six to 13 freshmen and sophomores. This year's Varsity team of 17 cheerleaders and stuntmen were led by three team captains - senior Lilly Ko and juniors Christina Blake and Ethan Nguonly.

Seventeen of the team's best cheerleaders and stuntmen represented TJHSST at the National District Championship, where the team improved its score by over 30 points between the semi-finals and the finals. The competition cheer team came up just seven points short of qualifying for Regionals, a significant improvement over previous years.

In addition, five TJHSST Varsity cheerleaders and stuntmen made the All-District Team: Ethan Nguonly (junior-1st Team}, Christina Blake (junior, 2nd Team), Talia Carstoiu (junior - 2nd Team}, Lilly Ko (senior, 2nd Team), and Julia Zhou (junior:_ 2nd Team). Ethan went on to place on 2nd Team at the All-Regional level.

This year, the Varsity Cheer team says goodbye and good luck to two seniors - Lilly Ko, who has cheered for three years and Alexa Nguonly, who cheered for one year.

FOOTBALL

VARSITY

October 11, 2013 broke weather records in Northern Virginia with nearly three inches of rain. But, the rain didn't hurt the TJ football team, as they walked off the field that night with another win.

For the next four years, though, TJ football had not tasted victory again. None of the players on the 2017 team had witnessed a varsity football victory, but they were determined to make sure the senior class would have that experience.

A 42 Northern Virginia Knights team came to TJ for homecoming on Friday the 13th of October. With the band, alumni, and current students packed into the stadium, fans could feel the excitement. They didn't have to wait long. Wonwook Do returned the opening kickoff for a touchdown and soon TJ was up 7-0. Then, the defense went to work led by Clayton Reppert, Andrew Butler, and Walker Haynes. TJ had forced a fumble.

The offense did its part with the running of Danny McCray, Jun Chong, and Michael Li, as TJ took a 19-0 lead into halftime. Coach Bill Rechin's halftime speech motivated the offensive and defensive lines for the rest of the game.

Joseph Waddington, Sam Bove, Matt Cohn, and John Erskine held their ground in the second half, as both sides settled in for a defensive struggle. Roughing the punter penalties against TJ punter Scott Becker were the main offensive highlight of the second half, but the defense remained strong. A late touchdown by the Knights could not stop TJ's celebration. It was a Friday the 13th performance that would have even made the infamous Jason proud.

The homecoming win may have been the most memorable highlight of TJ's football season, but there were many others. Jun Chong broke off a 70 yard run in the opening game against George Mason. A long pass for touchdown to Kyle Gerner highlighted a close game against Capital. A trip to Manassas Park ended up being better for the TJ Colonials of 2017 than it was for the Union soldiers of 1861 and 1862, as TJ secured a win through a forfeit. Even before that ruling, TJ had put up a season high 21 points. John Paul the Great proved to be worthy of its name with a strong game against TJ. The toughest games of the year were probably the conference games against Lee, Edison, and Stuart. TJ did exact some revenge on Stuart after a tough loss, as Jeb Stuart High School would never win another football game. Poetic "Justice" at its best.

TJ football players, coaches, and fans awaited the final game with anticipation. Model School would be in Alexandria for the game, and optimism ran high. One small problem developed-Model didn't have enough players to suit up, so TJ earned its third victory of the season. The TJ community turned this negative into a positive by hosting an intra-squad game. First came senior introductions: Michael Li, Wonwook Do, Danny McCray, Taylor Kim, Clayton Reppert, Joseph Waddington, Sam Bov, John Erskine, Andrew Butler, Scott Becker, Josh Havermale, and Kyle Gerner. The blue team took possession first and scored a touchdown on a long reception by Nathan Mays. The white team responded quickly when Justin Kim returned the kickoff 50 yards, and then Kyle Gerner scored on a long double reverse run. Both teams scored again and the score was tied at 14 early in the 4th quarter.

The blue team defense had begun to control the white team offense who faced a 4th and '14 deep in their own territory. Taking a risk, Coach Wonwook Do asked Sohail Mohanty to throw a long pass to Kyle Gerner. After a touchdown a few plays later, the white team could not threaten again, and the game ended 20-14. Blue team coach Danny McCray was interviewed after the game, but was soon seen eating a large stack of pancakes at IHOP along with the rest of the team. In TJ tradition, the seniors passed the bill on to underclassmen: Sohail Mohanty, Walker Haynes, Jun Chong; Amrit Gorle, Justin Kim, Zach Lafeer, Aarush Agashe, Duke Tran, Lance Nguyen, Sihun Kim, Ankit Badatala, Ben Altermatt, Charles Son, Caden Phillips, Charlie Gunn, Faaiz Memon, Matthew Saenz, Matt Cohn, Greg Harrison, Connor Regen, John Jones, David Cha, Nishanth Anand, Maximus Kim, Danny Kim, Jimmylowe, Nathan Mays, Evan London, and Wayez Ahmed.

Hopefully, these football players will be joined by many of their classmates next year, as TJ 2018 tries to build on this year's success. Thanks again to Coaches Bill Rechin, Aaron Raffle, Jeffrey Cooper, Reggie Scott, Brian Sotero, and Michael Auerbach. The team could not have done it without you or team managers Victoria Chuah, Katie Richmond, and Liana Keesing. Special thanks for Head Athletic Trainer Heather Murphy, Associate Trainer Todd Gilmore, and Intern Kelsey Schaefer for making sure our players stayed as healthy as possible. Mark Gray-Mendes also deserves a round of applause for being the best Announcer in the Northern Virginia area. Finally, a shout out to all the parents who attended games to support the team and who gave countless volunteer hours to make the season a success. TJ Football really is Family.

JUNIOR VARSITY

. For those looking to see the future of TJ football, the 2017 JV team gave you what youneeded. 23 players-including 12 freshmen-suited up for the Colonials and spent the months of August, September, and October working hard at practice or games· 6 days a week.

. Head Coach Reggie Scott and Assistant Coach Brian Sotero worked the youngsters hard. Two a day practices in August, weight room training, and hitting drills with pads transformed the players over the three months.

Without a freshman team, TJ's 9th graders were welcomed to high school not only with difficult TJ courses and long commutes; but also with games against strong conference teams full of 10th graders. TJ competed hard against all of the teams and gave the players valuable experience for next year.

. From Aurush Agashe, Amit Rajesh, Ben Altermatt, and Haythem Alsayed to Neel Mandapati and again through to Zach Lafeer and Henry Zhang, TJ was represented from A to Z. With a late addition, Kaan Bali became the team's 12th freshman.. Many of the other athletes played wide receiver or defensive back: Nathan Luong, Sihun Kim, Nico Economos, and Ethan Ho. In the backfield Sabarresh SundarraV played quarterback, and Charles Son, Suhaas Kannegani, and Faaiz Memon playedrunnirig back. TJ's line was made up of Matthew Saenz, Daniel Healey, Caden Phillips,. John Jones, David Cha, Vishal Menon, and Jimmy Lowe.

The TJ JV players will join other TJ teams for the Winter and Spring while they look forward to August 2018's football practices ...

GOLF

· TJ Golf Team had a fantastic season. Most of our players actively participated in practice rounds and took great efforts in improving their games. Our coaches, John Myers Rfck Whittenberger and Joseph Kim (Theresa's father) went out of their way to coach and help players improve their skills and course management and the results were truly impressive. Our captain, Min Kang, a senior, rallied and led the team to reach the next level. Meanwhile, everybody had some fun while playing the most difficult sprrt.

After winning the National District Preseason Tournament and the District Championship (as a tradition}, in which Min Kang, David Luo, Trey Elder, Andrew Nam and Theresa Kim competed, we advanced to the contest for Regional Championship at Bull Run Golf Course. It was the first time Sarah Gu (a sophomore) ever played in a major event but she accepted the challenge and performed exceptionally well. All six players fought hard and spared no effort and the result was remarkable.

Unfortunately, we lost by *ONE STROKE* !

David Luo shot a brilliant 76 and was selected to compete in the State Champibn\$hip and Theresa Kim and Sarah Gu also qualified for the Girl's Regional Championship. Our team won a small trophy but team spirit was lifted higher than ever and everybody is now determined to win back the Regional Championship next season.

· Last but not the least, Trey Elder, a freshman, made the top six and was an All-District Golfer, which is a remarkable achievement.

e VOLLEYBALL

VARSITY

The TJ Varsity volleyball team formed during the first week of August, with the first scrimmage less than a week away. Coach Helen Smith brought the team together. With eight returning seniors, three returning juniors and an additional three junior players, the team started off strong. Having played together on TJVB since freshman year, libero Amanda Hsu, setter Katelin Chan and outside hitter Jessica York seamlessly strung together their pass/set/hit routine. Senior Simra Ali lent strength and versatility to the team as she played setter and right side hitter. Vivian Gruendel reliably served up her ace serve and proved her drive, dedication and team spirit, time and time again. Juniors Ellen Chen at middle blocker and Jenny Pruitt at outside hitter added to the front row's strength. Middle hitters, Sam Dasari and Sarni Kale recorded many kills and blocks. Renee Li and Kathryn Yang both put in solid performances on the right side. Jenny Tan proved her versatility by being an effective hitter and a quick and accurate setter.

, October brought a spate of unfortunate injuries. Rachel Li cheered on the team as she recovered from an injury, and returned to play as an outside hitter for Senior Night and the playoffs. MiJin Cho held down the defense, but spent some time sidelined by a concussion.

· The first few August and early September games and scrimmages were a mixed bag, until mid-September when the team hit its groove. From mid-September through the end of the regular season, the team ran up an 11-1 record. After placing second in the district playoffs, TJ advanced to the regional playoffs against Briar Run HS. TJVB held an initial lead against Briar Woods, chasing every ball down, but the Briar Woods team emerged the victor.

· The District acknowledged the team's strength, as Jessica York and Amanda Hsu were selected for the National District Team; Katelin Chan was selected for the All-District Second Team and Ellen Chen and Jenny Pruitt received District Honorable Mention.

TJVB is a close-knit group where players have lots of fun together on and off the court. The TJVB team marked the season with games and playoffs, but also with the traditions that bring the team together, from Dig Pink to Senior Night, from Big Parser Day to Twin Cereal Day, and from Dress Your Best to Flag and Tag.

JUNIOR VARSITY

The JV Volleyball team, led by Coach Kate Genton, dominated their season with a winning record of 11-4. The twelve players - four juniors, five sophomores, and three freshmen improved dramatically over the season, earning points with formidable serves and kills while building up a strong defensive line.

Defensive specialists Trisha Pal and Hannah Lee weathered offensive attacks, bumping the team to victory with their perfect passes. Setters Andra Velea and Samantha Yap primed hitters for perfect hits (and hit a few of their own), improving hitters Sophia Evanisko and Crystal Shi used intimidating blocks and consistent quick plays to wear down the competition. Outside hitters Zoe Lu, Jessica Chen, Isabella Huckabee powered through occasionally erratic sets and racked up points through powerful serves. Players Reena Medavarapu, Alex Yun, and Ann Li used their versatile skills in defense and offense to provide a strong base for the team. Finally, managers Iman Anwarzai, Cynthia Song, and Sophia Wang bestowed both cheeky support and team morale upon the unsuspecting girls, staying long hours to record scores and helping the team improve.

Pure talent is nothing without camaraderie. Throughout the season, the girls combined their many skills to push through close matches, to give each other honest advice, and to, most importantly, improve. The JV team was met with resounding success, lighting up a bright outlook for the 2018 volleyball season.

FRESHMAN

The TJ Freshman volleyball team had a wonderful season with exciting close games, jubilant wins and lots of fun. Even when the final score was not as they wanted they picked themselves back up with renewed vigor in the next practice. The players never remained discouraged, they stayed focused and put in a ton of hard work to improve despite all of the effort required in their first few months at TJ. Each player made significant advances in skill and contributed to the incredible team spirit we maintained throughout the season.

The spectrum of personalities on the team made it a very special group to coach as practices were filled with smiles, laughter and an attitude that ensured they never quit, never gave up and never stopped improving. It's abundantly clear that the friendships, camaraderie and confidence that the freshman began to develop as a group will take them far in their endeavors both in and out of school.

2018 CAB Officers and Committee Chairs

Officers

Co--Presidents: Brian Becker & Heather Erskine
Treasurer: Jim Erskine
As i tant Treasurer: Hong Chen
Secretary: Brian Whalen

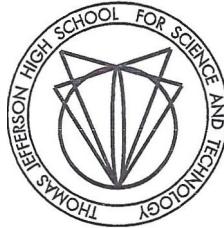
Committee Chairs

Co6cessions Chairs: Grace Becker & POSITION OPEN (please volunteer) !
Merchandise Chairs: Ying Luo & Susan Fearnow
Membership Chair: Robert Cohn

UPCOMING EVENTS

December CAB meeting..... Wednesday, December 13, 7:00 pm, Rm 107

***All parents are welcome and encouraged to attend CAB meetings!**



If you haven't yet joined the CAB, or if you would like to make an additional donation, please stop by the Merchandise table tonight {we take cash, checks and credit cards!) or simply join online at www.colonialathletics.org booster membership. Thanks for your help we couldn't do all we do without you!

All TJ sports information can be found on the website
www.colonialathletics.org

TJ FALL SPORTS AWARDS TEAM ACCOMPLISHMENTS

CHEER - Placed 7th in National District

CROSS COUNTRY - BOYS - Placed 5th in District, Placed 7th in Region

CROSS COUNTRY - GIRLS - Placed 2nd in District; Placed 6th in Region

FIELD HOCKEY - Overall Record 0-12; District 0-6; Placed 7th in National District

FOOTBALL - Overall Record 3-6; National District 0-3

GOLF CO-ED - Overall Record 6-0; District 6-0; National District Champs; Region 5C North 2nd Place

VOLLEYBALL - Overall Record 14-6; District 9-3; Placed 2nd in National District

INDIVIDUAL ACCOMPLISHMENTS

CHEER- **1ST TEAM ALL DISTRICT** - Ethan Nguonly; **2ND TEAM ALL DISTRICT** - Lilly Ko, Talia Carstoiu, Christina Blake, Julia Zhou; **1sr TEAM ALL REGION** - Ethan Nguonly

CROSS COUNTRY (BOYS) - **2ND TEAM ALL DISTRICT** - Tucker Stanley; **1sr TEAM ALL REGION** - Dylan Klapper

CROSS COUNTRY (GIRLS) - **1sr TEAM ALL DISTRICT** - Sydney Szabos, Zoe Van Winckel; **2ND TEAM ALL DISTRICT** - Margaret Covey, Sherry Xie; **1sr TEAM ALL REGION** - Sydney Szabos; **2ND TEAM ALL REGION** - Zoe Van Winckel

FIELD HOCKEY- **1ST TEAM ALL DISTRICT** - Yukta Chidanandan (D); **2ND TEAM ALL DISTRICT** - My-Linh Budzien (M); **NATIONAL DISTRICT HONORABLE MENTION** - Maddie Min (F), Ella Nguyen (F), Nali Huynh (F), Lydia You (M), Anusha Samant (M), Maxina Sheft (D); **2ND TEAM ALL REGION** - My-Linh Budzien (M), Yukta Chidanandan (D)

FOOTBALL - **NATIONAL DISTRICT HONORABLE MENTION** - Clayton Reppert (LB), Kyle Gerner (WR), Wonwook Do (DB)

GOLF CO-ED- **1sr TEAM ALL DISTRICT** - Min Kang, David Luo, Theresa Kim, Trey Elder, Andrew Nam, Justin Feng; **1sr TEAM ALL REGION** - David Luo; **ALL- STATE** - David Luo Placed 5th

GOLF GIRLS- **1sr TEAM ALL DISTRICT** - Sarah Gu, Theresa Kim

VOLLEYBALL - **1sr TEAM ALL DISTRICT** - Jessica York (OH), Amanda Hsu (Libero); **2ND TEAM ALL DISTRICT** - Katelyn Chan (S); **HONORABLE MENTION NATIONAL DISTRICT** - Ellen Chen (M), Jenny Pruitt (OH); **1sr TEAM ALL REGION** - Jessica York; **2ND TEAM ALL REGION** - Amanda Hsu

FALL SPORTS COACHING STAFF

CHEER	HEAD ASSISTANTS	Mary Brunson Carolyn Leary, Stephanie Hasenei
CROSS COUNTRY	HEAD ASSISTANTS	Todd Vv'ithington Gabrielle De Encio, Brian Szabos
FIELD HOCKEY	HEAD Assistants	Aubrey Lear Arthur Reinaltt, Allison Ivener, Cameron Johnson
FOOTBALL	HEAD ASSISTANTS	Bill Rechin Mike Auerbach, Brian Sotero, Aaron Raffle, Reggie Scott, Jeffrey Cooper
GOLF-CO-ED	HEAD ASSISTANTS	John Myers Rick Whittenberger, Joseph Kim
GOLF-GIRLS	HEAD ASSISTANTS	Rick Whittenberger John Myers, Joseph Kim
VOLLEYBALL	HEAD JV FRESHMAN	Helen Smith Katherine Genton TJ Maher
ATC		Heather Murphy, Tim Gilmore