

2021-2022 Winter Athletic Accomplishments

Denbigh High School

BOYS BASKETBALL

Nicoles Carolina Honorable Mention All-Region 4A East

WRESTLING

Jaheem Creekmore 2nd Place Region 4A East—Weight Class 160
Caleb Grimes 3rd Place Region 4A East – Weight Class 106
Micah Hughes 3rd Place Region 4A East – Weight Class 145
Brayden Post 3rd Place Region 4A East – Weight Class 112

Heritage High School

BOYS BASKETBALL

Charles Holley 2nd Team All-Region 4A East
 2nd Team All-Peninsula District
Jelani Douglas Honorable Mention All-Region 4A East
 Honorable Mention All-Peninsula District
Donovan Raikes 2nd Team All-Region 4A East
 2nd Team All-Peninsula District
Taveon Raikes 2nd Team All-Region 4A East
 2nd Team All-Peninsula District

GIRLS BASKETBALL

Andrea Lassiter Honorable Mention All-Peninsula District
Chamara Martin 2nd Team All-Peninsula District

GIRLS INDOOR TRACK STATE 4A CHAMPIONS

Kara Ashley State 4A Champion 4X200 Relay
 State 4A Champion 4X400m Relay
Myzhane' Solomon State 4A Champion 4X200 Relay
 3rd Place Region 4A 55m Hurdles
Madison Whyte State 4A Champion 55m Dash
 State 4A Champion 300m Dash
 State 4A Champion 4X400m Relay
 Region 4A Champion 55m Dash
 Region 4A East Champion 300m Dash
Sabria Wooden State 4A Champion 4X200m Relay
 State 4A Champion 4X400m Relay
 2nd Place Region 4A 500m Dash
 3rd Place Region 4A 300m Dash
Sanaa Wooden State 4A Champion 4X200m Relay
 State 4A Champion 4X400m Relay
 3rd Place State 4A 300m Dash
 2nd Place Region 4A 200m Dash

Heritage High School (continued)

WRESTLING

Semaj Haynesworth 1st Team All-Peninsula District-Weight Class 152
Azariah Pugh 2nd Team All-Peninsula District-Weight Class 138
Zachary Ray 1st Team All-Peninsula District-Weight Class 145

Menchville High School

BOYS BASKETBALL

A.J. Clark 2nd Team 5B All Region
 2nd Team All Peninsula District
Dallas Kendall 2nd Team Class 5 All State
 1st 5B Team All Region
 1st Team All Peninsula District
Etienne Strothers 1st Team Class 5 All State
 1st Team 5B All Region
 1st Team All Peninsula District
Jordan Watlington 2nd 5B Team All Region
 Honorable Mention All-Peninsula District

GIRLS BASKETBALL

Keylee Harrison STATE 5A CHAMPIONS
 1st Team 5B All-Region
 2nd Team All Peninsula District
Amari Smith Class 5 State Player of the Year
 1st Team Class 5 All-State,
 5B Regional Player of the Year
 1st Team 5B All-Region
 1st Team All Peninsula District
Atiana Williams 2nd Team Class 5 All-State
 1st Team 5B All-Region
 2nd Team All Peninsula District
Aaliyah Woodson 1st Team Class 5 All-State
 1st Team 5B All-Region,
 1st Team All Peninsula District

BOYS INDOOR TRACK

Josiah Graham 3rd place Regional 5B – Shot Put

GIRLS INDOOR TRACK

Taylor Wilson Regional 5B Champion – 300m Dash
 Regional 5B Champion – 500m Dash
 11th place Nationals – 200m Dash
 13th place Nationals – 400m Dash

WRESTLING

Kyu Anderson Region 5B Champion – Weight Class 113
Brayden Chase 3rd place Region 5B - Weight Class 152
Ricky Flores Region 5B Champion – Weight Class 138
Nehemiah Mix 3rd place Region 5B- Weight Class 182.

2021-2022 Winter Athletic Accomplishments

Menchville High School (continued)

BOYS SWIMMING

Josh Bradshaw

REGION 5B CHAMPIONS

Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 200 Yard Freestyle Relay
2nd Place Region 5B – 50 Yard Freestyle
2nd Place Region 5B – 100 Yard Freestyle

Cristos Campbell

Region 5B Champion – 400 Yard Freestyle Relay
3rd Place Region 5B – 200 Yard Freestyle

Bernard Kim

Region 5B Champion – 200 Yard Medley Relay
2nd Place Region 5B – 200 Yard IM
2nd Place Region 5B – 100 Yard Breaststroke

Ian Rodgers

Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 200 Yard IM
Region 5B Champion – 100 Yard Butterfly
Region 5B Champion – 200 Yard Freestyle Relay
2nd Place State 5A – 100 Yard Butterfly

Sterling Rodgers

Region 5B Champion – 200 Yard Freestyle
Region 5B Champion – 200 Yard Freestyle Relay
Region 5B Champion – 400 Yard Freestyle Relay
2nd Place Region 5B – 500 Yard Freestyle

Noah Wolfe

Region 5B Champion – 400 Yard Freestyle Relay
2nd Place Region 5B – 100 Yard Butterfly
3rd Place Region 5B – 100 Yard Backstroke

Hunter Yost

Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 50 Yard Freestyle
Region 5B Champion – 200 Yard Freestyle Relay
Region 5B Champion – 400 Yard Freestyle Relay

GIRLS SWIMMING

Madeline Donaldson

REGION 5B CHAMPIONS

3rd Place Region 5B – 400 Yard Freestyle Relay
Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 100 Yard Freestyle
Region 5B Champion – 200 Yard Freestyle Relay
Region 5B Champion – 100 Yard Breaststroke

Brooke Ferguson

Region 5B Champion – 200 Yard Freestyle Relay
3rd Place Region 5B – 400 Yard Freestyle Relay

Brylynn Gilbert

3rd Place Region 5B – 500 Yard Freestyle
3rd Place Region 5B – 400 Yard Freestyle

Grace Holland

3rd Place Region 5B – 200 Yard Freestyle

Isabel Marsteller

Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 200 Yard Freestyle Relay
Region 5B Champion – 100 Yard Butterfly
Region 5B Champion – 200 Yard Freestyle Relay
3rd Place State 5A – 100 Yard Freestyle
3rd Place State 5A – 100 Yard Breaststroke

Maddie Wolfe

Region 5B Champion – 200 Yard Medley Relay
Region 5B Champion – 200 Yard Freestyle Relay
2nd Place Region 5B – 200 Yard IM

Menchville High School (continued)

GIRLS SWIMMING

Elizabeth Shelton

REGION 5B CHAMPIONS

Region 5B Champion – 200 Yard Medley Relay
2nd Place Region 5B – 100 Yard Breaststroke
3rd Place Region 5B – 400 Yard Freestyle Relay

Warwick High School

BOYS BASKETBALL

Jalanie Greene

Honorable Mention All-Peninsula District

GIRLS BASKETBALL

Janiah Callahan

2nd Team All-Peninsula District

Ayame Colson

2nd Team All-Region 4A

Elajah Jones

1st Team All-Peninsula District

Honorable Mention All-Peninsula District

WRESTLING

Daiveon Barlow

2nd Place All-Region 4A – Weight Class 195
VHSL State Wrestling Qualifier

SWIMMING

Ali Elsassyad

2nd Place Region 4A - 100m Fly

3rd Place Region 4A - 200m Free Relay
VHSL State Swimming Qualifier

Omar Elsassyad

3rd Place Region 4A - 200m Free Relay
VHSL State Swimming Qualifier

Zackery Lassiter

3rd Place Region 4A - 200m Free Relay
VHSL State Swimming Qualifier

Peter Ziemba

3rd Place Region 4A - 200m Free Relay
VHSL State Swimming Qualifier

BOYS INDOOR TRACK

Isaiah Wallace

3rd Place Region 4A - 55m

VHSL State Indoor Track Qualifier

Woodside High School

BOYS BASKETBALL

Christian Greenlaw

2nd Team All-Region 5B

Trevor Smith

1st Team All-Region 5B

1st Team All-Peninsula District

Jakobe Reed

2nd Team All-Region 5B

2nd Team All-Peninsula District

Thalmus Reed

Honorable Mention All-Peninsula District

2021-2022 Winter Athletic Accomplishments

Woodside High School (continued)

GIRLS BASKETBALL

Thalia Askew	2 nd Team All-Region 5B 2 nd Team All Peninsula District
Chazlyn Dettor	1 st Team All-Region 5B 1 st Team All Peninsula District
Zaria Richmond	2 nd Team All-Region 5B Honorable Mention All-Peninsula District

INDOOR TRACK & FIELD

Jeremiah Palacios	Region 5B Champion- Triple Jump 3 rd Place Class 5 State - Triple Jump
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BOYS SWIMMING

Keegan Wise	Class 5A State Qualifier – 100m Breaststroke
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GIRLS SWIMMING

Sarah Wright	Class 5A State Qualifier – 100m Breaststroke
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WRESTLING

Jordyn Anderson	1 st Team All-Peninsula District-Weight Class 113
Mustapha Coly	1 st Team All-Peninsula District – Weight Class 195 2 nd Place Region 5B Weight Class 195
Gabriel Izzo	Region 5B Champion -Weight Class 106 1 st Team All-Region 5B- Weight Class 106 1 st Team All-Peninsula District-Weight Class 106
Ian McDonald	2 nd Team All-Peninsula District-Weight Class 220 3 rd Place Region 5B-Weight Class 220