



Miscellaneous Honors

Men's Track & Field

Rock Royer/Mac Rivera Award

Bill Gillespie – 1983

Michael Prettyman – 1997

Ryan Werner – 1996

USTFCCA Southeast District/Region Men's Track Athlete of the Year

Sam Chelanga – 2009 Outdoor, 2010 Outdoor, 2011 Indoor & 2011 Outdoor

Josh McDougal – 2007 Outdoor, 2008 Indoor

USTFCCA Southeast Region Men's Assistant Coach of the Year

Lance Bingham – 2008 Outdoor

USATF Athlete of the Week

Josh McDougal – Oct. 5, 2004, Oct. 17, 2005 & Nov. 28, 2007

VaSID State Coach of the Year

Lance Bingham – 2021 Outdoor

Brant Tolsma – 2020 Indoor

VaSID State Track Rookie of the Year

Felix Lawrence – 2021 Outdoor

VaSID State Field Rookie of the Year

Anthony Bryan – 2021 Indoor

Kennedy Sauder – 2022 Indoor

VaSID 1st Team All-State

Jovaine Atkinson – 2020 Indoor, 2021 Outdoor

Quinten Clay – 2022 Indoor

Diamantae Griffin – 2021 Outdoor

Felix Kandie – 2021 Outdoor

Ally Kipchirchir – 2021 Indoor, 2022 Indoor

Christian Lyon – 2020 Indoor, 2021 Indoor

Kyle Mitchell – 2021 Outdoor

Kennedy Sauder – 2022 Indoor

VaSID 2nd Team All-State

Jose Ballivian – 2021 Outdoor

Quinten Clay – 2021 Indoor, 2021 Outdoor

Jeremy Davis – 2021 Outdoor, 2022 Indoor

Ryan Drew – 2021 Indoor, 2021 Outdoor, 2022 Indoor

Diamantae Griffin – 2022 Indoor

John Hicks – 2021 Indoor

Erick Johnson – 2020 Indoor

Felix Kandie – 2021 Indoor, 2022 Indoor

Ally Kipchirchir – 2021 Outdoor

Felix Lawrence – 2021 Indoor

Kyle Mitchell – 2020 Indoor, 2021 Indoor, 2022 Indoor

Caleb Olson – 2022 Indoor

Gabriel Willis – 2021 Indoor

4 x 400 Relay (Brad Smalley, Jahquez Durham, Felix Lawrence, Christian Lyon) – 2020 Indoor

CoSIDA Academic All-America

Jovaine Atkinson – 2020 – Second Team, 2021 – First Team

Jacob DeValve – 2014 – Second Team

Caleb Edmonds – 2014 – Second Team

Clendon Henderson – 2008 – First Team

Daniel Newell – 2009 – Third Team

David Scouten – 2016 – Third Team

John Sherret – 2015 – Third Team

USTFCCCA All-Academic Team

Samuel Arter – 2018, 2021

Jovaine Atkinson – 2018, 2019, 2020, 2021

Warren Barrett – 2021

Ryan Bell – 2009

Zach Davis – 2014, 2015

Jacob DeValve – 2012

Caleb Edmonds – 2013, 2014

Josh Edmonds – 2011

Steve Feister – 2015

Fred Fulton – 2014, 2015

Elliot Galeone – 2009, 2010, 2011

Juan Pablo Germain Ronco – 2021

Clendon Henderson – 2007, 2008

John Hicks – 2021

Anders Janes – 2019, 2021

Azaria Kirwa – 2018

Felix Lawrence – 2021

Daniel Newell – 2009

Matt Parker – 2008, 2009

Bradley Prentice – 2018, 2020

Ken Ritchey – 2015

Kolby Shepherd – 2008, 2011

ConRoy Smith – 2014

John Talbert – 2009

Isaac Wendland – 2010, 2013

Kyle Wheeler – 2012, 2013

Gabriel Willis – 2021

Geren Woodbridge – 2011

Women's Track & Field

Rock Royer/Mac Rivera Award

Sue Andrew – 1985
Lynn Attwood – 1990
Annie Hunt Fairchild – 1988
Jennifer Klugh – 2013
Danielle McNaney – 2005
Andrea Wildrick – 2001
Heather Sagan – 2002
Arlene Zelinskas – 2007

VaSID State Coach of the Year

Lance Bingham – 2021 Indoor

VaSID State Track Rookie of the Year

Adelyn Ackley – 2021 Indoor

VaSID State Field Rookie of the Year

Meredith Engle – 2021 Indoor
Emory Pafford – 2022 Indoor

VaSID 1st Team All-State

Adelyn Ackley – 2021 Indoor, 2021 Outdoor, 2022 Indoor
Chelsea Igberaese – 2021 Indoor, 2021 Outdoor
Makenzy Mizera – 2020 Indoor, 2021 Outdoor

VaSID 2nd Team All-State

Grace Artis – 2022 Indoor
Calli Parlier Doan – 2021 Indoor, 2021 Outdoor
Meredith Engle – 2021 Indoor, 2022 Indoor
Kali Grayson – 2021 Outdoor
Mackenzie Hainley – 2021 Outdoor
Ayanna Johnson – 2021 Indoor
Priscillah Kiplagat – 2021 Indoor
Taylen Langin – 2020 Indoor
Rachel Milnes – 2021 Indoor
Naomi Mojica – 2021 Indoor, 2021 Outdoor
Abby Pantlitz – 2021 Indoor, 2021 Outdoor
Distance Medley Relay (Naomi Bowser Armstrong, Megan Hinzman, Itzel Santos, Calli Parlier Doan) – 2021 Indoor

CoSIDA Academic All-America

Kat Bouton – 2017 – Second Team
Holly Deem – 1998 – Third Team
Calli Parlier Doan – 2022 – Second Team
Danielle McNaney – 2004 – Second Team, 2005 – First Team
Heather Sagan – 2002 – First Team
Cathy Williams – 1998 – Third Team
Arlene Zelinskas – 2007 – Second Team

USTFCCCA All-Academic Team

Adelyn Ackley – 2021
Andrea Beckles – 2009
Riley Brandon – 2015
Meghan Burggraf – 2014
Dacia Bushman – 2011
Olivia Charnuski – 2010
Mychelle Cumings – 2012, 2013
Calli Parlier Doan – 2021
Tanner Ealum – 2018, 2019, 2020
Meredith Engle – 2021
Jessie Glynn – 2018
Kali Grayson – 2021
Mackenzie Hainley – 2021
Anna Hostetler – 2021
Marie Hostetler – 2021
Chelsea Igberaese – 2021
Janae Jones – 2015
Jennifer Klugh – 2010, 2011, 2012
Taylen Langin – 2019, 2021
Delaney McDowell – 2018, 2019
Danielle McNaney – 2005
Rachel Milnes – 2021
Makenzy Mizera – 2020, 2021
Piper Newby – 2007
Ashley Osborne – 2007
Noel Palmer – 2018, 2019, 2021
Kylie Polsgrove – 2018, 2019
Rebekah Ricksecker – 2008
Brenna Smith – 2018
Cortney Dowling Strohman – 2018, 2019, 2020
Jaime Watson – 2008, 2010
Arlene Zelinskas – 2006, 2007