

State Champions of Chesterfield County

Team and Individual

By

Dick Overton, CMAA
Director of Student Activities
Midlothian High School

Table of Contents

Athletic Directors.....	3
Baseball.....	3
Boys Basketball	3
Girls Basketball.....	3
Cheering.....	3
Boys Cross Country	3
Girls Cross Country	4
Field Hockey.....	4
Football	4
Boys Golf	4
Girls Golf	5
Boys Gymnastics	5
Girls Gymnastics.....	6
Boys Soccer	6
Girls Soccer.....	6
Softball.....	6
Swim	6
Boys Tennis	7
Girls Tennis.....	7
Boys Indoor.....	7
Girls Indoor.....	8
Boys Outdoor	9
Girls Outdoor	10
Boys Volleyball	11
Girls Volleyball.....	11
Wrestling.....	11
Creative Writing.....	12
Debate	13
Forensics	13
Publications.....	15
Theater	16
Marshall Johnson	16
Sportsmanship Award.....	16
For Basketball.....	16
VHSL Field Hockey	16
VHSL Volleyball	16
VHSL Boys Soccer.....	16
Sportsmanship Award.....	16
VHSL	17
Source: VHSL Record Book @ vhs.org, p. 1-201.....	17

Athletic Directors

Dick Overton, CMAA, Midlothian
VIAAA State AAA Athletic Director of the Year – 2001

Dick Overton, CMAA, Midlothian
NIAAA State Award of Merit - 2006

Ted Salmon, CAA, Clover Hill
VIAAA State AAA Athletic Director of the Year - 2005

Baseball

Clover Hill - A - 1979, AAA - 1994
Midlothian - AA – 1985
Monacan – AAA – 2006
James River – AAA – 2007, 2008

State Baseball Coach of the Year- Tim Lowery-Clover Hill - 1999
State Baseball Coach of the Year- Tim Lowery-Cosby - 2008

Boys Basketball

Meadowbrook - AAA - 1994

Girls Basketball

Midlothian - AAA – 2000 - 31-0

Virginia State Player of the Year – Anna Prillaman - 2000

Cheering

Cosby - 2010

Boys Cross Country

Midlothian - AAA - 2000, 2003, 2006, 2007, 2010
Manchester - AAA - 1997
Monacan - AAA - 1980, 1981

State Champions

Ted Richardson – James River - 2009
Jason Witt – Midlothian - 2007
Alex Tatu – Thomas Dale – 2001, 2002
Jeff Slater – Monacan – 1983, 1984
Melvin Woodcock – Manchester - 1959

Stan Morgan, Midlothian
VHSCA State Coach of the Year – 2001, 2005

Jim Melillo, Midlothian

VHSCA State Assistant Coach of the Year – 2003

Girls Cross Country

Midlothian – AAA – 2005, 2006, 2007, 2008, 2010, 2011

James River – AAA – 2002

Manchester – AAA – 1997

Monacan – AAA – 1981

State Champions

Kathleen Lautzenheiser – Midlothian - 2007

Wendy Neely – Manchester – 1984

Field Hockey

James River – AAA – 2002

Football

Thomas Dale – 2009 – AAA – Division 6

Meadowbrook – 2004 – AAA – Division 5

Vic Williams, Thomas Dale

VHSCA State Division 6 Coach of the Year - 2009

Jack Olsen, Midlothian

VHSCA State Assistant Coach of the Year – 2004

Bill Bowles, Meadowbrook

VHSCA State Division 5 Coach of the Year - 2004

Boys Golf

Meadowbrook – 1966, 1980

Midlothian – 1982

Manchester – 1984

James River - 2008

State Medalist

George Soongnarata – LC Bird – 2003

Alex Brown – LC Bird – 2001

Jackie Beers – Monacan - 2001

Matt Dilday – Meadowbrook – 1991

Bobby Watkins – Meadowbrook – 1967

Clavis Smith – Clover Hill – 1980

Lanny Watkins – Meadowbrook – 1964

Girls Golf

Team – None

Individual Championship

Lyberty Anderson – Manchester - 2010

Boys Gymnastics

Clover Hill – 1984

Monacan – 1981

Manchester – 1974, 1975

State Champions by Events

All- Around

Bobby Brankley – Clover Hill – 1985

David Zeddies – Monacan – 1983

Steve Willard – Manchester – 1976

Mason Tokarz – Manchester – 1974, 1975

High Bar

Tim Mullins – Clover Hill – 1985

Bobby Brankley – Clover Hill – 1985

Dwayne Zeddies – Monacan – 1983

Kenny Cook – Monacan – 1980

Mason Tokarz – Manchester – 1975

Parallel Bars

Bobby Brankley – Clover Hill – 1985

David Zeddies – Monacan – 1983

Steve Willard – Manchester – 1976

Mason Tokarz – Manchester – 1975

Floor

Steve Willard – Manchester – 1976

Mason Tokarz – Manchester – 1975

Pommel Horse

David Zeddies – Monacan – 1983

Side Horse

Chris Bunting – Manchester – 1975, 1976

Vaulting

James Haskins – Thomas Dale – 1983

Long Horse

Steve Willard – Manchester – 1975
Chris Bowling – Manchester – 1974

Girls Gymnastics

Midlothian – 1974

State Champions by Event

Floor

Kathy Turco – Manchester – 1973, 1974
Shelly Coghill – Midlothian – 1972

Bars

Megan Dameron – Thomas Dale – 1995

Beam

Linda Dameron – Thomas Dale – 1990
Natalie Brandt – Midlothian – 1975
Kathy Turco – Manchester – 1972
Martha Furlong – Huguenot – 1970

Vault

Shelly Coghill – Midlothian – 1973

Boys Soccer

Thomas Dale – 2005, 2006

State Coach of the Year – Mike Anderson – Clover Hill –1998
State Coach of the Year – Mike Anderson – Cosby –2008

Girls Soccer

Team - None

Softball

Manchester – 1996
Midlothian – 1994

VHSCA State Coach of the Year – Denise Manuel – Midlothian - 2007

Swim

Team – None

Boys Tennis

Midlothian – 1977, 1978, 1979, 1980, 1981

State Singles Champions

Joey Hopke – Monacan – 1997

Steve Wilson – Midlothian – 1979

Pat Perrin – Manchester – 1977

David Wolfe – Midlothian – 1981

Darryl Wilburn – Monacan – 1980

State Doubles Champions

J. Hopke / M. Hopke – Monacan – 1997

Miller / Pinkham – Midlothian – 1979, 1980

Wilson / Jones – Midlothian – 1978

Wolfe / Lowery – Midlothian – 1981

Wilburn / Erikson – Monacan – 1980

Girls Tennis

Clover Hill – 1994, 1996, 1997

Midlothian – 1978, 1986

State Singles Champions

Christy Pomeroy – Midlothian – 1991, 1992

Shannon Cubitt – Midlothian – 1986

Kim Boerner – Midlothian – 1984

State Doubles Champions

Lanio / Mason – Clover Hill – 1996, 1997

Pomeroy / Williams – Midlothian – 1992

Pomeroy / Zacharias – Midlothian – 1991

Pomeroy / Bluthenthal – Midlothian – 1989

Cubit / Boerner – Midlothian – 1986

Boerner / Calder – Midlothian – 1984

Faulkes / Labar – Clover Hill – 1983

Boys Indoor

Team - None

State Champions by Event

Long Jump

Dennis Boone – Thomas Dale – 2004

Dennis Boone – Thomas Dale - 2005

Shot

Clayton Mitchell – Clover Hill - 1976

High Jump

David Randolph – Monacan – 1997

Pole Vault

Tim Johnson – Midlothian – 1976

Bryan Gentry - - 1975

55m Dash

Dennis Boone – Thomas Dale - 2005

60 yd Dash

? Mc Ginnis – Manchester – 1962

1000m

Alex Tatu – Thomas Dale – 2003

1600m

Alex Tatu – Thomas Dale – 2002, 2003

Barry Maroney – Monacan – 1987

3200m

Jason Witt – Midlothian - 2007

Jeff Greene – Clover Hill – 1990

Jeff Slater – Monacan – 1984

1600 m Relay

Manchester - 1994

Girls Indoor

Team - Midlothian - 2007

State Champions by Event

1000m

Paige Johnston – Midlothian – 2007, 2009

1600m

Paige Johnston – Midlothian -2009

Amanda Patterson – Midlothian – 2004

Kim Goode – Clover Hill – 1992

3200m

Amanda Patterson – Midlothian – 2004

Kim Goode – Clover Hill – 1992

3200m Relay

Midlothian – (MC Miller, C Selander, A Patterson, J Oakley) 2005

Midlothian – (C.Selander, S. Dow, P. Johnston, MC Miller) 2006

Midlothian - (K. Lautzenheiser, S. Dow, P. Johnston, MC Miller) 2007

Boys Outdoor

Clover Hill – 1986 – AA

State Champions by Event

Discus

Dennis Hackworth- Manchester – 1973

High Jump

Raymond Johnson – Manchester – 1956

Mike Nelson – Thomas Dale – 1985

Long Jump

Dee Dee Meriweather – Meadowbrook – 1986

Triple Jump

Keith Jefferson – Matoaca – 1990

Antonio Miller – Manchester – 2007 – 48’04”

110m HH

David Fleming – Clover Hill – 1986

Linwood Carroll – LC Bird - 1981

120 yd High Hurdles

Harry Patterson – Huguenot – 1964

300m Hurdles

Eric Carroll – LC Bird – 1987

David Fleming – Clover Hill – 1986

100m

Jeff Couch – Midlothian – 1981

200m

Kermit Brown – Matoaca – 1989

400m

Brandon Noel – Matoaca – 2001

400m Relay

Matoaca – 1989

4x100 m Relay

Manchester 2006

(A. Birchett, A. Chesson, W. Thomas, R. Hill)

800m

Alex Tatu – Thomas Dale – 2003

1600m

Alex Tatu – Thomas Dale – 2002, 2003

Barry Maroney – Monacan – 1987

3200m

Austin Smith – Midlothian – 2000

Jackie Worthington – Thomas Dale - 1984

Mile Run

Eric O’Neill – Huguenot – 1968

3200m Relay

Midlothian – 2003

Girls Outdoor

Team – None

Gene Bowen – Manchester – 2005

VHSCA State Coach of the Year

State Champions by Event**Discus**

Jennifer Marinacci – Manchester – 2004, 2006

Simone Farrar – Matoaca – 1990, 1991

Shot

Teena Brooks – Meadowbrooks – 1982, 1983

Simone Farrar – Matoaca - 1990

Long Jump

Niambi Dennis – Meadowbrook – 1990

Triple Jump

Marchelle Payne – Meadowbrook – 1989

Rachel Lewis – Meadowbrook – 2005

High Jump

Genny Harding – Thomas Dale – 1998

100m

Shanneka Claiborne – Matoaca – 2007 – 11.96

110m Hurdles

Kelli Wells – James River – 2001

Lashaunda Jefferson – Matoaca – 1999

400m

Traci Abbott – Clover Hill - 1983

800m

Sarah Burkett – Manchester – 1996, 1997

Paige Johnston - Midlothian – 2007 – 2:13.93

1600m

Megan Moye – Cosby – 2011 – 4:48.21

Kathleen Lautzenheiser – Midlothian – 2007 – 4:59.06

400m Relay

Matoaca – 1999

3200m Relay

Manchester – 1996, 1997

Boys Volleyball

Clover Hill – 2001, 2005, 2006, 2009

Monacan – 1998, 2002

Thomas Dale – 2007

James River – 2010, 2011

Monacan – 2007 – VHSL Sportsmanship Award

State Coach of the Year – Steve Eliasek – Clover Hill - 2001

Girls Volleyball

Team – None

Wrestling

Team – None

State Champions by Weight Class

135 lbs

Dan Austin – Meadowbrook – 1992
Adrian Austin – Matoaca - 1999

138 lbs

Kent Pond – Thomas Dale – 1985

140 lbs

Blake Roulo – Matoaca – 2010

145 lbs

Frank Nicklis – Meadowbrook – 1991
Mike Murray – Thomas Dale – 1984, 1985

171 lbs

Austin Coburn – Cosby - 2011

176 lbs

Keith Dixon – LC Bird – 1983

185 lbs

Danny Beasley – LC Bird – 1983
Keith Dixon – LC Bird – 1982

Creative Writing

Outstanding School Folder
James River – 2002
Monacan – 1991
Midlothian – 1990

State Champions by Events

Poetry

Evan Boyd – Monacan – 1991
Jeff Hirsch – Midlothian – 1990
Dwight Cossitt – Midlothian – 1973
Midlothian – 1964, 1967

Short Story

Chris Spinelli – Midlothian – 1990

Essay

Catherine Corrie – Midlothian – 1990

Stephen McBride – Midlothian – 1973
Midlothian – 1964

**Debate
Debate**

Team – None

State Champions by Events

Speaker Awards – Classic

Spencer Mobley – Clover Hill – 2004

Lincoln- Douglas

James Tyger – Midlothian – 2003

Switch – Side

Steven Hall / Frankie Rho – Monacan – 1992

Shannon Webb / Noelle Reese – Manchester – 1986

Speaker Awards – Affirmative

Scott Duncan / Tina Turner – Manchester – 1986

Tina Turner – Manchester – 1986

Meghan Kelly / Laura Leesburg – Monacan- 1985

Laura Leesburg – Monacan – 1985

Ginger Gay / Diane Pully – Manchester – 1984

Diane Pully – Manchester – 1984

Wendy Buenting / Margaret Ward – Matoaca – 1982

Lisa Nichols / Nancy Glover – Manchester – 1976

Mary Blakley / Sharon Hooper – Manchester – 1978

Georgia Esposito / Janine Reter – Manchester – 1978

Sharon Hooper – Manchester – 1978

Speaker Awards – Negative

Lisa Stevenson / Tim Padgett – Manchester – 1986

Tim Padgett – Manchester – 1986

Jim Woodruff / John Gerner – Manchester – 1976

John Gerner – Manchester – 1976

Forensics

Monacan – 1989, 1990, 1993, 2000

State Champions by Events

Poetry Interpretation

Karen Schantz – Moanacan – 2000

Serious Dramatic Interpretation

Anita Hernandez – James River – 2002

Duo Interpretation

Matt Macey / Nick Von Bank – Monacan – 2000, 1999

B. Motijo / J. Mannix – Monacan – 1998

T. Showalter / R. Clark – Monacan – 1996

Roby Clark / Margaret Carr – Monacan – 1995

P. Bryan / W. Weing – Manchester – 1994

A. Justice / D. Owenby – Manchester - 1993

Prose Interpretation

Robert Cheatham – Monacan – 1999

Keith Shumaker – Monacan – 1987

Jack Spencer – Midlothian - 1981

Domestic Extemporaneous Speaking

John Davis – Monacan – 1998

Humorous Dramatic Interpretation

Fabian Rush – Clover Hill – 1998

Robert Todd – Clover Hill – 1997

Philip Pinkey – Monacan – 1993

Chase Peeples – Monacan – 1990

Francie Shepherd – Monacan – 1989

Girls Extemporaneous Interpretation

Bronwynn Bailey – Manchester – 1993

Girls Prose Interpretation

Anna King – Monacan – 1993

Indrian Mazunder – Monacan – 1987

Laurie Maxwell – Monacan – 1985

Mary Moody – Huguenot - 1969

Girls Poetry Interpretation

Pamela Robinson – Monacan – 1993

Girls Original Oratory

Maura Williams – Monacan – 1992

Kim Ashbury – Midlothian – 1982, 1983

Girls Extemporaneous Speaking

Charity Evans – Monacan – 1990

Sendy Buenting – Matoaca – 1983

Wendy Buenting – Matoaca – 1981

Ann Keller – Clover Hill - 1975

Boys Poetry Reading

Aaron Dotson – Manchester – 1989
David Stevens – Clover Hill – 1986
Norman Cooley – Matoaca – 1983
David Dee – Clover Hill - 1979

Boys Original Oratory

Doug Ramseur – Monacan – 1988
Ed McBride – Clover Hill - 1973

Girls Poetry Reading

Andrea Detweiler – Monacan – 1987
Jennifer Brandt – Manchester – 1983
Jane Via – Monacan - 1982

Spelling

Jim Comer – Midlothian – 1984

Boys Extemporaneous Speaking

Deshaun Nolley – Meadowbrook – 1982

Boys Prose Reading

Van Selby – Huguenot – 1967

Boys Public Speaking

Paul Conte – Huguenot – 1966
Jon Smith – Huguenot – 1966

Publications**Trophy Class Winners**

Monacan – 1989, 1991, 1995
Thomas Dale – 1966, 1972, 1973, 1976, 1979
Mdlothian – 1978

Newspaper Trophy Class Winners

Thomas Dale – 1967, 1977, 1996, 1997
Clover Hill – 1998
Manchester – 1961, 1962, 1963, 1965, 1972
Huguenot – 1967
Midlothian – 1959, 1960

Yearbook Trophy Class Winners

Thomas Dale – 1971, 2002, 2003,
2009, Scott Young

Savedge Award of Sustained Excellence – Thomas Dale , Yearbook , 2009

Manchester – 2000
LC Bird – 1993
Meadowbrook – 1982, 1984
Monacan – 1980
Clover Hill – 1966, 1967, 1968, 1970, 1977, 1978, 1979
Midlothian – 1966, 1968, 1970, 1971
Huguenot – 1967

Theater

State Champions

Thomas Dale – 1989 – “ God’s Trombone “
Huguenot – 1964
Midlothian – 1959

Outstanding Acting Award

Chelsea Frangeo – Monacan – 2003
Megan Ford- Thomas Dale - 1999
Ian Anderson – Thomas Dale – 1999
Aaron Holland – Thomas Dale –1999
Travis Seitz – Meadowbrook – 1996
Heather King – Monacan – 1994
Kipp Mooreman – Monacan – 1992
Lee Coffey – Matoaca – 1994
Alfred Erny – Matoaca- 1994

Marshall Johnson

Midlothian – 2000

Sportsmanship Award

Matoaca - 1990

For Basketball

VHSL Field Hockey

Midlothian – 1993, 1995, 1999

Sportsmanship Award Thomas Dale – 1997, 1998

VHSL Volleyball

Clover Hill – 1998, 1999, 2002, 2004

Sportsmanship Award LC Bird – 1995

VHSL Boys Soccer

Thomas Dale – 2005

Sportsmanship Award

Achievement Awards

Participant Virginia Farm Bureau
Gabe Nelson – Midlothian 2001

Academic Activities Participant
Felicity Aulino- Midlothian - 1995

Wachovia Cup – Academic Activities
Monacan – 1990

Male Athlete of the Year
Terrance Deans – Matoaca – 1992

VHSL

Female Athlete of the Year
MC Miller – Midlothian - 2007

Source: VHSL Record Book @ vhsl.org, p. 1-201