



# Athletics



## Track is Back

Coach Shelley Kuhns brought track and field back to Loudoun this year and her timing couldn't be better. Athletes Jamie Spiering and Ian Rodgers (top left) hit their stride at States, winning gold in both the 100m run and long jump.

Tyler Touve (bottom left) ran the 100m with a big smile and wore his bronze medal proudly. He also earned silver in the softball throw.

Kuhns and her volunteers trained the athletes twice a week in Sterling. Luke Lyons, Kate Spiering, Anna Yanc and Michelle Ryan motivated the athletes to do their best.



## Doubles Competition Heats Up at States

Evan Sisto and Allison Davis (above) were the first athletes to enter doubles competition in Loudoun's tennis program. They played valiantly against seasoned veterans scoring some nice returns for winners and serving up a couple of aces. The team earned a silver medal at States.

## Skills Athletes Preview Quickstart Tennis

In the skills competition, Allyson Foster (middle right) won gold, and Brittney Hemminger (top right) won silver. While at states, the skills athletes got to try out a new system from USTA called "Quickstart Tennis". It uses special balls and nets and enables athletes who aren't yet ready for full-court regulation to play a match.

"We are excited about bringing this into the SO Tennis program in the future. Many of our skills players are ready to take the next step based on the enthusiastic feedback from Brittney who said, 'I played a game!'" said Coach Randy Sisto.

"This would be very fun and rewarding for them all."





## Cardinals and Rangers Play Ball

Softball season kicked off in March with the addition of thirteen new athletes. Coach Bill "Play Ball" Brichoux headed the **Ranger** expansion team with assistance from Coaches Randy "Unbelievable" Brawley and Chau "The Hummer" Pham. Spring training camp was held indoors at Diamond Elite.



Paula "Game On" Culvyhouse returned as the **Cardinals** coach for her third season. Coaches Janice "The Write Stuff" Downs, Tra "Speed Racer" VanDenburgh and unified partner Judy "Bedford's Bravest Catcher" Bleull inspired the team with their contributions on and off the field.

## Battle of the Golden Helmets

A season highlight for both teams was the Battle of the Golden Helmets at Franklin Park. The Cardinals played Fairfax's Lion's Pride in its fifth annual battle and the Rangers played the Winchester Athletics in its first. The visitors edged out the home teams. Still fans had a lot to cheer about as each team played its best.

Rebecca Hultin wrote "had a softball game today and had a blast. I can hit the ball hard and so could the other teammates as well. We all had a very fun time today." The Knights of Columbus were the official umpires for the game and provided a cookout for all four teams.

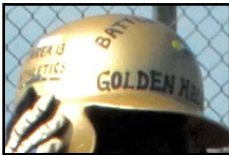


Loudoun County proudly showcased its two softball teams at the 1<sup>st</sup> Annual Lance Gearing Grand Slam.



Loudoun competed from April to July with teams from Fairfax, Stafford and Winchester. They also traveled to tournaments in Bedford and Richmond where the Rangers earned bronze medals against tough teams. The Cardinals won silver at Bedford and bronze at Summer Games.

Coaches Autumn Wacker, Dan Dillon and Joe Bleull served as advisors and umpires during the season. To help Adam Bell, Dillon practiced batting drills and Bleull suggested a new batting technique. In the season finale, Bell's practice paid off when he got two hits to the cheers of the Cardinals and Rangers.



"It was great to see the impact of each coach's contribution. We are looking forward to helping the athletes play even better next season and winning back both Golden Helmets." Coach Paula



# Powerlifting



## The Winning Combination

Russell Turner and Chris Kelly earned four medals each at states. Coach Billie Purnsley will begin her third year this fall with Loudoun.

### Russell Turner

- Squat – Gold
- Bench – Silver
- Deadlift – Silver
- 3 Combo – Silver

### Chris Kelly

- Squat – Bronze
- Bench – Bronze
- Deadlift – Bronze
- 3 Combo – Bronze





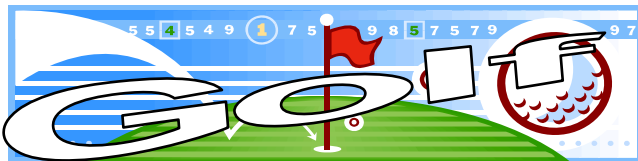
### Dedicated Dolphins

Athletes swim for many reasons — for competition, for comradery and for physical fitness. Ask Coach Joy Cavagnaro (top left) what motivates her team and you will discover what makes Dolphins different.

**“Our team has much to be proud of; we are dedicated, talented, and great cheerleaders for each other.”**

### Summer Games

With help from volunteers and coaches like Chau Pham (right), nine swimmers won 16 medals at Summer Games in the butterfly, backstroke and freestyle. Lauren Buckley won 4<sup>th</sup> place and Luis Flores (bottom left) won gold in skills. DJ Cashman, Ian Pham, Forrest Holbert and Michael Soto won bronze in the 4X25m relay. Joshua Huston, Mathew Davis and Alyson Romanish also contributed to the medal count.



### Golfers Put Skills to the Test

Athletes who sign up for golf skills practice putting, driving, chipping, pitching and iron shots. Coach Paul Spears (top left) worked with athletes like Alyson Romanish and Forrest Holbert (bottom right) at Brambleton. Coach George DeLisle (top right) worked with several athletes including Michael DeCristofaro (front cover, middle left) at River Creek.

After the eight week skills program, six golfers completed an individual skills assessment including Bill Mahood and Mike Cirilo (bottom left) and Billy Emley (top right). Their goal was to become eligible for golf level 2 which is a nine-hole alternate shot format played with a partner. Golfers are scored in six skills and must get a minimum of 60 points to pass.

Congratulations to Forrest Holbert on passing this difficult test. His dad, Ken, will complete the golf team.





### Bowlers Win with Friends, Skill and a Little Luck



Left: Tracey Caynor, Coach Meg Powell, and doubles partner Jennifer Ruley enjoy the 2010 National Games held in Nebraska where the team won bronze.

Eighty bowlers turned out in April to participate in the second annual Incredibowler's Tournament, a regional competition between athletes from Areas 14 and 26. This year's tournament was hosted by Village Lanes in Leesburg and was dedicated to athlete and friend, Lance Gearing.

Results of the Incredibowler's Tournament were used to select athletes to compete in the Summer Games. John Vines (who wore his lucky hat at the event) and Sally Marshall won gold; Cassie Hutson won silver; and Chris Kranz and Sophia Crook won bronze in Richmond.

Caynor was selected to participate in the 2010 National Games by SOVA after earning a gold medal in the 2009 Summer Games.

