**Boys Lacrosse**
Coaches: Tom Duquette, Neil Duffy, Jack Gibson, Ryan Tucker
Overall record: 17-5
TCIS: 6-0
VPL: 3-1
TCIS Regular Season: 1st place
TCIS tournament: 1st place
State tournament: Quarter-finalists

Individual Honors:
TCIS Player of the Year: Leif Smith
1st Team All-TCIS: Ray Fitzgerald, Ben Locke, Leif Smith, Andrew Thetford
2nd Team All-TCIS: Jasper Doyle, Drew Duffy, Colin Looney
All-Prep: Ray Fitzgerald, Drew Duffy, Colin Looney, Ben Locke, Leif Smith, Andrew Thetford
2nd Team All-State: Ben Locke
US Lacrosse All American: Leif Smith
US Lacrosse Academic All American: Andrew Thetford, Ray Fitzgerald

Team Most Valuable Player: Leif Smith
Team Most Improved Player: Matthew Wetmore

**Girls Lacrosse**
Coaches: Blair Monaco, Madison Acra, Ruth Acra, Cory Brewbaker
Overall record: 12-3
TCIS: 5-0
TCIS Regular Season: 1st Place
TCIS Tournament: 1st place

Individual Honors:
TCIS Coach of the Year: Blair Monaco
TCIS Tournament MVP: Kate Furr
1st Team All-TCIS: Maddie Brooks, Kate Furr, Audrey Neumann
2nd Team All-TCIS: Peyton Tysinger

Most Valuable Player: Kate Furr
Coaches’ Award: Peyton Tysinger
**Softball**
Coaches: Cari Huffman, Cecelia Howard, Chris Runzo, Mike Sarino
Overall record: 11-10
TCIS: 4-3
TCIS Regular Season: 4th Place
TCIS Tournament: Semifinalist

Individual Honors:
1st Team All-TCIS: Lily Purdy
2nd Team All-TCIS: Sammi Jacobs
2nd Team All-State: Lily Purdy

Team Most Valuable Player: Lily Purdy
Coaches Award: Sammi Jacobs

**Baseball**
Coaches: Tim LaVigne, Glenn Davis, Steven Goldburg, Brian Hennessey
Overall record: 10-11
TCIS: 3-4
TCIS Regular Season: 6th Place
TCIS Tournament: Quarterfinalist

Individual Honors:
1st Team All-TCIS: Brendan Kastner, Landon Porter
2nd Team All-TCIS: Ethan Hennessey
Team Most Valuable Player: Michael Parsons
Team Most Improved Player: Bryce Land
**Girls Soccer**
Coaches: Rich Peccie, David Hirschler, John Craig, Kevin Denson
Overall: 15-2-4
TCIS: 8-0-1 (1st place)
TCIS Tournament: 1st Place
VISAA Tournament: Quarterfinalist

Individual Honors:
TCIS Player of the Year: Hannah Antonick
TCIS Tournament MVP: Hannah Antonick
TCIS Coach of the Year: Rich Peccie
1st Team All-TCIS: Hannah Antonick, Holley Cromwell, Sophie Wilson
2nd Team All-TCIS: Haley Holland, Meghan Lawrence
1st Team All-State: Hannah Antonick, Sophie Wilson, Holley Cromwell
1st Team All-Tidewater: Hanna Antonick
2nd Team All-Tidewater: Sophie Wilson

Team MVP: Hannah Antonick
Team MIP: Courtney Kilduff

**Boys Crew**
Coaches: Nick Conner, Debbie Davis
Independent School Regatta Champions: *Champions*
Eastern VA Scholastic Rowing Association Champions: *Champions*
VSRC: Ltwt 4 - 1st Place
Stotesbury Regatta: Ltwt 4-3rd Place
SRAA Nationals: Ltwt 4-3rd Place

Boys Team MVP: Peyton McNider
Boy’ Coaches Award: Neil Malik

**Girls Crew**
Coaches: Rob Hansen, Aubrey Shinofield
Independent School Regatta Champions: *Champions*
Eastern VA Scholastic Rowing Association Champions: *Champions*
VA Scholastic Rowing Association: V4 - 3rd Place

Girls’ Team MVP: Madison Kirkman
Girls’ Coaches Award: Leah Smith
Golf
Coaches: Skip Zobel, David Cameron
Record: 7-5
TCIS: 7-1
TCIS Regular Season: Runner-Up
TCIS Tournament: 3rd Place

Individual Honors:
Player of the Year: Will Clark
TCIS Coach of the Year: Paul Feakins
All TCIS: Will Clark, Perry Frazer, Mark Kelly, Brian Peccie
Set school record for lowest nine hole score at even par.
VPL 1st Team: Will Clark, Mark Kelly, Brian Peccie
All-State: Will Clark
VISAA Tournament- 3rd Place
VPL Tournament- 5th Place
Team MVP: Jack Limroth
Most Improved Player: John Livingood

Boys Tennis
Coach: Michael Duquette, Sam Steingold
Overall record: 15-3
TCIS: 9-0
TCIS Regular Season: 1st place
TCIS Tournament: 1st place
State Tournament: Semifinals

Individual Honors:
TCIS Coach of the Year: Mike Duquette
1st Team All-TCIS:
Singles: Arman Shekarriz, Shrey Vachhani
Doubles: Dillon Arman Shekarriz/Shrey Vachhani
2nd Team All-TCIS:
Singles: Jack Kalfus
TCIS All-Tournament Team:
Singles: Vignesh Akkina, Cole Jordan, Jack Kalfus, Max Steingold
Doubles: Vignesh Akkina/Jack Kalfus, Cole Jordan/Max Steingold
TCIS Player of the Year: Arman Shekarriz
TCIS Coach of the Year: Mike Duquette
VISAA 1st Team All-State: Arman Shekarriz, Shrey Vachhani
VISAA 2nd Team All-State: Jack Kalfus
Team Most Valuable Player: Arman Shekarriz
Team Most Improved Player: Cole Jordan
**Girls Track and Field**

Coaches: Ken Lampert, Allyson Keating, Zach Lampert, Margaret Marshall, William Mogen, Yonne Nasimiyyu, Bob Needham, Miguel Turner

TCIS: Champions
LIS: 3rd Place
VISAA: 3rd Place

Individual Honors:
TCIS All-Conference: Antonia Baudoin, Finlova Berry, Sydney Beverly, Zoe Cross, Elle Lambert, Emma Somers, Sophie Watson
TCIS Overall MVP: Sydney Beverly
TCIS Coach of the Year: Ken Lampert
LIS Co-MVP Field: Emma Somers
VISAA 2nd Team All-State: Sydney Beverly, Emma Somers
VISAA Honorable Mention: Antonia Baudoin, Finlova Berry, Zoe Cross, Elle Lambert, Sophie Watson

MVP Running: Elle Lambert
MVP Field: Emma Somers
Coaches Award: Sydney Beverly

**Boys Track and Field**

Coaches: Ken Lampert, Allyson Keating, Zach Lampert, Margaret Marshall, William Mogen, Yonne Nasimiyyu, Bob Needham, Miguel Turner

TCIS: Champions
VPL: 5th Place
VISAA: 6th Place

Individual Honors:
All TCIS - Mihir Damle, Grayson Glenn, Cameron Lloyd, Alex Nevarez, Brian Moss, Benjamin Summers, Harrison Summers, Michael Wakeham, Tyson Wittman
TCIS Running MVP: Cameron Lloyd
TCIS Overall MVP: Mihir Damle
TCIS Coach of the Year: Ken Lampert
All-Prep: Brian Moss, Cameron Lloyd
1st Team All-State: Mihir Damle
2nd Team All-State: Cameron Lloyd

Most Valuable Runner- Cameron Lloyd
MVP Field- Mihir Damle
Coaches Award- Brian Moss