

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 Goldberg, 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

Boys' 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 Nasimiyu, 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 Nasimiyu, 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