



Thomas Jefferson High School for Science and Technology

TJ Athletics Winter 2020/21 Sports News



Game-On! Welcome Back Students, Athletes, Parents, Coaches, Staff, Families!

TJ Sports is back! Unbelievably, this season actually started back in July 2020 with countless meetings with FCPS, VHSL, and regional area schools. Preparations began, paused, and then started back up. We adapted -- we all adapted. TJ sports has excelled thanks to the diligence of our student athletes adhering to protocols, support from TJ Athletics Staff, Athletic Trainers, Coaches, and of course the parents, who provided shuttle service to practices and matches. Following the latest trend, we are not able to have our in-person sports awards celebration, but read-on and celebrate virtually on the success of our TJ Winter sports teams!



Visit us at tjsports.org to find all the latest schedules, TJ sports news, and how you can continue to support our student athletes by becoming a CAB member.

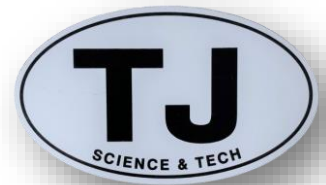
[Click here to Get your TJ Spirit Gear!](#)



A message from TJ Colonial Athletic Boosters (TJ CAB)

Many have heard me say that this is all about the “experience”. Well, thanks to the pandemic (who would’ve ever thought we would be using that word in our lifetime) we are all part of this new experience; one that we are all in together, finding ways to make it work. And make it work we did.

I know that there has been many asks from everyone this year because of the changes, but one item remains constant. In order to fund a high school sports program, we need your support. CAB coordinates and raises funds that all go back to supporting student athletes. Our revenue stream comes from membership/donations, merchandise sales, concessions, and game tickets. As you can imagine, we are down in all categories – some like concessions and ticket sales are at zero. We’ve adjusted expenditures to just the essentials, and thankfully, we have a reserve fund which we are now dipping into to ensure we can get our students back on the field. This is important for their high school experience. The excitement, smiles, and connection for our students makes it all worth the hard work and extra steps to make this happen. **We need everyone to dig deep to keep the momentum going!**



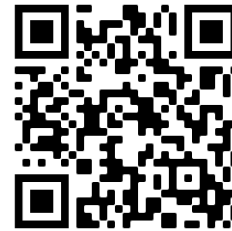
Here’s how you can help. Please consider joining CAB through a donation, or getting your TJ spirit gear – let’s make it a sea of TJ hoodies and tees in the social-

distanced stands! CAB is also seeking volunteers to fill many our Board positions for next year. It is important that your sport is represented. By participating in CAB, you can have input on budget, work directly with the TJ student activities office, and meet your fellow sports parents and get great tips. Email tjsportscab@gmail.com with your interest. Here's a checklist:

- Support TJ athletics with a donation through CAB – we typically recommended \$50 per athlete for each sport**
- Show your spirit and get your TJ hoodie and gear**
- Email tjsportscab@gmail.com and become a CAB officer or Committee Chair**

Finally, I hope to see you all out for the new Fall sports season. As we move outdoors, we have more room for socially-distanced spectators. We also have live streaming coming online. Find out the latest on tjsports.org. I encourage students to take this rare opportunity to get out of the house and connect with their classmates. This is your chance to try something new. It's never too late, reach out to a Coach if you are interested.

Convenient QR codes, just point your phone camera and show your support



Donate to TJ Sports CAB

CAB is a 501c3 non-profit and donations may be tax deductible

TJ Spirit Gear

Hoodies, tees, magnets, all available through contact-free pick-up

And now on to the team news...



BOYS BASKETBALL

Varsity The Jefferson Men's Varsity Basketball team had a year unlike any other – short and disjointed, but ultimately successful and enjoyable. Two new coaches were brought on to the staff this year (Coach **Steve Treger** and Coach **Gregg Snow**) and both brought a wealth of experience and a fresh perspective to join veterans **Mark Travis, Jake Boltersdorf, and Mark Gray-Mendes**.

Senior leadership was more important than ever in a season marked by cancelled games, changed practice times, and new procedures - and senior captains **Josh Lovejoy, Rakesh Pillai, and Caden Phillips** stepped up to fill the void left by a large senior class in 2020. These three stewards of the program kept the team on task, played crucial minutes in games, and constantly embodied the core values of our program – integrity, commitment, self-discipline, leadership, and teamwork. **Lovejoy** was one of the top perimeter shooters in the district, letting it fly with great confidence all season and authoring a 12-point first half performance in his final game with the program. **Pillai** was a steadying force at the guard position, playing with great effort and intensity and always making things happen when he was on the floor. And **Phillips** was the team’s defensive rock in the middle of the floor, leading the team in rebounding and constantly battling taller and heavier players. This group also helped to bring along what was the youngest Varsity squad in the Men’s Basketball program’s recent history – leading to a bright future for the program.



The group of juniors – the largest class on the team with five players – made great strides from their previous season on a successful JV team and jumped right in ready to contribute. **Steven Li** led the team in scoring and had a remarkable 23-point outburst in a late-season road

game against Lewis. His scoring prowess and dynamic play on the defensive end make him a marked man in games toward the end of the season and portend a fantastic senior campaign next year. **Dan Nguyen’s** season was sadly marked by injuries, but the intensity that he brought to practice – even on days when he couldn’t participate – brought great value to the team. **Todd Ritter** brought a tremendous basketball IQ and an understanding of the team’s systems on both ends, and provided key minutes in stretches during the season when starters were out with injuries or foul trouble. **Franco Scartascini** stepped into a much bigger role than anticipated due to a couple of departures from the team and brought grit, hustle, and intensity to the team’s play. He also served as an excellent screener and as a high-impact defender night after night. **Alex Triaca** was a reliable weapon from the three-point arc, lighting up the crowd with two back-to-back bombs at home against Marshall while earning more minutes as the season wore on. All of the members of this group will be leaned upon heavily to fill the shoes of our departing seniors as we move forward to the 2021-22 season.

Two sophomores were major factors this season and played substantial minutes. **Michael Hwang** returned improved from his freshman season and showed an exceptional ability to penetrate and finish around the rim. His season was also marked by recurrent ankle injuries, making it difficult for him to establish a consistent rhythm, but the trendline is very strong for him to step into a larger leadership role next season. **Nathan Singhvi** led the team in minutes played and was a key factor on both ends of the floor, causing deflections and turnovers on defense while handling a large share of the ballhandling responsibilities with two of the team’s point guards missing due to injury for much of the season. One of the season’s major highlights came when he buried his sixth three-ball of the evening with just seconds remaining to complete a huge comeback for the team’s signature win – a 42-40 thriller at Marshall. Sophomore **Rusheel Nadipally** was also elevated to the Varsity for the end of the season and showed great promise as a scorer and as a defender. This group made it abundantly clear that they will be a force to be reckoned with for years to come!

Freshman **Evan Huang** came on the scene this season as the team’s tallest player and immediately established himself as a dynamic and creative scorer from both inside and outside. His skill set is one that will be exciting

to watch over the next few years as he continues to polish his game. **Aman Khera** was added to the roster after an outstanding JV season and immediately contributed with a pair of threes against John Lewis – he will be one to watch in the very near future. **Santiago Criado** was also added to the Varsity for the stretch run and brought athleticism, toughness, and a knack for scoring around the rim that should make itself known to the rest of the league next season.

Li and Lovejoy were honored as Second Team All-District performers this year, and **Singhvi** garnered Honorable Mention. The team's two wins came against Marshall and Justice, and seemingly every time the group picked up significant momentum, the season would get shut down due to contact with another team or to snow breaks. However, this group was resilient and a tremendous pleasure to be around and this season will not be forgotten anytime soon.

Huge thanks go to the TJ Athletic Office for working around the myriad scheduling issues created on seemingly a daily basis, and to the TJ Athletic Trainers for designing and implementing the various protocols necessary for us to be as safe as possible this season – never mind their normal duties of helping our players battle through injuries and normal wear and tear. It took a village to get this season off the ground, and the Men's Basketball staff is incredibly grateful for everyone's tremendous efforts.

We will dearly miss our three seniors and can't wait to see what the future holds for each of them. In the meantime, with five returning juniors, three sophomores, and three freshmen ready to take the wheel next year, the future is looking bright....

JV Continuing with the program's theme, this year's Jefferson JV was easily the youngest in program history, as seven freshmen opened the season on the roster and three to four freshmen started almost every night. Led by staff veteran **Mark Travis**, the team also had the unusual challenge – and opportunity – to practice with the Varsity team every night due to space issues created by the pandemic. Nevertheless, they welcomed the challenge with open arms and laid the foundation for an excellent transition up the ladder in upcoming seasons.

Six sophomores joined the freshmen on the roster this year. **Nusair Ahmed** brought a constant physical presence and ensured that they team never lacked for toughness. **Ethan Chitturi** improved his shooting stroke in the offseason and became a reliable weapon from long distance. **Jonathan Liu** was a steadying presence in the lineup all year and could be counted on to make the play that was needed at any given time. **Rusheel Nadipally** was one of the team's leading scorers and a dynamic playmaker on both ends – earning his way up to the Varsity by the end of the season. **Maxx Yang** was a strong presence off the bench, able to finish around the rim and knock down the occasional three while doing everything that was asked. **Justin Yoo** was nearly impossible to stop when he got downhill – even for the Varsity! – and played a crucial role in the team's late-season win over Justice.

The seven freshmen were the core of a bright future for the program. **Santiago Criado** was the team's leading post player and provided huge baskets and free throws in many games – most notably the team's huge win at Wakefield. **Kaan Eguz** brought athleticism and aggressiveness and improved greatly over the course of the season. **Landon Gasperetti** was a major threat from the perimeter and showed savvy and a high basketball IQ to make plays all season. **Rohan Hsiao** found his shooting stroke and confidence toward the end of the year and became a knockdown guy by season's end while serving as one of the team's better on-ball defenders. **Sahil Kapadia** had his season marked by persistent leg injuries but showed glimpses of exceptional promise when he was able to get on the floor – his relentless positivity in the face of adversity was to be admired.

Aman Khera was the team's unquestioned floor leader, getting the team into its offensive sets while also leading the team in scoring and three-point shooting. And **Keshav Subramonian** was an electric presence on the defensive end from day one, routinely drawing the opponent's top scorer, while also displaying excellent offensive instincts in penetration and playmaking. **Khera and Criado** were elevated to the Varsity by the end of the season and both have extremely exciting futures.

This group provided a lot of excitement this season and some wins to be proud of as well – an excellent offseason will be critical to their development as they get ready to push forward to what will hopefully be a more normal season in 2021-22. In addition to the thanks from the Varsity group, the JV team would also like to thank the parents, who had the task of driving many miles to and from practice all for the joy of sitting in the parking lot and never having the opportunity to see the players play in person. We are all hoping for next year to feel a little more like what we're used to – and there is so much to look forward to!

Freshman

Coach Joseph Biggs

The 2020-21 team started the season 0-4, and was able to win the last four games, going 4-4 on the season. Captains **Kushaan Vardhan** and **Ben Reznikov** led this team by example on and off the court. This group of freshmen did not know each other prior to

the season and came together quickly. The big 3 led by team MVP **Akash Wudali**, defensive leader **Mihir Kulshreshtha** and **Arnav Mathur** carried our team throughout the season. This group worked amazingly as a team and showed dedication during the difficulties dealing with Covid. The highlight of the season would be **Akash Wudali's** game winning free throws to beat Falls Church in the last seconds. The players and myself would like to thank our athletic department, the dedicated custodians who kept us safe, our trainers and medical staff as well as parents.



GIRLS BASKETBALL

Varsity What just happened?!? It was one crazy year for high school athletics, and us winter sports players and coaches were the guinea pigs. With so many new precautions and processes in place, we all had to adjust, but the bottom line was the same: We got to play basketball. And we were able to be TOGETHER.

Led by **head coach Cam Johnson** and **assistant coaches Minh Bui** (2013 TJ alum) and **Chet Bracuto**, the Colonials finished the season with an overall record of 4-8, doubling the win total from the season before. Progress!

The squad was led by our senior Captains, **Sarabeth Joyner**, **Rhea Tammaredi**, and **Hailey Nguyen**. Our juniors included **Dami Awofisayo**, **Erika Ramirez**, and **Eleanor Kim**. **Eleanor** was our Comeback player, taking last season off and rejoining us this year. We were pumped to have her back on the court with us! Our future is bright with our long list of sophomores, **Riley Cooper**, **Emma Cox**, **Tanvi Bhawe**, **Ellie Rowland**, and **Elisabeth Everhart**, and two fantastic freshmen, **Anjali Maddipatla** and **Harshal Lobana**. In addition to those on the court, we also had great managers in our MVP, **Emily Hollinger**, and first year manager **Ananya Chilakamarri**.



Senior **Sarabeth Joyner** led the offensive for the group, dropping a career high 24 points against a solid Edison team in our second meeting with them. **Tanvi Bhawe** was a monster on the boards (at a height of 5'5, no less!) posting a career high 20 rebounds in our win at home against John Lewis. **Sarabeth** was voted to the National Conference 1st team, with **Tanvi** and **Eleanor Kim** receiving Honorable Mention nods. **Hailey Nguyen** left a mark as a player-coach. The kid simply understands basketball and was always there to help direct, encourage or teach. She brought an intense energy to the group, and kept up her positive attitude, even when days were tough. Perhaps most incredible, though, was what **Rhea Tammaredi** did throughout her career. **Rhea** went from a JV player her sophomore year to starting point guard for the Varsity team her Junior year. In the district we have, that is a BIG load to take on, and she simply handled it. It was very cool to see that progression, and the growing confidence she had.

There is a lot to build on going forward. We will miss our seniors incredibly. All three of them have been integral parts of the TJGBB family since they were Freshmen, and we are forever grateful that they chose to spend their high school years with us. Things would have been much different without them.

In this insane year of the 'Rona, we would like to thank all of the parents that supported us and your children throughout the season. It has been an unnerving time, full of uncertainties and risk, but you gave your child the chance to continue to do something they enjoy; something that makes a part of the high school experience. You cheered for your child, and for your child's teammates. You applauded the hard work of the student athletes whether it was a win or a loss, and that is a beautiful thing. We thank the TJ Activities Office for their help throughout the season, handling scheduling issues, getting game managers for our home games, and dealing with the constantly changing protocols enacted by VHSL, FCPS, and the State of Virginia. Thank you to our **Athletic Trainers, Heather Murphy** and **Caroline Taylor**, for all of their added responsibilities! There was so much already on their plate, and Covid created more

responsibility. They stepped up and handled the added load without complaint, knowing that what they were doing was all for the kids. Thank you to the best custodial staff in the world for making sure our facilities were clean, sanitized, and safe for us. Oh, and also the patience! TJGBB would be late getting out of the gym after practice sometimes....thanks for not yelling at us too much! It was a strange season, but it was totally worth it. It was frustrating, but we adjusted to the new protocols. We embraced the fact that we simply were able to be together and play, and we ran with it. We are proud of this season, thankful it was able to happen, and grateful for the wonderful, hilarious, beautiful memories we gained.

A team above all – forever.

JV After a rough start, the girls' junior varsity basketball rallied to win its last two games and post a 2-4 record for the season. The JV, which had six games canceled because of covid, opened with lopsided losses at Wakefield and Edison, in which they scored a combined 20 points. The Colonials then lost a much closer game to Edison in our only home game of the season.

Then, after a 3-point loss against a tough Falls Church team, the JV came out on top with a 61-49 victory at Mount Vernon. We then concluded the season with a 29-28 victory at Justice, scoring the last basket with seven seconds left to clinch the victory.

The team played much of its season with just five players -- **Dora Bowen-Glazeroff, Sonia Seth, Sarah Wadsworth, Angelina Richter** and **Hannah Bang** -- and those five learned to work together as a unit to improve in all aspects of the game.

Others, including **Erika Ramirez Sanglade** and **Harshal Lobana**, joined from the varsity on game days and played key roles in our team's improvement.



GYMNASTICS

The gymnastics team had another successful season. They finished 4th at the district championships. In the individual competition **Lexi Skeen** finished 6th on vault, **Lauren Woody** 9th on floor. The team qualified to the regional championships. Congratulations go out to our award winners for this year, **Lexie Skeen** – Most Improved, **Navya Vargese** – Coaches Award and **Lauren Woody** – MVP. The coaches would like to thank **Navya Vargese**, our only senior, for her years of commitment to the TJ gymnastics program and wish her the best in her future endeavors. We will miss you and hope you will return to visit next year.

Members of the 2020-21 team:

- ♯ **Michelle Ru**
- ♯ **Lisa Raj Singh**
- ♯ **Lexie Skeen**
- ♯ **Navya Vargese**
- ♯ **Lauren Woody**



SWIM & DIVE

Led by Coaches **Aubrey Love, Jen Hitchcock, JP Wilusz** and the team's senior captains **Molly Barron, Tiffany Ji, Natalie Martin, Meghna Sharma, Drew West, Anthony Wong and Jason Xu**, Thomas Jefferson's Swim and Dive (TJSD) teams continued their long run of dominance and endless spirit despite a season in the middle of a global pandemic with challenges, rule changes, and health policies too numerous to count. The boys' and girls' team finished the season 5-0 overall with a strong postseason showing.

The girls won their seventh District Championship in eight years, winning the 400 free relay and placing second in the 200 free relay and third in the 200 medley relay. Senior **Natalie Martin** won 200 free and 100 fly and junior **Micaela Wells** won 1 m. diving with a final score of 318.80. Other strong showings featured freshman **Aurora Zary** (2nd 100 free, 1st 100 back); freshman **Katie Wang** (3rd 200 IM and 100 fly); freshman **Paige Burke** (3rd 50 free, 5th 100 breast); freshman **Zichang Wang** (8th 50 free, 2nd 100 back); sophomore **Katie Merrill** (6th 200 IM, 10th 100 free); junior **Sarina Saran** (6th 1 m. diving, 10th 100 fly)); and junior **Clara McAllister** (7th 1 m. diving, 7th 100 free). The TJSD boys captured their eighth straight District Championship, featuring strong 2nd place finishes in the 200 medley, 200 free and 400 free relays. Junior **Will Kohn** won 100 fly and 100 back and senior **Evan Zhang** won 50 free (2nd 100 breast). Other notable swims included freshman **Beck Hastings** (3rd 200 free, 2nd 500 free); junior **Michael Zhang** (2nd 50 free); senior **Anthony Wong** (3rd 200 IM, 4th 100 breast); sophomore **Albert Kang** (2nd 200 free, 3rd 100 free); senior **Jason Xu** (5th 100 free, 3rd 100 breast); junior **Eugene Choi** (6th 100 free, 5th 100 back); sophomore **Daniel Philipov** (7th 100 fly); freshman **Daniel Chua** (6th 500 free); freshman **John Paul Gonsalves** (5th 200 free, 3rd 500 free); freshman **Chris Qian** (4th 200 IM, 4th 100 back); freshman **Kai Wang** (2nd 200 IM, 6th 100 fly); junior **Anderson Moffitt** (9th 1 m. diving); junior **Champe Mitchell** (12th 1 m. diving); and junior **David Lyons** (14th 1 m. diving).

After the success at Districts, both teams headed to the Region Meet with high expectations. The boys won their eighth straight Region Championship, winning the 200 medley and 200 free relay and placing second in the 400 free relay. Strong showings included **Will Kohn** (1st 100 back and 100 fly); **Evan Zhang** (1st 50 free and 2nd 100 breast); **Beck Hastings** (2nd 200 free, 3rd 500 free); **Michael Zhang** (2nd 200 IM, 1st 100 breast); **Anthony Wong** (4th 200 IM); **Champe Mitchell** (4th 1 m. diving); **Albert Kang** (4th 200 free); **Anderson Moffitt** (3rd 1 m. diving); **Eugene Choi** (6th 100 free and 100 back); **Jason Xu** (5th 100 free, 4th 100 breast); **David Lyons** (5th 1 m. diving); **Albert Kang** (5th 200 free, 4th 100 free); **John Paul Gonsalves** (6th 200 free, 5th 500 free); **Kai Wang** (6th 200 IM, 4th 100 fly); **Chris Qian** (7th 50 free, 2nd 100 back); **Andy Chen** (8th 50 free); **Daniel**



Philipov (3rd 100 fly); and **Daniel Chua** (9th 500 free). The girls proudly took the title of “Runners Up” finishing second in our region and taking second in the 400 free relay, third in the 200 free relay, and sixth in the 200 medley relay. Significant contributions were made by **Micaela Wells** (1st 1 m. diving- with a score of 323); **Natalie Martin** (1st 200 free, 2nd 500 free); **Katie Wang** (5th 200 IM, 3rd 100 fly); **Katie Merrill** (7th 200 IM, 10th 100 free); **Clara McAllister** (5th 1 m. diving); **Sarina Saran** (4th 1 m. diving); **Paige Burke** (4th 50 free, 8th 100 breast); **Aurora Zary** (3rd 100 free, 5th 100 back); **Megan Yu** (11th 100 fly); **Caroline Xu** (10th 500 free); **Zichang Wang** (7th 100 back); and **Naomi Heilen** (10th 100 breast).

Delayed twice by weather- the team was well rested, hungry and ready for States. The girls had some powerful swims and ended the evening in 7th place. The girls 200 free relay (**Aurora Zary, Zichang Wang, Paige Burke, Natalie Martin**) finished 5th, and the 400 free relay (**Aurora Zary, Katie Merrill, Katie Wang, Natalie Martin**) finished 7th. Divers **Micaela Wells** (4th) and **Sarina Saran** (6th) contributed significant efforts, as did **Natalie Martin** (4th 200 free, 5th 500 free); **Paige Burke** (13th 50 free); **Katie Wang** (12th 100 fly); and **Aurora Zary** (7th 100 free).

The boys 200 medley relay (**Will Kohn, Jason Xu, Evan Zhang, Michael Zhang**) finished second, the 200 free relay (**Michael Zhang, Albert Kang, Beck Hastings, Evan Zhang**) finished second; and the 400 free relay (**Albert Kang, Anthony Wong, Eugene Choi, Will Kohn**) finished 4th. Significant individual contributions were made by **Michael Zhang** (1st 200 IM and 100 breast); **Evan Zhang** (1st 50 free, 2nd 100 breast); **Will Kohn** (3rd 100 fly, 1st 100 back); **Anderson Moffitt** (5th 1 m. diving); **Champe Mitchell** (6th 1 m. diving); **Beck Hastings** (8th 200 free, 6th 500 free); **Anthony Wong** (10th 200 IM); **Daniel Philipov** (11th 100 fly); **Kai Wang** (12th 100 fly); **Albert Kang** (7th 100 free); **Chris Qian** (8th 100 back); and **Jason Xu** (7th 100 breast). Their hard work paid off ending the season as VHSL Class 5 Swim and Dive State Champions!

We would like to sincerely thank our incredible community of parent volunteers for their help in making this unprecedented season a success.



INDOOR TRACK & FIELD

The winter track & field team had a very good 2020-2021 season. We can call this the season of the complete unknown as it was unknown if we would have a season, it was unknown how we would hold practice with the protocols we had to follow, it was unknown how many people would even come out. In the end it was great to see the kids again and it was particularly good for them to see each other in person. Some things were a bit difficult, wearing face masks while running, and while racing and maintaining social distancing. But in the end, it was great to be together again!

With our coaches (**Withington, Szabos, Brezina, Rossen, Jenkins**), and the team captains (**Ikhlaas Bhat, Thomas Cuddy, David Han, Emerson Rodriguez, Joaquim Das, Rosalie Chambers, Lauren Delwiche, Christine Franklin, Annika Topchy, Erin Tran, and Irene Williams**) leadership the season went on with great success.

The season like no other and hopefully like no other to follow, went off with a condensed meet schedule, which became even more condensed with two meets canceled for weather but we still had some very good performances.

A big heart felt thank you to some other seniors who did not get an opportunity to run in a meet this season due to injury, or other health issues: **Varun Chilukui, Eugene Choi, Tavo Duvall, and Trent Moyar.**

In our district meet we had 30 PR's (personal records) and 8 SB's (season bests) times or marks. ALL the relay teams had a season best time. The team had a very good district meet with all athletes showing an outstanding effort in everything they did.

District Highlights:

- ♯ **Annika Topchy** – (1st 55Hurdles, 3rd High Jump)
- ♯ **Rosalie Chambers** – (3rd Shot Put)
- ♯ 4x800 Relay Girls (3rd) – **Kaia Wright, Sreeja Sengupta, Lauren Delwiche, Sophia Decker**
- ♯ **Jack Klopson** – (3rd 1600m)
- ♯ **Irene Williams** – (1st 1000m)

At press time we had only participated in our District meet, we are hoping for many more great performances at the Regional and State meets.

Congratulations to all winter track & field athletes for a fantastic season!



WRESTLING

The TJHSST Wrestling season start was delayed to December 12 yet enabled the team to regain some sense of normalcy. For the new and returning wrestlers, athletics provided a necessary relief. As for the Seniors, it was their last chance to wrestle, participate, and achieve their competitive goals. Being a high contact sport, wrestling had changed a lot with the new restrictions due to COVID-19. During practice, the wrestlers maintained a pod of three or four wrestlers to minimize impact to the team. They wore masks the whole time during practices, constantly washed hands and used disinfectant wipes. After every meet, **Coach Phillips** would enforce a virtual practice in case of any issues or



exposure. Both **Coach Phillips** and **Coach Lamb** kept the wrestlers motivated to stay safe. They were able to successfully give the wrestlers a complete season with the culmination of three qualifying for States this year, **Brianna Ta, Nicholas Ta, and Ben Rubin.**

Districts Results: 1st – **Brianna Ta** and **Ben Rubin**, 2nd – **Nicholas Ta** and **Varun Vellaja**, 4th – **Jack Turner**, and 5th – **Jonluke O’Cain**

Regionals Results: 1st – **Ben Rubin** and **Nicholas Ta**, 2nd – **Brianna Ta**, 6th – **Jonluke O’Cain, Jack Turner,** and **Varun Vellaja**

2020-2021 Colonial Athletic Boosters Board

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If you are still not a CAB member, or if you would like to make an additional donation, find us online at www.tjsports.org under the Athletics Boosters link. 100% of membership dues, donations, and proceeds from sales go directly back to supporting our student athletes.

Become a CAB Member Today!

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