# FALL Athletic Accomplishments

## Denbigh High School

**GIRLS CROSS COUNTRY**  
Pilote Byiza 2nd Team All-Conference  
Cheyenne Booth 2nd Team All-Conference  

**FIELD HOCKEY**  
Camiris Hooker 1st Team All-Conference  
Brittney Dosier 1st Team All-Conference  
Megan Mclean 2nd Team All-Conference  

**FOOTBALL**  
Casey Vick 1st Team All-Conference (LB)  
Demarco Brown 1st Team All-Conference (OL)  
Elijah Rice 2nd Team All-Conference (DB)  
Donavyn Johnson 2nd Team All-Conference (Receiver)  
De’Von Thomas 2nd Team All-Conference (PR)  
Jamison Webb All-Conference Honorable Mention (DT)  
Jermaal Wells All-Conference Honorable Mention (QB)  

**BOYS VOLLEYBALL**  
Jonathan Amaral 1st Team All-Conference  
William Sheets All-Conference Honorable Mention  

**GIRLS VOLLEYBALL**  
Zuleyka Alvarez 2nd Team All-Conference  
Kaydee Castillo 2nd Team All-Conference  

## Heritage High School

### Heritage High School (continued)

Khevani Francois 1st Team All-Conference (Receiver)  
Region 4A South Honorable Mention (Receiver)  

Silas Walls 2nd Team All-Conference (OL)  
Brian Mundon 2nd Team All-Conference (OL)  
Omar Martin 2nd Team All-Conference (RB)  
Dimitri Holloway Conference Defensive Player of the Year  
Daily Press Defensive Player of the Year  
1st Team All-State (LB)  
1st Team Region 4A South (LB)  
1st Team All-Conference (LB)  
1st Team All-Conference (All Purpose)  
2nd Team Region 4A South (All Purpose)  
1st Team All-Conference (LB)  
Region 4A South Honorable Mention (LB)  
Treille Pearson 2nd Team All-Conference (DL)  
Bernard Saxby 2nd Team All-Conference (DE)  
Tra’sean Shackleford All-Conference Honorable Mention (RB)  
Khalil Lockett All-Conference Honorable Mention (DE)  
George Massenburg Conference 18 Coach of the year (2nd year in a row)  

### BOYS VOLLEYBALL

LaShawn Whitney 1st Team All-Conference  
Isaiah Gibbs 1st Team All-Conference  
Mi’kyng Johnson 2nd Team All-Conference  
Nathan McGhee All-Conference Honorable Mention  

### GIRLS VOLLEYBALL

Taylor Smith 2nd Place Conference 18  
Conference Player of the Year  
1st Team All-Conference  
1st Team 4A South All-Region  
2nd Team VHSL All-State 4A  

Jericho Caspter 2nd Team All-Conference  
Alexis Artis 2nd Team All-Conference  
Morgan Ryan All-Conference Honorable Mention  
Angie Crew Conference 18 Coach of the Year  

## Menchville High School

### BOYS CROSS COUNTRY

Matt Arnold 1st Team All-Conference  

### GIRLS CROSS COUNTRY

Cha-Qera Lyons 1st Team All-Conference  
Sydney Blowe 1st Team All-Conference  

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NEWPORT NEWS PUBLIC SCHOOLS
**Menchville High School**

**GOLF**
Amanda Kelley  All-Conference

**FIELD HOCKEY**
Brittany Oliver  1st Team All-Conference
Hannah Struble  1st Team All-Conference

**GIRLS VOLLEYBALL**
Bethany Willis  1st Team All-Conference

**FOOTBALL**
Kalepo Naotala  1st Team All-Conference (OL)
Kenneth Kirby  1st Team All-Conference (DL)
Elijah Murphy  1st Team All-Conference (TE)
Ray Savage  1st Team All-Conference (OL)

**Warwick High School**

**COMPETITION CHEER**
Aisja Ceasar  1st Team All-Conference
Rayanah Cuff  1st Team All-Conference

**BOYS CROSS COUNTRY**
Benjamin Roston  1st Team All-Conference

**GIRLS CROSS COUNTRY**
Haille Hatter  1st Team All-Conference

**FIELD HOCKEY**
Amanda Belfiore  2nd Team All-Conference
Skye Swain  2nd Team All-Conference
Victoria Baker  All-Conference Honorable Mention

**FOOTBALL**
Travis Williams  2nd Team All-Conference (All Purpose)
Mario Byrd  2nd Team All-Conference (DL)
Erique Diggs  2nd Team All-Conference (LB)
Grayson Hubbard  2nd Team All Conference (Special Teams)
Demonte Good  All-Conference Honorable Mention (DB)
Malik Harris  All-Conference Honorable Mention (DE)
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**Woodside High School**

**COMPETITION CHEER**
Tiffany Williams  1st Team VHSL All-State

**FIELD HOCKEY**
Chanisse Francis  1st Team All-Conference
Teresa Jackson  2nd Team All-Conference
Kira Davis  All-Conference Honorable Mention

**FOOTBALL**
Shane Westfall  1st Team All-Conference (OL)
Sal Malamala  1st Team All-Conference (C)
Jays’on Davidson  1st Team All-Conference (LB)
Monte’ Livsey  2nd Team All-Conference (DB)
LJ Taylor  2nd Team All-Conference (DB)
Tamir Walker  2nd Team All-Conference (RB)

**BOYS VOLLEYBALL**
Marco Puentes  1st Team All-Conference
Phil Mckean  2nd Team All-Conference

**GIRLS VOLLEYBALL**
Naya Johnson  2nd Team All-Conference