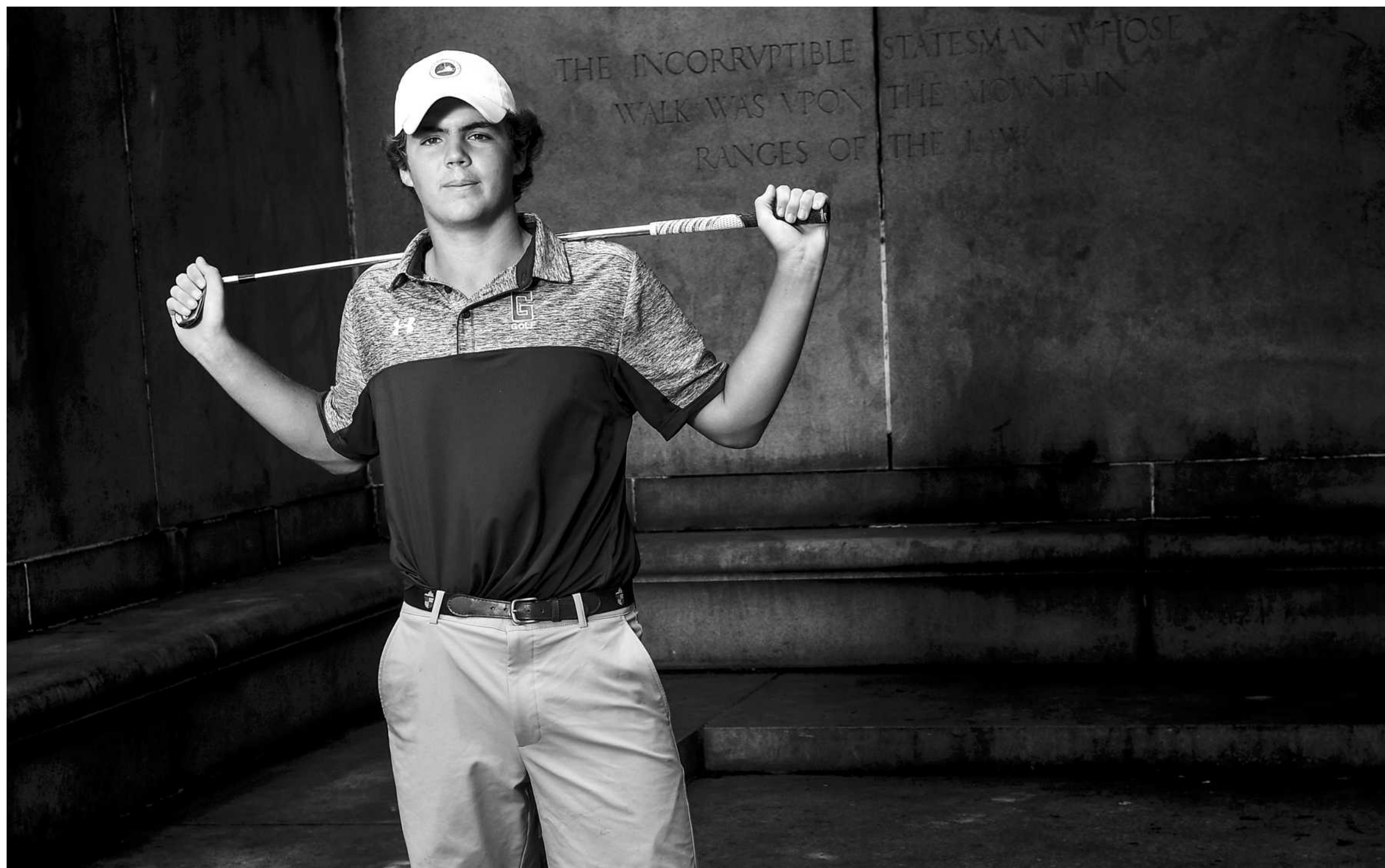


GOLF *Compiled by Nick Ellerson*



GOLFER OF THE YEAR

Teddy Zinsner

Gonzaga / Sr. (See Page H6)

FIRST TEAM



Brandon Berry
Langley / Sr.
Fiery competitor battled food poisoning while leading Saxons to their first Virginia 6A state title since 2011.



Sebastien Bonte
O'Connell / Sr.
Mary Washington commit fired a 1-under-par 71 at Northwest Golf Course to earn co-medalist honors in the WCAC tournament.



Lena Capoccia
Churchill / Jr.
Prevailed in a playoff to claim the Md. girls' title, punctuating a stellar season that saw her post a 35.0 nine-hole average.



Colin Caporal
Patriot / Sr.
Longwood recruit tallied a 35.8 nine-hole average, capping his career with a third-place finish at the Va. 6A state tournament.



Jackson Courtney
Marriotts Ridge / Sr.
Fired an even-par 71 at University of Maryland Golf Course to lead Mustangs to fifth straight 1A/2A state crown.



COACH OF THE YEAR
Jack Duquette Landon
After guiding Bears to their second straight Metros title, Duquette returned to close his 29-year coaching career with his 18th Interstate Athletic Conference crown. Junior golf fixture produced 300 dual-meet victories and 24 first-team All-Mets during his tenure in Bethesda.



Kurtis Grant
South Lakes / Jr.
Posted 68-67 to win Va. 6A North region tournament, then finished as runner-up in 6A state tournament.



Ryan Hammer
Loudoun Valley / Jr.
Carded a 3-under 68 before winning in a playoff to secure the Va. 4A individual title at Stonehouse.



Evan Katz
Landon / Sr.
Duke commit and repeat All-Met captured IAC individual title to cap year in which he posted nine-hole average of 35.9.



Nick Roberson
Beth-Chevy Chase / Fr.
Coasted to four-shot win at University of Maryland Golf Course to become Barons' first golfer to win a state title.



Pudge Williams
Gonzaga / Sr.
Earned co-medalist honors at the WCAC finals and finished one stroke back at Metros. Will play at Siena.

HONORABLE MENTION

Brett Babb, Northwest, Jr.; Matt Barnes, Gonzaga, Sr.; Jordan Bessalel, Sidwell Friends, Sr.; Michael Brennan, Tuscarora, Fr.; Ryan Brophy, Annapolis Area Christian, Sr.; Pieter DeGroot, Gonzaga, So.; William Garrett, Huntingtown, Sr.; Jack Hoel, Flint Hill, Jr.; Jenny Hua, Northwest, Fr.; John Kalavritinos, Landon, Sr.; Brandon Keller, Good Counsel, Jr.; David Luo, Jefferson, Fr.; Dugan McCabe,

Whitman, Fr.; Kevin McCarthy, McLean, Sr.; Nick Mejia, Marriotts Ridge, Sr.; Ryan Monastero, Loudoun County, Jr.; Eli Newman, Heritage, Sr.; Johnna Parlett, Northern, So.; Carlo Pizzaro, Saint Anselm's, So.; Dylan Rotter, Churchill, Jr.; Jeff Samit, Landon, Sr.; Justin Shim, Paul VI, Jr.; Keegan Shreves, Georgetown Prep, So.; Eli Thrasher, Langley, Jr.; Otto Voettiner, Battlefield, Sr.; Joey Voyta, Wootton, Sr.; Oliver Whatley, Churchill, Sr.

BOYS' ROWING *Compiled by Joshua Needelman*

FIRST TEAM



Henry Bellew
Beth-Chevy Chase / Jr.
Guided Barons' first varsity eight boat to wins at Washington Metro Interscholastic Rowing Association and Md. state championships.



Asher Elkins
T.C. Williams / Sr.
Three-year varsity rower led first four crew to Virginia state championship in a time of 5:47.



Richard Hrdy
Gonzaga / Sr.
Set the rhythm for the stroke seat of Eagles' first varsity eight boat, which barely missed capturing a sixth straight Stotesbury Cup title.



Hugh Jia
St. Albans / Sr.
Three-time Va. Scholastic Rowing Association champion won bronze medal with Bulldogs' first varsity eight boat at the Stotesbury.



Joe Johnson
Gonzaga / Sr.
Powerful Harvard commit led Eagles' first varsity eight to a second-place finish at the Stotesbury Cup and a win at the Foley Cup.



Ben Koenig
Walter Johnson / Sr.
Broke school record in the 2K by eight seconds (6:24.1). Powered first varsity four boat to a sixth-place finish at the Stotesbury Cup Regatta.



Luke Lama
DeMatha / Sr.
Stroke seat of first varsity eight boat, which took third at the Washington Metro Interscholastic Rowing Association championships.



Nathan Manrique
St. Albans / Sr.
Brown commit with a 6:14 2K time guided Bulldogs' first varsity eight to a third-place finish at the Stotesbury Cup.

COACH OF THE YEAR

Dan Engler *Bethesda-Chevy Chase*
Led the Barons' first-, second-, third-, freshman- and novice-eight boats to titles in their respective classifications at the Washington Metropolitan Interscholastic Rowing Association championships. The first varsity eight boat concluded the season with a sixth-place finish at the Stotesbury Cup Regatta. The Barons' first varsity eight boat had not qualified for the semifinals at any major regatta before Engler took over 10 season ago.

BOYS' BEST BOATS

First Eight	Gonzaga
Second Eight	Gonzaga
Light Eight	Gonzaga
First Four	Walter Johnson
Light Four	Madison

HONORABLE MENTION

Connor Anderson, Oakton, Sr.; Gage Backstrom, Washington-Lee, Sr.; Luke Burger, DeMatha, Jr.; Mason Graham Duncan, McLean, So.; Paul Gorika, Langley, Sr.; Rory Hagerty, Wilson, So.; Jack Kiyonaga, Gonzaga, Sr.; Ethan Klein, Wilson, So.; Joe Korn, Woodson, Sr.; Connor McGivern, T.C. Williams, Jr.; Tyler McMichael, Oakton, Sr.; Sean McNeely, Bethesda-Chevy Chase, Sr.; Eli Mehring, Wilson, Jr.; Jack Ning, Woodson, Sr.; Henry Plaster, St. Albans, Sr.; Stephen Ponticello, Gonzaga, Sr.; Connor Rex, T.C. Williams, So.; Barton Trimble, St. Albans, Jr.; Thomas Vasquez, Gonzaga, Sr.; Jake Wadle, McLean, Sr.; Joseph White, Whitman, Sr.; Ben Wierzbanski, Wakefield.



Ben Pratt
McLean / Sr.
From No. 5 seat, powered the first varsity eight to a second-place finish at the Virginia Scholastic Rowing Association championships.



John Serger
Jefferson / Sr.
Team captain and stroke seat of first varsity eight boat took fifth place at the Virginia state championships.



Ryan Smith
Woodbridge / Sr.
Team captain with one of the fastest 2K times (6:11) in the DMV area. Will row at Syracuse.