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## Robious Corridor's Outstanding Student Athletes for 2015

For five years, we here at Robious Corridor Magazine have done our best to bring you some of the best moments and musings of our community. Shining this bright literary light on where we live, work, and go to school has brought us only further illumination and inspiration from all of you, always reminding us why we love this area so much. So, from everyone here, thank you!

This is perhaps our favorite

issue of the entire year to produce, we love celebrating our brightest young stars in our community. We seek out Principals and Athletic Directors and we ask them to identify young men and women who best reflect the attributes of outstanding leadership, citizenship, and academia, all while participating in a varsity sport. To us, Student-Athlete doesn't merely mean some kid who can run fast, or throw a ball, and has a few Division 1 offers. We're talking about our very smart young people who are likely to be the next generation of leaders, teachers, entrepreneurs,



doctors, and problem solvers.... (emphasis on problem solvers.)

One of the most popular extracurricular activities for high school students, sports, require

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immense amounts of both time and energy. Yet, a student's dedication to sports does not come at the cost of academic performance. Compared to the average student not participating in sports or extracurricular activities, the Student-Athlete was more likely to have a significantly higher GPA.

This is not a new idea, as athletes, teachers and coaches across the country have long-since argued that interscholastic sports on the secondary education level are as beneficial to students as the eight hours spent in the classroom. That does not, of course, mean that athletic competition will make a student any smarter in comparison to academic class. It is just a different kind of knowledge.

George R.R. Martin wrote in his novel, A Game of Thrones that, "A mind needs books as a sword needs a whetstone if it is to keep its edge." Such truer words were never more appropriate in the context of the Student-Athlete. The classroom exercises the mind, enhances critical and analytical thinking skills, and builds the brains knowledge databank. Out in the field of athletic competition, the body and mind develop endurance, a more honed sense of focus and a deep understanding of persistence in

the face of difficulty.

Please join with me in saying THANK YOU to the wonderful folks at ACAC who sponsored each Student-Athlete you will read about on the following

pages.

Without further ado, we present the Outstanding Student-Athletes of 2015! ■

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# MATTHEW BRASSINGTON



**High School:** Trinity Episcopal

**Graduation Year:** 2016

**Grade Point Average:** 3.95

**Sport(s) Played:** Varsity Basketball, JV Soccer, Varsity Baseball, and Varsity Golf

Matthew Brassington is a rising Senior at Trinity Episcopal School and have maintained a 3.95 GPA while participating in three seasons of sports each year and taking all honors and IB classes.

**Accolades:**

- Honor Society
- Titan Tour Guide
- Spanish Club
- Key Club
- Operation Smile Club
- Varsity Golf (Starter eight grade through sophomore year)
- Basketball State final four Appearance
- #3 ranking in the state for Basketball
- JV Soccer Captain

**HOW MATTHEW FEELS ABOUT SCHOOL**

Math helps me the most in competition because it teaches me to stay focused at all times. IB Geography is my favorite academic subject. My teacher, Mr. Stratton, teaches about the ongoing ecological issues throughout Richmond. The class is constantly engaging in opportunities to get out into nature and explore the environment. It is a very outdoorsy and hands on class and allows me to learn about the same things that I would learn in another class, but learn them in an engaging way.

Mr. Hamlin had the most impact on me because he taught me in the classroom and on the basketball court, refining our relationship on and off the court. The most important lesson that sports have taught me is that it takes an entire team effort to win a game, not just one player's performance. Throughout the 2015 basketball season, the team's motto was "Together", meaning that everyone needed to do his part to help the team win the game.

During the busy parts of the season, it definitely became challenging to stay on top of my schoolwork. However,

balancing the workload with sports practice and away games is all part of what being a student athlete is.

**HOW MATTHEW FEELS ABOUT SPORTS**

Phil Mickelson was one of my heroes because he was one of few lefty golfers like myself. Sean Taylor was another one of me childhood sports heroes because I grew up watching him play for the Redskins, my favorite NFL team.

My favorite coach was Joe Paterno. I'm a big Penn State football fan, and grew up watching Paterno coach for years.

This year in basketball, we played Benedictine at Trinity. Benedictine has always been the powerhouse in the Richmond area for basketball, but the game ended with the Titans winning by 30 points. We pulled together as a team and showed both schools what we could accomplish on the court.

My favorite team to play against is St. Chris's Basketball Team. They are our biggest in town rival, and the atmosphere is very exciting. My favorite

**CONTINUED →**



part of the game is when two student sections argue with each other through chants and cheers. It feels like more than just a high school basketball game.

The thing that motivates me the most is when a coach gets on you hard for making a mistake. My coach yelled at me, harder than he had at anyone all year, for turning the ball over during a game. I was so angry that I scored the next ten points for my team.

### MORE ABOUT MATTHEW

I don't believe in pre-game rituals or anything like that. I believe that having the right mindset and never taking any game lightly will make the outcome of the game more rewarding.

Best sports advice? It's not the size of the dog in the fight; it's the size of the fight in the dog.

During a tough point in a game, I think about what I can do differently for my team and how we can change what we are doing to get on a path that will win us the game.

My parents never forced or pressured me to do anything. My parents exposed me to many different sports at a young age. They allowed me to pick and choose what sports I wanted to play, and I'm very grateful for that.



## Educational Tree Trail Established

The Salisbury Garden Club of Midlothian, along with the Chesterfield County Department of Parks and Recreation, has established a Tree Identification Trail. This trail identifies 26 different native species of trees along a half mile walk in Robious Landing Park. This park was chosen due to its close proximity to Weaver Elementary and James River High Schools. The Chesterfield County Department of Forestry, Girl Scout Troop #876 and the students of James River High School's Envirothon Team also participated in the project, helping to determine which trees to identify, attaching a backing board to the trees and fastening the identification signs to the backboards.

One aim of this project was to create an educational trail that could be used by local students and scouts, as well as the general public. Science teachers from the high school already have lesson plans in place using the trail and its tree information. An elementary-aged activity booklet was also created which addresses the SOL's having to do with trees, as well as information needed for Girl Scout badges on forestry.

A second aim of this project was to create an educational walk without introducing litter into the park. Each tree id sign has the scientific and

common name(s) of the tree, a drawing of the leaf or flower, and two or three sentences about the tree. A Quick Reference (QR) code was also developed. When this code, which is on the tree id trail map at the trailhead, is scanned with a smart phone, a map of the trail appears on the phone. Each tree is marked with a balloon. As people walk to the tree they can touch the balloon which brings up the additional information on each tree. This information is a compilation of botanical, historical, and natural information about the tree; such as which animals use it, what the wood is used for, how large it gets, and other interesting bits of information. It is hoped that this combination of the natural world with technology will appeal to our younger citizens.

One tree native to the area that was not found on the trail was an Eastern Redbud. The Great Big Greenhouse, a local nursery, donated a 10' redbud that was planted so that it is the final tree on the trail. At a trail dedication ceremony, held on April 26th, native cypress and black cherry tree saplings were distributed to all attendees. The saplings were provided by the Chesterfield County Department of Forestry. This project has been well received by the public and will hopefully be expanded to other county parks.

# GRACE REBEKAH LARAMORE



**High School:** James River

**Graduation Year:** 2015

**Grade Point Average:** 4.08

**Sport(s) Played:** Varsity Soccer

Grace Laramore is a senior at James River High School and will attending George Mason University where she will be studying Forensic Science.

## Accolades:

- National Honor Society
- Physics Club historian
- French Club
- Most Valuable Rapid
- Nominated for by teachers for the Corner Stone characteristics for prospective and ethics, Senior class council member
- DECA member
- Chemistry Club member

## HOW GRACE FEELS ABOUT SCHOOL

The academic subject that helped me the most in completion was math, because it was never really my strongest subject, so I also had to work really hard it. On the field I knew I wasn't the best, but I practiced hard to be my best. My favorite subject is Science, particularly my forensics class. It makes me feel like I'm a part of CSI and I get to learn super interesting things I never knew before.

My 11th grade gym teacher and JV coach, Mrs. Thomas, had the most impact on me because she always made everything seem so fun; even fitness, which was never my favorite. The most important lesson that sports have taught me is to make the most of the time that you are given, whether that is on the field or off. One of my biggest challenges was getting enough sleep. Between practice, work, games, school work, and managing the varsity girls basketball team there were a lot of late nights.

## HOW GRACE FEELS ABOUT SPORTS

One of my biggest sports heroes when I was growing up was my dad. He wasn't famous or anything, but he always tried

his best when he played and still continues to encourage me. My favorite sports moment was scoring the game winning goal against Monacan my senior year.

## MORE ABOUT GRACE

I don't really have a game day routine, but before every game I have to do long balls and pay lays with my best friend. The best sports advice anyone ever gave me was B.A.B (Be a Beast). My dad has said it me before every game since was 10. During a tough point in a game, I think about my team. I think about their reactions if we win or if we lose, and I want to be able to see the winning reaction.

The best thing my parents have done for me as an athlete is just simply being there for me. They always try to make it to every game, and even if I think it's a stupid game to come to they will be there cheering me on. They are my #1 fans.





# ROBERT CROSS



**High School:** Midlothian  
**Graduation Year:** 2015  
**Grade Point Average:** 4.7  
**Sport(s) Played:** Lacrosse

Robert graduated from Midlothian High School where he played lacrosse. In the fall he will be attending the University of Virginia as an Echols Scholar.

## Accolades:

- Midlothian Varsity Lacrosse Captain (Senior Year)
- 2014 State Club Cup Champion
- 2015 Senior Class Vice President
- Midlothian Class of 2015 Valedictorian
- University of Virginia Echols Scholar Recipient
- CSPAN Student Cam Video Competition: Honorable Mention
- Hugh O'Brian Youth Leadership Ambassador
- Eagle Scout (Freshman Year)
- 2014 Boys State (Summer

- of Senior Year)
- Junior Marshall, 2014 Graduation
- Spanish Club: 2nd Vice President (Junior Year)
- Harvard Book Award (Junior Year)
- US History Student of the Year (Junior Year)
- National Spanish Exam: Silver Medal, Bronze Medal, and Honorable Mention
- National Honor Society
- Mu Alpha Theta National Math Honor Society
- National Spanish Honor Society
- National Art Honor Society

## HOW ROBERT FEELS ABOUT SCHOOL

History is my favorite subject. I love learning about the past and how we got to where we are. Every event and decision has lasting ramifications.

My 8th grade Civics and Economics teacher, Mr. Rios, taught me more than what was in our curriculum. He implicitly guided us to value learning and knowledge and to recognize its power and significance.

Hard work pays off! The moments in which you want to quit the most are those that build the greatest character. Staying in shape, especially

over the summer when so many other things can take over, was for me more difficult than keeping up my grades.

## HOW ROBERT FEELS ABOUT SPORTS

Steele Stanwick, a former attackman (lacrosse) for UVA who won the 2011 National Championship, along with Peyton Manning, were my sports heroes growing up.

My favorite Coach is Greg Barnard. He has shown me a passion for execution and intensity and at the same time has sought to develop his players into respectable young men.

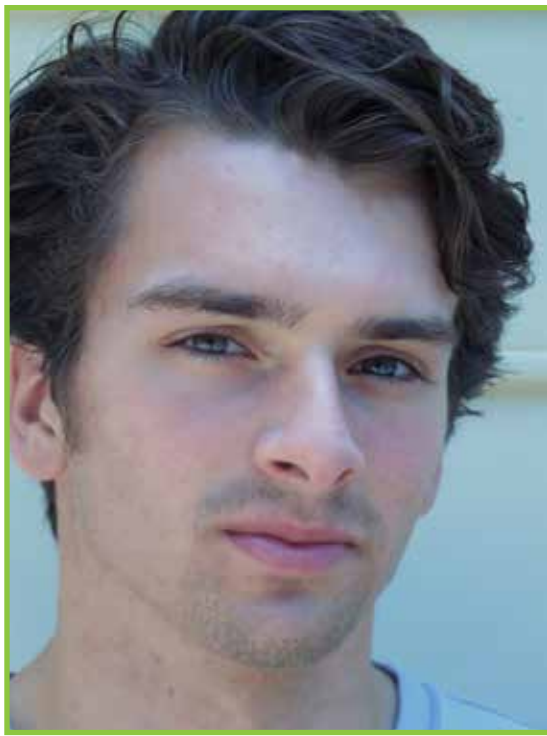
Last year Midlo went up to Northern Virginia over spring break to play three games. After losing the first two we were beat up and demoralized, but we came together to win our last one. I'll never forget the jubilant ride home afterwards.

## MORE ABOUT ROBERT

I eat a box of California Roll sushi from Kroger, an apple and two Reese's cups on game days. It always hits the spot.

The best sports advice anyone ever gave me was "Hustle. It gets you places."

# ANDREW CHES



**High School:** Trinity Episcopal

**Graduation Year:** 2015

**Grade Point Average:** 3.19

**Sport(s) Played:** Cross-Country, Track

Andrew "Andy" Chess is a Senior at Trinity Episcopal School and will be attending the College of William and Mary in the fall. Being a member of both the cross-country and track teams throughout high school, Andy worked through every kind of running. Competing in 5k races, mid-distance events, sprints, hurdles, and beginning Junior Year pole vault, discus, and shot put.

## **Accolades:**

- Honor Roll
- Headmasters List
- IB Diploma Candidate
- Class President
- School Historian
- National Merit Scholars Letter of Commendation
- National Honors Society
- Spanish Honors Society
- Varsity Letter
- Titan Award
- Track Captain

## **HOW ANDY FEELS ABOUT SCHOOL**

The subject that helps me most in competition is AP Physics: because of the rigor and difficulty I had in the subject, the class reinforced self-discipline as I constantly struggled to maintain my grade and teach myself the material (and never quit). But my favorite subject was AP Spanish my junior year because of the creative freedom our teacher gave with projects. **CONTINUED →**



My history teacher, Mr. Phillips, had the biggest impact on me. He reinforced self-responsibility, work ethic, and self reflection in the classroom and in the theatre (without ever actually sitting down and talking to me about it).

Sports have taught me to put doubting and questioning aside for a few minutes and just perform completely. Not to analyze every facet of life but to enjoy it as it happens. Athletics were my escape from school. When I was on the track, I could put behind me the stress of the day. The new focus was refreshing, and so I was ready to put in the work.

### HOW ANDY FEELS ABOUT SPORTS

Growing up, my sports heroes were Muhammad Ali and Dr. J. My favorite coach was Val Osipenko. My favorite sports moment rests between running 300 hurdles in the 2014 Prep league meet or achieving 13'6" this past winter track prep league meet.

### MORE ABOUT ANDY

My secret game-day ritual is to make fun of all the people with superstitions. Makes me feel better. Best sports advice I ever got was "relax." The best

thing my parents ever did for me was they forced me to play over ten different sports as a child. These experiences allowed me

to value all kinds of athleticism and always have a broader perspective towards athletics as a whole.



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# EMILY MARCY



**High School:** James River  
**Graduation Year:** 2015  
**Grade Point Average:** 4.2  
**Sport(s) Played:** Softball

Emily is a graduating senior at James River High School. She will be attending Virginia Tech in the fall to study Pre-Law.

**Accolades:**

- National Honor Society (NHS)
- BETA Club

- Class Secretary (10th-12th)
- Distinguished Dean's List
- Junior Marshall
- Varsity Softball Captain (11th-12th),
- SCA
- 2nd Team All-District (10th-11th)
- All Academic (10th-11th)
- Softball Sportsmanship Award (10th-11th)

**CONTINUED →**

“ The best sports advice I’ve ever gotten is to move onto the next play and not let an error affect the rest of your game.



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## HOW EMILY FEELS ABOUT SCHOOL

I think math helps me most in competition, because I always have to stay focused, and it is my most challenging subject. The teacher that most impacted me is Mr. Crane because he is always friendly and there for his students. He is a teacher that actually cares about his students and supports me in school and on the field. The most important thing sports has taught me is teamwork. The only way you can succeed is if you work collectively as a whole, and play for each other.

## HOW EMILY FEELS ABOUT SPORTS

Coach Chase is my favorite coach because he has influenced how I play the most, and always pushes me to better myself. My favorite sports moment was this year when I hit my first homerun at Monacan High School.

Manchester is my favorite team to play because they are always great competition, and I get to see a lot of my friends that I used to play travel softball with.

## MORE ABOUT EMILY

I don't have any game day rituals; I just hydrate and focus for the game. My only superstitions are I have to warm-up with the same person for each game, and not to cross the bats during the game. The best sports advice I've ever gotten is to move onto the next play and not let an error affect the rest of your game.

The best things my parents did for me as an athlete was to start me playing competitive travel softball and supporting me through the many years I played. I wouldn't be where I am today on and off the field without them!



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# IVAN JACKSON



**High School:** Midlothian

**Graduation Year:** 2017

**Grade Point Average:** 3.6

**Sport(s) Played:** Football, Tennis

Ivan is a rising junior at Midlothian High School where he participates in both football and Tennis. He has played football as a quarterback since second grade and is in his first year of playing competitive tennis. He attended The Collegiate School for elementary, and Midlothian for middle school.

#### **Accolades:**

- Ruritan National Outstanding Student Award
- FBLA Public Speaking Awards
- Latin Club Officer
- Orchestra Awards

- Core Values Award
- Honor Roll

#### **HOW IVAN FEELS ABOUT SCHOOL**

My favorite subject is math, everything makes sense, nothing is ever left unexplained.

Paulette Markham had the most impact on me, she convinced me homework is actually important. Sports have taught me the difference between character and personality. It is easy to put on different personas when everyone is looking, but it's what you do when you think no one is looking that define a person.

#### **HOW IVAN FEELS ABOUT SPORTS**

Growing up, my sports hero was Kurt Warner. The way he conducts himself both on and off the field made me realize that the way someone acts is remembered more than how he plays.

My favorite coach is Kevin Thomas. He constantly stresses the fact that football is a team sport and

in order to be successful, we have to put our individual ideas aside and play for each other.

One of my favorite sports moments was in 2011. My recreational basketball team went 0-10 in the regular season. We got a bye in the first round of the playoffs, in the second round we won on default when the team didn't show up, and the third round was the championship. We won with a final score of 8-7 when I made a last second buzzer beater.

#### **MORE ABOUT IVAN**

I take a nap before every game so I don't have as much time to think about it.

The best sports advice anyone ever gave me? "Don't throw to the people in a different color jersey" -Mom

I like to think about my teammates, friends, and family, who are all counting on me to pull through, during a really tough point of a game.



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# Independence

## GOLF CLUB



In south Richmond, Independence Golf Club has been reconstituted to appeal to golfers and activity-centric individuals alike. Two brothers—Giff and Alan Breed—joined to purchase the Midlothian-based club in 2013 and, over the past 18-plus months, the club has undergone transformative alterations and continued to emerge as a popular destination.

In the process of a reinvigoration, the new owners have stayed consistent with one of the tenants the club's founders promised when Independence opened in 2001—to provide a private club experience that is accessible to the public in a daily-fee setting.

The 18-hole championship course remains as the club's centerpiece. Time was when a station-to-station, aerial approach, favored by more skilled players, was at the heart of the design philosophy at Independence under Tom Fazio, the course's original, world-renowned architect. While popular, some golfers were challenged not only to find the putting surface, but avoid cavernous bunkers that presented accompanying maintenance issues, were round-ruiners and affected pace of play. No longer. Richmond-based golf course architect Lester George in conjunction with superintendent Dan Taylor, on-site overseer Giff Breed and others, gave the layout a major makeover after the club closed for a wholesale top-to-toe renovation in 2014. The changes included regrassing the fairways and greens, ridding the layout of an overabundance of bunkers and strategically removing trees to get air moving, resulting in healthier turf. The days of spotty fairways are quickly waning as the new, sturdier surface continues to take over as temperatures warm, providing cushy lies for those fortunate enough to find the short grass.

Though the rough has been shaved and the tall grass is shorter, be forewarned—flier lies

are prevalent. A new system means the sand in bunkers remain intact and consistent, rather than washing out following heavy rainfalls as had been a problem in the past.

Five sets of tees range from just over 5,000 yards to more than 7,100 yards from the tips. From a playing perspective, varying shot values mean golfers have a more enjoyable experience and the test is a more palatable one than any time in the course's history. The ground game is prevalent, especially in front of around the putting surfaces where closely-mown areas mean players have a number of choices, including running the ball onto the green.

Previously, the club's signature hole was the uphill par-3 14th, but players and course operators now believe that the second shot at the par-4 third hole is more aesthetically pleasing and presents one of the track's top challenges despite being seemingly straightforward in nature. An approach that finds the green may result in a viable birdie attempt, but shots that land short of the putting surface may roll down a shaved embankment, leaving a delicate up and down. All told, it's a similar flair to the dilemma faced by players at Augusta National.

The new putting surfaces, coated with Champion ultradwarf bermudagrass are true, quick and their purity compares to any in the country. Run-off areas are prevalent. Teeing grounds, once seemingly an afterthought, have been squared off and shortened, giving them a sharp, tour-site look.

Visitors looking to improve their game have plenty of opportunity to do so with a double-ended practice facility. The practice tee nearest the clubhouse is comprised of a high quality range mat that extends the width of the practice tee. It's basically as close to grass as one can get—a bad swing means a bad shot. There is an expansive putting green and short game area adjacent to the area. The far end of the range is typically reserved as an all-grass tee and part of it is covered.

Need a few tips? PGA professionals Mahrt Lehr and Leighann Albaugh are of a come-as-you-

are teaching philosophy and they work with all caliber of golfers, from beginners to tournament players. Additionally, clubfitter Andrew Hodson schedules on-site visits for those looking to take the guesswork out of their equipment purchases. Hodson is one of *Golf Digest's* top 100 clubfitters in the country.

Clunky, well-worn carts from the past have been replaced by a new, vibrant looking fleet with a sedan-like feel and ride. They're also equipped with Digital Caddie information, with only Independence information displayed. Old range balls have been retired and new ones help give golfers the most out of their warm-up sessions.

The University of Richmond's men's and women's golf programs like the upgrades so much that they've made Independence their home facility.

The nine-hole, par-3 Mentor Short Course, with holes ranging from 90 to 180 yards, remains a popular spot for those looking to play after work, golfers pressed for time and juniors or individuals getting their first taste of the game. In addition to regulation-sized holes, Independence has added 8-inch cups as well introducing FootGolf, which is similar to golf except the player is kicking a soccer ball into an oversized, 21-inch hole.

Altogether, Independence presents an all-around pleasant golf experience.

"We started with three goals: pace of play, which we've met. We've chopped off 45 minutes on a round of golf," Giff Breed said. "In regard to playability, the course is a wonderful experience for all caliber players. And then there's sustainability. We're using less water, fewer chemicals and implementing more eco-friendly programs. It's all turned out great."

The clubhouse at Independence has undergone a complete overhaul. There are multiple dining choices from the Tavern 19 modern American cuisine menu, as well multiple seating locations all with beautiful vistas. Tavern 19 has an upscale early American feel with traditional fare such as burgers, hot dogs, sandwiches and salads. Many menu options can be customized from customer-savvy chefs to fit one's taste. Local tip: Try the



variety of handmade, brick-oven fired pizzas—they make for the perfect mid-day indulgence, meal for two, lunch-and-leftovers option or an ideal to-go choice for those looking to take a break from cooking for the evening.



Tavern 19 is popular among golfers looking for a pre- or post-round meals, business professionals or friends meeting for lunch and those looking for a quick bite to eat. Four large-screen televisions make Tavern 19 a popular hangout without being overwhelming (the volume is turned down to avoid too much noise). The tavern also features more than a half-dozen IPAs and domestic selections, perfect for post-round calculating and score-settling. The IPAs are changed out on a regular basis so beer-drinkers can sample all sorts of suds. Wine-lovers can also indulge with a number of choices from the Robins Wine Room, named for philanthropist E. Claiborne Robins Jr., one of the club's top supporters.

As of May 14, Tavern 19 is offering more upscale entrees as well (\$20-\$30 per plate meal). Perfect for those going out for a sit-down meal, a formal business dinner or date night, the menu includes a host of savory appetizers and a menu comprised of meat and potatoes, pasta, seafood and wild game selections to name a few. Satisfying dessert selections help top it all off.

Those looking to party, party, party now have a space, attached to Tavern 19, that was designed and cordoned off enough to have a private experience for after-round outing gatherings, birthday celebrations, bat mitzvahs, wedding receptions, business meetings / presentations and other activities. Independence also has also recently introduced a partially-covered patio area for club-goers seeking some seclusion to wine, dine and visit while staying safe from the sun.

Independence has become much more than just a golf facility; junior programs that teach both golf and life lessons are conducted at the far end of the range. Artwork from the Bon Air Artist Association adorns the walls on the main level and are available for purchase. Cooking, drawing and digital photography classes are available and concerts are planned for the future. Independence now hosts Art For The Journey, an independent group who will offer a variety of different painting classes. There's also hope that a Champions Tour event will be hosted by Independence in 2016.

"We felt it was important to paint with a wide brush," Giff Breed said. "While golf is very, very important to Independence and our future, we're not second to many other facilities regarding our other offerings. Our banquet space are a wonderful attraction for events that require a large, 200-plus person venue."

Improved presentation has been part of the plan all along. The exterior of the clubhouse has been coated in a welcoming and pleasing light cream color, a needed transition from the exposed brick of years past. Outside, refurbished columns give the facility a traditional but upscale look. Inside, the decor is well thought out and refreshed the appearance of a clubhouse that once was static and stale.

The golf shop has been changed into a resort wear clothing store called Shadwells through a partnership with Summit Brands. If you don't like what Shadwells has to offer in the store, an online option has been added and your order will be delivered to your house. Car detailing is even available, so golfers can return to a well-polished vehicle after their round. Additionally, golf memberships are offered at different price points and make perfect sense for those who play regularly.

These days, the only constant at Independence is change in an effort to give visitors one of the best experiences at a golf facility in the commonwealth. ■



# MAUST



# OLIVIA



**High School:** Midlothian

**Graduation Year:** 2015

**Grade Point Average:** 4.0

**Sport(s) Played:** Soccer, Cross Country

Olivia Maust is a senior at Midlothian High School where she is a co-captain for the girls' varsity soccer team. All four years of her high school career she has played on the varsity team where she was able to help lead her team to the VHSL State tournament her Junior year. Since her freshman year, she has been awarded the Academic All- District award along with the Scholar Athlete Award. Olivia has been playing soccer since the age of four and will continue to play at Randolph-Macon. Olivia is a member of Chesterfield United Elite and has also participated as a member of the Virginia ODP soccer program.

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#### Accolades:

- National Honor Society
- Lead Up
- Latin Club
- Model UN
- National Art Honors Society
- Academic Letter
- Academic All-District Award
- Scholar Athlete Award

**CONTINUED →**



## HOW OLIVIA FEELS ABOUT SCHOOL

Math helps me the most when playing soccer because sometimes the problems can get challenging and you have to push yourself not to give up. In the end, once you find the answer, it is always rewarding just like pushing yourself in a game or practice. Chemistry was my favorite subject because we got to do so many interesting experiments and I like interactive learning.

My teacher, Mr. Sharobim has had the most impact on me because he was very understanding and always told us that “it is not the grade that is important it is learning the material.”

The most important lesson that sports has taught me is that it is worth it in the end. No matter how hard a practice might be I know that I can’t give up because it is making me a better player, physically and mentally.

Grades come first no matter what so staying sharp on the field is a bigger challenge since I have to put in a lot of time and work to keep up my skills and to stay in shape.

## HOW OLIVIA FEELS ABOUT SPORTS

My sports hero was Mia Hamm when I was growing up. I

admired the way other children looked up to her and I thought that it would be meaningful to be a role model to others.

My favorite coach was my U16 travel coach, Dale Parker. He helped me become confident in myself as a player and I never wanted to let him down which has led me to being the player I am today.

My favorite sports moment definitely has to be beating Cosby this year after Midlothian’s eight year losing streak against the Titans. It was a relief to look at the score board at the end of the game and see “Trojans 2, Away 1”

## MORE ABOUT OLIVIA

Every day that we have a game I wear the same earrings all the way up until warm-ups. They are heart-shaped soccer balls

that I have had ever since I was a child. They have gotten me this far in my career without any major complications so I can’t just stop wearing them now. The best advice that I have been given is that no matter what the outcome of the game the most important thing is that you gave it your all.

The best thing my parents ever did for me as an athlete? Freshmen year I got a concussion which took me out of soccer for 9 months. When I came back I was a little rusty on the ball and would get frustrated every time I messed up. My parents would not just tell me “good game” after I came off the field but they would tell me what I might want to work on as well as take me up to the field and practice with me on my shots and 1 v 1.



# ANDREW KNIGHT



**High School:** James River  
**Graduation Year:** 2015  
**Grade Point Average:** 4.25  
**Sport(s) Played:** Soccer, Basketball

Andrew Knight is a graduating senior at James River High School who will be attending Virginia Tech in the Fall. He has been a varsity soccer player for all four years and been a varsity basketball player the past two years, playing on JV the two years before. He focuses on soccer in the offseason, playing for the club FC Richmond but loves playing basketball also.

**Accolades:**

- National Honor Society
- Student Council Association
- Center for Leadership and

- International Relations
- Success 2 mentor
- Second Team All-Conference as a junior
- Coach's Award (soccer)

**HOW ANDREW FEELS ABOUT SCHOOL**

My leadership class helps me the most in competition because I learn how to interact with everyone around me effectively and how to lead a group of people to be motivated to reach a goal of winning a game or stepping up in a big game. My favorite academic subject is environmental science because I love the outdoors and I enjoy learning about what we can do to protect the environment and the resources we can use from it.

My teacher, Mr. Schumacher, had the greatest impact on me because of his unit on the meaning of life. He gave me a new outlook on how I should live each day and to do the things that I love the most as much as I can. The most important lesson sports has taught me is that hard work will be the ultimate way to get to your goal. I am a big believer that even if you aren't the most talented, working harder than the other team will overcome anything

and help you win.

**HOW ANDREW FEELS ABOUT SPORTS**

My favorite sports moment was beating Cosby in soccer for the first time and getting to play my first varsity soccer game against Midlo at their stadium. I like playing against Midlothian because they are so close to us and always have competitive teams and solid fans.

**MORE ABOUT ANDREW**

Game-day ritual? I tie my laces to my soccer cleats into 7 knots. Hard work beats talent. During a really tough point in a game, I know that the other team is just as tired but I can give it more than they can to find a way to win.







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# STEPHANIE OLSON



**High School:** Midlothian  
**Graduation Year:** 2015  
**Grade Point Average:** 3.5  
**Sport(s) Played:** Tennis, Field Hockey, Running

Stephanie Olson is a senior at Midlothian High school. As an honor roll student, Stephanie always remains on top of her

academics while balancing school sports (she is captain of the Varsity Tennis team), school clubs, volunteer activities and trains as a runner and weight lifter outside of school. Stephanie strives to be her best in all her endeavors and strategizes as to the best course of action to reach her goals. To further her education, she plans to attend James Madison University where she will be studying Nursing. As an athlete, Stephanie has played tennis, field hockey, basketball and is a long distance runner and is currently weight training. As a continuation of her physical activity, in college Stephanie plans to join a club tennis team, a running group and because

she's always up for a challenge - tackle a new sport, which is yet to be determined.

## Accolades:

- Selected for Principal's Leadership Council
- Junior Class Historian
- Member of the Student Council (3 years)
- Received the County's School Core Values Award for Accountability.
- Recommended for summer Leadership program at James Madison University
- Captain of Varsity Tennis team.
- International Children's Games (Junior Olympics); traveled to Scotland and played on Team Chesterfield.

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- Completed the Anthem Half-Marathon November 2013-2014
- Honored at Prom as "Ring Leader" representing tennis team.
- French Club
- DECA
- Homework Helpers
- Spirit Club
- Rachel's Team (anti-bullying program)
- Conference 20 Singles Title

### HOW STEPHANIE FEELS ABOUT SCHOOL

Psychology has helped me most this year in competition because I am able to better understand what my opponents are thinking throughout the match. My favorite academic subject is Anatomy because it has helped me discover my passion towards working with the human body.

My freshman class English teacher taught me the importance of learning how to write well. It was an extremely challenging class, but what I learned is invaluable...then, now and in the future. Sports have taught me that the amount of work you put into something, will always show.

### HOW STEPHANIE FEELS ABOUT SPORTS

My favorite coach within my tennis career is Seth Lipstock. I give him credit for teaching me the game, and always staying positive no

matter what.

My favorite sports moment was winning the state championship my junior year! I played Line 2 Singles and won; the team won 5 singles matches, which cinched the overall win.

### MORE ABOUT STEPHANIE

I like to move my feet and bounce around a bit while I am playing tennis. Helps me focus. When I am long distance running, I have a certain playlist I use to help me through the tough moments ("Till I Collapse" by Eminem is my go to song when I need that extra push).

My parents support me in everything I have strived to achieve. They attend and cheer me on at all my sporting events. After a match, my Dad and I will talk about how it went, what I did well and how I can improve the next time. When I decided to run the half-marathon, my mom trained and ran with me (we finished the race with the exact time to the second).



“ My parents support me in everything I have strived to achieve. They attend and cheer me on at all my sporting events.

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# RYAN OTT



**High School:** James River  
**Graduation Year:** 2015  
**Grade Point Average:** 4.3  
**Sport(s) Played:** Football,  
Basketball

Ryan Ott is graduating from

James River and will attend/  
play football (Safety) at  
Randolph Macon College  
next year.

### Accolades:

- Recipient of the Presidents Scholarship at R-MC
- 1st team All-Academic Team
- Every Man a Rapid Award for Excellence as a man of character in the classroom and on the field

My favorite Class was AP English because we read a lot of really good books in that class and I love to read. My AP US History teacher, Mr. Dommissie, had the biggest impact on me because he is not just a great teacher but a great overall guy. He lives everyday like it's the best day of his life. I hope one day to be able to view life the way Mr. Dommissie does. I can't say enough about his overall knowledge and positivity. The most important lesson sports has taught me is that it does not matter who you are, how big you are, or how much potential you have. The guys that have the drive and the will to outwork everybody else are the guys who are going to be successful on the field.

Staying sharp on the field was a bigger challenge because in my house school always comes first, so I made sure to get my work done in the classroom because if my grades fell I would not have been allowed to go to practice.

- 1st Team All-Conference DB Junior and Senior year
- 2nd Team All-Metro DB both years
- 2nd Team All-Region both years
- 2nd Team All-State senior year
- 2nd Team All-Conference Senior year (Basketball)

**HOW RYAN  
FEELS  
ABOUT  
SCHOOL**

**CONTINUED →**

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## HOW RYAN FEELS ABOUT SPORTS

I've always been a Pittsburgh Steelers fan, so Troy Polamalu was my hero growing up. My favorite sports moment was when we upset number one seed C.D. Hylton last year. It was our first playoff win in school history and nobody outside our school expected us to win. But my favorite school to play against was Cosby because every time we played them both teams gave it everything they had and it was always a close game because we both wanted to beat each other so badly.

## MORE ABOUT RYAN

Right Before every game I would find a spot away from everyone else and pray for strength, safety, and thank God for allowing me to play

the sports that I love.

My basketball Coach, Coach Hamner once told me "you can't be a winner in your sport if you're a loser at life." Good advice!

The best thing my parents did for me as an athlete was the fact that they came to all of my high school football and basketball games and supported me no matter what.



“ The best thing my parents did for me as an athlete was the fact that they came to all of my high school football and basketball games and supported me no matter what.

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# CAROLINE PETRINE



**High School:** James River

**Graduation Year:** 2015

**Grade Point Average:** 4.1

**Sport(s) Played:** Lacrosse, Field Hockey

## Accolades:

- Junior Varsity Girl's Lacrosse, Co-Captain (2012-2013)
- Varsity Girl's Field Hockey, Co-Captain (2014)
- Varsity Girl's Lacrosse, Co-Captain (2015)
- James River High School, Freshmen Mentor (2012-2013)
- James River High School, Distinguished Dean's List (2011-present)
- Dominion District, Girl's Field Hockey, All-District Award (2012-2013)
- Dominion District, Girl's Field Hockey, Academic All-District Award

(2012-2013)

- Girl's Field Hockey, VHSL Conference 3, All-Conference Award (2013-2014)
- James River High School, Outstanding Physical Education Student (2013)
- Region 6A South, Girl's Lacrosse, All Region Award (2014)
- Beta Club (2013-present)
- Athletes Who Care (2011-present)
- Key Club (2011-present)
- Chemistry Club (2012-2013)
- Physics Honors Society (2014-present)
- National Honors Society (2014-present)
- University of Kentucky's Bluegrass Spirit Scholarship (2014)

## HOW CAROLINE FEELS ABOUT SCHOOL

Math and science help me the most in competition. My favorite subject is science. I like science a lot because it is very hands on and everything you learn has an explanation rather than just memorizing stuff that has no connection.

I really loved my AP Calculus teacher this year, Mrs. Mclean. She made a huge impact because she was able to teach

everyone and give everyone in our class enough confidence to feel good about taking the AP Calc exam even though it is a very hard test. She really encouraged me to do the work needed to achieve.

Sports have taught me so much but I think the most important thing that I learned is that it is important for you as an individual to be skilled and learned skills that will help you with certain things, but also you need to be able to work with other people and get help from other people. The two go hand in hand.

## HOW CAROLINE FEELS ABOUT SPORTS

I've never really looked up to someone famous, but I do remember really looking up to older girls on my teams when I was young or teenage coaches that would come and help out with the younger girls.

My absolute favorite coach is my high school field hockey coach, Slade Gormus. When I was a freshman she had asked me to try out for JV field hockey because she knew I was a good field player from seeing me play lacrosse. So I did it. I learned how to play hockey, and now I absolutely love the sport. She really pushed to be my best and next thing I knew I was on her varsity team as a sophomore, and a captain under her my

CONTINUED →



senior year.

The best sports moment I have ever been involved in was my senior night for field hockey this past fall. Our team this year had not been playing like we should have the few games prior to that one but I don't know what it was but our entire team had probably the best game we had played that entire season and personally I had the best game of my entire season. Most importantly though, it was the most fun game I have ever played.

### MORE ABOUT CAROLINE

My usual game ritual is to drink pedialyte (a remedy recommended by a close football friend) because I get really bad leg cramps at the end of hard games and to listen to whatever "countdown to game time" playlist I have on my phone at the time. Also, I usually braid my ponytail because I think it will make me play better, pretty dumb.

The best sports advice anyone has ever given me was from my field hockey coach and favorite coach, Slade Gormus. When we were down in the end of a game she would always say "Hurry but don't rush." This meant that we needed to make a turnaround fast, but not to be frantic in doing so.

I used to think about what I personally could do to make a turnaround in the game, but now as a team captain I have really started looking at the bigger picture. Now I try and find what we can do as a team to make a turnaround. A lot of the time I will look at defense and offense separately and think about

what I might be seeing on the field that my coach may not recognize from the sideline.

The best thing my parents have done for me as an athlete is helping me with time management. My parents have been super helpful and flexible for me. I really appreciate all the time they spend helping me take care of my horse, making me dinner, or cleaning my uniforms etc because without their help I would never have the time to do all three sports that I love or keep my grades up.

Photo credits for the lacrosse action picture needs to go to Steve Davies. Photo credits for the senior portrait needs to go to Missy Bane.



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**High School:** Trinity Episcopal  
**Graduation Year:** 2016  
**Grade Point Average:** 3.8  
**Sport(s) Played:** Field Hockey, Lacrosse

Christie van de Kamp is a rising Senior at Trinity Episcopal School where she will play field hockey and lacrosse. She is enrolled in the International Baccalaureate Program.

**Accolades:**

- Accolades
- National Honor Society
- Sophomore Class Secretary
- Junior Class Secretary
- Spanish Honor Society
- Headmaster's List/Honor Roll
- Field Hockey (school): All-LIS (2013,2014)
- All-State (2013,2014)
- 2nd Team All-Metro (2013)

- 1st Team All- Metro (2014)
- USFHA Futures Program

**HOW CHRISTIE FEELS ABOUT SCHOOL**

My science class has helped me most in competition. I am taking a Sports Exercise and Health Science class and it helps me figure out the correct things to eat and drink before a game and also some ways to prevent injuries. My favorite subject is math. I enjoy how concrete math is, although it is challenging I love figuring out a problem.

The teacher who had the greatest impact on me is my current math teacher, Mrs. Morris. Something that she always works on with us and reminds us to do is to set goals. This has been very helpful to me in my academic and athletic life. Setting small, measurable goals helps me to pace myself and work towards a larger goal.

For me, keeping up my grades has always been a bigger challenge, but field hockey has helped me achieve my good grades. My sport motivates me to always work hard and do well so

that I am able to continue playing field hockey for my school and in the future.

**HOW CHRISTIE FEELS ABOUT SPORTS**

My sports hero was my sister growing up. I wanted to be just like her from the beginning and she is the reason that I started to play field hockey. I actually have two favorite coaches, Don Warner and Margie Snead. They have both had such a big part in developing my play over the years. My favorite sports moment was winning our conference (LIS) this past season (2014). It was a historical moment for our school and the best part was our support. The bleachers were full and when the buzzer went off, they stormed the field.

**MORE ABOUT CHRISTIE**

I always put my right shinguard on first. The best advice ever given to me was from my mom and that was "always work hard". This has constantly reminded me to never give up on and off the field. It also reminds me that I have to work for everything and that nothing will just come to me easily.



# Day Tripping: Summer Bucket List *by Libby Carty McNamee*

Are you ready? Well, here it comes, ready or not! How did it come around so quickly when it seems like I just put the suntan lotion away? Perhaps that just speaks to my organizational skills. Anyhow, it seems the older we get, the faster that Father Time spins. If I am fortunate enough to make it to 80, the Earth will probably be off its axle by then, either that or my brain, perhaps both. So in the meantime, let's seize the summer!

Don't know about you, but I love the satisfaction of checking things off a list! So how about an official Bucket List for Summer 2015? (For "Spinal Tap" fans, it goes to 11.) Then come September, you'll know where your summer went instead of just POOF!

**1.** Start local and take a walk on the wild side at Robious Landing Park. There's a playground, a dock, and shaded picnic tables overlooking the "rivah." Plus it's right on the Corridor; there's nothing more convenient than that. [www.virginia.org](http://www.virginia.org)

**2.** Spend the day enjoying the 50 acres of flowers at Lewis Ginter Botanical Gardens. If you can get there quickly, the roses and lotuses bloom in June. Make sure to see the Children's Garden, the Cherry Walk, and the Asian Valley. [www.lewisginter.org](http://www.lewisginter.org)

**3.** Attend a free outdoor concert(s) at Dogwood Dell Festival of the Arts, running most weekends

through August. It's also an ideal vantage point to see the Fourth of July fireworks. [www.richmond.com](http://www.richmond.com)

**4.** Have a multi-family yard sale with your neighbors. Post signs and list it on Craigslist and/or the newspaper. Then prepare yourself for the parade of "interesting" people who arrive way too early, ready to haggle over 25 cents. [www.craigslist.org](http://www.craigslist.org), [www.timesdispatch.com](http://www.timesdispatch.com)

**5.** Even though Shaka Smart may be gone, Nutsy is still here! Show your RVA spirit and go a little Nutsy at a Squirrels game. Make sure to pick a game with fireworks afterwards. [www.milb.com/index.jsp?sid=t3410](http://www.milb.com/index.jsp?sid=t3410)

**6.** Take a historic stroll through the lush grounds of Hollywood Cemetery overlooking the James River Rapids. Get a map at the entrance or print one off the Internet. Make sure you exit before they lock gates at closing. Enough said. [www.hollywoodcemetery.org](http://www.hollywoodcemetery.org)

**7.** Go west to Fort Monroe in Hampton, the largest stone fort in America with its very own moat. There are miles of pristine beaches, a lighthouse, a fishing pier, and the legendary Casemate Museum. Not many people know about this gem! [www.nps.gov](http://www.nps.gov)

**8.** Check out the Beach Boys, ZZ Top, or Hank Williams, Jr., in Innsbruck. They will be very appreciative to see more smiling

fans! [www.innsbrookafterhours.com](http://www.innsbrookafterhours.com)

**9.** Go to Colonial Williamsburg's Revolutionary City and join a Patriot network of secret agents! As part of RevQuest "The King's Advance," Governor Thomas Jefferson needs your kids' help! This highly interactive quest starts online and is included with paid admission. [www.colonialwilliamsburg.com](http://www.colonialwilliamsburg.com)

**10.** Go tubing, whitewater rafting, kayaking, or canoeing down the James. Richmond is the only US city with Class III and IV rapids, but there is still something for everyone. Trips throughout the James River Park System can range from easy-going to harrowing. [www.visitrichmondva.com](http://www.visitrichmondva.com)

**11.** Tour a Virginia home formerly inhabited a former U.S. President. Eight were born here the Old Dominion, thereby earning another nickname, "Mother of Presidents." So take your pick - Mount Vernon, Monticello, Montpelier, Ash Lawn, Poplar Forest, and more! [www.virginia.org/presidents](http://www.virginia.org/presidents)

If this official Bucket List is not for you, no worries. Come up with your own milestones to check off! The important thing is to seize the summer of 2015! ■

Libby McNamee can't decide what her top pick would be. Apparently she's got to do them all to find out! Check out her blog at [www.libbymcneamee.com](http://www.libbymcneamee.com)





**Hours of Operation**  
**Monday - Friday**  
7:30 a.m. - 7:00 p.m.  
**Saturday**  
8:30 a.m. - 1:00 p.m.

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### Sunday & Monday

½ Price Wine Bottles  
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### Tuesday

½ Price Pizza  
(Toppings regular price)  
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### Wednesday

Pasta Night \$10 Per Person  
(Choose from  
Chef Selections)  
Dine-In or Take-Out

### Thursday

Date Night \$60 Per Couple  
(3 Course Meal &  
Bottle of Wine)  
Dine-In Only



2 Large  
2-Topping  
Pizzas  
only \$22.00

Two Can Dine  
for \$22.00

Choose from: Lasagna, Spaghetti w/  
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(meat or cheese) with Marinara Sauce  
or Fettucini Alfredo (Choice of 2 with  
Large House Salad to Share)



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