

OAK ATHLETICS



#GoOAKS

OAK ATHLETICS BY THE NUMBERS

In six years, the number of student-athletes participating in a varsity or junior varsity sport has more than doubled at Collegiate. Below is a breakdown of the athletic program by the numbers.

66%

of students in the middle and upper schools who participated in a sport during the spring 2018 season.

Of our middle school, junior varsity and varsity athletes, 253 played a fall sport, 189 played a winter sport and 278 played a spring sport.

FIVE

Number of TCIS championship titles earned in the last three years.

Sailing has earned three, boys basketball earned one, and girls soccer earned one. See page 90 for a feature on the sailing



40

Number of athletes named to TCIS first or second teams in 2017-18

17

Number of athletes named to state first or second teams in 2017-18

19

Number of sports offered including:

- Baseball
- Boys Basketball
- Girls Basketball
- Cross Country
- Cheerleading
- Crew
- Golf
- Field Hockey
- Boys Lacrosse
- Girls Lacrosse
- Sailing
- Boys Soccer
- Girls Soccer
- Softball
- Swimming
- Boys Tennis
- Girls Tennis
- Volleyball
- Wrestling



Norfolk Collegiate sailing Coach Randy Stokes has been working with students on and off of the water for more than 20 years.

ON THE WATER

For more than 20 years, Coach Randy Stokes has been coaching Collegiate's sailors to success on and off the water

Norfolk Collegiate's varsity sailing team has seen repeated success under the guidance of Coach Randy Stokes, the 2017-18 Tidewater Conference of Independent Schools (TCIS) Coach of the Year. The team won its third consecutive TCIS Championship this year, not to

mention Ellie Maus '18—now sailing at Bowdoin College in Maine—who was named Sailor of the Year, and Parker Purrington '19, Matt Wright '19 and Sarah E. Smith '18—now sailing at Hobart and William Smith College—received TCIS all-conference honors.

For more than 20 years, Stokes has been coaching Collegiate's sailing team to success on and off of the water. The team has taken three titles in the TCIS in the last three years, 12 in VISA and nine in MASSA since the 2003 season. Many of Stokes' sailors have gone on to compete at the collegiate level, including recent graduates Darden Purrington '16, Hunter Kahler '17, Ellie '18 and Sarah '18.

So how exactly does one coach an award-winning sailing team? To find out, you have to attend practice with Stokes.

3:30 p.m. - Students trickle toward the Norfolk Yacht and Country Club docks. They've come from school, so they're still in their Collegiate attire, which looks too formal next to the dozens of tiny sailboats.

3:45 p.m. - Minutes later, students wade out of the changing rooms in swim trunks, tank tops and what look like surf suits for the feet. Without Stokes asking, every student takes to the boats, pulling ropes, hoisting sails and readying vessels for the Lafayette River.

4:15 p.m. - It's time to take the varsity team out for drills. Stokes hops in his nearly 20-foot motor boat, smiles and quickly catches up to his team, wary not to set up their course too close to any other schools on the river. He sets up large, orange buoys that signal where the course is and starts giving instructions.

"Parker and Chris: Round one, two. Harrison: You're three. Sarah: You're four. You're going to the short barge. So Harrison and Ellie, you're a team. You're chasing the one, two."

Every sailor hears the command and falls in line. It's a race to and around the farthest-set buoy.

"Sail fast! Sail fast!" he shouts, an obvious but entirely wind-dependent command to the untrained eye, but the team adjusts its sails and makes small changes to accommodate the changing conditions.

The team practices this technique and races against each other in pairs of two.

5 p.m. - "Everyone circle me," Stokes yells across the water. One by one, each boat comes within feet of the motor boat, turning in circles so quickly it looks like they'll capsize. But each team member is listening attentively.

3

Number of Tidewater Conference of Independent Schools titles earned by Norfolk Collegiate's sailing team in the last three years
.....

9

Number of Mid-Atlantic Scholastic Sailing Association title earned by Norfolk Collegiate's sailing team since 2003
.....

12

Number of Virginia Interscholastic Sailing Association titles earned by Norfolk Collegiate's sailing team since 2003



Norfolk Collegiate's sailing team competes in a regatta. Before sailors take to the water, they practice extensively under the guidance of Coach Stokes.

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Stokes gives every team member feedback. He notes the tiny adjustment Ellie needs to catch up to her teammate. He notices Parker could be turning just a hair faster to not let his competitor catch him off guard.

Stokes is the conductor in this finely tuned orchestra on the water. Following his instruction, he sends his team out with new orders, positions and rules of engagement.

6 p.m. - The sun is much lower, but the team has managed to keep up the same energy as when they arrived. Practice will last another half hour, but Stokes is determined to get as much out of their time together as possible. He shouts words of encouragement as the team sails in the opposite direction, some trying to box each other out while others sail closer together.

6:15 p.m. - It's time to head in, and the team gets a constructive pep talk.

6:30 p.m. - The team docks its boats and packs up. They do it with such precision it's easy to see how they took third place in the Interscholastic Sailing Association (ISSA) National Invitational in May. It's also clear why they've three-peated as TCIS champions and repeated as Virginia Interscholastic Sailing Association state champions.



Randy Stokes provides feedback to sailors Jonathan Krueger '20 and Harrison Thomson '22 during a practice.

An impressive team led by a great coach makes for consistent victories. On the water together, they look like they're in perfect harmony. Better yet, they look like they're having fun. The students are all smiles as they weave in and out of formation. It's clear their success is sustainable, a success that would be much harder to attain without Stokes' guidance and grooming.

ATHLETES WITH HONORS

Student-athletes work hard throughout the year to be at the top of their sport. Whether it's maintaining their physical strength in the workout room or crafting their skills on the court, these student-athletes were selected by regional and state coaches to represent their sport on as all-state or all-region athletes.



Molly Beegle '19
Varsity Girls Soccer
Second Team



Chandler Branton '18
Varsity Cross
Country All-State



Jaden Bullock '20
Varsity Wrestling
VISAA Second in
the State



Jackson Burke '18
Varsity Baseball
Second Team



Thomas Chatman '19
Varsity Boys
Lacrosse Second
Team



Gabby Grinnan '18
Varsity Girls
Lacrosse First Team



Ashby Larkin '18
Varsity Girls Soccer
First Team



Ellie Maus '18
Varsity Sailing
Virginia Sailor of
the Year; Virginia
Womens State
Champion; Team
Racing Womens
State Champion;
MASSA Regional
Champion



Abe Musselmani '20
Varsity Boys
Lacrosse Second
Team



Ellie Robertson '21
Varsity Girls
Lacrosse Second
Team



Jacob Roth '19
Varsity Wrestling
VISAA Fourth in the
State



Sarah E. Smith '18
Team Racing State
Champion
MASSA Regional
Champion
Virginia Womens
State Champion



Sarah L. Smith '18
Varsity Girls Soccer
First Team



Tim Spooner '18
Varsity Wrestling
VISAA Eighth in the
State



Katie Sullivan '21
Varsity Girls
Lacrosse First Team



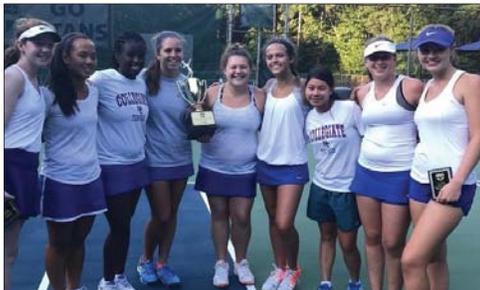
Gabrielle Toomy '19
Varsity Girls Singles
Tennis First Team



Brooke Walthall '18
Varsity Girls Singles
Tennis Second
Team

VARSITY ATHLETICS

Members of the varsity girls tennis team celebrate together after winning the Trinity Episcopal Round Robin Invitational.



Jackson Burke '18 pitches the ball during a varsity baseball game.



The varsity cheerleading team performs for fans during halftime at a boys basketball game. The team performs during the winter season.

Tim Spooner '18 forces his opponent to the mat during a varsity boys wrestling match.



Photos courtesy of Jim Morrison (jmwriter.com)



Jaedan Jefferson '20 sails past his opponents during a varsity boys basketball game.



Emma Stephenson '18 returns the ball while her opponent tries to block it during a varsity girls volleyball game.



Logan Michelon '19, Anabelle Groves '19, Ahmore Anderson '18 and Savannah Hart '19 work as a team during a crew regatta.

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Molly Beegle '19 kicks the ball toward the goal during a varsity girls soccer game.



PK Dawson '18 and Annabeth Cary '20 ready for a hit during a varsity softball game.