

HAMPTON ROADS ACADEMY

Department of Athletics

Listed below are HRA athletes selected as members of the
2023-2024 VISAA State First-Team Teams

<i>Baseball</i>	Colby Motley
<i>Field Hockey</i>	Campbell Lemmink
<i>Field Hockey</i>	Sabrina Post
<i>Golf</i>	Carter Lanier
<i>Soccer-Girls</i>	Ellie Goldberg

Listed below are HRA athletes selected as members of the
2023-2024 TCIS Conference First-Team Teams

<i>Baseball</i>	Colby Motley
<i>Basketball - Girls</i>	Kenzie Cooper
<i>Cross Country - Girls</i>	Olivia Melnitchouck
<i>Field Hockey</i>	Campbell Lemmink
<i>Field Hockey</i>	Sabrina Post
<i>Sailing</i>	Parker Moore (Co-Sailor of the Year)
<i>Soccer - Boys</i>	Nathan Seeley
<i>Soccer - Boys</i>	Tyler Seeley
<i>Soccer - Girls</i>	Ellie Goldberg
<i>Swimming - Boys</i>	Carl Stauffer
<i>Track and Field - Boys</i>	Colten Fulcher
<i>Track and Field-Girls</i>	Danielle Stowell
<i>Track and Field-Girls</i>	Zoe Tankersley



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Track and Field-Girls Allison Trudeau

Track and Field-Girls Lexi Trudeau

Listed below are HRA athletes selected for recognition from the
2023-2024 VISA (Virginia Independent Sailing Association)

<i>All-VISA Skipper</i>	Pierce Brindley
<i>All-VISA Skipper</i>	Charlie Moore
<i>All-VISA Skipper</i>	Parker Moore
<i>All-VISA Crew</i>	Nicolas Bielewicz
<i>All-VISA Crew</i>	Josie Brindley
<i>All-VISA Girls Skipper</i>	Leila Pfrang
<i>All-VISA Girls Crew</i>	Daphne Ambrosino
<i>All-VISA Girls Crew</i>	Josie Brindley

Listed below are HRA athletes selected as members of the
2023-2024 TCIS Conference All-Tournament Recognitions

<i>Basketball - Girls</i>	Kenzie Cooper
<i>Tennis - Boys</i>	Luke Sablan

Listed below are HRA coaches and teams selected for special recognitions.

<i>Varsity Field Hockey</i>	TCIS Sportsmanship Award
<i>Varsity Track & Field</i>	TCIS Sportsmanship Award
<i>Varsity Boys Swimming</i>	TCIS Coach of the Year (Jeff Scott)



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Listed below are HRA coaches and teams selected for Second-Team recognitions.

<i>Basketball - Boys</i>	Mekhi Ward
<i>Basketball - Girls</i>	Zuriel Pendleton-Morant
<i>Field Hockey</i>	Leya Baalbaki
<i>Soccer - Boys</i>	Charlie Overman
<i>Soccer - Girls</i>	Madison Davis
<i>Tennis - Boys</i>	Jamie Dornan
<i>Volleyball</i>	Tucker Gardner

Listed below are HRA students selected for 2023-2024 VISAA State Second-Team Recognitions.

<i>Soccer - Boys</i>	Nathan Seeley
<i>Soccer - Girls</i>	Sabrina Post
<i>Track and Field - Boys</i>	Gage Beach
<i>Track and Field - Boys</i>	Zachary Busch
<i>Track and Field - Boys</i>	Ishan Hartke
<i>Track and Field - Girls</i>	Danielle Stowell
<i>Track and Field - Girls</i>	Zoe Tankersley
<i>Track and Field - Girls</i>	Allison Trudeau
<i>Track and Field - Girls</i>	Lexi Trudeau

