



## Fall Sports

### Boys' Varsity and JV Cross Country

**Coach:** Russell Williams

**Email:** [williamsrt3@vcu.edu](mailto:williamsrt3@vcu.edu)

***TCIS Champions:***

1989, '91, '93, '94, '95, '96, '97, '98, '99, '00, '01, '03, '04, '05, '09, '10, '11, '12, '13, '14, '15, '16, '17

***Virginia Catholic League Championships:***

2003, '04, '13, '14, '15, '16

***VISAA Championships:***

2005, '09, '10, '14, '15, '16, '17

### Girls' Varsity and JV Cross Country

**Coach:** Susan Bender

**Email:** [xccoach@widomaker.com](mailto:xccoach@widomaker.com)

***TCIS Champions:***

'91, '92, '93, '94, '95, '98, '01, '05, '07, '13, '14

***Virginia Catholic League Championships:***

'08, '13, '14

***VISAA Championships:***

'11, '12, '13, '14

### Boys' Varsity Soccer

**Coach:** Kristen Glauner

**Email:** [kristen.glauner@boshgs](mailto:kristen.glauner@boshgs)

### Girls' Varsity Tennis

**Coach:** Erin Dail

**Email:** [emhd63@versizon.net](mailto:emhd63@versizon.net)



### **Girls' JV Volleyball**

**Coach:** Rachel White

**Email:** [rachelnoelle17@yahoo.com](mailto:rachelnoelle17@yahoo.com)

### **Girls' Varsity Volleyball**

**Coach:** Tommy Thomas

**Email:** [sixpacvb@aol.com](mailto:sixpacvb@aol.com)

*TCIS Champions:*

'07, '11, '15, '16, '17

*VISAA State Runner-up:*

'16

*VISAA Championships:*

'12, '17

### **Boys' Varsity Volleyball**

**Coach:** Lind Gomez

Andrew Pai

**Email:** [getset4all@gmail.com](mailto:getset4all@gmail.com)

[andrewpai857@yahoo.com](mailto:andrewpai857@yahoo.com)

*TCIS Champions:*

'98, '07