



Winter Sports

Boys' Varsity Basketball

Coach: Trevor Dorsey

Email: andrew.dorsey@navy.mil

TCIS Champions:

1997

JV Boys' Basketball

Coach: David Payton

Boys' Varsity and JV Indoor Track

Head Coach: Ramsey Davis

Asst.Coach: Russell Williams

Asst. Coach: Steve Lessord

Ramsey: ramzd_1987@yahoo.com

Russell: williamsrt@vcu.com

Steve:

Girls' Varsity and JV Indoor Track

Head Coach: Ramsey Davis

Asst.Coach: Russell Williams

Asst. Coach: Steve Lessord

Ramsey: ramzd_1987@yahoo.com

Russell: williamsrt@vcu.com

Steve:



Boys' Varsity Swimming

Coach: Lori Sprott

Email: lsprott@tidewaterperform.com

Varsity Girls' Swimming

Coach: Lori Sprott

Email: lsprott@tidewaterperform.com

VISAA State Runner-up:

2008

Varsity Wrestling

Coach: Ron Kavanaugh

Email: kavanaugh69@hotmail.com

TCIS Champions:

2015