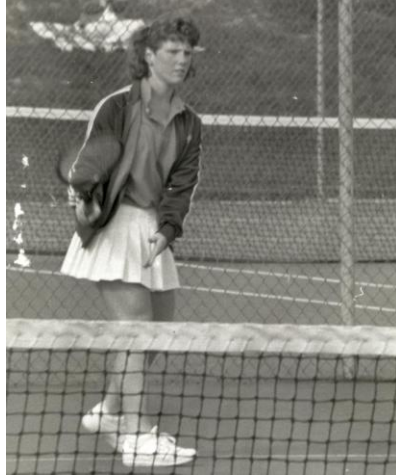


# Alison Bradley

## Tennis/Soccer (1986-1990)



As a freshman, Alison Bradley went undefeated in tennis and was named as All-District First Team as she helped Woodbridge win the districts. The next season, Alison went undefeated as the number two seeded singles player helping Woodbridge advance to the Regional Playoffs. As a junior, Alison went undefeated, 15-0, in the regular season both as the number 1 seed singles and doubles player teaming with freshman Jessica James to help Woodbridge again win districts. Alison remained undefeated until losing in the AAA regional semifinals. As the number one doubles team, Alison and Jessica became the first Viking duo to win a regional championship as they advanced to the state tournament finals before losing their only match of the year. During her senior year, Alison again went undefeated as the number one seeded singles and doubles tennis player. She helped Woodbridge win its third district championship in four years while finishing runner-up in the region. Individually, Alison won the number one singles regional title before losing in the state semi-finals. At the end of her senior season, Alison was selected the *Potomac News* Tennis Player of the Year with a career singles record of 45 wins and 2 losses and a career doubles record of 31 and 1.

After playing basketball in the winter of her freshman year, Alison turned her attention to soccer by helping Woodbridge win both the district and regional championships, before falling to Lake Braddock in the State semifinals, 3-2. Alison was named to the Second Team All-District Team that season. The following year, Alison again helped Woodbridge capture district and regional championships, where they eventually advanced to the state finals meeting the same team that had defeated them in the state semifinals in the previous season, Lake Braddock. After battling Lake Braddock to a 1-1 tie, the game went into overtime where Alison threw the ball in to Rebecca Wakefield to score the winning goal, 2-1 and win Woodbridge women's first state soccer championship. After that season, Alison was named First Team All-District. As a junior, Alison again helped lead Woodbridge to district and regional titles before meeting Lake Braddock for the third year in a row. Lake Braddock won this game, again in the state finals, ending Woodbridge's hope of repeating as champions. During her senior year, Alison again helped Woodbridge win the district and regional titles before losing in the state tournament. A 4-year starter and senior captain, Alison was selected as First Team All-District, District MVP, and All-Met by the *Washington Post*.

# Talia Lake

## Softball/Basketball (1991-1995)



Talia Lake was a dominate basketball and softball player for Woodbridge between 1992 and 1995. She was a 4-year varsity starter at both Guard and Forward and helped to lead Woodbridge to the Northwest Regional Championship in 1994 and helped Woodbridge advance to the Semi-Finals of the State Basketball Tournament. As the team succeeded, Talia was recognized. As a freshman, Talia earned Rookie of the Year honors by the team. Later, she was selected as a team captain for three years and also earned 1<sup>st</sup>-Team All-District and also was named to the *Prince William Journal* 1<sup>st</sup>-Team All-Area in 1993, 94, and 95. Also as a sophomore, Talia was the second high scorer on the team while earning Team MVP honors and was a 2<sup>nd</sup>-Team All-Area selection by the *Potomac News*. As a Junior and Senior, Talia earned 1<sup>st</sup> Team All-Region, 1<sup>st</sup> Team All-Area by the *Potomac News*, and repeated as 1<sup>st</sup> Team All-Area by the *Prince William Journal* while also being selected to the All-Tournament team as a sophomore, junior, and senior.

Talia was even more dominating as a catcher and 4 year starter in softball. As a freshman, she earned 1<sup>st</sup> Team All-District, was recognized as the “Best Defensive Player” on the team while earning 1<sup>st</sup> Team All-Area selection from both the *Potomac News* and the *Prince William Journal*. Talia’s final three years at Woodbridge were arguably the best ever for softball in the school’s history. As a sophomore, Talia led Woodbridge to the state semi-finals and as a junior Talia led Woodbridge to its only State Championship appearance losing to Midlothian 2-0 and as a senior Talia led Woodbridge again to the Quarter-finals of States. Along the way, Talia was arguably the most honored Woodbridge softball player as she batted over .500 in both 1993 and 1995. She earned 1<sup>st</sup> Team All-District, All-Region, and All-State each of her final three years. She was selected a team captain and earned All-District Player of the Year and the *Prince William Journal* All-Area Player of the Year for the same three years. She was a two-time (1993, 1995) *Potomac News* Player of the Year and a two-time (Washington Post All-Met 1<sup>st</sup> Team selection. Talia earned a full softball scholarship to the University of Maryland in College Park.

# Matt Lehr

## Football/Track (1993-1997)



Matt Lehr was a dominant two-way player for Woodbridge in the mid-1990s. While playing for the Vikings Matt played both offensive guard and defensive end. Matt's physical and dominate play helped him become a three-time All-District and All-Northwest Region selection. In addition, Matt earned Second-Team *Washington Post* All-Met and second-team All-State his junior season. During his senior season he helped lead Woodbridge to a 9-3 record. Against Stonewall Jackson, Matt had a career high 21 pancake blocks, seven tackles, and two sacks. For the season Matt averaged 20 pancake blocks while contributing 40 tackles including six sacks. After his senior season he earned first-team *Washington Post* All-Met, first-team Group AAA All-State, and was named to the Prep Star All-American team. Matt also earned All-State honors as a shot putter on the track team.

Matt turned down many scholarship offers before selecting a scholarship at to play for Frank Beamer and Virginia Tech. At Virginia Tech Matt played in four games as a freshman, however he moved into the starting role midway through his sophomore season where he became a three-year starter at guard for Virginia Tech, often blocking for quarterback Michael Vick. As a senior Matt started all 12 games at left guard as the Hokies appeared in the BCS National Championship game vs., Florida State. That year Matt earned Second-Team All-Big East honors and was selected to play in the Hula Bowl after only allowing a half-sack, while leading the Hokies with 57 knockdown blocks. Matt was drafted in the 5<sup>th</sup> round by Dallas of which he played 4 seasons for Dallas, one season for St. Louis, two seasons for Atlanta, one season for Tampa Bay, and is currently on the New Orleans roster for what would be his 9<sup>th</sup> NFL season, the longest professional NFL career of any Woodbridge player.

# Jennifer Lewis

## Soccer/Basketball (1985-1989)



Jennifer Lewis was one of the best athletes to ever wear a Vikings uniform as she was a two-sport standout in basketball and soccer at Woodbridge from 1985-1989. As a basketball player, Jennifer was a three-year varsity player while helping Woodbridge to the quarter-finals of the Virginia State Tournament her junior year in 1988. During her senior year, Jennifer was named as the team captain and Most Valuable Player.

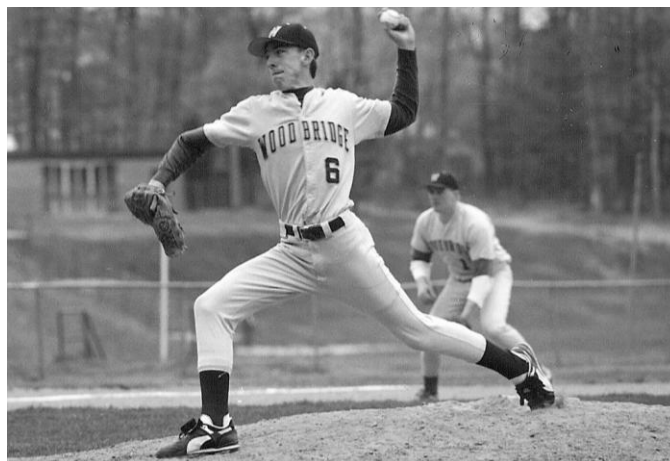
Although an outstanding Basketball player, it was on the soccer fields where Jennifer excelled. Jennifer was a 4-year starter as a defender in which she helped to lead her team to 4 straight District, and Northwest Regional championships, and four straight trips to the State Tournament. Woodbridge won the state championship her junior year and she helped lead Woodbridge back to the state final as a senior, before losing to Lake Braddock.

During the time Jennifer earned many accolades and honors. She was a 4-time All-District performer and was a 2-time All-State and *Washington Post* All-Met performer as a junior and senior. Jennifer was named a team captain, both her junior and senior years, and addition to being named the team MVP her senior season. Also following her senior season, Jennifer was named the *Potomac News* All-Area Player of the Year as she was one of the top defenders in the state while also adding seven goals and four assist.

Jennifer earned a scholarship from Duke where she was a 4-year starter from 1989 and 1992. Jennifer continued to excel in college as she was named a 3-time NSCAA All-Southeast Region selection from 1990-92; a 2-time All-ACC selection (91 & 92); and team MVP her sophomore and senior season. During her senior season, Jennifer led Duke as a team captain, in only its 5<sup>th</sup> varsity season, to the NCAA Division 1 Final Four and Championship Game. Although Duke lost to UNC in the championship, Jennifer scored a goal becoming the only Duke Women's soccer player to score in the NCAA Championship game. Jennifer was named to the All-NCAA Tournament Team and also became Duke's first Women's Soccer NSCAA All-American.

# Mike Matthews

## Baseball (1987-1991)



Mike Matthews, the brother of 2007 Hall of Fame inductee Michelle, was a steady performer on the baseball diamond for the Vikings during the 1988-1991 seasons. Although his early high school career was somewhat over shadowed as a pitching teammate of three-time All-Met Sean Cheatham, Mike's helped lead Woodbridge to some great seasons as at Woodbridge. Typical of Mike's performances on the field for Woodbridge was his pitching performance on April 26, 1990 where Mike tossed a three-hitter, striking out 12 as Woodbridge beat Stafford, 4-1. Mike earned All-District recognition in both 1990 and 1991 and during his senior campaign in 1991 was selected as All-Region and All-Met.

After concluding a stellar high school career under Coach Jerry Mobley at Woodbridge Senior High, Matthews pitched a single season at [Montgomery Junior College](#) in [Rockville, Maryland](#) in 1992 where he was recognized as the Montgomery College Male Athlete of the Year. That year he was also recognized as a Junior College (JUCO) All-American and JUCO Player of the year as a pitcher before being drafted by the [Cleveland Indians](#) in the second round (38<sup>th</sup> overall pick) of that year's, 1992, amateur draft. Mike remained in the Cleveland Indians organization until August 1999, when he was traded twice in a single month, first to the [Boston Red Sox](#) organization, then to the [St. Louis Cardinals](#) three weeks later. He made his major league debut with the Cardinals on [May 31, 2000](#). After making his major league debut for the Cardinals in 2000, Mike played with St. Louis until 2003, when he was traded to the San Diego Padres. Mike appeared in 77 games in 2003 for San Diego. Mike spent most of the 2004-05 season with the Cincinnati Reds before being traded to the New York Mets in 2005. In six major league seasons as a pitcher, Mike was 13-10 with a 4.41 ERA in 224 contests. In 238.2 innings, he allowed 228 hits, 123 runs, 117 earned, with 117 walks and 173 strikeouts. Mike is unique in that no Woodbridge baseball player spent as much time as a professional, 15 years, with six seasons in the Majors.

# Laurie Olson

## Cross Country/Track (1990-1994)



Laurie Olson was the most gifted girls Cross Country athlete ever to run for Woodbridge. After having a very impressive freshman season finishing third in districts, 2<sup>nd</sup> in the region, and 15<sup>th</sup> in the state meet. Her performance helped the cross country team win districts, regionals, and place third at states. Laurie became dominate during her sophomore year. That year she won the Commonwealth District and Northwest Region and hopes were high for a strong finish at the Virginia AAA State Championships where she did not disappoint by finishing third. She earned many accolades that season including named as Woodbridge's Cross Country Most Valuable Athlete, the Cross Country High Point Award Athlete, and selection to the 1991 *Washington Post* All-Met Cross Country team.

The following season, expectations were much higher than even the previous year. Early in the season, Laurie won the Judges Classic Invitational Championship, an event she won the previous years. During the fall of 1992, Laurie dominated Cross Country meets leading up to Districts. That year Laurie repeated as Commonwealth District Championship, and the next step was on the regional meet. She again won Northwest Region title and it was on to the State meet where Laurie dominated the field and won the Virginia AAA Championship helping Woodbridge to an eighth place state finish. Laurie became the only Woodbridge girl to win a state cross country title, and the first girl from the area to win a cross country title. Following the season she was named again named the Woodbridge's Cross Country Most Valuable Athlete. She was selected as a repeat Cross Country First-Team 1992 *Washington Post* All-Met selection. In track, Laurie also emerged that season as the District Champion in both the 1600 meters and the 3200 meters. High expectations followed Laurie into her senior season; however during that year, in the fall of Year 1993, Laurie sustained lingering bone stress injuries that limited her competition during her senior campaign and her ability to compete in college.

# Scott Poirier

## Soccer (1989-1993)



Scott Poirier was one of, not only Woodbridge's but Virginia's Boy's soccer all-time prolific soccer scorers. His scoring came early and often in his high school scoring 13 goals as a freshman varsity player for the Vikings. Scott's 28 goals as a sophomore shattered the previous team record of 21 goals a season as he led the Vikings to the Commonwealth District Championships and ultimately the state finals. His scoring earned him many accolades that year including that of being recognized as a 1991 *Washington Post* All-Met First Team performer as a sophomore. That year he was selected as a member of the under-20 national team. As a junior he scored a state leading 45 goals, a record that would stand for many years and currently still stands as the 2<sup>nd</sup> greatest scoring season in Virginia state history while again leading the Vikings to the Virginia state finals.

After that season he was a repeat All-Met performer, All-Region, All-State and selected as a *Parade Magazine* All-American. As a senior in 1993 Scott continued his attack on the state record books by scoring 30 more goals in leading Woodbridge to the Virginia AAA Northwestern Region semifinal. His accolades included being named a three-time All-District, All-Region, and All-State. Scott was also named a three time Washington Post All-Met player including being named his senior year as the All-Met Player of the Year, Gatorade Virginia Player of the Year, and repeated as a *Parade* All-American. Scott still holds state Virginia State Individual Records including 2<sup>nd</sup> most all-time goals in a season with 45 in 1992, and the all-time Consecutive Games Scoring with 27 games between 1991 and 1993. Scott also owned the state career goals record of 116 goals for twelve years, until 2003. Scott scored almost a two goals average each game in high school. After graduation from Woodbridge Scott played as a collegiate for Seton Hall and George Mason and later played professionally for the Northern Virginia Royals.

# Busarind “Boo” Rogers

## Track and Field (1983-1987)



Busarind “Boo” Rogers was probably the most versatile female track athlete to ever compete for Woodbridge. While she competed for the Vikings in the 1985-87 era, she participated in often five or more events in some track meets and she usually was near the top in each. At one time she held at least five school records, including the long jump, high jump, triple jump, 100 meter and 300 meter hurdles, and the Shuttle Hurdle Relay. At the District meet during her senior year, she won the 300 meter hurdles and the high jump while earning second place finishes in the long jump, triple jump, and 100 meter hurdles. She still holds three Woodbridge All-Time outdoor Track and Field records. As a testament of how great of an athlete that she was, currently there are six field events and four of the All-time records are held by athletes that have performed since 2001. The other two events, high jump and triple jump, are records she established, still unmatched after twenty-two years.

After graduating from Woodbridge Boo attended Barton County Junior College in Kansas where she won the National Junior College Championship in the heptathlon. She then transferred to NCAA Division II Pittsburgh State in Kansas where she continued to excel by becoming Pittsburgh State University’s first women’s national champion by winning the 1991 NCAA Division II national champion in the heptathlon and was an All-American long jumper. She still owns Pittsburgh State All-Time records in the high jump, long jump, and heptathlon while holding a second place record in the 100 meter hurdles and a third place All-Time in the triple jump. In 1992, after completing her track and field eligibility, Rogers played one season for the PSU softball team where she led the team in runs, hits, and stolen bases. Boo died tragically in 1998 at that time Pittsburgh States Head Coach Russ Jewett was that “Boo was the best competitor he ever coached being able to turn it on when she needed to. She was determined and team-oriented. She was driven to succeed.” The Busarind Rogers Award is given annually to the Pittsburg State women’s track and field team member who scores the most points at the conference track championship.



# Alan Ross

## Coach – Girls Soccer (1978-1990)



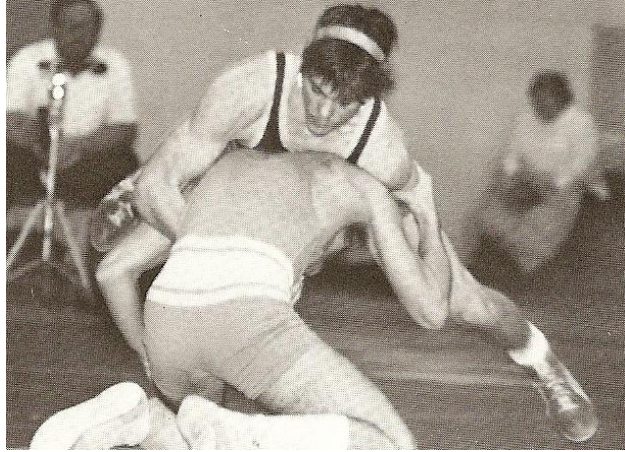
Alan Ross coached many sports at Woodbridge after moving there in 1978 including football, volleyball, and wrestling however, it was his coaching of varsity girl's soccer that gained the most fame. Although his coaching resume does sport an impressive undefeated two year stretch of his Freshman Football team in 1984 and 1985, including an un-scored upon season in 1984 where his team outscored opponents 250-0, it was his girls soccer teams dominance on the soccer field that received notice.

Alan took over the Girls Soccer team in the spring of 1980 and he remained in that position for the next 11 seasons, through the spring of 1990. He coached Woodbridge to 11 consecutive Commonwealth District Championships (every season from 1980-1990) and seven straight Northwest Regional championships (every season since inception from 1984-1990) as regional soccer play began in 1984. Alan led Woodbridge to every state tournament since the state championships began in 1984, leading his team to three Virginia State Finals, 1984, 1988, and 1989, and winning the AAA State Championship in 1988. His teams put on dominating stretches during those eleven years. Eleven of Woodbridge's Girls Soccer 23 District Soccer Championships are during his tenure as are seven of the 14 Regional Championships. Between 1979 and 1983 Woodbridge maintained a 44 game district unbeaten streak and between. After losing to Stonewall Jackson in 1984 his teams went on a 70 game district winning streak that was ongoing at the time he stepped down after the 1990 season.

While coaching at Woodbridge Alan stressed players' consistency, constant improvement, and fun during his 11 years of coaching. Alan finished his coaching career at Woodbridge in 1990 having compiled a 143-33-4 Varsity All-Time record with a winning percentage of 80% and a 114-2-2 District record with a winning percentage of 97%. He was named 8 times as the Potomac News Coach of the Year and was named the 1989 *Washington Post* All-Met Coach of the Year. In 1990 Alan was selected as the by the National High School Athletic Coaches Association as the Virginia High School Coach of the Year. He also was named by the National High School Athletic Coaches Association as the United States Region Two Coach of the Year and was one selected as one of eight finalists for National Coach of the Year.

# Brian Shaffer

## Wrestling (1982-1986)



Brian Shaffer made an instant impact on Woodbridge's wrestling team as he worked his way onto the Varsity team as a freshman. His progression continued into his sophomore year, as he wrestled in the lightweight classes. After the high school season ended after sophomore years, Brian competed in the AAU Junior Olympic and both years, 1983 and 1984, he emerged as a Junior Olympic Champion. As a junior Brian began to dominate the competition. After winning the Commonwealth District Championship, Brian went on to win the Northwest Region in 1985. He followed his district and regional championships with a 5<sup>th</sup> Place finish at the Virginia AAA state tournament during his junior year. Brian capped of his junior season by winning the Virginia State Freestyle Championship and was recognized as a USA Wrestling Junior National Freestyle All American that year.

Expectations were very high going into Brian's senior campaign. Brian lived up to those to those expectations by repeating as the Commonwealth District and Northwest Region champion. He then went on to dominate other wrestlers in the 132 weight class at Virginia's AAA state tournament and emerged as the 1986 State Champion. In winning, Brian became only Woodbridge's second state Wrestling Champion. Brian finished his senior campaign with a 32-1 record including 26 falls or technical falls. He finished his career with a 102-16 all-time record. After that season Brian won his second Virginia Freestyle championship and the Virginia State Greco Championship. Brian went on to wrestle four years at the University of Pittsburgh, competing at 134 and 142 pounds, where he lettered in 1989 and 1990.

Just two years after graduating from Pitt in 1990, Brian became the youngest Division I head coach in the nation when he took over as wrestling coach at American University in 1992. Under his leadership, the program at American rose from the bottom of the Colonial Athletic Association to become a consistent challenger for the conference title. The Eagles posted their first winning dual-meet season in 12 years in 1992-93 with an 11-6 record and were 26-20-1 overall during his tenure. . In 1995, American had six wrestlers place among the top four in their weight class at the CAA Championships, the most ever for the program. In 1995 Brian took over as Head Coach at George Mason University. Brian coached 11 years at George Mason compiling a 70-59 record. He was chosen as twice, 1996 and 2001, as the CAA Coach of the year while winning Three CAA Championships, producing 17 Individual champions, and 29 NCAA qualifiers.