

# Joe Beazley

## Football – 1974-1978



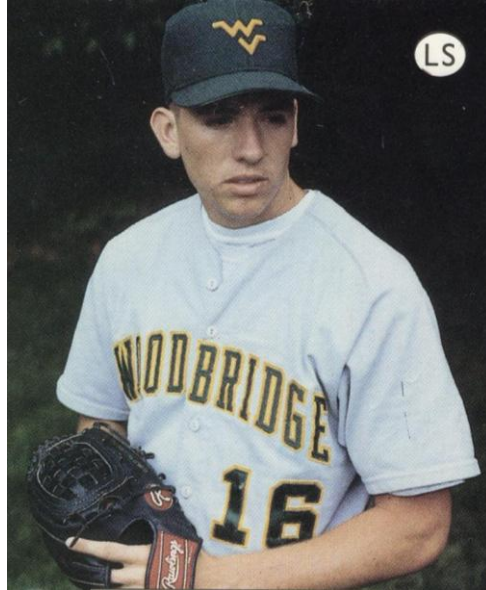
Joe Beasley was one of many great football players produced during the mid to late 1970s at Woodbridge. Joe performed early in his high school career. As a freshman during the fall of 1974 Joe moved up the depth chart to the point where he became a starter on one of the best football teams Woodbridge ever produced. Joe helped Woodbridge to its first ever state playoff games as he started in all the playoff games including the Championship game. Joe became one of Woodbridge's rare four-year starters in football.

During his sophomore season, Joe helped to anchor Woodbridge's offensive and defensive lines. At season's end he was named to the 1975 All-County Offensive Team. By Joe's junior season, the accolades became numerous for Joe's performance on the field. At the end of his junior season Joe was named to the All-County, All-District, and All-Regional Offensive Team. That year, he also was recognized as a Second Team All-State selection on the Offense. Joe was also named as Woodbridge's Most Dedicated Player by the players and coaches after that season. During his senior season, Joe was a selected as a team captain and helped Woodbridge to an 8-1-1 record. He was named to both the All-County Offensive and Defensive First Teams. He later was named to both the Offensive and Defensive First-Teams for the Commonwealth District and Northwest Region. Joe was chosen by both the *Washington Post* and the *Washington Evening Star* as an All-Met First Team performer and was selected by the *Washington Evening Star* as its All-Suburban First Team. Joe was later selected by the Washington DC Touchdown Club for the Timmie Award, given to the Washington Metro area suburban Football Player of the Year. He later was named as to the AP First Team State Football Offensive Team and to the Second Team Defensive Team as well as being selected by the *Coaches and Athletic Prep* publication as an All-American.

Joe earned a football scholarship to play at the University of Alabama for legendary Coach Paul "Bear" Bryant where he played from 1979 to 1982. During his freshman season, Joe earned playing time on the 1979 Crimson Tide National Championship team. Joe earned the Paul Crane Most Improved Offensive Lineman Award in 1981 and was selected his senior season in 1982 to the First-Team All-SEC as an Offensive Tackle.

# Sean Cheetham

## Baseball – 1986-1990



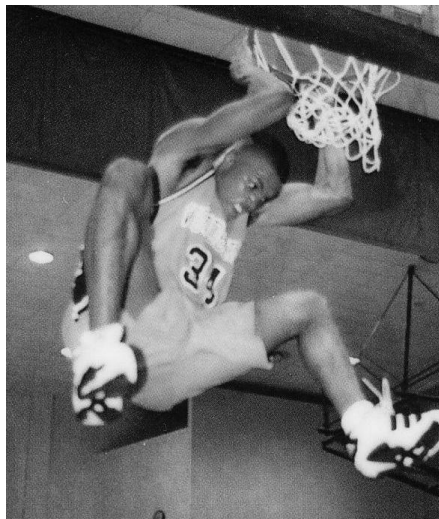
Sean Cheetham was arguably the most dominant pitcher ever to throw for the Vikings. Sean surfaced on the scene in 1987 as a freshman with a lot of promise as he earned 2<sup>nd</sup> Team All-Area and Honorable Mention All-Commonwealth District. The following season, that “promise” began to be realized as Sean was recognized as one of the best pitchers in the region while earning 1<sup>st</sup> Team All-Area, 1<sup>st</sup> Team All-Commonwealth District, and 1<sup>st</sup> Team All-Northwest Region. Sean was also recognized as an Honorable Mention selection to the *Washington Post* All-Met Team. During his junior campaign, Sean posted a 6-2 district record and a 1.07 earned run average. He struck out 74 and walked only 15. That performance again earned his recognition as 1<sup>st</sup> Team All-Area, All-Commonwealth District, All-Northwest Region, and All-Met. He was also selected as the *Potomac News* Baseball Player of the Year and Woodbridge Senior High School’s Most Valuable Athlete.

During Sean’s senior season the success and accolades continued. In addition to earning 1<sup>st</sup> Team All-Area, All-Commonwealth District, All-Northwest Region, All-Met, and Woodbridge’s Most Valuable Athlete awards, Sean was selected as the Player of the Year by the *Potomac News* and the *Prince William Journal*. Sean was selected to play in the Virginia State High School All-Star game, and was selected as the Gatorade Circle of Champions Virginia High School Player of the Year. Sean finished his career at Woodbridge winning 25 games while losing only 8. He had a career ERA of 1.49 while throwing 301 strikeouts. Sean threw 30 complete games and had two saves.

Following his senior season, Sean earned All-American honors and was invited to Team USA tryouts. He was selected and pictured in the Second Annual High School Baseball Prospects by Deck and became the 124<sup>th</sup> Pick overall and the 4<sup>th</sup> Pick by the Chicago Cubs in the Professional Baseball League Draft becoming the first player in the history of WSHS to be drafted. Also, given a scholarship to attend North Carolina, Sean decided to follow professional route in the Cubs organization. Injuries cut short a promising professional career.

# Aaron Demory

## Basketball – 1992-1996



Aaron Demory was one of Woodbridge's greatest basketball players, but before he reached that level of success, he had many growing pains beginning his freshman year. Aaron, the son of a career military officer, made the usual many moves before finally being able to settle down and attend Woodbridge High School. Long a soccer and baseball standout, Demory did not begin to play organized basketball until he was a high school freshman. His coaches remember Aaron as an athlete who could jump past the rim, but at times could not stand and dribble at the same time. What he lacked in basketball knowledge he quickly made it up with hard work by attacking it wholeheartedly. Aaron later would say, "I try to be the best I can be at whatever I am trying to do." By the time Aaron was a senior, few could remember that freshman of four years earlier.

As a senior, Aaron may have been the Washington area's top defensive front-court player. As a senior 6' 3" forward he averaged 18.7 points, 10.2 rebounds, 2.3 assists and 2.3 blocked shots for 19-5 Virginia AAA Commonwealth District champions. That year Aaron became the first and only player in WSHS history to be named 1<sup>st</sup> team All-Met in the *Washington Post*. That year he was voted as Woodbridge's Team Captain and Team MVP. He earned 1<sup>st</sup> Team All-Commonwealth District, 1<sup>st</sup> Team All-Northwest Region, 1<sup>st</sup> Team – All Area in *Potomac News*, and was a Virginia State All-Star Member. He later signed to play basketball with Virginia Military Institute.

Aaron continued his basketball success at VMI. As a freshman he played in 28 games and averaged over six points each game. By the time Aaron was a senior, he averaged over 12 points each game and was one of the league's best all-around defensive players.

# Val Hardin

## Cross County/Track – 1975 -1979



Val Hardin was one of the premier athletes at Woodbridge from 1975 – 1979 while helping to plant the seed for Woodbridge’s Girls Cross Country program. Lisa Saylor, in 1974 and Val Hardin, a freshman in 1975 became the first girls to run Cross Country at Woodbridge for Jim Rogers, both competing initially on the Boys team. By the fall of 1976 other girls joined the team as it separated from the Boys. Val emerged as an outstanding runner during her Woodbridge career. After her first year competing with the boys, she came on her own running against girls in the fall of 1976. Val competed in Cross Country, Indoor Track, and Outdoor track during her four years at Woodbridge.

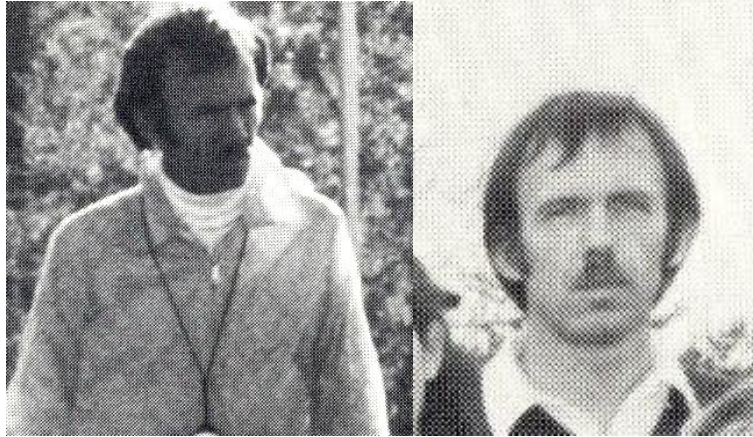
By the time Val was a junior she had already become a dominate runner. During her 11<sup>th</sup> grade season, Val failed to win only two Cross Country races, one was a National meet in Washington and the other was finishing second at the University of Virginia Invitational. At the time, there was not a state Girls Cross Country championship for Virginia’s AAA schools and Virginia’s top meets were the Cross-Country Classic at Georgetown and the Terrier Invitational near Roanoke, Virginia. In both of those state level competitions, Val took first place. She also helped Woodbridge win both the District and Regional Girls Cross Country championships in 1977. By the end of her junior season, Val was selected as prep All-American by *Harrier* magazine, a national cross-country publication. She was the only Virginian included on the list of thirty high school runners across America.

Val continued her dominance her senior season highlighted by again winning the University of Virginia Invitational in record time, establishing both a course and meet record of 13 minutes, 31.3 seconds for the 2.2 mile course. Val was selected as the Woodbridge Girls Athlete of the Year in 1979. After graduating from Woodbridge, Val attended the University of Virginia on a Cross Country/Track scholarship where she majored in Physical Education. Val continues to compete in running events, where she started doing triathlons in the early 1990s. In 2000 Val started competing in age-group xterra’s (off road triathlons) where she has competed in several World Championships in her age group.

# Ron Helmer

## Coach

### Cross Country/Track – 1982-1986



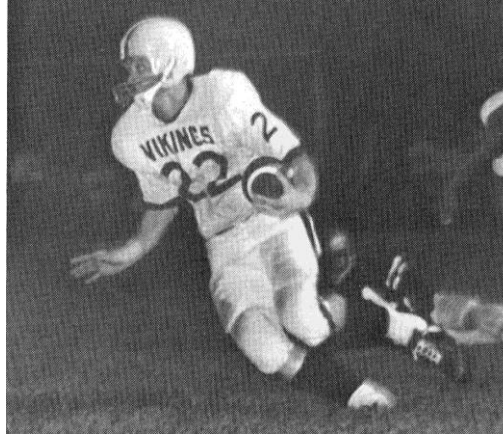
Considered by many as the most successful high school coach in the history of Virginia track and cross country Ron Helmer came to Woodbridge 1982 after coaching eight years at the Virginia High School in Bristol, Virginia. Before coming to Woodbridge, Helmer was named the Virginia Cross Country Coach of the Year in 1980 and was selected as the Virginia Girl's Track Coach of the Year in 1981. At Woodbridge, the excellence continued. His very first season in 1982 he led Woodbridge to a Boy's State Runner-Up title in Cross Country as Woodbridge captured both District and Regional Championships. He also captured the Girl's Cross Country Regional Championship that fall. Over the next three years 1983, 1984, and 1985, he brought three Boys Cross Country State Championships to Woodbridge. In addition, in Boy's Indoor and Outdoor Track from 1983-1986 Helmer's Woodbridge teams captured six Commonwealth District titles and two regional titles.

On the Girl's side, during that same time he captured three Cross Country District titles and four regional titles. His Girls Indoor Track teams also captured three District titles and three Regional titles during those four years. In doing so, he brought the very first ever Girl's Indoor District title, in 1984, and Regional title, in 1983, to Woodbridge. In Girl's Outdoor Track his teams won two District titles and two Regional titles including the first-ever Girls Outdoor District title in 1984 and Regional title, also in 1984 to Woodbridge. Helmer was again chosen as the Virginia Cross Country Coach of the Year in 1983. In 1986, Ron left Woodbridge to coach at Georgetown University.

In his four years at Woodbridge his Boys and Girls Cross Country, Indoor, and Outdoor Track teams collected 18 District Championships (10 Boys and 8 Girls), 15 Regional Championships (6 Boys and 9 Girls) and three State Championships in Boys Cross Country. In his twelve years of coaching in Virginia Helmer's teams won 45 district, 35 regional, and 10 state championships in addition to producing many high school All-Americans. After leaving the high school ranks, he was selected as the Boys' Cross Country Coach of the Decade in Virginia. Ron spent the next twenty years coaching at Georgetown University and in 2007 became the Director and Head Coach of Men's and Women's Cross Country and Track & Field at Indiana University.

# Jim Homeyer

## Football/Basketball – 1966-1970



Jim was a three year starter in football, basketball, baseball, and also ran one year of track. Jim was an excellent all purpose football player for Coach Butch Farley. During his junior season in 1968 he helped Woodbridge to win the Monument District Championship. During that season, Jim established himself as one of Woodbridge's most versatile athletes. In one game on offense he rushed for over 200 yards and also played defense.

During his senior season, Jim continued the success from his junior season. Although Woodbridge lost their first game in 1969 to the eventual 1970 state champion, James Wood, Jim had a great game scoring a touchdown while totaling over 100 all-purpose yards. Jim was a steady performer throughout that season. Against Loudoun Valley, Jim ran for 111 yards and added a 60 yard punt return for a touchdown. Against Osbourn, Jim scored three touchdowns while rushing for 118 yards. Jim scored another touchdown against James Monroe and two touchdowns against Stonewall Jackson. Some of his best performances were late in the late season. He scored three touchdowns in a 20-14 win over Fauquier including his second punt return for a touchdown.

It was against Stafford High School, which was probably Jim's best all-around game. There he scored three touchdowns and intercepted three passes while playing defense. It was Homeyer's third three-touchdown performance of the season. Only a season ending upset by Gar-Field kept Woodbridge from repeating as district champions in 1969.

At the season's end, Jim led all Monument District players in touchdowns and points while averaging over 100 all-purpose yards during the season. He ended the season scoring 16 touchdowns, three more than the district's second place performer, and scored 96 points, fourteen more points than the second place player. Jim was selected to the *Potomac News* Football All Star team as a first-team selection. He also was selected to the Monument District's Offensive First Team in football. Jim also was a solid player in basketball and baseball his senior season. Jim was recruited by the University of Arkansas where he attended on a football scholarship. There he earned a degree in Finance and Real Estate.

# Danny Ireland

## Cross Country/Track – 1983-1987



Danny Ireland continued a tradition of great Cross Country and Track runners at Woodbridge as he added his name to the record books between 1983 and 1987. As a freshman Danny placed 8<sup>th</sup> in the 2-mile at districts. Danny ran as part of the Woodbridge State Championship team as a sophomore in 1984. By the time Danny was a junior he was recognized as a Kenney National Cross Country Championship Participant and later that year he was named a Cross Country All-American. He finished 6<sup>th</sup> in state in the 2 mile run and won Districts in Outdoor 2 mile and earned a 4<sup>th</sup> in the 2-mile that spring.

As a senior Danny won Districts, Regionals, and was the 1986 State AAA Cross Country Champion. That year he won the Indoor District, Regional, and State AAA 3200 Indoor Track Championships posting a time of 9:23.33. That spring, Danny again won Districts, Regionals, and just missed the three-peat of state championships by finishing as runner-up in the Virginia AAA Outdoor 2-mile Championship.

During his years at Woodbridge Danny was recognized on multiple All-District, All-Regional, an All-State Teams for Cross Country, Indoor, and Outdoor Track. Danny earned a Cross Country and Track scholarship to Georgetown where he continued his success. As an athlete at Georgetown University, Ireland was a three time NCAA participant as a member of the Hoya cross country squad, and the Big East 10,000 Champion and later the IC4A bronze medalist in the 10,000.

Danny went on to coach at Georgetown for the next six years under the guidance of former Hoya mentor Frank Gagliano, coaching until 2000. That year he joined the Yale Bulldog Cross Country coaching staff. He made an immediate impact on the cross country squad at Yale. Dan Ireland has continued with the tradition of athletic and academic excellence as the men's cross country team achieved All-Academic status and remains the only school in the country that has accomplished this for the last ten years in a row under Danny's guidance.

# Tiffany Lord

## Volleyball/Basketball – 1985-1989



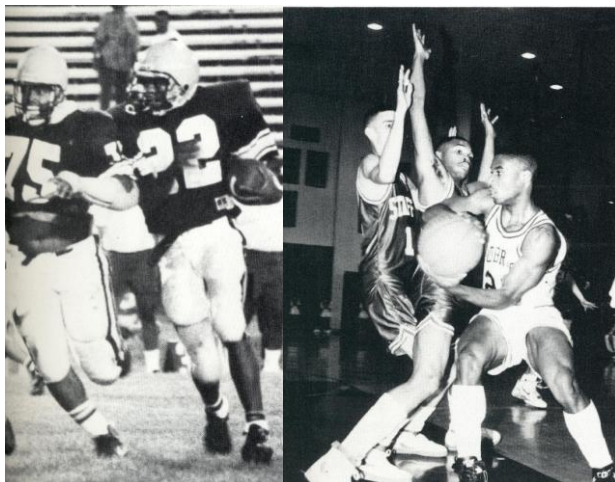
One of the best volleyball players to ever suit up for Woodbridge, Tiffany Lord dominated play during the late 1980s. During her junior season of 1987, Tiffany's skills were well known throughout the area but there was little opposing teams could do to control her. At the end of that season, Tiffany was recognized as a 1<sup>st</sup> Team All-Area selection by the *Potomac News*. That was the beginning of many honors that season including being selected to the Commonwealth District Volleyball 1<sup>st</sup> Team and the Northwestern Region Volleyball 1<sup>st</sup> Team. She was also voted by teammates as the Woodbridge Volleyball MVP. In addition, the *Potomac News* selected Tiffany as the Area Volleyball Player of the Year. After volleyball season ended, Tiffany converted over to the basketball court and was a solid contributor to Woodbridge's Basketball team that made a run in the state playoffs.

As a senior in 1988 Tiffany continued to excel. She helped Woodbridge capture the school's first ever volleyball Commonwealth District title and then the Northwestern Regional Championship. In leading Woodbridge to the Regional title, Tiffany was recognized as the All-Regional Tournament MVP. At the end of the season, Tiffany again earned 1<sup>st</sup> Team Commonwealth All-District and 1<sup>st</sup> Team Northwestern Region. In addition, Tiffany was also selected as the Commonwealth District and Northwestern Region MVP. She again was voted as the Woodbridge volleyball MVP and for the second year in a row was selected by the *Potomac News* as the Volleyball Player of the Year. Moving over to the basketball court during her senior season, she again helped Woodbridge to a solid season and at the end of the year she was named to the *Potomac News* All-Area Basketball Team. Tiffany attended the US Naval Academy after high school and in 1993 was selected as the Navy Women's Volleyball Most Valuable Player.



# Shawn Scales

## Football/Basketball – 1988-1992



Shawn Scales was arguably the most talented male athlete to graduate at Woodbridge since Russell Davis in 1975. His skills were well known by the time he played football, basketball, and baseball at Fred M. Lynn Middle School from 1985-88. Shawn entered Woodbridge Senior High School in 1988 to see what he could do at that level. He began to excel on that stage as well. A 1,000-yard rusher as a sophomore and an option quarterback as a junior, Scales led the Vikings to an undefeated regular season and Washington Post No. 1 ranking as a senior in 1991. For three years Woodbridge's Shawn Scales dazed opponents with his speed and elusiveness and amazed spectators with his acrobatic pass-catching ability. His most impressive skills were as a game breaking receiver and kick returner.

During his senior regular season, Shawn caught 45 passes for 773 yards and eight touchdowns in carrying Woodbridge to its first undefeated regular season since 1974. He averaged 17.2 yards a reception that year highlighted by his 11 receptions for 276 receiving yards against county rival Stonewall Jackson, a record which still ranks as the 6<sup>th</sup> best receiving night in the state. A repeat All-Commonwealth District and Northwest Region performer, Shawn was selected as a *Washington Post* First Team All-Met honoree in football and was named an honorable mention All-America pick by *USA Today*. Shawn rarely left the field as he was also excellent on defensive coverage as he also was named all-Commonwealth defensive back. On special teams Shawn returned two punts for touchdowns. Scales also excelled in basketball, averaging more than 18 points per game while being honored as a *Washington Post* Honorable Mention All-Met basketball honoree.

He was heavily recruited, with offers from Virginia, North Carolina, Tennessee, Penn State, Northwestern, and before settling on Virginia Tech. While at Virginia Tech, Shawn caught 46 passes for 821 yards. He averaged 17.8 yards per reception and scored 6 touchdowns. Shawn played in the 1994 Gator Bowl, 1996 Orange Bowl, and 1998 Gator Bowl. Shawn signed as an undrafted rookie free agent by San Francisco 49ers in 1998. He was allocated to NFL Europe in 1999 by the Pittsburgh Steelers, playing for Frankfurt Galaxy. He holds NFL World Bowl Record for Highest Kickoff Return Average, 35.7 yards, (Career and Game).

# John Stein

## Cross Country/Track – 1980-1984



John Stein is Woodbridge's only outdoor two mile/3200 meter state champion. John won the 3200 meter championship during his senior year after a much decorated high school career. In Cross Country, John helped Woodbridge to District Championship titles his sophomore, junior, and senior seasons. He led Woodbridge to the 1982 and 1983 Regional Championships and as a senior that same season led Woodbridge, as the number one runner, to the Cross Country state championship.

Competing in Indoor Track, John led Woodbridge to the 1984 District Championship, the first since 1976. That same year, John helped to lead Woodbridge to their first every District Championship in Outdoor Track as he took the District, Regional, and State Title in the 3200 running a time of 9:22.11. John earned multiple All-District and All-Region selections for Cross Country, Indoor, and Outdoor Track during high school. John was also a two-time All-State selection in Cross Country, 2-mile Indoor Track, and 2 mile/3200 m in Outdoor Track.

John was also selected as a twice as an All-South Region in Cross Country. He also was a two-time selection as All-American in Cross Country and earned an All-American selection in the 2 mile for Outdoor Track in 1984. In addition, John was a National Finalist at the 1983 Kinny Footlocker National Championships. John attended the University of Georgia between 1984 and 1986 on a Cross Country and Track Scholarship. There he was ranked as the Number 1 Freshman in the South Eastern Conference. After a successful Freshman Season, John spent the next three years limited in his ability to compete as a result of multiple injuries. John transferred to Tennessee in 1986 and there completed his degree.