

# Brian Bates

## Soccer – 1986-1990



Brian Bates was no stranger to success playing soccer throughout high school and college. Playing all four years at Woodbridge, he helped Woodbridge to the 1987 and 1988 District Championships. He also led Woodbridge to the 1987, 1988, 1989, and 1990 Northwest Region Championships where Woodbridge qualified each year to the State Championships. There he led Woodbridge to the Virginia State Finals in 1988 and 1989. In 1989, he was a member of the U.S. Under 16 national team at the 1989 FIFA U-16 World Championship. Although the U.S. defeated Brazil its first game, the team finished group play with a 1-1-1 record, and failed to qualify for the second round. Following the tournament, Bates played several games with the U.S. U-20 national as a junior in 1989 and again as a senior in 1990. Brian was on everyone's list for All-District, All-Region, All-State, and also made Parade Magazine's All-American High School Soccer Team.

Brian earned a scholarship to play at the University of Virginia playing on the men's soccer team from 1990 to 1993. Bates and his team mates won the 1991, 1992 and 1993 NCAA Men's Soccer Championship while playing for legendary Virginia coach Bruce Arena. In 1994, he signed with the Richmond Kickers of the USISL. In 1995, the Kickers won both the league and Open Cup titles, and giving Bates a double. As a soccer defender Brian spent two years in the USISL and then four seasons in Major League Soccer.

On February 6, 1996, the Colorado Rapids selected Bates in the fourth round in the 1996 MLS Inaugural Player Draft. Between 1996 and 1998 Brian played for the Colorado Rapids, the Chicago Fire and D.C. United in the MLS. On November 6, 1997, the Chicago Fire selected Bates with the 19th pick in the 1997 MLS Expansion Draft. He played for Chicago before being traded to the Dallas Burn. He later was traded to D.C. United where he ended his professional career.

# Kevin Berry

## Basketball/Track – 1983-1986



Kevin Berry was probably the best all around male athlete at Woodbridge in the decade of the Eighties. Kevin's high school coach, Don Brown said "Kevin was really an outstanding player with great athletic ability." His patented dunks became a trademark of his play. Kevin arrived at Woodbridge as a sophomore where he immediately made the varsity team. Since that time he averaged over 20 points a game. Kevin led Woodbridge in scoring both his junior and senior years and was selected to the All-District All-Northwest Region, and All-State teams after both years. After his senior season he averaged 21.9 points and 5.0 rebounds. His play helped him earn selection as Player of the Year and was also selected to the *Washington Post* All-Met Third-Team and earning Honorable Mention All-American.

His athleticism really showed in the spring where he competed in the Long Jump, High Jump, and Triple Jump events. In Long Jump Kevin set the Woodbridge School record at 23 feet, 11.5 inches in 1985 and that record still stands 25 years later. His jump placed him among the top twenty jumps that year in the nation. In Triple Jump he was first in the District and second in the Northwest Region with a jump of 48 feet, 5.75 inches while also establishing a Woodbridge Record that also still holds today. Both his Long Jump and Triple Jump records are almost a full foot over the second place records. In High Jump, Kevin jumped 6 feet, 8 inches which placed him in 4<sup>th</sup> place nationally in Indoor High Jump. His 6 feet, 8 inch jump currently places him 4<sup>th</sup> all-time in Woodbridge's track records. In the process Kevin became a two sport All-American in both Basketball and Track.

Kevin went on to play at the United States Military Academy in West Point where he played Division I basketball for 4 years. Kevin was a four-year starter and letterman, where he made the All-Freshman team. During his final two seasons, Kevin averaged 12.5 points a game. He earned All Conference and was selected as the Team MVP in both his Junior and Senior Year. Kevin led Army in steals as a junior and in rebounding as a senior while ranking second in scoring. Kevin currently stands third place all-time in career steals at Army with 110. Kevin also lettered for Army in track.

# Dawn Cleary

## Cross County & Track – 1994-1998



Dawn Cleary was one of the premier Cross Country and distance Track athletes ever to run for Woodbridge. While at Woodbridge, Dawn helped her Girl's Cross Country team to the 1995, 1996, and 1997 Cardinal District and Northwest Regional Championships. She also aided Woodbridge's Girl's Indoor Track team in winning the 1995 and 1996 Northwest Region Championship and the Girl's Outdoor Track team's 1996 District Championship title. Along the way Dawn earned much individual recognition including *Washington Post* All-Met Cross Country Recognition for her 10<sup>th</sup> and 12<sup>th</sup> grade years. She also earned Indoor and Outdoor Track All-Met Recognition for her 11<sup>th</sup> and 12<sup>th</sup> grade years.

Dawn was a two-time All-State Cross Country athlete and All-State in the mile during her junior and senior years of indoor and outdoor track. She was the Cross Country Cardinal District Champion her senior season and established the Northwest Region Indoor Meet record for the 1600, a record that still stands thirteen years later. Dawn is the only female track athlete to be listed in the top five performances all-time for each of Woodbridge's Indoor events of the 1000 (2<sup>nd</sup>), 1600 (1<sup>st</sup>), and the 3200 (3<sup>rd</sup>), and Outdoor events of the 800 (2<sup>nd</sup>), 1600 (5<sup>th</sup>), and the 3200 (5<sup>th</sup>). She also holds the school record for the leg in the Indoor 4 X 800m Relay and the school record for a leg in the Outdoor Distance Medley.

Dawn's accomplishments earned a scholarship to the University of Virginia. In college, she became an All-American by finishing sixth in the steeplechase at the 2003 NCAA championships. She finished fifth in the event at the '03 U.S. national championships in a personal-best 9:59.30. Dawn helped Virginia's women's cross country team finish ninth and 20th at the 2001 and 2002 NCAA championships, respectively. Dawn was the first ACC athlete to run under 10 minutes in the steeplechase. After graduation from college, Dawn competed in the steeplechase at the 2004 U.S. Olympic trials finishing seventh and also competed in the 2008 U.S. Olympic trials.

# Tamika Dudley

## Basketball/Track – 1995-1999



Tamika Dudley was a standout basketball player and track and field athlete while at Woodbridge in the late 1990s. In track throwing the shot put, she dominated while making the All-Met Honorable Mention team. Tamika set the Woodbridge All-Time Shot put record for a throw of 38' 5.25" in 1997, a record that held for nine years and she still ranks second all-time in Woodbridge history. However, it was Tamika's skills on the basketball court that paved the way for her future. She was a three-time All-Met Honorable Mention performer and as well a four-time All-Cardinal District (3-time First Team) performer at Woodbridge between 1996 and 1999. She led Woodbridge to the AAA State Semi-finals during her senior season in 1999. Tamika scored 1,118 points while at Woodbridge, 3<sup>rd</sup> highest in Woodbridge Senior High School Girls Basketball History.

After Woodbridge, Tamika was a scholarship player at Division IA Long Island University in the North East Conference. There she rewrote the record books. Tamika competed for the Long Island University Blackbirds from 1999-2003, making her mark as a dominant force in the paint with her physical play. She left Downtown Brooklyn as the school's all-time leader with 1,745 points, 380 assists, 658 baskets, 421 free throws, 120 games played, 119 starts and 33 double-doubles. In addition to Long Island Records, Tamika was selected as a three-time all-NEC honoree and the 2002 Northeast Conference Player of the Year. Tamika was also named All-NEC, All-Met and NEC All-Tournament in each of her final three campaigns. Tamika's finest hour at LIU came on March 4, 2001, when she muscled her way to 31 points and played all 45 minutes in the Blackbirds overtime triumph in the NEC semifinals against Quinnipiac. Tamika closed with 14 points and 12 rebounds the next night as Long Island University defeated Mount St. Mary's for its first NEC championship and NCAA Tournament berth. For her efforts, Tamika was named NEC Tournament MVP while averaging 19.3 points and 7.3 rebounds.

# Christian Lindberg

## Swimming – 1996-2000



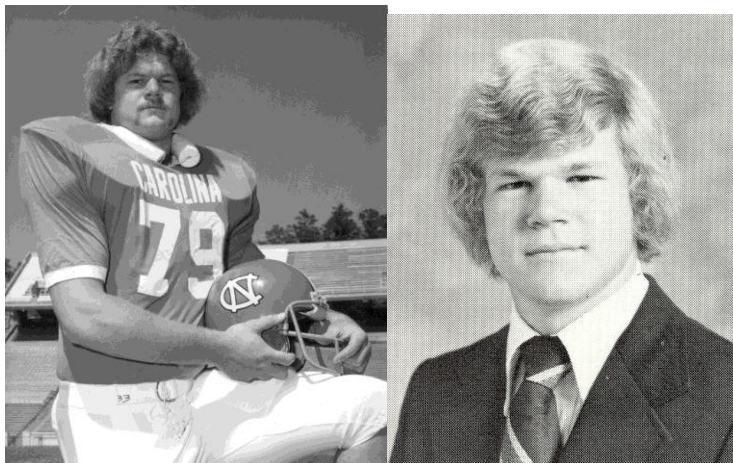
Christian Lindberg was the most accomplished male swimmer at Woodbridge. In three years of swimming at Woodbridge Christian was a Five-time individual Cardinal District Champion, was a Six-time individual Northwest Region Champion. In three years of regional competition Christian never lost a Northwest Region Championship individual event. Christian went on to become a Five-time AAA State Championship Finalist where he placed third in the 100 backstroke and fifth in the 50 freestyle at the Virginia State meet. In the process Christian set three Cardinal District Meet individual (50 Free and 100 backstroke) records and two relay (the 400 Free and the 200 Medley) records, while in the Northwest Region also established three Northwest Regional individual (50 Free and 100 backstroke) records and two relay (the 400 Free and the 200 Medley) records.

As a junior in 1999 earned All-American Consideration in the 100 backstroke and as a senior in 2000 earned First Team All-American in the 100 backstroke. Christian made the Junior National cuts in the 100 and 200 back and in the 50 freestyle. In the Junior Olympic meet, Christian set club records and junior qualifying times in the 50 free (21.35), 100 backstroke (52.96) and the 200 back (1:54.50). After ten years since swimming for Woodbridge, Christian still holds four individual Woodbridge records including the 50 Freestyle (21.57), 100 Freestyle (48.04), 100 Backstroke (51.80), and the 100 Butterfly (54.30) as well as being part of the record 200 Medley Relay team.

For his efforts, Christian earned an Athletic Scholarship to Virginia Tech where he was an Eight-time Big East Conference Champion. In four varsity seasons at Virginia Tech, Christian was the Team MVP in both 2002-2003 season and the 2003-2004 season. Christian was the Top Point scorer at 2004 Big East Championships and competed in the 50 Freestyle and 100 Freestyle at the 2004 Men's Div I NCAA Championships while earning the team Strength and Conditioning Athlete of the Year and Most Outstanding Senior Swimmer award in 2003-2004. Christian won a National Championship in the 400 Free Relay at the 2003 Summer Nationals and later competed at the 2004 Olympic Team Trials in the 50 Freestyle and was a 50 Freestyle 2008 Olympic Team Trials Qualifier. Set school records in the 50 and 100 freestyle events at the BIG EAST Championships.

# Steve Junkmann

## Football/Track – 1971-1975



Steve Junkmann was one of many great football players for Woodbridge during the early 1970s. He one of a few rising stars as a starting sophomore for Woodbridge in 1972 while garnering All-County recognition. During Steve's junior season his play became wider recognized as Woodbridge's football team became dominate. He again earned All-County, but also garnered All-District, All-Regional, and his first All-American recognition. In Steve's senior season, he helped Woodbridge to its best season of football ever. Steve was a dominant performer on that 1974 team as he helped Woodbridge to its first ever state playoff games eventually making it all the way to the State Championship game.

At the end of the season, the awards for Steve were many as he again earned All-County, All-District, All-Regional, All-State, and Prep All-American. Over his high school career he totaled 270 tackles including 110 unassisted. He caused six fumbles, recovered two fumbles, blocked two kicks, and totaled seven quarterback sacks. In addition to his football accomplishments, Steve won the 185 lb. weight class for JV wrestling and established the Woodbridge Indoor Track shot put record at 47' 8.5" in 1975. Steve earned a football scholarship to North Carolina along with another Woodbridge classmate, Ken Sheets.

While at North Carolina, Steve moved from the defensive line, where he was used to playing in high school to the offensive line where he became a standout performer. There Steve was a 4 year letterman and 3 year starting left offensive tackle wearing #79. North Carolina realized great success during those years as during his sophomore season he helped North Carolina to a Liberty Bowl appearance and as a senior to a Gator Bowl win over Michigan. After his senior season, Steve became a First Team All Atlantic Coast Conference (ACC) Offensive Tackle selection and was named to the ACC Academic Honor Roll. In 1980 Steve signed a Free Agent contract with the New Orleans Saints and in 1981 signed a Free Agent contract with the Philadelphia Eagles. Steve also earned a First Team position on the *Potomac News* All-Century Football Team for players in Prince William County that played before 2000.

# Kim Newell

## Soccer – 1993-1997



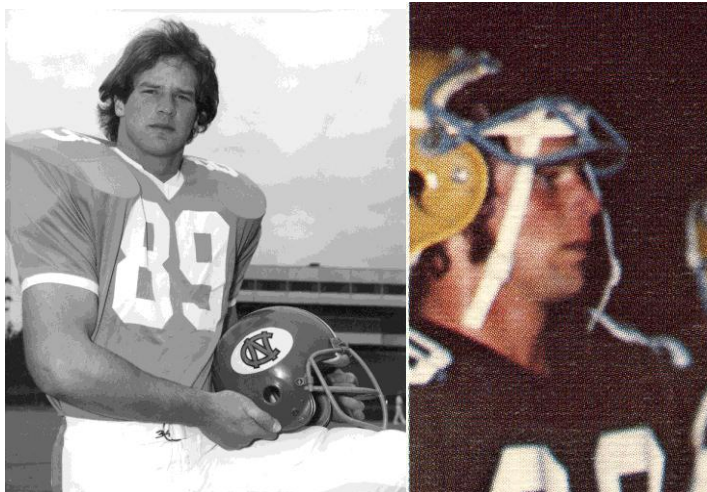
As a freshman in 1994 at Woodbridge, Kim Newell quickly established herself as one of the best players in the region and state. As a starter that season, she helped lead Woodbridge to the Virginia AAA State Championship game, losing to Robinson 1-0 on a penalty kick. That season Kim earned All-State recognition, quite an achievement for someone so early in their career. In the next three years, Kim helped lead Woodbridge to the Cardinal District Title each season while leading Woodbridge to the Northwest Regional Title during her Senior Season in 1997. As a junior in 1996 Kim was selected as a *Washington Post* Honorable Mention All-Met selection and was again selected to Virginia's All-State team.

As a senior in 1997 Kim was chosen to the All-Cardinal District team, All-Virginia Northwest Region team, and was a *Washington Post* First Team All-Met as a midfielder compiling 7 goals 6 assists. At the end of that season Kim was named the Virginia player of the year by the National Soccer Coaches Association of America they also selected her as an All-American. She was listed that season to Soccer America's Super Recruit list and also was one of the top eleven recruits in the East.

Kim accepted an athletic scholarship to play soccer at William & Mary where she continued an outstanding collegiate career. As a four-year starter for William & Mary, Kim earned the Team Rookie Award, Freshman All-Region, and Second-Team College Freshmen All-America by Soccer Buzz at the end of her freshman season. Kim's stellar play continued into her sophomore season as she earned Second-Team All Colonial Athletic Association. As a junior she earned First Team All-CAA and First Team All-State and as a senior Kim was selected as a Team Captain, was a repeat First Team selection to the All-CAA and All-State teams while also earning First-Team All-Region by Soccer Buzz. She was also selected as the Team MVP and the CAA Tournament MVP. Kim still is listed in William & Mary Women's All-Time Soccer Records for career games started (2<sup>nd</sup> at 91games), played (4<sup>th</sup> at 91games), and season games started and played (1<sup>st</sup> at 25 games).

# Ken Sheets

## Football/Track – 1971-1975



Ken Sheets was one of the most dominant defensive players to ever suit up for the Vikings. He helped Woodbridge to its most dominant season on the gridiron during his senior campaign in 1974. That season, Ken helped Woodbridge to its first district, regional, and state playoff appearance as the Vikings remained undefeated until the State Championship game where they lost a close game to Bethel. Ken was a multiple All-County, All-District, and All-Region selection during his high school years. As a senior, Ken also was selected to the Washington Post All-Met First Team on defense. At the end of that season, Ken was also named as an All-State performer. Ken was a stellar athlete as evidenced by his exploits in Track and Field at Woodbridge. In 1974 Ken set the Woodbridge indoor Shot Put record of 46' 9.75", a record which stood for 34 years. Ken also set the outdoor Shot Put record of 51' 10.5". He also established the school outdoor Discus record 160' 9" which also stood for 34 years.

Ken was recruited to play at North Carolina along with his Woodbridge teammate Steve Junkmann. Ken immediately was noticed by the coaching staff and jumped into North Carolina's regular line up as a freshman. As a freshman defensive lineman in 1975, Ken had two interceptions leading the team in that category. It would be that last time that a defensive lineman would lead the North Carolina team in interceptions. It was the last time that a defensive lineman led the team in interceptions until 2001 when Julius Peppers accomplished that feat. Ken's performance that year earned him a starting position as a sophomore and he remained a starter as a defensive end the rest of his career.

Ken earned All-Southern Conference and All-ACC First Team recognition after his junior season. North Carolina head coach Bill Dooley praised Sheets for his quickness at the defensive end and touted him prior to his senior campaign as potentially "among the best players in America." Ken earned preseason All-American as a Senior. He was later recognized by the *Potomac News* as a First Team selection on the Prince William County All-Century (1900-2000) Team in 2000.