

Cynthia (Lake) Wild

**Coach: Basketball/Softball/Gymnastics –
1966-1999**

Cynthia (Lake) Wild came to Woodbridge in 1966 and spent the next 33 years teaching physical education and coaching. Cynthia (Lake) Wild coached several girl's teams during her time teaching at Woodbridge including coaching softball (67-69), gymnastics (69-72), and basketball (1967-73). Cynthia teamed up with Betty Duetz in guiding the softball program from 1969-72. Cynthia coached Woodbridge to three straight Prince William County Gymnastics Championships and qualified five gymnast for the state meet in which Rosemary Kiem became Woodbridge's only state gymnastics individual champion, doing so in the vault.

Beginning in 1967 Cynthia began working with Betty Duetz in coaching basketball and it was in that sport that earned her the most recognition. That year they took the varsity to a second place county finish with a 7 - 3 record. The following year Woodbridge lost the District Championship game to Gar-Field 41-35.

After a successful 1969 campaign the girls would begin the longest winning streak in Woodbridge history. Girls' basketball in the 1960s into the early 1970 was played in the fall months and gradually the teams went from playing county to district and then by 1972 regional play. It was not until the 1975-76 school year that there was a state basketball tournament. At the end of the 1970 campaign Cynthia's Woodbridge team fought to an 8-4 record, and because of the format then in place they won their final game of the season led by Shirley Sconyers and freshman Sharon McKinley.

In 1971 Woodbridge claimed their first undefeated season, going 12-0 and claiming the county championship. Again, the team was led by Shirley and Sharon Sconyers and Sharon McKinley. During the 1972 campaign, Cynthia found herself without many of the players from the undefeated season. Sharon and Shirley Sconyers had graduated and Sharon McKinley had moved to West Springfield High School in Fairfax County. Woodbridge filled the void with many players including Kim Gore, Donna Beazley, Pam Sargent, Jeanine Nelson, and Patty Bledsoe. This team picked up where they left off the previous season, going 16-0 winning the county and district championships sending them into the final of the then new regional final against the Broadway Gobblers where Woodbridge's 29 game winning streak spanning parts of three seasons came to an end with a 44-40 loss. This is still the longest winning streak in Woodbridge history. Cynthia coached the 1973 season going 9-4 before tuning the basketball program over to Jean Lusardi.

Orion Wake

Basketball/Track – 1995-1999

Orion Wake was a standout basketball player and track & field contestant as well as a tremendous student-athlete. She is a member of the 1,000 point club at WSHS and was named All State in her senior year. Orion also is among the WSHS all-time leaders in the Shot Put for the Track & Field program. Orion began her march into the Viking basketball record books as a freshman making varsity for head coach Tim Taylor, a team which made it through to the Northwest Regionals. Over the next three seasons, she along with teammate Tamika Dudley, would lead Woodbridge to three more Northwest Regional Appearances.

As a senior, Orion was named as a preseason honorable mention All-America by Street & Smiths and honorable mention All-America by USA Today. She lived up to her press reports by as she became the area's most dominant inside player while leading Woodbridge to the championship of the Christmas tournament and later to the state semi-finals. Orion was named MVP of the Christmas tournament, MVP of Cardinal District, and co-MVP of the Northwest Region.

Orion was named to All-Tournament team at the Virginia State tournament. During the season she averaged just under 18.0 points and 12.0 rebounds per game while leading Woodbridge to an undefeated district record and 25-4 season. She was named first-team All-State by the Associated Press and the Virginia High School Coaches Association, Potomac News Player of the Year and Prince William Journal Player of the Year. She became only the second member of Woodbridge 1,000 points club (scoring 1,022 points) and fifteen years later is still in the top five all-time scoring for the Vikings. In addition she was a standout in track at Woodbridge, especially excelling in the shot put. Her shot put of 32 feet and 5 inches still ranks in the top ten all-time at Woodbridge.

Orion had a tremendous career at Furman averaging over 8 points a game while leading Furman to a four-year record of 74-44. She led Furman in rebounding in three of four seasons (2001, 2002, and 2004) and also led the team in field goal percentage in 2002. Orion played in 117 games at Furman and while there Wake pulled down 809 rebounds (6.9/game) and made 340 field goals in 686 attempts. Orion ranks in the top ten all-time career at Furman in rebounds (4), rebounds per game (9), and field goal percentage with .495 (5).

Taly Goode

Boys Soccer – 1992-1996

Taly Goode was arguably the best goalkeeper ever to play soccer at Woodbridge. Taly set a Virginia High School League record for least goals allowed in a season (6 goals) in 1996. The 1996 soccer season was magical as Woodbridge defeated opponents, one by one in route to a 17 – 1 – 2 record. Woodbridge allowed only six goals scored against the Vikings the entire season. Woodbridge's defensive success helped the Vikings capture their first Commonwealth District and Northwest Region title since 1992. In the state tournament, Woodbridge won two shutout games, advancing them to the finals against Clover Hill, where Woodbridge won the game with a Jason Helling goal with less than one minute left in the second overtime. The 1996 championship was the first for the Woodbridge boys since 1984. Woodbridge went on to receive a 2nd place national ranking by the United States National Soccer Coaches Association that spring. The 1996 team set many records that spring including the least goals (6) and least goals against average (.31) that season. Woodbridge also set the record for most shutouts in a State Tournament (0) and least goals against average in a State Tournament (0).

As a result of leading Woodbridge to the state championship in 1996 Taly was honored as an All-South Team selection and was selected as a two time All-Met honorable mention honoree. Taly was recruited by Marshall University. Goode lettered four years at Marshall during the 1996-2000 seasons, earning the Sam Hood Leadership Award and the Ed Starling Male Athlete of the Year in his senior season. An All Mid-American Conference selection in 2000, for many years he held the program record for season and career shutouts after tallying 7.5 during the 2000 campaign in route to the Herds' MAC Championship and 15 for his career.

Goode went on to serve as a volunteer assistant coach at his alma mater during the 2001 season while completing his bachelor's degree in history. Taly then played professionally for three seasons with the Kansas City Wizards (MLS) after being originally drafted out of Marshall University by the Atlanta Silverbacks of the A-League. He was a 2011 inductee in the Marshall Hall of Fame. He later coached at Ohio Dominican and spent six years coaching soccer at Ohio State University.

Ariene Jenkins

Basketball/Track – 2002-2006

Ariene Jenkins was one of the finest athletes to walk the halls at Woodbridge Senior High School excelling in both basketball and track and field. On the basketball court Ariene helped to lead Woodbridge to a 67-37 record during her four years at Woodbridge between 2002 and 2006.

During her freshman campaign, in 2002-03 Woodbridge won the Northwest Regional Championship before ending their season with a 23-7 record, losing in the state quarterfinals. As a sophomore, Ariene averaged 16.1 points per game and 9.9 rebounds while leading Woodbridge to a 14-11 record and another trip to the Northwest Regional tournament. She finished the season as the leading underclassman scorer in the Cardinal District. Her play that season earned her district, regional, and All-Met honorable mention recognition at season's end. Ariene continued her offensive attack throughout her junior and senior seasons at Woodbridge leading Woodbridge to a 16-7 record as a junior and a 14-12 record as a senior. Her strong play in the post position helped to lead Woodbridge back to the Northwest Regional tournament.

During her senior campaign she averaged 16.6 points and 9.2 rebounds/game. She earned first team selection All-Potomac News, All-Cardinal District, and All-Northwest Region. Ariene finished her career at Woodbridge as the all-time leading scorer with 1,359 points. Ariene went on to play basketball collegiately at the University of Delaware where she lettered three seasons and scored 451 points (5.7 ppg) and collected another 428 rebounds (5.4 rpg) in 79 games.

While Ariene left Woodbridge with the all-time girls basketball scoring record she also was dominate on the track team in both discus and shot put. She still holds the all-time Woodbridge girls record for discus at 117 feet 10 inches, the all-time outdoor shot put record at 41 feet 5 inches, and the all-time indoor shot put record at 39 feet 4 and 3/4 inches.

Doug Stanton

Cross Country/Track 1982-1986

After coming out of Fred Lynn Middle School as one of the fastest runners in school history, Doug was set on using his speed on the football team in high school but an ankle injury as a freshman refocused his attention to track and cross country, a decision that would benefit him and the Woodbridge cross country and track team. After a freshman running campaign that was hampered by the football injury, Stanton began delivering individual victories which translated into Woodbridge becoming an elite team on the state level. In cross country Doug was a major contributor as the Vikings won the Commonwealth District, Northwest Region, and their first state championship since 1976. Along the way Doug was named to the All-District and All-Area cross country team. That season in Indoor Track team won the first district championship since 1976 as Doug paced the team with a 1000 and 1600 meter district championship while earning the WSHS male winter athlete award. In the spring, Doug helped the Woodbridge capture the district championship by winning the outdoor 1600.

During Doug's Junior and senior year he helped the Vikings return to elite status as the Vikings won districts and regionals for the 3rd and 4th straight time, while also winning that state championships for the 2nd and 3rd straight year. Doug was awarded to his 2nd and 3rd All-District team and also earned All-Region, and All-State both years in addition to being named as an All-South performer. In indoor track Doug paced the team to district titles each year while becoming a 3-time district 1,600 champion, 2-time regional champion, and earning 2-time All State. During the final two season of outdoor track Doug became a 3-time district 1600 champion, 2-time regional 1600 champion, and a 2-time All State champion in the 1600 (2 Top 4 places). In the 1986 State meet Doug ran his best mile of his career with a 4:18 mile time. Doug was voted the class of "86" Mr. Woodbridge. Doug's times still hold up in the Viking record books after thirty years as he ranks 3rd all-time in the indoor 1000m, 12th all-time in the outdoor 800m, and 6th all-time in the 1600m. After Woodbridge, Doug ran for Southwestern College in Kansas.

Rachel (Rogozinski)

Morey Crew 1994-1998

Rachel Rogozinski was one of the strongest rowers ever at Woodbridge. Rachel both swam and rowed for Woodbridge. She was a significant swimmer on the 1998 Viking team that placed 2nd at the state championships. But it was her rowing talents and strength that coaches first noticed as a freshman as she began working out on the rowing erg (ergometer) machine while setting the 1994-95 team record. That translated into an undefeated freshman season for her boat in 1995 season.

As a junior, while competing in the Mid-Atlantic Erg Sprints, a multi-state regional competition, she raced to a 1st place erg time of 5:38.8 in the 1500 meter. Considering the level of competition and the fact that there were 73 girls in her category and usually only a schools best rowers compete at a sprint race of this quality it make her feat even more impressive. That spring Rachel rowed with boat-mates, Mary McWilliams, Anne Miller, Brianne Brewer, Liz Eldreth, Erin Lyga, Hilary Hansen, Dawn Wanzer and coxswain Kim Fisher as they competed for a championship at every regatta. That spring Rachel helped her Varsity 8 to a second place finish at the Virginia State Championships, which tied the highest finish for a Women's Varsity 8 in WSHS crew history. At the end of the season, Rachel was selected to the first team of the *Potomac News* All-Area Girls' Rowing Team as well as a *Washington Post* first team All-Met selection.

During the summer leading up to her senior year Rachel competed at the Junior National Developmental Camp. As the following spring approached Rachel placed sixth of 43 girls for a 7:41.3 time in the Mid-Atlantic Erg Sprints over 2000 meters again placing her as one of the strongest rowers in the area with just a few seconds separating her from the top spot. The spring season was very similar to her junior outing as the Woodbridge Eight competed for the top spot in every regatta including finishing 4th at the state championships in May. At the national Stotesbury Regatta in Philadelphia their Varsity Eight boat came in a very respectable 9th place. At season's end Rachel again was recognized as a first team All-Met selection, making her the only female rower to earn two first team All-Met selections. Collegiately, Rachel rowed at Wisconsin where she helped to lead her boat to a Big Ten championship in 1997 and a 2nd place finish at the Eastern Sprints in 1998.

Pamela (Kent) Smith

Soccer – 1995-1999

Pamela Kent may not have received all the headlines as a tough defender on the WSHS Soccer team but she was recognized for her defensive talent as an All-Met player and played on scholarship at George Mason with her twin sister Caroline, also a member of the WSHS Hall of Fame. Pamela Kent was a great player during a dominant era of Woodbridge Girls Soccer. Over her final three seasons at Woodbridge, she helped lead Woodbridge to three consecutive state tournament appearances, losing in each instance in the AAA State Semifinals.

As a freshman, Pamela helped Woodbridge to an 11-2-2 record and the Commonwealth District Championship while emerging as a leading defender during the season. During her sophomore year, Woodbridge dominated opponents by easily winning the Cardinal District and Northwest Region before falling in the AAA state semifinals. Again, she helped lead the team as a defender as Woodbridge became one of the best defensive teams in the state while scoring two goals herself as a defender.

Pamela continued her dominant play during her final two seasons at Woodbridge. During the 1998 season she again helped Woodbridge to the Cardinal District and Northwest Regional championship while leading the Vikings into the AAA state semifinals. Pamela helped Woodbridge in allowing only five goals in twenty games while herself earning first team All-Prince William County and All-Cardinal District, second team All-Northwest Region and All-Met honorable mention. Pamela's final season at Woodbridge was probably her best. Pamela again led Woodbridge to the Cardinal District and Northwest Region Championships and back to the AAA state semifinals and a number 2 ranking in the *Washington Post*. The defense she led allowed only ten goals and accomplished twelve shutouts the entire season while only losing three games (29-3-1 record) during her final two years. Pamela again earned All-Prince William, All-District while earning second team All-Met honors. Pamela also participated on the Track and Field Hockey teams earning a sixth place in the 4X200 relay at the indoor state meet. After graduation Pamela played soccer at George Mason University while earning a degree in nursing.

David Lowery

Football/Track – 1994-1998

David Lowery is a 1998 Woodbridge graduate who set the school record in the high jump with a leap of 6 feet 10 inches, a record that still stands almost twenty years later. He was also a standout receiver in football because of his speed and jumping ability. His ability first surfaced on the football team. By his sophomore year he combined with quarterback Aaron Rogozinski creating a weighty passing attack for the Vikings. He helped to lead Woodbridge to a 9-3 record under head coach Ron Davis, finally losing in the AAA Northwest Regional finals. His skill and efforts were noticed by others as he was selected to the 1995 All-Commonwealth District football team on offense as a wide receiver.

Over the next two years, David, along with fellow standout receiver Mike Compton working with new quarterback Abey Malave-Lopez created havoc on Commonwealth District opponents as they established themselves as the best receiving duo in the district. As a junior, David helped lead Woodbridge again to a 9-3 record while capturing the Cardinal District championship. In 1997, David again helped Woodbridge earn a 6-5 record and a 3-way tie of the Cardinal District championship. Woodbridge's season ended in the Northwest Regional semifinals.

Meanwhile in track David began to really excel. By the spring of his junior year, David led the region with an area best high jump of 6 feet 6 inches on his way to district, regional, and state honors including making the 1997 All-Met track honorable mention team and setting the district record. During the indoor track season of David's senior season he jumped 6 feet 6 inches placing him in second place all time at Woodbridge for indoor which set him up for a good senior season. Unfortunately that season his primary competition on the state level was James Carr from Courtland which was also in the same Northwestern Region which Woodbridge competed. David won the Commonwealth District and came in runner-up to Carr in both the regional and state competition as David leaped 6 feet 10 inches to Carr's 7 feet. David's high jump earned him a second straight All-District, All-Region, and All-State recognition as well as All-Met honorable mention. His 6 feet 10 inch all-time Woodbridge record that still ranks in the top six jumps in state history.

Kristen Lybert

Soccer – 2006-2010

Kristen Lybert was a scoring machine for Woodbridge in her career. She scored 104 goals in her career and helped lead the Vikings to three district and two regional championships in four years. Kristen Lybert immediately made an impact as a freshman by starting and helping to lead Woodbridge to a 19-1-1 record including a Cardinal District and Northwest Region championship before losing their only game of the year in the Virginia state quarterfinals against eventual state champion Lake Braddock. Along the way, Kristen earned many first season accolades including first team All-Area, Cardinal District, and Northwest Region including All-Area and All-District Player of the Year. She also was selected as an All-Met second team and VHSCA honorable mention honoree. As a sophomore Kristen again led Woodbridge to a 19-2-1 record (including 18 consecutive wins and a 20 game unbeaten streak), and a second consecutive district and regional championship before again losing in the state semi-finals to eventual state champion Robinson. She again earned first team All-Area, All-District, All-Region and second team All-Met and VHSCA All-State honors.

Over her final two seasons Kristen helped Woodbridge to a 27-8-3 record including another district championship before losing in the regional semifinals (junior year) and regional quarterfinals (senior year). She collected two additional first team All-Area, All-District, All-Region, and All-Met awards while also collecting a second team All-State (junior) and first team All-State (senior). In addition she was selected as the *News & Messenger*, All-Area, and *Prince William Extra* Player of the Year as a junior while earning All-Area, All-District and All-Northwest Region Player of the Year as a senior. She also was a 2009 ESPN All-American honorable mention and a 2010 East/West All-Star team selectee.

Before leaving for the University of Richmond, Kristen set Virginia marks of 3rd in consecutive games scoring, 4th in hat tricks, 6th in career goals and assists, and 7th in career points. She scored an area-high 28 goals and added 11 assists as a senior and graduated from Woodbridge with 104 goals, good for second all-time for the Vikings. In 2013 Kristen was name to the A-10 soccer All-Academic team.