

P. Wendell Dick Hall of Fame Class of 2016

James Wood Athletic Association's

P. Wendell Dick Hall of Fame

FOR USE BEFORE September 9, 2016

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(JWAA To Induct 10 Into Athletic Hall of Fame)

WINCHESTER, VA-----Eight athletes and two long-time contributors will be inducted into James Wood High School's P. Wendell Dick Athletic Hall of Fame on Friday, September 9, 2016. Ceremonies for the 17th annual induction begin with a reception at 4:30 p.m., followed by the 5:15 ceremony in the James Wood Auditorium. The inductees also will be recognized on the field after the football game between JW and Warren County High Schools. Kickoff is at 7 p.m. at Jerry Kelican Stadium.

BRAD PARKES, 2004, is recognized as one of the all-time best basketball players in JW history. A four-year starter and letterman, he is the second all-time leading scorer for the Colonels (1,908 points) and all-time leading rebounder. Named the Winchester Star and Northern Virginia Daily Player of the Year in 2003 and 2004, he also was the Northwestern District Player of the Year both his junior and senior seasons.

He scored 35 or more points in three different games and was named first team All-State as a senior. He received the JWAA Basketball Award three times and the Jerry Hannas Scholarship in 2004. He also was named to the Washington Post All-Metro Team (honorable mention).

Following high school, Parkes was a four-year starter and letterman at Eastern Mennonite University where he was named to All-ODAC (Old Dominion Athletic Conference) teams three times and was a four-time Academic All-American. He scored more than 1,500 college career points and had 750 rebounds for EMU.

DEVON McTAVISH, 2002, is the first James Wood athlete to play professional sports and is being inducted for his excellence and success in soccer. McTavish played for Major League Soccer's DC United from 2006-2011.

At JW, he was a varsity starter all four years. His senior season he was district co-player of the year, third-team All-State, Winchester Star All-Area first team, and team captain. He also represented James Wood in the Virginia High School League All-Star game. He received the JWAA Soccer Award twice and the Calvin Shirley Award his senior year.

A versatile utility player, McTavish could play many positions. He had the speed and accuracy to make long runs on offense from midfield, resulting in 17 career goals for the Colonels, including 10 goals and six assists his senior season. He also was an excellent defender and saw plenty of action there throughout his career.

McTavish played basketball at JW two years and was team captain his senior season. He was named to the Winchester Star Basketball All-Area first team in 2002.

After high school, he signed with West Virginia University where he was a four-year starter in men's soccer and team captain in 2005. The National Soccer Coaches Association voted him onto the All-Mid Atlantic Team in 2005.

During his professional career with D.C. United, McTavish clocked substantial playing time, despite a couple injuries that sidelined him, and he figured heavily in the team's success during his tenure there. He also received D.C. United's Humanitarian of the Year Award in 2008 and 2010.

After his professional career, he was assistant soccer coach at Drexel University in 2013 and helped them win the Colonial Athletic Association championship. In 2016, he has been a D.C. United color commentator on WJLA/ABC television.

TIM ROBINSON, 1994, is being inducted for his excellence in wrestling. At the 112-pound weight class, he was undefeated during the regular season in 1992 and finished that year at 25-3. In 1993 his record of 29-6 earned him a fourth place finish in state competition and his senior year he finished third in the state with a 28-8 overall record.

Throughout his career, Robinson was a three-time invitational finalist, winning one district title and one regional title. He was a two-time Osborn Invitational champion and won the Jefferson County Invitational title. He was a district and regional finalist for three seasons at JW and finished as district and regional runner-up twice.

Named the Winchester Star's Outstanding Wrestler in 1994, he was a four-year letterman and named the most improved wrestler for 1992-93. He received the JWAA Outstanding Wrestler award his senior year and also is remembered for his excellence in football at JW.

ALLISON RUST SOUTHALL, 1993, is being inducted as one of the most versatile track and field athletes in James Wood history. Earning varsity letters all four years in both indoor and outdoor track and field, she participated in five events every meet and still is a familiar

name throughout the Colonels' record books.

All eight seasons (indoor and outdoor), she qualified for regional competition and six times she qualified for and competed in state indoor and outdoor track and field. Southall held the JW triple jump record until last year and currently is ranked fifth in the long jump, tenth in high jump, and tenth in the 400-meter dash. She was district indoor champion in the long jump in 1992 and in high jump and triple jump in 1993. She earned the JWAA Outdoor Track Award in 1993 and the JWAA Indoor Track Award in 1992 and 1993. She also received the John Moser Award as the Outstanding Female Athlete at James Wood her senior year.

Following high school, she earned degrees from JMU and Virginia Tech and served eight years in the US Army, including a one-year deployment in Iraq. She received three Army Achievement Medals, two Army Accommodation Medals and the Global War on Terrorism Service Medal.

Thomas A. Cooke, class of '91, is being inducted as the best pole-vaulter in James Wood athletic history. A four-year letterman in outdoor track and three-year letterman in indoor track, he holds the school records in both sports at JW.

Indoors, he was Commonwealth District pole vault champion his sophomore, junior and senior years, setting the state indoor record in 1991 with a vault of 15-3. He was also the Northwest Regional indoor champion in 1990 and 1991, and he was the outdoor Virginia state pole vault champion in 1990.

He was named the James Wood Track and Field Athlete of the Year both his junior and senior years and he received the JWAA Indoor Track Award in 1991.

Outside of high school competition, Cooke was the Virginia Junior Olympics champion in 1990 and 1991 and placed second in the Eastern Region Junior Olympics in 1990. He placed third in National Junior Olympics outdoor competition in 1990 and fourth in 1991. He was ranked third in the nation in indoor pole-vaulting in 1991.

After high school, he had a successful pole-vaulting career at the University of Virginia, where he ranks among the all-time top five best vaulters with a jump of 16-8.75. He finished third in the Atlantic Coast Conference championships in 1995. His father, Ron Cooke, 1964, is also a member of the P. Wendell Dick Athletic Hall of Fame.

ADRIAN PULLEN, 1990, is being inducted for his excellence in baseball and football where his success was affirmed at many different levels. Pullen is still among the Colonels' all-time leaders for single season hits (27), runs (21) and most stolen bases (25), a record that still stands. He also is 11th on the all-time batting average list at .403 and is tied for the top spot in career stolen bases (32).

As a junior, he was on the Winchester Star All-Area First Team and the All-Commonwealth District (second team) as an outfielder. His senior year, he was the

Star's Baseball Player of the Year and All-District first team. He also received the JWAA Baseball MVP Award and the highest batting average award (.403). He earned two varsity letters in baseball and was team captain in 1990.

In football, he was selected to the Winchester Star and Northern Virginia Daily All-Area first teams and All-Commonwealth District Team as a defensive back (honorable mention) in 1989. He was named Best Defensive Back by the JWAA and received the Charles Hodson Scholarship in 1990. He also participated in wrestling and track at JW his freshman and sophomore years.

After high school, his baseball play included Seminole Community College, Winchester Royals, and George Mason University where he played in a NCAA regional game in Tempe, AZ in 1993. Additionally, he served as assistant baseball coach at James Wood from 2004-2010 and assistant with the Winchester Royals for seven years. Most recently, he has been coaching with the Winchester Baseball/Cal Ripken program and is director of the Blue Ridge Baseball Association for youth travel baseball.

MIKE HEPNER, 1990, excelled in football, wrestling, and track and field at James Wood and is being inducted because of his multi-talented contributions. In football, he played four years and earned two varsity letters, playing fullback and linebacker. His senior year, he was asked to play fullback and responded by averaging six yards per carry and gaining 757 yards. He was named honorable mention All-Northwestern District and second team on the Winchester Star's All-Area offensive team.

In wrestling, he participated three years for the Colonels, earning one varsity letter. In track and field, he was team captain his senior year and participated in the 100 meter, 200 meter, 400 meter, 110 meter high hurdles, 300 meter hurdles, and 4 X 400 meter relay. His senior season, he qualified for district and regional competition in the high jump. Hepner received the John Moser Award from the JWAA in 1990.

IVAN SNAPP, 1987, is being inducted for his excellence in football, wrestling, and track and field. A three-year starter in football, he rushed for 178 yards in one game and ran for more than 100 yards in several other games his junior season at tailback. He was named to the Winchester Star All-Area Offensive Team in 1986 and honorable mention All-Commonwealth District his senior year. Snapp also was an outstanding linebacker and was the Colonels' kicker. He received the JWAA Outstanding Offensive Back Award in 1987.

In wrestling, he was a four-year varsity letterman and posted a career record of 50-36. As a freshman, he finished second in the Commonwealth District, fifth in the region, and participated in the state meet in the 185-pound weight class

As a sophomore, he was named to the Winchester Star All-Area Wrestling Team at the 176-pound class, and his junior season he qualified to compete at the district and regional levels. His senior year, he finished fourth in the district and sixth in regional competition. In track and field, he ran on the 4 X 100 relay team two years and helped set a school record in that event which held for several years.

MIKE AND WENDY WYGANT, a husband and wife duo whose three sons were athletes at James Wood, are being inducted as "contributors" to the Hall of Fame. They have served every year since 1996, holding nearly every office and position available with the James Wood Athletic Association.

Wendy headed JWAA membership and was recording secretary from 2001-2004 and served as JWAA president in 2004 and 2005. Mike was JWAA president in 2007 and 2008 and chaired the Cash Party fundraiser and the Scholarship Committee.

Together, they have been active in concessions, the JWAA golf tournament, the cash party, scholarship awards and other fund-raising activities. Mike, through his affiliation with Allstate Insurance, has contributed three Allstate Foundation Grants to the JWAA and co-sponsored with First Bank and Coca-Cola, the purchase of a new scoreboard at Jerry Kelican Stadium.

They were the recipients of the JWAA Service Award in 2005 and they established the Wygant Family Scholarships through the JWAA in 2011. Mike is retired as an Allstate Insurance agency owner and Wendy, the 1997 Frederick County Teacher of the Year, is retired after serving 24 years in the county system and seven years in Roanoke and New York schools.