



Troy Bailey—Baseball
T.C. Williams HS, Class of 1988

Troy Bailey played baseball and football at T.C. Williams. He was drafted after high school in the 6th round into the Chicago Cubs organization in 1988 and played for two years, 1988 and 1989, before a knee injury ended his career. Troy Bailey's average in the Cubs organization was .262 with a .365 OBP. While at TC Williams he was named the 1988 Player of the Year for Baseball and was named to the 1988 ABCA/Rawlings High School 3rd Team All-American.



Earl Cook—Football
T.C. Williams High School, Class of 1973

Earl Cook was an original member of TC Williams 1971 State Championship Titan football team. He played as a First team defensive back and punt returner. After two years as a starter for the team he received all-district, all-regional, all-state, and all-American honors. He was Team Captain in 1972. Earl was also a Track and Field team member where he received Varsity letters during his Sophomore, Junior, and Senior Years. In 1972, he was the Low Hurdle Regional champion, participated in the 4 x 800 relay at Penn Relays, whose team won the event. He was also voted Most Valuable Performer in winter track that same year and was a member of the team that participated in the 1972 Knoxville Relays, an East Coast Invitational, winning the 4x4 400 and 4x4 800 relays. The team won the entire track meet that year. The Alexandria Sportsman Club voted Earl in as one of the top 100 Athletes in Alexandria, VA. Earl Cook served 37 years as a member of the Alexandria Police Department, including 7 years as Alexandria's first Black police chief before retiring. In 2015, he was honored to serve as the State Chairman for the Special Olympics in Virginia.



**Louis R. Harris Jr.—Football, Basketball, Baseball
Parker-Gray, Class of 1963**

Louis Harris was one of the best all-around athletes ever produced in Alexandria. He was an exceptional quarterback in football earning all-state honors during his junior and senior seasons. He was one of the starting forwards on the 1963 state runners up basketball team. He also was an all-city and all-district performer as a catcher in baseball. Louis also was a straight A student and a captain on all three of his sports teams. Louis went to Kent State University in Ohio on a football scholarship and was an All-American defensive back. He led the nation in interceptions and still holds the Kent State record for interceptions. He was drafted by the Pittsburgh

Steelers and played defensive back for them for two seasons (1967 and 1968). He was inducted into the Kent State University Athletic Hall of Fame, the Alexandria African American Hall of Fame and the Virginia Interscholastic Hall of Fame. After his professional football playing career, Louis used his engineering degree as an employee with the Department of Energy. His programs and excellent work led to the Department of Energy naming a wing after him. He also spent time in the Alexandria community working for the Hopkins House, Kappa Alpha Psi Fraternity and with youth groups throughout the city.



**Jason Ingram—Basketball
T.C. Williams High School, Class of 2001**

Jason Ingram began playing on the freshman basketball team while an 8th grader at George Washington Middle School. He earned an average of 15 pts a game, while also earning the Coach's Award, and eventually the MVP award for Junior Varsity. He played 2 years on the varsity team where he averaged 19 pts and 5 rebounds per game and was named the TC Williams MVP for Basketball. During his senior year the varsity team were the Patriot District and Regional champions and advanced to the state semi-finals. He was named to the 1st Team for All-Region, All-

District and All-Met, the Virginia All-State Team, the East v West Virginia High School All-Star game, and the Northern Virginia All-Star game where he was also named MVP. Jason was named the Patriot District and Northern Region Player of the Year, and the Journal Player of the Year.

Jason received a full athletic scholarship to both Dodge City Community College and Bowie State University. At Dodge City he was a starting freshman and sophomore where he averaged 15 and 25 pts per game. Jason was named to the 2002 Jayhawks 3rd Team All-Conference, Pre-

Season All-American and was ranked 4th in the nation in all collegiate shooting guards. He was also named Dodge City MVP while also making the Dean's list with a GPA of 3.5.

At Bowie State University, Jason was a starting Junior and Senior, averaging 10 and 14 pts per game, was named Bowie State MVP, Bowie State Classic MVP, Porreco Cup Christmas Tournament MVP, and made the CIAA All-Tourney Team.

Jason has been Involved in coaching at the youth and Teen level, has participated in many Big Brother mentorship programs, dabbled in political activism, and has been a role model for troubled youths. He also participates and volunteers for Toy drives at Christmas for the City of Alexandria and the Alexandria Police department community program, and has spoken at numerous basketball and troubled youth events.



Veda Nicely McCoy—Track and Field
T.C. Williams, Class of 1984

Veda Nicely (McCoy) was a four-year letterman in track & field. A fierce competitor, she won the admiration of her coaches and teammates. Track & field was a natural sport for Veda as she excelled on the track in the 55m Low Hurdles, 100m Hurdles and relay teams. Veda holds the T.C. Williams record in the women 55m and 100m hurdles, and was a member of 400m, 800m (All -Met) and 1600m Relay record teams. In 1983 and 1984 Veda earned All-State honors by being a state finalist in 100m hurdles, was a 3-time regional champion in the 100m Hurdles, and two-time state champion in the 55m hurdles. Veda gathered some impressive personal recognition during her high school career, earning All-District, All -Regional and All-State.



Corrin Reid—Basketball
TC Williams, Class of 1997

Corrin Reid was a 4-year varsity starter and letterman, led the team in multiple categories for several seasons, and was the leading scorer in her senior when she was also named MVP in TCW Girls Basketball. Throughout high school she was named to the Mount Vernon Christmas Basketball Tournament All-Tournament Team and named MVP of the McNamara HS Christmas Tournament All-Tournament Team. She was named to The NVWBA All-Northern Region 1st team, the Patriot District All-Tournament Team, the Washington Post 2nd Team All-Met and participated in The VA HS Coaches Association

West Girls Basketball All-Star Games. Corrin led the team to the Washington Post “Top 20 Girls” in her senior year, and she was mentioned in multiple articles including “Top Performances of the Week.”

Corrin received a full athletic scholarship to The George Washington University where she played all four years and was known as the team’s defensive stopper throughout her career. While at GWU she earned the Women’s Basketball Unsung Hero Award, Women’s Basketball Sixth Player Award, and served as the team’s co-captain her final year. After her college career ended, Corrin returned briefly to T.C. Williams as coach of the JV Girls Basketball team.



**Dianne Richardson Lewis—Basketball
T.C. Williams HS, Class of 1977**

Dianne Richardson was a three-year letter winner in varsity girls basketball at T.C. Williams from the 1974-75 season through the 1976-77 seasons. She was the most improved player in the 1974-75 season and the most valuable player in the 1975-76 season. Dianne served as team captain in 1976 and 1977. She also was a two-year letter winner in varsity softball during the 1974-75 and 1975-76 seasons.

In 2001, Dianne began a coaching career as the varsity girls basketball coach at Thomas Edison HS where she has a record of 404-94 as of January 2020. She has been selected as the

northern region coach of the year, the Virginia Class 5 state coach of the year and the NATIONAL FEDERATION of High Schools Association state coach of the year for the 2018-2019 season. Additionally, she was selected as the national district coach of the year eight times from 2002- 2020 and the northern region coach of the year three times in 2009, 2017 and 2019. She has been named the Fairfax County Women in Sports coach of the year three times in 2005, 2006 and 2014. Her highest coaching honor was being selected three times as a coach for USA Basketball where she won bronze medals in 2015 and 2016. Her Edison team accomplishments include winning twelve national district championships, eight northern regional championships, eight state final four appearances and four state runner-up appearances.



**Mike Tomasello—Cross Country and Track and Field Coach
T.C. Williams HS—1969-71, 1974-80**

Mike Tomasello’s coaching career began in an assistant capacity at T.C. Williams High School, where he coached Craig Talley, the Virginia state champion and Golden West runner-up in the 880. Tomasello then made his way back to his alma mater, the University of Tennessee Volunteers and assisted in producing 15 All-Americans, a list that includes two-time NCAA 880 Champion Willie Thomas. With Tomasello's help, the Volunteers claimed the 1972 NCAA title in cross country and the 1974 NCAA championship in track and field. Tomasello was also on the staff for six SEC titles. In

1974, he returned to T.C. Williams High School as the head Cross Country and Track coach. In 1979, his Distance Medley Relay team set a new indoor national record with a time of 10:15.4. Three of his runners earned high school All-American honors—Mike Mansy, Ricky Garcia and Dwight Stephens (all three are ACPS AHOF members). As coach, he won one indoor state championship (1979), 8 District championships, and 5 Regional Championships. He was named Northern Virginia Coach of the Year three times.

1956 GWHS Boys Basketball Team



GEORGE WASHINGTON HIGH SCHOOL OF ALEXANDRIA

George Stewart, 21; Edward Dyson, 11; David Lehman, 14; Kenneth Barrett, 15; Phil Yates, 21; Mike Delnegro, 22; John Welch, 12; Jerry Alexander, 24; Robert Garda, 25; George Poole, 31; Jerry Fife, 32; Mike Agee, 33; Walter Densmore, 34.

The GWHS Basketball Team of 1956 overcame a lot of adversity to finish in 2nd Place in the State of Virginia for the season. Because of mid-year graduation the team lost 5 of its star, top scoring players, including Doug Yates, the team’s two-time All-Met leading scorer and rebounder, Jimmy Connors, Gene Thomas, Tuggy Young, and Mike

Downey. The coach, facing finding replacements mid-season, elevated junior forwards, Bob Garda and John Welch to starting roles which helped GW on its road to success. All-State Guard, Mike Agee, who averaged 19 points per game, Walt Densmore with over 20 points per game and rebounding, and Mike Delnegro, known for his playmaking ability, scoring and defense, rounded out the team which surprisingly achieved a 15-game winning streak.

The GW Prexies qualified for the State Tournament, playing inspiring basketball by defeating Woodrow Wilson of Portsmouth and GW of Danville. In the Tournament's Championship Game, the team faced the Newport News, the Eastern District Champions and winners of the previous six state championships. GW, paced by the superb play of Agee, Densmore, and Garda, lost a very well-played final game, and should be commended for overcoming a season of adversity and transforming it into a season of ultimate glory with a 2nd place finish in the State Tournament. Agee, the Washington Post "Football Player of the Year," and Densmore, GW's All-Time Career Scorer, were named All-State and were added to the "All-Tournament" Team. Garda solidified his standing as a clutch player by scoring above his season average in all 3 games and Delnegro earned All-Met as a Senior.

Mike Agee
 Jerry Alexander
 Ken Barrett
 George Cobern
 Jimmy Connors
 Mike Delnegro
 Mike Downey
 Eddie Dyson
 Walt Densmore
 Jerry File

Bob Garda
 Dave Lehman
 Bucky Poole
 Wayne Stewart
 Gene Thomas
 John Welch
 Doug Yates
 Phil Yates
 Tuggy Young



1990-91 Girls Indoor Track State Championship Team

The 1990-1991 Girls Team won the Northern District Virginia State Indoor Track Championship with an accumulation of 40 points. Three key athletes accumulated more than half of the point total. Kelly Mercer finished 1st and Anne Kilpatrick finished 4th in the 1000m run, and Stacey Fletcher finished 2nd in the 500m dash. Additionally, relay members Landrum, Ward,

Kilpatrick and Mercer finished 1st in the 4x800 and relay members Ward, Mercer, Fletcher and Kilpatrick finished 2nd in the 4x400. The team also hosted one Washington Post All-Met Athlete, two Honorable Mention All-Met athletes, and five 1st Team All-State Athletes who made a great imprint on the history of TCW Track. Many of their marks still stand on the top 10 performances ever in T.C. Williams Track and Field history.

Mia Ward
 Vivianna Pantano
 Stacey Fletcher

Anne Kilpatrick
 Kelly Mercer
 Verdon Lewis

Kristen Landrum
 Hilary Heslep
 Tiffany Young

Amy Roberts
Laura Chadwick
Sonya Clay
Darcey Singer
Jessica Ward
Holly Landrum
Emily Roberts
Clare Casey
Nicole Pope
Niema Harris
Danesha Miller
Amanda Biles
Yolanda Brown
Meredith Brown
Kathryn Danaher

Tasha Green
Stephanie Sandoz
Jessica Ward
Andrea Simon
Tisha Tinner
Sharon Kehoe
Christiana Callahan
Frances West
Mandisa Clarke
Laura Hall
Ligia Munzi
Marta Moreno
Teshia Payne
Anna Livingston
Agnes Ho

Erin Joy
Megan Flynn
Kimberly Lewis
Leah Payne
Jiquayia May
Rachel Moore
Ebony Kerns
Minta Johnson
Coach Rodney Bates
Coach Timothy Crossin
Coach Donald Futrell
Coach James Harkless
Coach Beverly Lawson
Coach Scott Licalzi
Coach Aly Khan Johnson