



Inspiring Others

▲ Potomac National Cole Freeman was a fourth-round pick out of LSU by Washington in the 2017 Major League Baseball First-Year Draft.
GARY DIZE/POTOMAC NATIONALS

Potomac National Cole Freeman uses his “Heart Has No Limit” message to great effect

» BY RYAN SONNER
For InsideNoVa

If there's a game on, Meritt McKittrick is probably watching it. The actual athletic event being contested is irrelevant to the teenager from Godley, Texas. She'll watch anything.

“Any sport,” she said. “It doesn't matter.”

And so it was, in June of 2017, McKittrick found herself glued to the television as the LSU baseball team played for a spot in the championship finals of the College World Series. She had the house to herself that day, which allowed her to focus on everything the announcers were saying.

Into the batter's box stepped LSU second baseman Cole Freeman. The voices

on the television spoke about Freeman's background and how he overcame his small stature – 5-foot-9, maybe 175 pounds soaking wet – to become one of the best baseball players in the SEC and a legit draft prospect.

McKittrick wanted to know more. She grabbed her phone and started researching. Scrolling through Freeman's social media accounts, she stopped on a post from December 29, 2015, in which Freeman showed off a tattoo he had gotten earlier that day.

It was simple, yet striking -- four words comprised of 15 letters in an elegant font spanning nearly 10 inches along the left side of Freeman's torso.

Heart Has No Limit

Below the picture read the follow-

ing caption: “Heart Has no Limit something I have lived by my entire life. It doesn't matter how big or strong you are, if you have heart you can achieve anything you want.”

McKittrick, who was paralyzed from the waist down in a 2006 car crash, felt an instant connection with Freeman.

The lifelong Texas A&M fan's new hero wore number 8 for LSU.

Freeman never intended to be anyone's hero, let alone the face of an entire movement. Over the last few years, however, the Potomac Nationals second baseman has done just that.



Freeman tattooed “Heart Has No Limit” down left side.

SUBMITTED

BASEBALL » PAGE 15

He originally used the phrase “Heart Has No Limit” as a motivational tool to help him achieve his childhood dream of playing baseball at LSU. Today, it’s the backbone, and the trademarked name, of a business Freeman created after being selected by the Washington Nationals in the fourth round of the 2017 draft.

Its mission is to instill confidence in those who face any kind of adversity – athletic or otherwise – by sharing their stories and showing that anything is possible with the right combination of belief and hard work.

“I had no plans of turning it into a company,” Freeman said. “It was just for me.”

It all started with that tattoo.

The idea was hatched in Freeman’s bedroom one afternoon, where he and his sister Kacey batted around about a dozen ideas before settling on “Heart Has No Limit.”

“I remember we finally agreed on that one because it had ‘heart’ in it,” Kacey said. “That was the perfect thing for him.”

Freeman agreed, but with one caveat. He wouldn’t get the tattoo until after he established himself as an everyday player at LSU.

Freeman’s only dream growing up was to play for the LSU. Growing up 75 miles west of the university, just across Lake Pontchartrain from New Orleans, Freeman lived and breathed baseball. His obsession started at age 2 when he shocked his parents by doing something kids that age simply don’t do. He sat quietly on his father’s lap for an entire baseball game, start to finish.

“That’s just crazy,” Cole’s mother, Kellie, said. “But he loved it.”

Freeman was an all-state player at Lakeshore High School, but he never hit that high school growth spurt, which kept colleges away. The phones were silent, and the mailbox was empty. Only one college offered Freeman a scholarship, but there was no way he was playing for tiny Spring Hill College in Mobile, Ala. He had bigger dreams. So he waited.

Three weeks before the start of school, Freeman accepted a scholarship to Delgado Community College. It wasn’t LSU, but Delgado served as a suitable vehicle, given the program’s history of sending players to Baton Rouge. Freeman helped lead the Dolphins to the NJCAA Division I World Series his freshman season. Those extra games gave LSU coaches more time to scout him and come to the conclusion that Freeman was, indeed, LSU material.

“I believed I could play at LSU,” he said. “I just needed a shot.”

On November 17, 2014, Freeman sat at a table alongside two other Delgado players. Sitting in front of them were three LSU hats. Standing behind them were proud parents. Wearing a purple LSU polo shirt, Freeman grabbed a pen and signed the paperwork he had been waiting for his entire life.

Freeman raked at LSU, hitting .329 as a junior and .315 as a senior to go along with 45 career stolen bases. Sandwiched between his two seasons at LSU was a summer in the prestigious Cape Cod



(left to right): Freeman’s mom Kellie, Freeman’s father Sean and Freeman’s sister Kacey and Kacey’s boyfriend Taylor at the Carolina League All-Star Game June 18 in Frederick MD.

SUBMITTED

League, where Freeman won the batting title.

All the while, “Heart Has No Limit” was in the back of Freeman’s mind, pushing him forward.

“It’s something I’ve lived by my entire life,” he said. “I’ve always had to prove myself.”

Meritt McKittrick remembers everything about the day she was paralyzed. She was 5 when it happened, riding in a car driven by her mother, Tara. They were on their way home from the grocery store, just a few miles from the house, when a drunk driver lost his way and smashed into their car.

She remembers her mother talking to the first responders as they were being pulled from the wreckage.

She remembers hearing the raindrops pelt the roof of the ambulance.

She remembers every bump in the road on the way to the hospital.

“To this day, it blows my mind how I can remember so many details,” she said.

The head-on collision left McKittrick confined to a wheelchair, but she maintained full function of her upper body. Still, she faced the very real likelihood of never walking again. Her mother lost part of her right leg and now wears a prosthetic.

McKittrick, now 18, read everything she could find on Freeman during that LSU game in 2017. The next day, she sent him a message through Instagram, relaying her story and how she lived her life by the same credo.

“I was kind of nervous to send it,” she said. “I’d never done anything like that.”

Freeman cried as he read McKittrick’s story. He couldn’t fathom how someone in her position could find inspiration from a baseball player. When his college career ended, Freeman reached out to McKittrick again and asked her to be the first official ambassador for “Heart Has No Limit.”

“She got it all rolling,” Freeman said. “Her story is absolutely incredible. That’s what made me want to do more with it.”

McKittrick, who won two high school state titles in wheelchair racing, has worn her “Heart Has No Limit” bracelet since the day she bought it.

“I literally have never taken it off,” she said. “It’s a mental thing. When I look down at it, I read it and think, ‘Ok, I can do this.’”

McKittrick is one of three ambassadors for the company, and their stories are featured prominently on HeartHasNoLimit.com. Their jobs are simple – spread the message, promote positivity, and re-establish hope for those who may have lost it.

Lincoln Forges, a 19-year-old from Apopka, Fla., was born with a heart defect, had a transplant before his second birthday, and, at age 16, developed Post-Transplant Lymphoproliferative Disorder, a rare condition that can appear years after a transplant. He’s 2-0 against cancer, and will enter his sophomore year of college this fall.

“It’s not just overcoming illness and playing sports,” Forges said. “It’s about everyone out there who has gone through something and getting through it.”

Layken Sanders was determined to play high school volleyball despite standing just 5-foot-1. The 21-year-old from Troy, Ala., laughs when she thinks about how it must have looked seeing someone her size on the court with other players towering above her. She played the only position she could – setter – and was a key contributor in each of her final three years.

“I just want other kids to feel like they can do whatever they want,” Sanders said. “Kids have a heart, no matter their size or anything.”

Four words comprised of 15 letters.

Freeman still can’t believe the impact they’ve had on so many people in such a short amount of time. He reads every message that hits his inbox and looks forward to meeting his “Heart Has No Limit” ambassadors in person some day.

To Freeman, they are the real heroes.

“You have kids that have been in car accidents, and they’ll never walk again,” he said. “They go to therapy thinking about

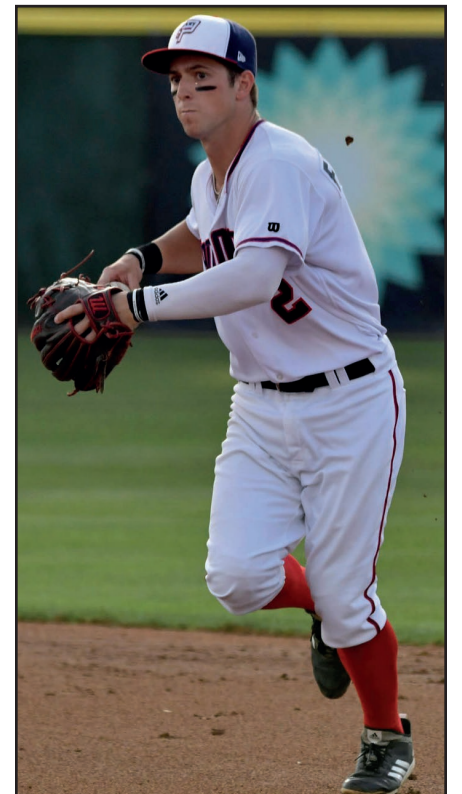


You have kids that have been in car accidents, and they’ll never walk again. They go to therapy thinking about my story. I’m just playing baseball. They got something they didn’t deserve, and they’re thinking of my story? It’s way bigger than me, and that’s the coolest thing.

— COLE FREEMAN

my story. I’m just playing baseball. They got something they didn’t deserve, and they’re thinking of my story? It’s way bigger than me, and that’s the coolest thing.”

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Cole Freeman originally used the phrase “Heart Has No Limit” as a motivational tool to help him achieve his childhood dream of playing baseball at LSU.

GARY DIZE/POTOMAC NATIONALS

ALWAYS BY HER SIDE

Jack Braley became a better man
in helping his mom battle cancer

» RYAN SONNER
FOR INSIDENOVA

Jack Braley was the last player to take the baseball field on a brilliant Friday evening in early May. The Osbourn Park High School junior received some last-minute instructions from his head coach before trotting out to join his teammates, taking his spot at third base. The sun was shining down on Braley, powerful and bright, but his view was unobstructed.

He could see his father, Pete, in the press box that towers behind home plate, announcing the name of Battlefield's leadoff hitter.

He could see his mother, Dianne, sitting in the front row of the bleachers on the first-base side, chatting with her sister and nephew.

If he squinted hard enough, he could see a groundhog poking its head out of the storm drain a few feet behind those bleachers.

For the next 2½ hours, the only thing on Jack's mind was baseball. "Who's got it better?" he must have thought.

But Jack knows the harsh reality of life is right around the corner. In a couple weeks, he'll hop into the car with Dianne and drive 15 miles to Gainesville on the winding roads through western Prince William County. The Novant Health UVA Cancer Center is a modest one-story building just off Rt. 29, about a driver and pitching wedge away from Stonewall Golf Club.

They make this trip every three weeks now for Dianne's maintenance therapy, a cocktail of powerful drugs that help keep the cancer away. Sometimes, Jack will drive her. Other times, he'll stay behind to do the laundry, the dishes, even the grocery shopping – anything to make life easier on his mother. His versatility on the baseball field – he pitches and also plays both corner infield spots – is no match for his versatility at home.

"It's funny to see him help her around the house when mom's not feeling good," Jack's



Top: Jack Braley is Osbourn Park's top pitcher this season. He also plays first and third base. Right: Dianne Braley watches her son pitch against Battlefield. PHOTOS BY: BILL KAMENJAR | FOR INSIDENOVA

sister, Hannah, said. "He's done such a good job. You can tell he's matured, but it's hard to think of him that way. He's my little brother."

Dianne was diagnosed with colon cancer two summers ago following her first colonoscopy. The words her



BRALEY » PAGE 23

CAC SOFTBALL HONORS WEATHERHOLTZ, HOOL

Christopher Newport University's Emily Weatherholtz (Osborn Park) and Maddie Hool (Hylton) were named to the Capital Athletic Conference first team for softball.

A sophomore infielder, Hool is hitting .333 with four homers and 22 RBIs. Weatherholtz, a sophomore pitcher, is 13-1 with a 1.55 ERA.

The Captains secured their 13th straight NCAA Division III Tournament berth Saturday when they beat Mary Washington to capture the conference tournament title in a best of three series.

Weatherholtz was the winning pitcher in the second game. She pitched five innings of relief and allowed one run and six hits.



EMILY WEATHERHOLTZ



MADDIE HOOL

WOODBIDGE ANNOUNCES HOF CLASS

Woodbridge High School is adding

nine new members to its athletic hall of fame.

The induction ceremony is Sept. 13-14. On Friday, September 13, the inductees will be introduced at halftime of the Patriot-at-Woodbridge varsity football game. The induction ceremony will be held Saturday, Sept. 14 at Woodbridge.

This year's inductees are:

- Brian Blackburn - 1993-1997 - Soccer
- Dee Carey - 1969-1973 - Cross Country, Indoor & Outdoor Track
- Da'Shawn Hand - 2010-2014 - Football, Wrestling
- Rodger "Tony" Jones - 1982-1986 - Indoor & Outdoor Track
- Don Lisenbee - 1972-1976 - Cross Country, Indoor & Outdoor Track
- Lindsey Pendergraph Eppard - 1999-2003 - Soccer
- Kathleen Smith - 2003 - 2007 - Field Hockey, Soccer, Indoor & Outdoor Track
- Patrick Tierney - 1992-1996 - Soccer
- Tyler Thomas - 2008-2012 - Baseball

SINNETT, COFFEY NAMED ALL-CONFERENCE

Virginia Wesleyan sophomore Julia

Sinnett (Woodbridge) was selected to the Old Dominion Athletic Conference first team.

Sinnett leads the Marlins with 52 hits and led the conference with 18 doubles. She is hitting .416.

The defending national champions are back in the NCAA Division III Tournament.

Lynchburg's Brittany Coffey (Osborn) earned her third all-conference accolade after being named to the second team. The catcher hit .313 with six home runs and 33 RBIs. She led the conference by throwing out 19 runners attempting to steal.



JULIA SINNETT



BRITTANY COFFEY

FRENCH, GOBBI RECEIVE HONORS

Jesse French (John Paul) was named the Mountain East Conference Tournament MVP Sunday after helping top-seeded UVa-Wise win the title with a 16-14 win over third-seeded Wheeling Jesuit. French scored three points in the

championship game and nine points in the semifinal victory.

French and Kristin Gobbi (Battlefield) were two of the 10 UVa-Wise women's lacrosse players to earn recognition on the MEC's lacrosse first team.

French leads the team with 79 points (38 goals, 41 assists). Gobbi has 56 points (42 goals, 14 assists).



JESSE FRENCH



KRISTIN GOBBI

SHOTWELL CLAIMS A-10 POLE VAULT TITLE

George Mason University sophomore Harrison Shotwell (Forest Park) took first in the pole vault to capture the Atlantic 10 championship over the weekend. Shotwell vaulted 4.85 meters.

The Patriots won the overall team title with 174.5 points.



HARRISON SHOTWELL

BRALEY >> FROM PAGE 22

doctor uttered still sound strange to her today: stage four. More detailed scans showed the cancer had spread to her liver, lungs, abdomen, and lymph nodes.

The news stunned Dianne, who has no family history of colon cancer. She relied on her doctor and Google to find out exactly what it all meant.

When Dianne and Pete arrived home that day, Hannah was the only one there. Jack was at baseball practice, and Pete and Dianne's middle child, Sam, was still at work. Dianne broke the news to Hannah, who was leaving for the Outer Banks the next morning, but she wanted to wait until Hannah left for the beach to tell Sam and Jack.

"We were all just unsure about how to talk to Jack about it," Hannah said. "Nobody knew if he really understood how big of a deal it was."

Turns out, they had very little to worry about. Jack sat quietly and listened carefully as his parents described the diagnosis, the prognosis, and the treatment options. Then, he asked how he could help.

Just five years earlier, Pete was diagnosed with throat cancer. Treatment cured his cancer within a few years, but it probably won't be that easy for Dianne. The family got through that, Jack thought. They could certainly get through this.

"It was harder with my dad because I was younger and didn't know anything," he said. "To go through it with my mom was hard, but I understood it more."

According to the American Cancer



Jack Braley with his mother Dianne prior to Osborn Park's homecoming in 2018. SUBMITTED

Society, colon cancer is the third most common form of cancer in the United States. It's estimated that more than 100,000 people will be diagnosed in 2019 and more than 50,000 will die from it. Seeing a recent spike in cases among younger people, the American Cancer Society now recommends screening beginning at age 45 rather than 50. Dianne, 53, thinks it should be even earlier than that.

"Since my diagnosis, they've pushed it back to 45," she said. "Had they done that before, things might be different for me. I could've had it for 10 years, we really don't know."

Dianne went through countless rounds of chemo over the next year and was beginning to see the light at the end of the tunnel. The family spent a week in Belize last summer, but it was obvious Dianne wasn't her normal self. Her balance was off, and her speech was slurred. A day after they returned home from vacation, Dianne went to the hospital, and was told the cancer had spread to her brain, where a tumor the size of two golf balls was resting. She needed surgery, and she needed it immediately.

Following surgery, Dianne was allowed one overnight visitor per day, and the first visitor was her baby boy. When they returned home, Jack moved a bed into the living room for Dianne, and he slept on the sofa. He woke up in the middle of the night to help his mother to the bathroom. He made sure she kept up with her medicine. And, just weeks after getting his driver's license, he was suddenly his mother's chauffeur.

Seemingly overnight, Jack turned into the man Dianne always knew he'd become.

"It made Jack grow up a little quicker," she said. "I think he's a stronger leader now."

That leadership has carried onto the baseball field, where Jack is a team captain. He's the Yellow Jackets' top pitcher,

carrying a sub-2.00 ERA with a 6-to-1 strikeout-to-walk ratio, and a middle-of-the-order hitter with a .325 average.

"It's crazy thinking about everything that's happened," Jack said. "I had not one parent, but both, go through this. I don't want to disappoint them. This has helped me work harder in baseball and in school."

No matter how well he performs on the diamond, he knows his most important job remains at home. Mother's Day is approaching fast, and there's planning to do. Those plans haven't been finalized, but Jack said he and his siblings would do whatever they could to ensure Dianne knows just how loved and important she is.

"My kids have been my rock through all of this," Dianne said. "They have all been amazing. Jack has been there for me more than most kids have to, but he always has a smile on his face and tells me he loves me every day. When I'm angry about my situation, or feeling discouraged, I look at my kids and know I have to fight this as long as I can."

Jack turned to watch Shane Saunders catch a lazy fly ball in centerfield that ended Osborn Park's win against Battlefield. As soon as the ball was secured safely in Saunders' glove, Jack sprinted toward the pitcher's mound and was the first to congratulate Erik Parnell, who earned the save. Darkness had fallen, and the stadium lights illuminated the night sky. After a quick team meeting, Jack greeted his family and headed home.

PREP BOYS BASKETBALL

POTOMAC'S TRUE BLUE BLOOD

Kyle Springfield loves nothing more than cheering on his beloved Panthers

» RYAN SONNER
FOR INSIDENOVA

The three young men lined up in the short walkway next to the home-side bleachers, their parents flanking them, waiting to be announced to the crowd. It was Senior Night for the Potomac boys basketball team, and the fans erupted with applause as each player walked to midcourt to be recognized.

Perhaps the biggest fan of them all took his familiar seat behind the Potomac bench, a perfect vantage point for the pre-game celebration. Wearing a teal and black Potomac hat and the same long-sleeved shirt the Panthers wear during pre-game warm-ups, Kyle Springfield raised his arms and brought his hands together to create one emphatic clap for each of the three seniors.

For players, Senior Night means one final introduction in front of the home fans. They tend to soak it up, not knowing when they'll be back in the gym they called home for the last four years. For Springfield, it was another opportunity to show some love to his beloved Panthers. This was his 19th Senior Night at Potomac, and if he has his way, he'll be back again next year for number 20. And the year after that. And the year after that.

Springfield, who was born with cerebral palsy, has rarely missed a game in the last two decades, a streak that began during his senior year at Potomac in the 2001-02 season. He started going to games that year to support his younger brother Mike, who played on the freshman team. Mike advanced to the junior varsity team, but never played for the varsity squad. By that time, though, it was too late. A tradition was born.

"We just kept going," Kyle's mother Lynne said. "He really enjoys it. He likes all the action on the court."

Due to a lack of oxygen during pregnancy, Kyle was born with cerebral palsy, a muscular disorder that affects 17 million people worldwide, according to the Cerebral Palsy Foundation. Even in its mildest form, cerebral palsy affects movements, posture, and communication.

The disorder has stolen a lot of Kyle's physical abilities, but he can maneuver his electric wheelchair using his left hand, which is the stronger of the two. He usually sips from a soda bottle and picks at a box of popcorn during games, and he positions himself in front of the bleachers directly behind the Potomac bench so he can hear everything Potomac head coach Keith Honore says to his players, good and bad.



Top: Kyle Springfield, with his mother Lynne, has been attending Potomac boys basketball games since the 2001-02 season. Bottom: Kyle Springfield always is seated behind Potomac's bench. PHOTOS BY: BILL KAMENJAR | FOR INSIDENOVA

Kyle is an important part of the Potomac family, Honore said, despite having never thrown an outlet pass to an open teammate or stepping to the free-throw line with the game hanging in the balance.

"We love having him here," Honore said. "He's become a fixture around here. Guys like [Kyle]

put what we do in perspective."

Kyle was born in Georgia, and the family moved to Hawaii four months later when his father, Rick, took a transfer with the U.S. Army. Rick spent 10 years in the Army, including his final assignment

BLUE » PAGE 15

in Virginia, where the Springfields have lived ever since. A developmental Pediatrician first diagnosed Kyle, Lynne said, and their family doctor agreed. Lynne knew very little about cerebral palsy and was told that Kyle would likely never be able to use verbal speech as his main form of communication. For the first few years of Kyle's life, he could only say three words – momma, dada, nana (for banana), and Bobo (for the family dog). Lynne started researching sign language, figuring it would be the best way for the family to communicate with Kyle.

"Then one day, he started talking in complete sentences," Lynne said. "That really surprised us."

From that point on, Kyle has maintained his ability to communicate verbally. He's used it to develop friendships with just about everyone he meets – anywhere. During a trip to the grocery store when he was a young boy, Kyle asked his mother if he could be friends with another lady standing behind them in the check-out line. Kyle's personality was apparent from an early age.

"He's always been outgoing," Lynne said.

After retiring from the Army in 1990, Rick took a civilian job with the Department of Army, where he worked for nearly 30 years before his death last year from esophageal cancer. Despite that tragedy, the Springfields have no plans of moving out of Woodbridge. It's home now.

"I will not let my mom move away," Kyle said. "I'd be upset if I ever had to leave Potomac."

Potomac is where Kyle's heart is. Always has been, always will be. Sharon Lublin has been around the Potomac basketball program for more than two decades, both as a coach's wife and the team's official scorekeeper, a position she still holds. Lublin, who is close with the Springfield family, said her favorite part of the season is being able to spend time with Kyle before and after each game. Lublin always gives Kyle a kiss on the cheek for good luck just before taking her seat at the scorer's table.

"It's just this ritual now whenever we have a game," she said. "It just seems right, you know? He is such a sweet guy, and the family is so nice. I know it makes him happy, and it makes me happy, too. It's a privilege for me just to know him."

Lublin said she encourages the players to acknowledge Kyle and let him know how much they appreciate his passion and loyalty to the program. Lynne said she couldn't remember the last time Kyle missed a game. During Potomac's run to the 2014 state championship, Kyle came down with a nasty cold and they thought he might have to skip the title game against Henrico. Fat chance. Lynne fed Kyle a steady diet of cough drops to get him just well enough to travel.

"[The players] just need to understand that it could be them," Lublin said. "We don't get to choose what happens to us or how we're born. It makes them appreciate



Top: Kyle Springfield was born with cerebral palsy. Bottom: Kyle Springfield was inducted into the Potomac High School Athletic Hall of Fame in 2015. PHOTOS BY: BILL KAMENJAR | FOR INSIDENOVA

“

It's an eye-opener that we're not just playing for ourselves. We're playing for other people who love and support Potomac.

— JAKHARI TAYLOR

what they have.”

Honore was an assistant coach at Potomac when Kyle started showing up for games. He saw how former coach Kendall Hayes tried to make Kyle feel like part of the team and has carried that responsibility ever since. He always ensures Kyle has the latest Potomac gear, and he checks in with Kyle before each game, usually with a good-luck fist-bump. Honore often

shares stories of the team's rich history and tradition with his players, and those stories involve both former players and dedicated fans like Kyle.

"I always try to get our guys to think outside themselves," Honore said. "If you respect tradition and respect the past, it helps you in the present. They understand that when Kyle shows up and when our former players show up."

Jakhari Taylor, one of Potomac's three seniors this year, said he recognizes how fortunate he is to be able to play the game he loves without the physical struggles that Kyle suffers. Between Netflix, computers, and video games, Kyle has plenty of ways to stay busy on Tuesdays and Fridays. Instead, he chooses to spend that time at his home away from home.

"It's an eye-opener that we're not just playing for ourselves," Taylor said. "We're playing for other people who love and support Potomac."

That support has earned Kyle more than a few accolades. In 2015, he was inducted into the Potomac High School Athletic Hall of Fame. He also holds a lifetime pass to all Potomac games, a benefit he plans to use for a long time.

"I'll keep coming to games until I'm old and gray," he said.

PREP BASKETBALL STANDINGS		
(through Feb. 12)		
BOYS		
CARDINAL	District	Overall
Potomac*	11-1	16-5
Forest Park	9-3	12-10
Freedom	8-4	11-11
Gar-Field	7-5	11-11
Woodbridge	3-9	5-16
Hylton	2-10	2-21
Colgan	2-10	3-19
CEDAR RUN	District	Overall
Patriot*	7-1	18-2
Osborn	6-2	17-4
Battlefield	3-5	12-9
Stonewall	3-5	10-12
Osborn Park	1-7	9-14
CLASS 3 NORTHWESTERN	District	Overall
William Monroe	8-2	16-6
Manassas Park	8-2	17-4
Culpeper	7-2	15-6
Warren County	3-5	8-11
Skyline	1-7	8-12
Brentsville	0-9	1-19
OTHERS	Conference	Overall
Christ Chapel	0-0	19-8
John Paul	n/a	14-8
Seton	6-3	15-6
GIRLS		
CARDINAL	District	Overall
Woodbridge*	12-0	21-1
Forest Park	9-3	13-10
Colgan	9-3	15-7
Potomac	6-6	10-13
Freedom	4-8	7-14
Hylton	1-11	3-19
Gar-Field	1-11	1-21
CEDAR RUN	District	Overall
Osborn Park*	7-1	17-4
Stonewall*	7-1	18-5
Patriot	3-5	10-9
Battlefield	2-6	11-11
Osborn	1-7	5-18
CLASS 3 NORTHWESTERN	District	Overall
William Monroe	10-0	20-2
Skyline	5-3	10-10
Culpeper	5-4	8-12
Brentsville	5-4	16-4
Warren County	2-6	2-17
Manassas Park	0-10	2-20
OTHERS	Conference	Overall
John Paul	n/a	10-10
Christ Chapel	n/a	9-6
Seton	4-2	14-7

* - district regular-season champion