Calvin Baker

Basketball 2003-2005

A 2005 Graduate of Woodside High School, Calvin was named the Virginia Group AAA Player of the Year by the Virginia High School Coaches Association and was selected as the state’s Co-Player of the Year by The Associated Press as a senior in 2005. He was named the Most Valuable Player of the 2005 Virginia High School Coaches Association East-West All-Star game after leading all scorers with 20 point. He played on two state championship basketball teams in 2003-04 and 2004-05. Calvin was a two-time Daily Press Player of the Year and averaged 20.9 points a game as a senior and 20.6 points a game as a junior. Calvin went on to play college basketball at William and Mary and The University of Virginia.

Willie Bell

Football and Basketball 2001 – 2004

A 2005 Graduate of Woodside High School, Willie was a two-sport standout in Football and Basketball and finished his high school basketball career as the school’s all-time leading rebounder. He played on two state championship basketball teams in 2003-04 and 2004-05 and was invited to play in the VHSL Coaches All-Star game and Commonwealth Classic game. He was a second team All-District Basketball selection in 2005. Willie was named second team All-District at quarterback and first team All-District defensive back his senior year when he passed for over 1,400 yards and 15 TD’s. Willie went on to play Football and Basketball at VMI and earned his degree in Business Economics in 2009.

Mondoe Davis

Football, Track, Wrestling 1996 - 1997

A four-year varsity starter at linebacker at Woodside High School Mondoe was a two-time All-District selection and a three-year captain on the football team. He was a four-year standout for wrestling team where he won a district title as a junior and was ranked No. 5 in his weight class in the Eastern Region. Mondoe was also a track standout who was ranked among the top 400 meter runners in Tidewater area as well as an honor student, a member of the student council and a member of the Future Business Leaders of America. Mondoe continued his football career and was a four year starter at the University of Delaware where he played defensive end and linebacker. He went on to sign with the New York Jets in 2005 before a knee injury cut his career short.
Danny Dodson

Head Football Coach (1999 – present)

Coach Dodson has been the Head Varsity Football Coach at Woodside for 13 seasons beginning in 1999. He has been named the Peninsula District Division 6 coach of the Year for three consecutive years beginning in 2009. Coach Dodson has an overall record of 80 wins and 60 Losses since beginning at Woodside. During the span of the last 10 years he has compiled a record of 74 wins and 36 losses and has led the team to the Eastern Region Playoffs in six of those ten years. In 2009 his team advanced to the Eastern Region Finals and in 2011 he led his team to a perfect 10 and 0 record and Woodside’s first ever Peninsula District title in Football.

Al Dorner

Athletic Director 1998 – 2011

In 2011 Coach Dorner retired after 13 years as Woodside’s Athletic Director. During his tenure Woodside athletic teams won 3 State Championships, 4 Region Championships, 19 District Championships and 13 District Tournament Championships. One of Al’s biggest attributes was his ability to communicate with everyone from the students all the way up to the Principal. All the kids knew and respected Coach Dorner because he was always involved in what they did on the playing fields and he was always quick to offer advice without stepping on anyone’s toes. His presence was always noticed and appreciated by both the athletes and the coaches alike. He was always positive and supportive to everyone and would go out of his way to help anyone who asked. Coach Dorner has been instrumental in developing a successful athletic program here at Woodside.

Travis Ebaugh

Baseball 1996 - 1998

Travis was a 1998 Woodside High School Graduate and baseball standout. He was team captain and MVP in his junior and senior seasons and led the team to the Peninsula District Championship, Eastern Region Championship and the state semifinals in 1998. That same year Travis was named the Peninsula District Player of the Year, the Eastern Region Player of the Year, was a first team all-state selection, played in the VHSL all-star game and was named to the USA Today All-USA Team.
**Dexter Faulk**

Track and Football  1997 – 2000

Dexter Faulk is a 2000 Woodside High School graduate. He was a three year track and field and football letterman. During his senior year, he placed first in long jump at the Peninsula District Indoor and Outdoor Championships; first in Eastern Regional Indoor and Outdoor Championships; and placed second in the State's AAA Indoor and Outdoor Championships. His performance at the state's indoor championship, a distance of 23-feet 6.25 inches, placed him fifth on the DyeStat Elite national rankings. During the 1998-1999 season, Dexter was a key member of Woodside’s first track and field team to win a Peninsula District title. That same year, the "Daily Press" newspaper selected him to its track and field All-Stars Team, and repeated his selection for the 1999-2000 season. Moreover, he was also the paper's selection as Player of the Year, 1999-2000.

Dexter was also afforded an opportunity to prove his talents and abilities on a national stage. At the Nike Indoor Classic National Championship, held at Harry Gladstein Field House, Indiana University, Bloomington, IL, his fifth place finish in the long jump, a distance of 23-feet, made him Woodside’s first All-American Athlete. His best jump during his years at Woodside was 25 feet 3 inches.

**Laura Hertz**

Soccer 2001 - 2004

A 2004 graduate of Woodside High School, Laura was the Peninsula District girls soccer Co-Player of the Year as a senior and was named to the All-Southeast Region team as a junior and senior. Laura was a four-time selection to the all-District team and Newport News Daily Press All-Star. In 2004 she was selected to play in the Virginia H.S. Coaches Association Senior All-Star Game. Laura set school records for goals in a game (8, as a freshman) and in a season (38, as a senior). She was a member of the Olympic Development Program state team and district team 2000-03 and also played for Pride of McLean team that was Mediterranean International Cup finalist in a tournament in Barcelona and was invited to train with the Piranha a W-1 division Women’s United Soccer League team. Laura was also an All District selection in field hockey as a sophomore and a National Honor Society member. She Ranked 12th of 435 students in her senior class.

**Reggie Johnson**

Football and Track 1996 - 1999

Reggie was a 1999 graduate of Woodside High School and has many “firsts” for Woodside including scoring the first touchdown in school history, returning the first interception for a touchdown in school history and Reggie was also the school’s first 1,000 yard rusher. Reggie was an all district selection in Football in 1998, he was named the Woodside Football Most Valuable Player in 1997, 1998 and 1999 and was also the Most Valuable Player on the Woodside Track team in 1997. Reggie also excelled in
track and field, he was a state qualifier in the long jump, triple jump, the 4 x 200 relay and the 4 x 400 relay. Reggie continued his football career in college at the New Mexico Military Institute.

Michael A. Lyons, Sr.

Coach 2000 - present

Michael A. Lyons, Sr. retired from the Army as a Lieutenant Colonel in 2008 after 26 plus years of military service. Coach Lyons believes serving our youth is his mission and has been very involved in youth organizations, where he has worked in numerous capacities as a coach and mentor for over twenty eight years. He has served as a coach at Woodside High School since 1999 in various sports and capacities. He was a Junior Varsity Football Assistant Coach and a Varsity Football Assistant Coach for 1 year, served as Head Coach for the Junior Varsity Boys Basketball for 1 year and as a Varsity Boys Basketball Assistant Coach for 2 years. For the last 12 years, he has served as an Assistant Coach for the Varsity Girls Basketball Team. Coach Lyons is joined in the Hall of Fame by his daughter Tish Lyons.

Tish Lyons:

Girls Basketball 2000 - 2003

Daughter of Coach Mike Lyons, Tish was a four year standout forward for the Girls basketball team. Tish is the only Woodside player to earn first team All-District honors as a freshman, and she wasn’t even a starter that year. She averaged over 14 points and 10 rebounds and was on the first District Championship team at Woodside that went on to compete in a state tournament. Lyons was also the first player in Woodside history male or female to score 1000 points. In fact Tish finished her career with over 1700 points which is still a record today. Lyons was a tenacious rebounder at 5’11 inches tall, leading the team in rebounding all four years she was here. Her career rebounding average of 11.2 is still a record and her career scoring average of just under17 points also tops the list, male or female. Putting aside her offense prowess, Tish was also an outstanding defender, always drawing the opposing team’s best scorers on a nightly basis. Lyons was a four time First Team All-District player, Four time Daily Press First Team Player, 2 Time Peninsula District Player of the Year and also Two time Daily Press Player of the year. In addition to all of that Tish was an All Eastern Regional Player and a First Team All- State Player. Lyons was also selected to play in the VHSL Coaches Association All-Star game her senior year.

Tish was also a member of the National Honor Society and graduated with highest honors at Woodside. Tish earned a full Athletic Scholarship to Old Dominion University in Basketball and was a defensive standout there. While attending Old Dominion Tish graduated with highest honors and also earned her
Master’s in Business. Tish now attends Medical School in Nashville, Tennessee where she hopes to be an Orthopedic Doctor.

**Holly Miller:**

Softball 1998 - 2001

Only pitcher in Peninsula District history to pitch in two state championships, and the only Peninsula District pitcher to ever win a state championship. Miller possessed a devastating change up and drop ball with pin point control. Her biggest asset was her tremendous control and competitive attitude. In the state tournament Holly pitched 3 consecutive shutouts allowing only 4 hits in those three games. She was a two time all-Peninsula District Pitcher, Daily Press Player of the year, 1st team all eastern region and 1st team all state her senior year. Holly was selected to the Virginia Coaches Association All Star Game in 2001. Miller was an outstanding student with a 4.2 GPA and a national honor society member. Miller attended Longwood College on a full athletic scholarship and later graduated from The University of Virginia with a degree in Bio-Mechanics with honors. Miller is now married and living in New York with her husband.

**Chris Mousetis**

Swimming 1996-1998

Chris was the first All-American Athlete in Woodside’s history. During his two years at Woodside, he was a 2-time Academic All American and was named MVP each season. While at Woodside, he was undefeated at the District and Regional Championship meets by winning the 200 yard Individual Medley and the 100 yard Backstroke two years in a row. The times in his events earned him the title as the Peninsula District and Eastern Region Record holder in both of his events. In 1998, he was the State Champion in the 200 meter Individual Medley and 100 meter Backstroke and was the VHSL State Record Holder in the Backstroke event. In 1998 he was named Daily Press Swimmer of the Year. After leaving high school, he swam for the University of Virginia earning the title of ACC Champion in the 200 yard Backstroke, 200 Yard Individual Medley, 400 Yard Medley Relay and the 800 yard Freestyle Relay. He was named an NCAA All-American in the 400 Yard Medley Relay and NCAA All-American Honorable Mention in the 200 yard Medley Relay and the 800 yard Freestyle Relay. He was a UVA Record Holder in the 200 Individual Medley, 200 yard Medley Relay and the 400 Yard Medley Relay. He was also awarded the Brooke Maury Memorial Leadership Award in 2002. One of the highlights of Chris’s swimming career was when he qualified for and swam the 100 meter backstroke, 200 meter Backstroke and the 200 meter Individual Medley at the Olympic Trials in 2000.

**Jen Nuzzo:**

Softball-Girls Basketball 2000 - 2004

Jen Nuzzo called “Nuz” by her teammates might possibly be the best all-around athlete in Woodside History. Nuzzo was a first team all-district performer in basketball and the starting point guard for the
three years she played here. Jen averaged 12.0 points over her career and is second in assist to turnover ratio all time, only to Williams. In softball she was a freshman shortstop playing on a state championship team. She was a four time First team all-district selection at three different positions: third base, shortstop, and catcher. Jen was a captain on both the basketball and softball teams and was known for her tenacious, competitive desire. Her work ethic was legendary. She was first teaming all eastern region, and all state player. Nuzzo has a career batting average of .528. Second highest in Woodside history. On the softball field as a catcher she still holds the record for put-outs. Jen gave up only one stolen base during that season. Nuzzo was a national honor society member and attended Old Dominion University on a full athletic scholarship where she played for all four years, and graduated with honors. Nuzzo also earned her master’s degree while at Old Dominion and is an assistant basketball coach at Christopher Newport University.

**Micki Rodriquez:**

Softball 2000 - 2004

Called “Mick” by her teammates she is the most celebrated softball player in Woodside history.

As a freshman outfielder on a state championship team, Rodriquez was honorable mention all-state and batted .558 in 2001. Micki was a four time first team all-peninsula district player at two positions and was named the daily press softball player of the year from her sophomore through senior year. Micki was also selected to the all-eastern regional team and was a second team all-state pitcher her junior year. Her pitching record was 80-14 over just three seasons on the mound and she pitched in regional play for four consecutive years. The “Mick is still one of the most celebrated pitchers in Peninsula District History with a 60 plus, mile per hour fastball and a nasty change-up. Micki also played in the VHSL Coaches Association All-star game in 2004. Her career batting average ranks third all time at .520 and her career earned run average was an astounding .780. Micki averaged over 8 strike-outs a game during her career and was an honor student in the national honor society at Woodside.

Micki attended Norfolk State University on a full athletic scholarship and excelled there on the field and in the classroom during her four year career. Micki graduated with honors in her field of physical therapy. She is married with one child, now living in Oklahoma with her husband.

Micki also was an assistant softball coach here at Woodside for two years and the head coach for the 2011 season in the absence of Coach Mike Tallon before moving to Oklahoma.

**Mike Tallon**

Girls Varsity Basketball Coach 1997 – present

In February 2009 Mike Tallon joined a very select group of coaches in the state of Virginia that have won 500 games. As of the beginning of the 2011-2012 season Tallon’s Woodside teams have a record of 256-
93 including two district Championships and two trips to the State Tournament. Currently ranked #1 in the District, it is a good bet that this year’s team will continue the Woodside tradition of excellence.

Girls Varsity Softball Coach 2000 – 2010

Once again this spring, Coach Tallon will be the Wolverine’s varsity softball coach. From 2000 to 2010 his teams had a record of 167-53 including five District, one Region, one State Championships and three trips to the State Tournament. His 2000 team went a perfect 9-0 the over the last three weeks to win Woodside’s first State Championship in school history.

Lanica Williams:

Girls Basketball 1997 - 2001

Had Lanica Williams not had an early ACL injury her junior year, she would have been the first 1,000 point scorer in Woodside History. Choosing to forego surgery for an injury that sidelines most for the season, Williams instead opted to play with a brace after having to sit out four games. Hampered but not deterred she led her team as a point guard to the school’s first district championship, Runner-up finish in the Eastern Regional Tournament and first state championship appearance. Known for her leadership and determination Williams was a superb three point shooter. During her junior year she connected on 78 three’s, still a record and as a senior she followed that up with 53 more. She ended her career with 990 points, 326 steals and 420 assists. Her career three point percentage is so far untouched at 58%. Williams was a three time team MVP, First Team All-District, First Team All-Eastern Region, and First Team All-State. Lanica was a four year starter at point guard and team captain for three years and was a member of the National Honor Society. Lanica earned a full Athletic Scholarship at Alabama A&M University where she was runner-up for Rookie of the Year as a freshman. Williams transferred to Lenoir Rhyne University where she was all-conference and team captain. She also was an honor student, making the Presidents list from 2002-2005. Williams graduated Magna Cum Laude with a degree in Athletic training. Lanica is now a successful Head Coach and Assistant Athletic Director at the Apprentice School. She lives with her husband Mike in Hampton.