

Top 5 Boys teams

1. GEORGETOWN PREP

Little Hoyas (9-0) rolled over Ireton and Bullis. On Saturday, Prep, led by seniors **Josh Hafkin** and **Robert Grimmett-Norris**, travels to Richmond to face Collegiate.

2. GONZAGA

The lone loss for the Purple Eagles (8-1) came to GT Prep. Gonzaga is led by seniors **Ryan Shipley** and **Peter Donahue**, the school record holder in the 100 breast.

3. ROBINSON

Rams (6-0) defeated Herndon last week and have a Senior Night meet vs. Fairfax (4-2) this Friday before the Concorde District meet Jan. 25.

4. DeMATHA

Stags (7-2) defeated Landon, 105-80, as sophomore **Jason Baccus** and junior **Ryan Hanley** won two races each. Next major meet is the National Catholics, Jan. 27-28.

5. CHURCHILL

Last month the Bulldogs (3-0) beat defending Montgomery Division I champion WJ. On Saturday, they took down defending county boys champ Whitman, 105.5-65.5.

Top 5 Girls teams

1. GOOD COUNSEL

Falcons are gunning for their 11th straight Metros title. Leaders are seniors **Megan Waters** and **Colleen Haase**, junior **Vanessa Reyes** and sophomore **Blair Webb**.

2. O'CONNELL

Knights (7-0) earned a two-week break after a win over Holy Child on Jan. 11. Back in action Jan. 23 with showdown vs. No. 1 Good Counsel.

3. HOLTON-ARMS

Panthers (8-0) have dominated six ISL teams in quest of their fourth straight conference title. Holton's closest call in the ISL was a 111-72 win over NCS.

4. ROBINSON

The Rams (6-0) passed one test last month when they upended defending Group AAA state champ Yorktown. Robinson has another one Friday against Fairfax (5-1).

5. RICHARD MONTGOMERY

The two-time defending Montgomery County champion Rockets (3-0) dominated Wootton Saturday, 114-57, behind seniors **Sandra Lee** and **Katura Harvey**.

FOOTBALL

RM promotes Forsythe

Richard Montgomery has selected assistant **Steve Forsythe** to be its third head football coach in as many years, athletic director **Leo Campion** said. Forsythe replaces the man he worked for last season, **Mike Burnell**, who departed after going 5-5 in his lone season.

Forsythe, a former star at Frostburg, has coached six seasons in Montgomery County. RM is the fifth Montgomery County school to replace its head football coach. All of the jobs have been filled by assistants, none of whom have varsity head coaching experience.

Weekly notebook ■ SWIMMING

by Kevin Dunleavy and Brian McNally

Holmes next in line for Rams

Senior aims to lead Robinson to fifth straight state title

By **Brian McNally**
Examiner Staff Writer

It has become something of a tradition for Robinson's boys swim and dive team. The Rams win a Group AAA state title and their star swimmer heads off to a major Division I college program.

Robinson has won the past four state championships and senior Zach Holmes, a Virginia Tech signee, is hoping to lead them to a fifth when postseason meets begin next week.

"It's probably the best thing about high school swimming," said Holmes, who has helped the No. 3 Rams to a 6-0 record entering Friday's season finale against Fairfax. "We all feel like we're continuing something that's bigger than ourselves, something that's been going on for a while. You don't always get that as a club swimmer."

Holmes, a club swimmer at Machine Aquatics, made his mark last year in the 50-meter freestyle and the 100 free. As a junior, he won Patriot District, Northern Region and state championships in the 100 and region and state titles in the 50. Holmes was also part of Robinson's state championship 200 and 400 free relay teams along with seniors Matt Krebs and Jonathan Dee, junior Tim Wingert and sophomore Jeff Bobsin.

"Zach's always been one of those guys who knows his role on the team," said Robinson coach Rich



Robinson senior Zach Holmes is hoping to lead the Rams to a fifth straight state championship. — Jeff Mankie/Examiner

Gordon. "He was never too big for his britches when he was younger and people respect you for that."

Holmes follows in the wake of Robinson's top all-time swimmers, Steve Scheren (Auburn) and Drew Finelli (Alabama). A 2005 graduate, Scheren was a two-time district, region and state champion in the 50 and 100 free (state-record 20.80). Finelli, a 2006 graduate, was a two-time district, region and state champ in the 200 free (state-record 1.41.59) and won a 500 free state title.

With three days of club practice each week, a high school practice on Thursday, a high school meet on

THE SHOW MUST GO ON

Robinson won't defend its Group AAA state title at the Freedom Center in Manassas on Feb. 9 as originally scheduled. Because no host school could be found in Northern Virginia to run the event, the Virginia High School League is expected to announce Thursday it will move the state meet to a site in the Eastern

Region, according to multiple sources. VHSL assistant executive director **Tom Dolan** was in the Norfolk area on Tuesday to finalize negotiations for a new site. The only hold-up is the necessary approval from the VHSL Executive Committee. It was initially feared the meet would be cancelled for lack of host and site.

Friday and a club meet on Saturday the schedule can get a little hectic for Holmes.

"You have to take it easy because

you can definitely get worn out," Holmes said. "But I've felt strong this whole season. I have a lot of things left to accomplish."

PREP GIRLS BASKETBALL » HOLY CHILD 55, FLINT HILL 53, OT

Cooper rallies Holy Child with triple-double



Holy Child's Rocelia Cooper, center, drives to the basket Tuesday night against Flint Hill. Cooper had five steals in the final five minutes helping to force overtime. — Jeff Mankie/Examiner

Senior guard hits 1,000 point plateau with heroic effort

By **Kevin Dunleavy**
Examiner Staff Writer

On a night when she was honored for scoring the 1,000th point of her career, Rocelia Cooper didn't want it ruined by a loss.

So the Holy Child guard led a furious fourth-quarter rally and made the night complete, leading the Tigers to a 55-53 overtime win.

Cooper scored 21 points, grabbed 13 rebounds, made 10 steals and blocked three shots as Holy Child rallied from 14 points down. The Tigers did it with defense as Cooper had half of her steals in the final five

IN LIKE FLINT

» Flint Hill out-rebounded Holy Child 52-35.

» Flint Hill's **Chelsea Overholt** had 12 points and 11 rebounds.

» In the final 13 minutes, Flint Hill went 0-for-12 from the floor and committed 14 turnovers.

minutes of regulation to unnerve the visitors. The key play came with a minute left as Cooper picked the pocket of a Flint Hill guard and hit a whirling layup for a one-point lead.

"I could tell they were a little [unraveled]," said Cooper, a 5-8 senior. "I felt bad for them. But that's what we needed to do to get back in the game. Defense always brings our of-

fense back together."

Cooper's heroics were just that. But they wouldn't have been possible had it not been for an injury to Flint Hill senior Rhianna Faithfull (14 points). As the Santa Clara-bound guard hit a jumper late in the third period, she came down on the foot of a Holy Child player and sprained her ankle.

"That helped a little bit," said Cooper. "But we boxed out more, played defense, and played more like a team."

Junior forward Allison Abt contributed 21 points and 11 rebounds. Junior forward Megan Schneider blocked a layup attempt as time expired in the extra period as Holy Child (12-1, 4-1) continued to impress in its first year in the Independent School League's upper division, the ISL AA, while Flint Hill fell to 4-10, 1-3.