
All Sports, All Action

Football

Champe Football is currently undefeated with an 11-0 record and have been named Catoctin District Champions. The football team has been named back to back district champions in 2023 and 2024. Currently, playoffs are starting for the VHSL for football and will continue through December. Playoffs for the Knights football will begin the week of November 18 and continue throughout the end of November. The team has a bye week for the week of November 11 and will play their first playoff game against the Woodgrove Wolverines on Friday, November 22.

“Last week during our bye week we had practices that aren't too intense so no one gets hurt before the big game,” Football player Benjamin Marshall said. “Knowing that we could've played two different teams, we had to prepare and plan for both since we didn't know, but now we know who were playing and we've played them before so we're prepared.”



All Sports, All Action

Cheer

Champe's varsity cheer team has been not only performing sidelines at football games, but also working on their routines for upcoming competitions. As Champe's varsity football team advances to the playoffs, cheer will continue to cheer at both home and away games. Additionally, Natalie Jan, Kayla Carter and Natalie Thiessen were selected to be a part of the first all-region team, and Riya Chauhan, Danica Eklund and Amelia Schwarz were selected for the second all-region team. The cheer team made it to the second round of regionals, wrapping up their competition season on Wednesday October 30, which was an excellent accomplishment for the 2024 varsity cheer team.

"There's definitely been a visible improvement in this year's competition team and our scoring has gone up each competition," varsity cheerleader Arianna Remke said. "After each completion we go over the score sheet to see what we can fix so that we can score higher on the next time around."



All Sports, All Action

Field Hockey

Field hockey has had an exciting season this year with many successful games and athletes. These accomplishments led to their participation in districts and regional games. First team for districts included: Lauren Botler #14, Maddie Choi #9, and Annika Villareal #1. Second team for districts included: Angela Lin #25, Ewurama Amartey #18, and Gabby Santorn #7. The players advancing to the all region second team included: Annika Villareal #1, Maddie Choi #9, and Lauren Botler #14. In the offseason the team will be continuing their progress by practicing at home, and joining together with the incoming freshman during the summer to go over specific drills to help them improve their game and knowledge about Field Hockey.

Cross Country

Champe Cross Country wrapped up their regular season with their last weekday meet on October 16th. To celebrate the season and all the accomplishments of all the Champe XC runners, the team had a Pasta dinner the week after. Overall, 18 runners qualified to race in the postseason. The Catoctin District Championship took place on October 30th, and Sophia Hoopingarner placed 10th with a time of 21:57.06. This qualified her for the Region 4C Championship on November 6th, and the whole team showed up to support her. Looking forward, many XC athletes want to run in the Winter to keep competing.

“Since this was my last season, I tried my hardest to connect with my teammates through dinners and hanging out, which caused us to be closer as a team,” varsity runner Sophia Hoopingarner said. “This helped motivate each other during our races and made us do it for each other, if not for ourselves. In all I think this was our best season as a team that I have been a part of!”



All Sports, All Action

Volleyball

Champe Girls Volleyball season is coming to a close as they just had their senior night game on October 28th against Loudoun County High School. There was 11 seniors on the volleyball team that were celebrated:

#1 Lulu McDonnell

#4 Mikayla Viray-Belev

#5 Samarea Bass

#7 Nya Accoo

#8 Misheel Uuganbat

#10 Ciara Sawyers

#14 Kate Workman

#16 Parker Banks

#17 Serena Hilliard

Managers: Shawn Kil and Klire Pittman



In addition, there were three players that qualified for all district. Maura Martinez, #3, made second team all district DS (defensive specialist). Macy Farester, #11, made first team all district middle. Mikayla Belev, #4, made first team all district setter. The teams overall season score was 4-12 (wins-losses). They are ranked 4th in the Catoctin district and 177th in the state.

“I definitely think that this year’s senior night was extra special for all of our seniors, there was so much work put in by our volleyball team to ensure that we all had a great night,” senior volleyball player Lulu McDonnell said. “Although the game was a loss, we still performed well and had great energy.”

All Sports, All Action

Golf

Since the golf season came to a close, they aren't practicing competitively anymore but that doesn't mean that they stopped playing golf together. Every now and then the John Champe Varsity golf team comes together to their respective home courses to play golf with one another to keep the bond of the team going in the off season.

Gymnastics

The gymnastics season officially started on November 14th after a rough couple of months of hunting for coaches. Mrs. Carter has stepped up and taken the position as assistant coach and the team will be meeting their new head assistant coach, Tarren Thomas, on the 4th of December. The team had a good turnout and tryouts and have selected the top athletes to be on the team so prepare for their first meet on December 2nd at Stone Bridge. The team is excited as this year they are looking forward to having more people competing and being a part of the team. They are beyond thankful to have nine people competing and 5 managers. The students are ready to put in their best efforts to make the best of their upcoming season.

All Sports, All Action

Indoor Track

As track tryouts end, practices for the upcoming meets. The entire team won't be doing the same workouts as they vary depending on what the athletes are focusing on for competition. These workouts will include endurance, strength, and speed work. This year's season will begin in December and end in early February. The first indoor track meeting for this season will be on December 7 at Liberty University. The following competitions in December will be on the 11th at Loudoun Valley HS, 14th at Battlefield HS, and 18th at John Champe HS. This upcoming month is very exciting for players as this is their first year having a new coach for the past eight years.

"I am really looking forward to all of the meets this year," Varsity Track athlete John Moye says, "I would love to continue track after I graduate."



Track warmup happening at JCHS football stadium. Throughout the rest of practice, track athletes will perform multiple types of workouts depending on what they are competing for this season.

All Sports, All Action

Girls Basketball

Champe girls' basketball is officially in season, with tryouts held during the week of Nov. 11. On Nov. 15 at 7 p.m., the team hosted its third annual Mid-Knight Madness event in the main gym. The game ended with a close score of 28-26, as the blue team won against the white team. Both teams were a mix of boys and girls.

Junior Caitlyn Oak described how the team has been preparing for the season.

“Our practices have been going pretty well so far,” Oak said. “We usually start with running, then move on to various drills such as dribbling and shooting” she added. “After that, we normally work on plays and scrimmage” she mentioned. “Our practices last about two hours and 15 minutes and are Monday through Saturday, except on game days,” she said.



All Sports, All Action

Boys Basketball

The tryouts for the John Champe basketball team have finally ended, and they chose 14 players for their varsity team. They began the season with their first scrimmage against Culpeper County High School on November 22, 2024. The varsity and JV team won, marking their first win of the season. They have now begun serious practice with conducting practices in the morning and after school to prepare for the season. The varsity and JV team have one more scrimmage against Alexandria City High School on November 26, 2024. Their first real game of the varsity and JV season will be against Centerville High School on December 2, 2024. The team has already exhibited good teamwork and talent. With a good group of players and excellent coaching from Coach Granger, the Knights seem to be in for a wonderful season.

“I’m super excited for the upcoming Basketball season,” JV player Om Mahadik. “I can’t wait to test my new skills and to get another year filled with memories and victories.”



All Sports, All Action

Wrestling

Wrestling season has finally arrived, and Champe's wrestlers are focused on the mental and physical grind as they prepare for the upcoming matches in December. This year marks the team's seventh year under Head Coach Joel Elmquist, who has been instrumental in guiding the team toward success. Last season, with the support of former Assistant Coach Bill Stark, they won the district championship and advanced to the regionals tournament. With the start of the new season, the team has seen a noticeable increase in new members and has transitioned to daily after-school practices during the weekdays and morning practices during the weekends. Their training includes improving wrestling techniques through drills, such as practicing the half-nelson and single and double-leg takedowns. Most importantly, they are focusing on enhancing their athleticism through conditioning and weightlifting sessions that condition the body to get used to moving heavy weights. After Thanksgiving break, the wrestling team will officially host wrestle-offs to compete for Varsity spots. They will continue to set ambitious goals and aim to exceed their achievements from last year as they progress.



Wrestling drills being performed on the mat. Various techniques are improved and introduced as the season goes forward.

All Sports, All Action

Swim

Swim has been working on conditioning, short distance swims, and visiting the Rec Center Weekly to practice. Their season starts in the winter. During preseason, they worked hard to build up their new-comers. As they near tryouts, they are making sure to stay fit and in-practice for the upcoming season.

Track and Field

The Track and Field team will begin their spring season in just a few months, and with many athletes competing in cross country during the fall, and indoor track this winter, the team will definitely be prepared. The indoor team just held tryouts, and will be starting workouts that will get the athletes in shape for the meets they have this December. The Track and Field program also got a new head coach recently: Samantha Carr.

“I hope that I am able to bring some new workouts and perspectives that will help the team achieve their goals,” Carr said. Coach Carr will be a great addition to the program, and we hope the team will have another momentous season this spring!

All Sports, All Action

Boys Soccer

Boys soccer has continued with their off-season, working hard before and after school on conditioning, footskills, and real game scenarios. January 7th preseason is the official start for the knights. During preseason they will continue their hard work with new and returning players. As they get closer to tryouts they are making sure to stay healthy and fit with minimal injuries.

Girls Soccer

With winter sports starting the Girls Soccer season is only three months away and the expectation is still high considering the amazing season last year. Preseason has officially kicked off for the Lady Knights and they are practicing most Wednesday's in the morning before school starts. The sessions have a lot of agility work and shooting drills. The girls are excited to be back on the field for preseason, but nothing beats their excitement for the season.

All Sports, All Action

Boys Lacrosse

The Boys Lacrosse team had a tough weekend in Williamsburg, finishing 0-3 in their off-season tournament. A highlight was a narrow one-goal loss in their second game which highlighted coach Vik Ohri's decision to prioritize growth over easier competition. With fall off-season training wrapping up, the team is gearing up for their upcoming December winter sessions. These sessions include workouts on both Tuesdays and Thursday at 6:30 PM, in addition to these workouts, the team will compete in the Winter League at South County High School. Champe Lacrosse is always looking for new players with no cuts for juniors and below, gear will be provided and no experience is needed. Freshmen from last year like Navraj Randhawa, James Moore, Leo Martinez, and Alex Herinco have stood out throughout the entire off-season process, signaling a bright future for the Knights.

Girls Lacrosse

During the month of November, the girl's lacrosse team has the annual Fall Brawl tournament. The Fall Brawl tourney is a seven versus seven tournament against other schools in the Loudoun County area. The event will take place on November 30th, but there is no confirmation on where it will take place. Currently, the girl's lacrosse team has no coach as former coach, Michael Mullins, resigned. While on the hunt for a new coach, Delaney Neal and Maddie Choi are scheduling practices and pre-season workouts. The girls are looking forward to doing well this season!

All Sports, All Action

Softball

In November, Champe's Softball team continued the Fall preseason by practicing as a team every week and rigorously training on their own to stay in shape. Often, the asynchronous training entails workouts and drills which ensures that the girls are maintaining their strengths and working on their weaknesses. The goal is for players to gain mastery in important skills that will be useful to have for the spring season.

Baseball

During the fall off-season, baseball has not been out on the field for an outdoor green day, but they have been active in playing some fall games and planning future preseason activities. The fall league for high school baseball teams had a few games held throughout the fall where some Champe baseball players played against other high schools. Baseball also met with returning and interested players one morning before school to discuss days and times for winter workouts and other activities to prepare for a competitive season. There are only a few months until baseball season starts, and the team is working to make this season a good one.

All Sports, All Action

Theater

Avalon Theater's opening night for *A Midsummer's Night Dream* by Shakespeare was on Thursday, Nov. 25. There are roughly 65-70 students working on the production, 35 of them are in the cast while there are 30-40 students working backstage. The costume crew put together stunning costumes to show off the theme of Mardi Gras and royalty in their characters. Actors brought their characters to life onstage as they told the old Shakespearean tale in a way that made the audience laugh. There was a higher amount of Freshmen participation in the production than in previous years and a higher amount of Sophomores having lead roles. Sophomore Atlas Anand played Helena, one of the lovers and one of the characters in the central conflict of the play. Another Sophomore, Ace Weng, played another lover named Demetrius who was Helena's love interest. The production also included Avalon theater's core seniors Dineen Merriweather, Ava "Faye" Marotta, Zac Ellis, and Guin Schillinger.

"I'm super ecstatic about opening night, mainly because the kids have been working super duper hard," Director Molly Harper said, "The show is definitely a labor of love if you will, which is a joke because Shakespeare wrote a play called *Labor of Love*."



The cast of A Midsummer's Night Dream bowing on opening night Nov. 21, 2024 in the John Champe High School auditorium. After the play ended, members of the cast and crew co onstage to bow for the audience. | Bailey Henderson

All Sports, All Action

Esports

With the Esports team wrapping up their fall season, they've had many achievements throughout these months. Esports officially began in September of this year and started their season off with auditions for new members and to select new teams. Around 40 members were selected and split into teams for Super Smash Bros and Splatoon. Each team worked together to create their own practice schedule. The teams for Super Smash Bros met on Tuesdays for practice, and Wednesdays were game days held at Champe. For Splatoon, Mondays were practices and Tuesdays were game days. Some of the recent schools Champe's Esports teams have gone up against are Louisa County High School, and Kettle Run High School. Most of their teams ended up ranking high as well. Currently, Esports is waiting to see if any of their members/teams have made it to playoffs. However, with the season almost over, Esports is transitioning into more detailed practices to improve their skills for the spring season.

“Even though our season is over and so are our competitions, we're not done getting better,” captain Adam DuValeus said. “We're still going to prepare and get stronger for our next season.”



The audition form made to recruit potential Esports team members for the fall season.