

**FOR IMMEDIATE RELEASE:
13 June 2016**



US Lacrosse High School All-American, All-Academic, Individual Awards
USL Virginia-Hampton Roads Region

The Tidewater Chapter of US Lacrosse is honored to recognize all local athletes & coaches selected for the US Lacrosse Virginia-Hampton Roads Region All-American Team, All-Academic Team, and individual US Lacrosse awards for the 2016 High School season.

US Lacrosse All-American and All-Academic Team Selections

The US Lacrosse All-American and All-Academic selections, in addition to superior athletic performance, must be of outstanding character, be in good standing in their school and community, and demonstrate outstanding sportsmanship on and off the field. Qualified players are nominated by region, and then selected by votes submitted by all Head Coaches (for All American), or a committee representing the national governing body of lacrosse (for All Academic, Bob Scott (boys) and Jackie Pitts (girls)).

2016 All-American Team Selections

Boys:	Matt Herrmann	Tabb High School	2016
	Chris Lansford	Jamestown High School	2016
	Jack Notarnicola	Grassfield High School	2016
Girls:	Sydney Blacklock	Tabb High School	2018
	Grace Marshall	Norfolk Academy	2016
	Jessica Sawyer	Tabb High School	2016

2016 All-Academic Team Selections

Boys:	Adam Mayhue	Grassfield High School	2016
	Tyler Mills	Tabb High School	2016
	Zach Palas	Gloucester High School	2016
Girls:	Jacqueline DiFulvio	Tabb High School	2016
	Jessica Mazzeo	Bishop Sullivan Catholic	2016
	Madison Portuese	Tabb High School	2016

2016 US Lacrosse Individual Awards: Bob Scott

The USL Bob Scott award recognizes a graduating senior who goes above and beyond in service to his team, school, and community. This senior truly honors the game of lacrosse, is invested in the development of the game in his community, continually strives to improve his game, and is a true leader on and off the field.

Jack Notarnicola	Grassfield High School	2016
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2016 US Lacrosse Individual Awards: Jackie Pitts

The USL Jackie Pitts award recognizes a graduating senior in each chapter who truly honors the game of lacrosse, is invested in the development of the game in her community, is an exceptional player who continually strives to improve her game, and is an exemplary member of her team. She exemplifies the spirit of the game, on and off the field. Academically, she is an outstanding student and a valued role model in her school.

Jackie DiFulvio

Tabb High School

2016

2016 US Lacrosse Coach of the Year

This award honors those Head Coaches from both the men's and women's game who exemplify the ideals of the game of lacrosse. The award is intended to recognize the individual's overall coaching performance and contribution, not just coaching wins - although they may be considered. The selection process is to be administered by the Area Chair in conjunction with the player awards.

Coach of the Year:

David Guglielmo

Gloucester High School

Tom Duquette

Norfolk Academy