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WC's Caison Signs With Shepherd

Warren County senior Damien Caison signed a national letter of intent Friday to play football at Shepherd University.

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Reporter: Matt Estreich

 [WC's Caison Signs With Shepherd](#)

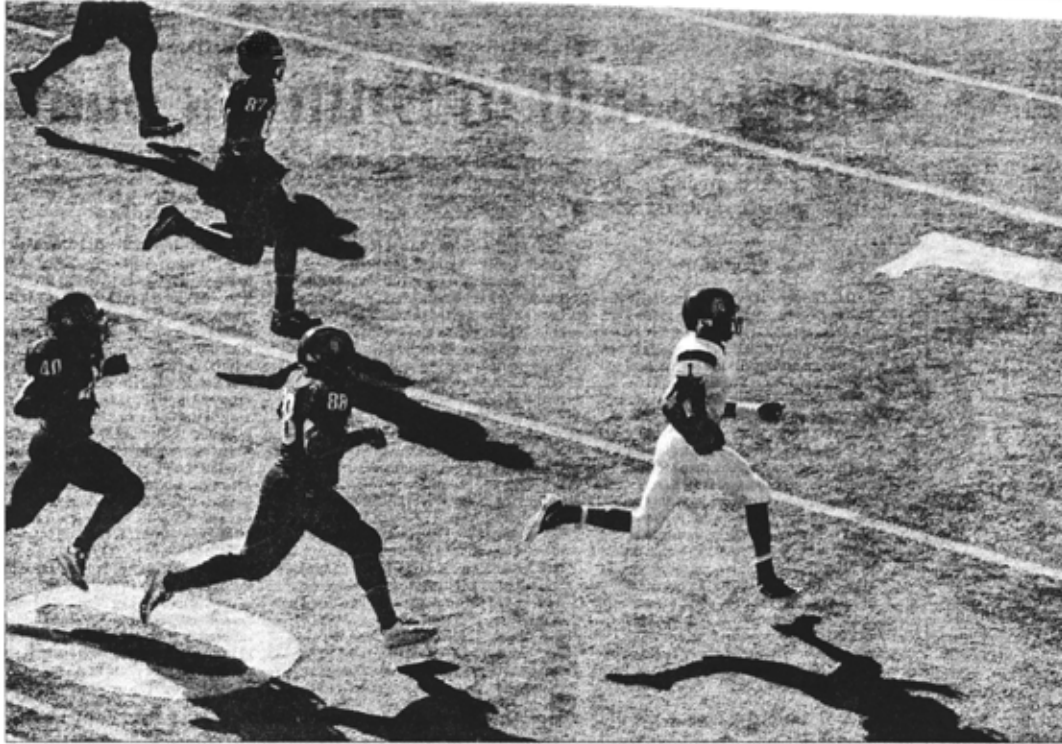


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Caison expects to play fullback, H-back or tight end for the Rams. He could see significant time next year as a freshman.

Shepherd finished the 2010 season ranked #7 in Division II.



TOM L. SANDY/THE WASHINGTON POST

"He has every excuse to fail, but he hasn't," Ballou Coach Moe Ware said of Delonte Edwards, right, who has committed to play at Shepherd University.

From car thief to honor roll

Shot twice by 16, Edwards turned his life around and will soon head to college as a QB prospect

BY ALAN GOLDENBACH

The blood on the hands of 14-year-old Delonte Edwards was his own, and it told him much more than he had just been shot.

As he lay on a bed in the emergency room at Greater Southeast Hospital, waiting for his mother to arrive, waiting for doctors to tell him whether he would recover from the wound about six inches below his armpit, Edwards knew he needed more than soap and water to clean his hands.

He realized he'd had enough. Enough of stealing cars. Enough of robbing other kids for dinner money. Enough of street fights over petty neighborhood beefs. Enough of wasting days in a marijuana haze.

"That night, I told myself that I wanted something different," said Edwards, a high school freshman at Ballou at the time of the Feb. 10, 2008,



TOM L. SANDY/THE WASHINGTON POST

"I had to make a decision. I didn't want to be average. I wanted to be great, not a C student. I wanted to be an A student," Edwards said of his academics.

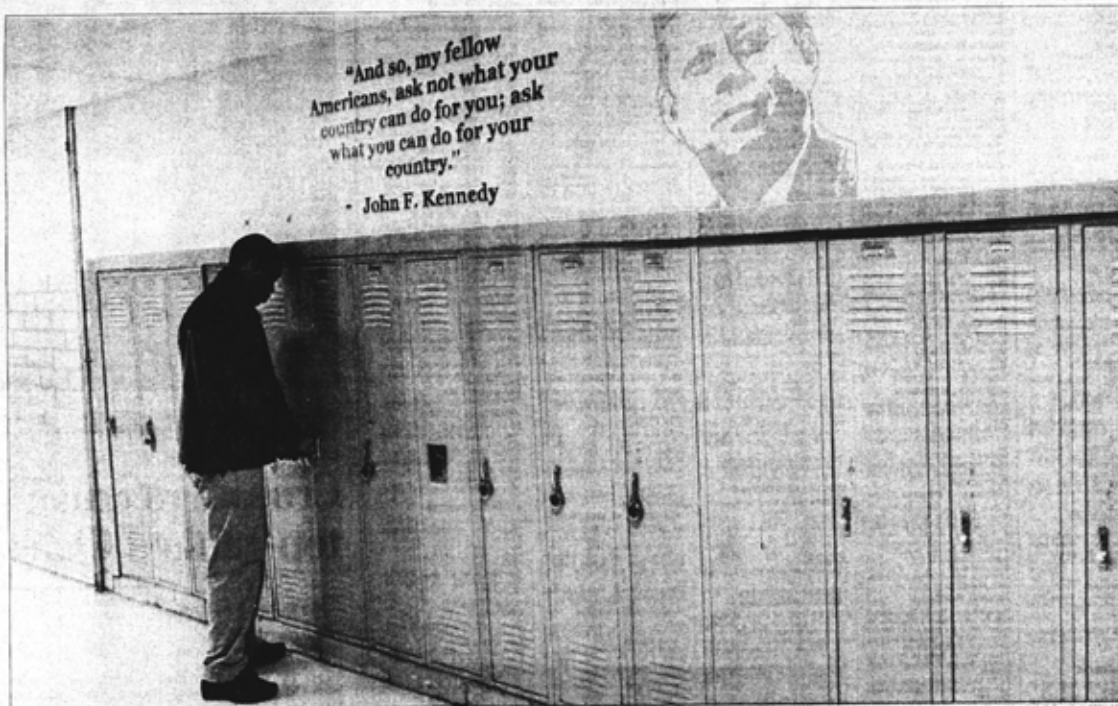
shooting. "I was tired of this life. Nobody was giving me anything. I had to get it myself."

Three years later, the 6-foot, 170-pound Edwards is coming off a football season that earned him second-team All-Met honors as quarterback at Ballou, and Friday night, he will be honored at the Pigskin Club of Washington's 73rd annual awards dinner as one of the area's top players.

He is committed to play this fall at Shepherd (W.Va.) University, but while most standout high school football players depend on athletic scholarships, most of Edwards's tuition will be paid through the College Success Foundation's Achievers Scholarship, which is funded through a grant from the Bill and Melinda Gates Foundation. Edwards has become an honor roll student, whom his guidance counselor Kira Rowe says

EDWARDS CONTINUED ON D8

Ballou's Edwards finds his path from the streets to a scholar



TONY L. SANDOZ/THE WASHINGTON POST

Delonte Edwards's college tuition at Shepherd will be paid through the College Success Foundation's Achievers Scholarship, funded through a grant from the Bill and Melinda Gates Foundation.

EDWARDS FROM D1

she wishes she "could make five of."

Known around the halls of Ballou as "Day-Day," Edwards is quiet, unassuming. He led the Knights to a 9-1 record on the field last season more by example than with words. In the classroom, he earned straight A's last month for the second time this school year.

Those around him see where he is now. Less visible is where he comes from. He never knew his father. His mother, Deborah Mason, has been on welfare for 23 years. Three times over the past six years the family was without a home, turning to friends, relatives or cheap hotels for housing. His brother was incarcerated when Edwards was in the sixth grade and was just released from a five-year prison sentence for armed robbery.

"He has every excuse to fail, but he hasn't," Ballou Coach Moe Ware said. "I trust this kid so much."

'Everyone else is doing it'

Edwards stayed with his grandparents in Alexandria starting in the fifth grade. Then, he moved in with his older brother for two months in the District. He joined his mother and sister in a hotel for six months before his mother was able to get a one-bedroom apartment, but they had to move again after two years, eventually settling in the Congress Heights section of Southeast, not far from Ballou.

"There's no guarantee," Mason said about the family's home life. "It's a month-to-month thing. We're just trying to hang on."

The lack of permanence often left Edwards angry, and he said it made it easy to justify turning to the streets.

"It made me frustrated a lot," he explained. "I got angry at my mother a lot of times because she

"It's like a college student walking through this building. You just see something that's so special in how he approaches his work."

— Kira Rowe, Edwards's guidance counselor.

wouldn't tell me the real reason why we got put out. She'd just say, 'Get your stuff. We're going.' I knew the answer, but it was something I didn't want to hear, so I just listened and got my stuff."

One place where Edwards was able to control things was on the football field. As an eighth-grader, he led Hart Middle School to the D.C. Interscholastic Athletic Association title. On the game-winning drive, he ran a no-huddle offense, without once looking to the sideline for directions. The Ballou coaching staff watched from the stands, and knew then he would be a perfect fit for the Knights.

But off the field, Edwards and his three closest friends on the Hart football team — Cedric Coleman, Josh Samuel, and Jamal Coleman — spent their time picking fights around the neighborhood, smoking marijuana, and robbing other kids to buy food.

"When you're that young, everything is funny," Edwards explained. "You don't think it's wrong. Everyone else is doing it."

But not many 12-year-olds steal cars, which Edwards acknowledged he and his friends did a few dozen times until he was about 14. It wasn't something they did to make money, which Edwards ad-

mitted might have been a better idea.

"We needed to go places," he said. "We couldn't go by bus or train because we didn't have any money. So we needed another way."

Edwards's mother recalled getting a call from a security guard at Hart, who said he saw Edwards driving down the street in front of the school shortly after dismissal. Mason didn't own a car.

Driving "look practice," he said with a slight grin, "but once you got the car moving, you figured it out."

'Football saved my life'

On a cold Saturday night three years ago, Edwards and four of his friends left a party and walked toward the corner of Sixth and Savannah streets in Southeast when they heard the unmistakable sound of gunfire.

The teenage boys took off running. After a couple of blocks, Edwards ducked into an alley, put his hands on his sides, took a couple of deep breaths, then lifted his right hand. It was covered in blood.

Greater Southeast Hospital was a little more than a mile away, down Mississippi Avenue and then Wheeler Road. Edwards considered his options.

"My adrenaline was pumping so hard through my body," he said. "I wasn't about to wait for no ambulance."

Drawing upon the conditioning drills he had done during his freshman season on Ballou's football team the previous six months, Edwards decided to make a run for the hospital.

"Football saved my life that night," he said. "That's when I knew I had to focus on football to help me improve my life."

Doctors told him he would recover from the wound. Once he got out of the hospital, Edwards said he told his friends that he

was done with the car business, the street fights and the dope. He would play video games with them, toss around a football, lift weights together at Ballou, but he drew the line after that.

"We'd still hang out, but I'd say I'm not doing anything destructive anymore," Edwards said. "They were cool with it, and I was kind of surprised."

Of the friends he ran with back then, Cedric Coleman eventually moved to Virginia, and he and Edwards lost touch. Jamal Coleman struggled to keep his grades up, though he played for Ballou last fall.

Samuel, meantime, was arrested in July 2009 for carjacking and gun possession, and is currently in jail. At the time of Samuel's arrest, Edwards was at Ballou working out, getting ready for the start of football practice a couple of weeks later. He knew he could have been alongside Samuel that summer day.

"Football saved my life again," he said. "Everyone started falling off. I was able to stay straight."

He found new influences, new sources of leadership — the Ballou coaching staff.

Ballou assistant coach Todd Amis, who is also a homicide detective with D.C. police, proved to be a particularly strong influence.

"He taught me how to be a better football player and set your standards higher," Edwards said. "He's like a father and I can say that for sure because my father was never in my life."

'I didn't want to be average'

Longtime Ballou assistant Albert "Coach Money" Munson, who runs the team's study hall during the season, said he noticed two years ago that Edwards had begun seeking out his teachers more often. Edwards also started hanging around some of the more

accomplished students in the school.

"It was the same mentality I had when it came to the streets," Edwards said. "I had to make a decision. I didn't want to be average. I wanted to be great, not a C student. I wanted to be an A student."

As much as Edwards tried to let go of the streets, however, in the spring of his sophomore year they gripped him again.

When Edwards reassessed his life from the Greater Southeast emergency room, he told himself he had to be home by 9:30 every night. Yet, 15 months later, Edwards and a friend ran out for a quick bite after his self-imposed curfew. They were a block from home when a car zipped around the corner and began spraying gunfire. They hit the ground.

Once the shots subsided, Edwards saw he had been grazed just above his right elbow. Blood was running down his forearm.

The boys split up and Edwards calmly walked back to his apartment, went into the bathroom, wet a rag and held it against his arm for about 45 minutes while he watched television. Then, he put some peroxide and anti-bacterial ointment on the wound and covered it with a couple of Band-Aids.

Word spread around the community, eventually reaching Ware.

"My friend calls and says, 'Hey, your quarterback just got shot,'" Ware said. "And he didn't know if he was okay. So, I'm calling everyone I know, Delonte, Delonte's mom, to find out I didn't hear from anyone."

Amis, who was supposed to drive Edwards to talent combine for underclassmen the next morning, called his police colleagues to find out about any reported deaths. When he was told nothing, he was relieved.

At about 2 a.m., Ware finally

reached Edwards, who calmly told his coach, "Yeah, it just grazed me. I'm okay. You still picking me up in the morning?"

'Like a college student'

Three-quarters of Ballou's students are turned off from applying for the Achievers Scholarship, Rowe said, because it requires four essays before the student can be considered for an interview.

Rowe said few students were as easy to peg as eventual scholarship recipients as Edwards.

"It's like a college student walking through this building," she said. "You just see something that's so special in how he approaches his work."

Edwards was awarded the scholarship last spring, and spent the following summer earning two credits at McDaniel College near Baltimore. He has ambitions of becoming a mechanical engineer. "I love computers, and I love math," he said.

When asked if he would have said the same thing five years ago, Edwards let out a hearty laugh.

"Nah, not really," he said. "When Edwards made the honor roll at the end of this school year's first advisory last November, Ware had to call Edwards's mother and told her to 'congratulate your son for making the honor roll.'"

"It's one of the hardest things about being his mother," Mason said. "I said, 'Day-Day, let me celebrate with you. Let me praise you.' He just doesn't talk that much. I have to call his friends to find out a lot about him."

"I kind of wonder myself how it all happened."

Edwards knows. "I kept my mind on the prize; that's what I say to myself all the time," Edwards said. "I'm going to graduate from high school and go to college. ... I'm going to get out."

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Shepherd men fight for win

By BEN GIBSON
FOR THE JOURNAL

SHEPHERDSTOWN — Dave Karlsson sealed a 72-66 Shepherd victory over the Seton Hill Griffins with a dunk in the closing seconds.

The Rams spent most of the game playing from behind, but they were able to edge out the Griffins with a

late push.

"It wasn't a very pretty ball game for us, but I'll take any win we can get, especially this time of year,"

Shepherd coach Justin Namolik said.

MEN'S HOOPS

SETON HILL 66

GRIFFINS 10-16

SHEPHERD 72

RAMS 11-13

points with under a minute to go, but Seton Hill didn't plan on going down easy.

The Griffins tried to set up a 3-point shot with under 20 seconds, but Jonathan Motichka

stole the ball and lobbed it down court to Karlsson, who punctuated the win with authority.

"I felt a little nervous when I got the ball," Karlsson said. "But I just focused on finishing the play, and it was a great way for me to end the game."

See MEN C3

Men FROM PAGE C1

The Griffins set the tempo early, but Shepherd kept right on their heels, never trailing by more than six in the first half.

Seton Hill held the lead at half-time, 34-33, and stretched its lead to seven with just over 10 minutes remaining in the second half. The Rams slowly cut away at the Griffins' lead before taking it from them with under eight minutes to play.

Though the Rams never trailed from that point, they found themselves tied with 2:03 left in the ball

game.

Marcus Pilgrim helped Shepherd take the lead for good with a jumper and a pair of free throws, which gave the Rams a four-point lead with under a minute and helped ensure the victory.

The Rams had some trouble shooting in the first half, making only 33.3 percent of their shots from the field, but better shot selection in the second half lifted their percentage to 55.6 percent and helped Shepherd chip away at the Griffins.

"I've said before, when you play from behind, your mistakes get magnified, but tonight we were able to overcome them," Namolik said.

Shepherd was fueled by Chad Moore's double-double performance. He scored 22 points and brought down 16 rebounds. He also led the team with three assists. Brantley Osborne had 16 points and was the only other Ram in double digits.

Shepherd heads on the road Thursday to face Pitt Johnstown, before finishing out the regular season with a three-game home stand.

Ram women fall to Griffins

By BEN GIBSON
FOR THE JOURNAL

SHEPHERDSTOWN — The Shepherd University Ram women lost in heartbreaking fashion, missing a free throw with four seconds left that could have given them the lead and a Valentine's Day victory Monday at the Butcher Center.

Instead, the game went into overtime where Shepherd struggled, falling 74-66 to the Seton Hill Griffins and losing ground in the West Virginia Conference standings.

"This is tournament week, and our team felt these games matter as much as the tournament games do," Shepherd coach Melanie Ford said.

Shepherd's slow start may have been its biggest problem against Seton Hill, forcing the Rams to

WOMEN'S HOOPS

SETON HILL 74

GRIFFINS 14-6

SHEPHERD 66

RAMS 11-9

play from behind for most of the game.

"We need to make some shots in the first (half) next time," Ford said. "We hadn't played against a zone defense like that in a while, but we rushed our shots and missed our free throws."

Seton Hill's defense had the Rams shooting only 25 percent in the first half, going 7 for 28 from the floor, and the Rams couldn't take advantage of their chances from the foul line, making only 5 of

10.

The Griffins were able to exploit the Shepherd defense as Jordan Burkes and Paige Alviani both knocked down a pair of 3-pointers, setting up a number of easy baskets as Seton Hill shot 48 percent from the floor.

Shepherd struggled to close the gap, trailing 33-21 at the half behind one of its worst offensive 20 minutes of the season.

The Rams trailed by as much as 14 points early in the second half, but put together a 11-2 scoring run to cut the Seton Hill lead to two with just over 10 minutes remaining in the game.

"It was excellent energy in the second half, and they believed they could come back and win," Ford said.

See WOMEN C2



Journal photo by Ron Agre
Shepherd's Emily Daniel, center, grabs a rebound as Seton Hill's Paige Alviani fights for possession Monday in Shepherdstown.

Women FROM PAGE C1

"It took the intensity and just taking it one step at a time."

The Griffins stretched their lead to as many as eight with just under two minutes left, but Shepherd found a way to rally in the final minutes.

The Rams took the lead in the final minutes of regulation, with Jimyse Brown and Jenn Prine

knocking down critical free throws, followed by a Jerica Hewett jumper that put them over the top.

The Griffins bounced back with Burkes knocking down two free throws for a one-point advantage.

A foul gave Shepherd a chance to win in regulation, however, but Hewett was unable to convert both free throws and the game went into

extra time.

Seton Hill took control of the contest in overtime, taking the lead quickly and never trailing.

The Griffins pushed their advantage to 10 points with 30 seconds in the overtime period, ending any hopes of a Shepherd comeback.

With a tough road game against Pitt-Johnstown on Thursday, Shepherd may look back at a missed opportunity to move up in the WVC standings.

MEN'S BASKETBALL

Shepherd 62, Ohio Valley 56

SHEPHERDSTOWN, W.Va. — Sophomore forward Chad Moore scored 20 points and grabbed 11 rebounds to lead Shepherd University over Ohio Valley in the West Virginia Conference.

Moore hit on 7 of 13 field goals and was 6 of 8 from the foul line. He added four steals, three assists and two blocks.

Senior forward Dave Karlson had 13 points and nine rebounds, while redshirt freshman guard Brantley Osborne scored 10 points for the Rams (12-14, 9-12).

Rodney Everage had 16 points and 11 rebounds to lead the Fighting Scots (6-17, 6-14). Donavin Vinson and Kendall Allison each added 11 points.

WOMEN'S BASKETBALL

Ohio Valley 81, Shepherd 72

SHEPHERDSTOWN, W.Va. — Shelby Way scored 26 points and Amber Avery added 24 to lead Ohio Valley (12-11, 8-11) over Shepherd University in the West Virginia Conference.

Senior guards Jerica Hewett — a Boonsboro graduate — and Carrie Saunders each had 16 points to lead the Rams (13-12, 11-10). Hewett added six rebounds and three steals. Junior guard Jenn Prine had 12 points.

COLLEGE SOFTBALL

Mount Olive 4-2, Shepherd 0-5

MOUNT OLIVE, N.C. — Senior catcher Megan Holmes went 2-for-3 with a two-run homer and an RBI double to lead Shepherd University to a 5-2 win in the nightcap of a doubleheader at Mount Olive, which won the opener 4-0.

Junior third baseman Chelsie Oals had two hits and senior outfielder Amber Dudek added a two-run double in the nightcap for the Rams (1-1). Freshman Brooke Stambaugh worked six innings for the win.

Krista Ware tossed a two-hit shutout to lead the Trojans (4-6) in the opener.

New SteepleCats manager reaches goal

By Howard Herman, Berkshire Eagle Staff
Posted: 02/22/2011 11:54:01 PM EST

Wednesday February 23, 2011

Clayton Kuklick, an assistant coach at Division II Shepherd, has wanted to get to the NECBL for three years.

Clayton Kuklick has spent several years in college baseball coaching and working in various summer wood bat leagues. It was all, he said, to get to the New England Collegiate Baseball League.

Now, North Adams SteepleCats general manager Sean McGrath is giving him the opportunity, hiring the Shepherd University assistant coach to be the SteepleCats' manager this summer.

"It's been a goal of mine to get to that league for the last three years," he said. "I put myself in a position professionally, being a [manager] the last two seasons in order to get myself the opportunity to get into the NECBL. I'm looking forward to the challenge."

McGrath said that while the SteepleCats didn't get their guy the first time, he and the board of directors are happy to have him now.

"We offered him the position last year. He was our No. 1 choice but he had a previous engagement and had to make the right decision to decline our offer," McGrath said. "As soon as the season ended, he was on my mind."

Kuklick is a 2005 graduate of Kutztown State (Pa.) University, and he has been an assistant there, at the University of North Carolina-Wilmington and at Georgia College and State University.

He is in his first year at Shepherd, a school picked to finish second in the West Virginia Intercollegiate Athletic Conference.

During

his summers, Kuklick has coached in the KIT Collegiate Summer League based in the Midwest, and the Atlantic Collegiate Baseball League, based in the northeast.

"He's a young, up-and-coming coach. He's got several years of summer baseball experience in different leagues," McGrath said. "He's similar to Marc Pavao, Laz Gutierrez and Brian Hamm, who's now at Amherst College, and Jeff Verplancke -- coaches who came through the SteepleCats and have advanced in their coaching careers."

Kuklick also has three years of independent professional baseball, spending the 2005-07 seasons in the Can-Am League. His best year was 2006, when he hit .306 in 57 games for the New Jersey Jackals.

As to the kind of team Clayton Kuklick will deploy on Joe Wolfe Field this summer, the new SteepleCats manager said much will depend the strengths of the players McGrath is getting to wear the gold and black.

"From an offensive standpoint, I like to put guys in motion and I like to be aggressive on the basepaths," he said. "That will open up opportunities for our hitters to be successful. It's nice if you've got a guy who can hit one over the fence, but our offense is probably going to revolve around being aggressive on the basepaths, [and hitting] the ball in the gaps."

Moore paces Shepherd win over Fighting Scots

Still in the running for a home game in the first round of the WVIAC tournament, Shepherd overcame an otherwise ordinary team performance with 20 points and 11 rebounds from Chad Moore to edge visiting Ohio Valley, 62-56, in its penultimate WVIAC game of the men's basketball season.

At the end, Shepherd had a two-point lead when Dave Karlson made a steal that Moore turned into a pair of successful free throws with only 11 seconds remaining. The Rams closed out the scoring when Brantley

Osborne added two more free throws with just five seconds left.

The Rams made only 37 percent (20-of-54) of their field goal tries, including a 23.7 percent (4-for-17) showing from long range. Even at the free throw line the Rams suffered through a 64 percent evening, making just 18-of-28 foul shots.

Ohio Valley was little better, going 21-for-52 (40 percent) from the field, including 1-for-11 (9 percent) on three-point tries. The Fighting Scots were just 13-for-22 (59 percent) from

the foul line.

The rebounding was practically even with Ohio Valley getting 38 and Shepherd 36.

Shepherd's Moore was 7-for-13 from the floor and 6-of-8 from the foul line. His 11 rebounds gave him his 11th double-double of the campaign.

Karlson tossed in 13 points and Osborne totaled 10 points.

Rodney Everage scored 16 points for Ohio Valley with Donovan Vinson and Kendall Allison both adding 11 points each.

Shepherd had only 13 turnovers.

The Fighting Scots held a low-scoring, low-achieving 26-25 lead at the half.

Shepherd outpointed the visitors, 37-30, in the second half.

The Rams led, 50-45, with only 6:29 remaining. The closest Ohio Valley could climb after that was to 58-56 with just 1:06 to play.

Shepherd scored the game's last four points to improve its overall record to 12-14 and its ninth-place standing in the WVIAC to 9-12. Ohio Valley was just 6-17 overall and 6-14 in the WVIAC.

Ohio Valley goes on two scoring runs to beat Lady Rams

Ohio Valley disregarded an eight-point halftime deficit in its women's basketball road game at Shepherd by outscoring the Lady Rams 11-2 to begin the second half ... and then actually scoring the last nine points of the night to take an 81-72 WVIAC win on Saturday afternoons at the Butcher Center.

The teams were tied at 72-72 with fully 4:23 remaining.

Shepherd would never score again. Ohio Valley, only 8-11 in

conference games, totaled nine points while blanking the Lady Rams to complete a form reversal that saw the Fighting Scots outscore Shepherd, 44-27, in the second half.

High-scoring Shelby Way (26 points) and Amber Avery (24 points) paced the Fighting Scot offense. Cold-shooting Shepherd made only 21-of-60 (35 percent) field goal attempts to give up the lead. The Lady Rams shot 26 percent from the field in the second

half and could only count seven field goals in those 20 minutes.

No Shepherd player that attempted five or more shots from the floor could make half their shots. Shelby Fayak was 1-for-8 and Jerica Hewett was 4-for-13 for the Lady Rams.

Shepherd stayed close with its accurate free throw shooting, recording a 24-for-28 (86 percent) showing.

Way was 11-for-11 and Avery was 8-of-9 from the foul line and Ohio

Valley went 28-for-32 (88 percent).

The inconsistent Fighting Scots survived despite 29 turnovers and only 38 field goal attempts. Ohio Valley connected on 23-of-38 (61 percent) shots from the floor and coupled that with its nifty free throw shooting to overcome its game-long penchant for turnovers.

The Lady Rams had only 17 turnovers, but could not capitalize on all the Ohio Valley floor mistakes and turnovers.

Carrie Saunders scored 16 points before fouling out. Hewett did make 7-of-8 free throws to also post 16 points. Jenn Prine added 12 points.

Shepherd slipped into eighth place in the conference and has a final WVIAC game scheduled tonight (Wednesday) against visiting Davis & Elkins. Shepherd was 11-10 in the league and 13-12 overall.

The Fighting Scots were 8-12 in the conference and 12-11 in all their games.

Pitt Johnstown defeats Lady Rams, 68-64

JOHNSTOWN, (Pa.) -- The Pitt Johnstown women were able to make 54 percent (13-for-24) of their second-half field goal attempts and snapped a halftime tie in defeating Shepherd, 68-64, on Thursday night in a WVIAC game.

With the loss, Shepherd remained in seventh place in the conference with its 11-9 WVIAC mark and 96.5 power rating. Pitt Johnstown moved forward to 13-6 in the league.

The Lady Rams were 13-11 overall while the Mountain Cats were 15-8 in all their games.

After a low-scoring first half where Shepherd shot just 38.7 percent (12-of-31) from the field and Pitt Johnstown was 12-for-40 (40 percent), the Mountain Cats were ahead, 49-41, by 15:40 remaining.

Shepherd had moved back to within 58-56 on a Jerica Hewett jumper with just seven minutes to play.

Hannah Safren's three-pointer sliced the Mountain Cat lead to 60-59 with 4:56 remaining.

A Shelby Fayak layup actually gave Shepherd the lead at 61-60. However, four points by Sheena Aden sent the Mountain Cats back in front at 64-61 with just 2:36 left.

Shepherd answered again.

A Jenn Prine three-point play after a steal pared the Mountain Cat lead to 66-64 with just a minute showing.

After the Mountain Cats' Andrea Dalton missed a free throw, Shepherd called a timeout with 20 seconds left. But Hewett misfired from in close and Katie Biggs fouled Sara Trimarco

with six seconds to play.

Trimarco converted two free throws giving Pitt Johnstown a four-point lead. Carrie Saunders (2-for-12 from the field) missed a three-point attempt that would not have tied it for the Lady Rams.

The Lady Rams were just 25-for-65 (38.5 percent) from the field and had only nine free throws, making eight.

Pitt Johnstown was 25-for-54 (46 percent) from the field and made 10-of-13 free throws.

The Lady Rams were out-rebounded, 38-34, but committed six fewer turnovers (having 19 to the Mountain Cats' 25).

Hewett had 14 points and Fayak 13 points. Emily Daniel had seven rebounds and Saunders had five assists.

Aden and Andrea Dalton led

Pitt Johnstown in scoring with their 19 points. Maria Montini added 11 points off the bench.

Dalton led all rebounders with 11 while Kelly Goode and Aden each had seven rebounds.

Shepherd closes out the regular season tonight (Wednesday) at its Butcher Center with a conference game against Davis & Elkins.

Next week brings the WVIAC tournament. Should the Lady Rams finish in the top eight teams in the regular season standings they will host a first-round tournament game on Monday night at the Butcher Center.

After the opening night of the tournament, the eight quarter-final round teams will move to Charleston to complete the last three rounds.

Shepherd signs 11 to football grants

Shepherd was able to sign athletes to football grants-in-aid on the first Wednesday in February the same as the NCAA Division I and I-A schools could.

On Thursday of last week, the Rams announced the signing of 11 players from various high schools in Maryland, Virginia, Washington, D. C., and West Virginia.

The only quarterback that Shepherd revealed was Delonte Edwards from Ballou High in Washington, D. C. Edwards is 5-foot-11, 175 pounds. Two players from

storyed DeMatha Catholic High School in Hyattsville, Maryland were signed. Pete Collins, an offensive lineman, and Jake Kingston, also an offensive lineman, are the two players who played for the Stags this past season.

The other Maryland high school athletes to sign binding grants with the Rams are running back/outside linebacker Stephen Darden from Potomac High, defensive tackle Daniel Yarborough from Calvert Hall in the Baltimore Catholic League, and

defensive back Philip Rhoden from Long Reach High in Howard County.

Emmanuel Adetunji is a defensive end from Lake Braddock High, Daniel Newman a defensive tackle from Lake Braddock in Springfield, and Damian Caison, a tight end/fullback from Warren County High in Front Royal.

The two athletes from West Virginia both played for Martinsburg High during its 2010 state-championship run.

Darren Arndt is an end who is

listed at 6-foot-3, 243; and Nick Lopez is a wide receiver and defensive back listed at 5-foot-10 and 163 pounds.

The Rams are expected to announce other signees to grants later in the spring and into the early summer.

Shepherd reached the national semifinals last season, winning NCAA Division II playoff games against Shaw, Kutztown, and Mercyhurst before dropping a semifinal-game decision in Mississippi to Delta State.

Holmes helps power Shepherd to initial victory

By ERIC JONES
JOURNAL SPORTS WRITER

SHEPHERDSTOWN — Megan Holmes is expected to make an impact for the Shepherd Rams softball team this season.

A few games into the 2011 season, the Shepherd senior is off to a great start.

The Rams got off to a pretty good start as well, splitting a pair of games in the season-opening doubleheader on the road against Mount Olive, N.C.

The former Musselman standout and Hagerstown Community College transfer finished with a big day at the plate, helping the Rams win Game 2 of the doubleheader and split the series.

For her offensive contributions in that game, Holmes has been named Gold's Gym/The Journal Athlete of the Week (Feb. 13-Feb. 19).

Shepherd started the doubleheader with a 4-0 loss in Game 1 to the Trojans, but the Rams rebounded nicely with a 5-2 win in Game 2.

The Rams used a four-run outburst in the third inning to go ahead for good, and it was Holmes who sparked the inning.



HOLMES

Holmes came to the plate in the third inning with Shepherd already up 2-0. With a runner on and two down, Holmes belted a shot to left-center field for a two-run homer, bringing in

Amanda Dudek and giving the Rams a commanding 4-0 lead.

Two innings later, in the top of the fifth, Holmes gave the Rams an insurance run with an RBI double down the right-field line that scored Courtni Williams, giving Shepherd a 5-1 lead at the time.

Holmes finished 2 for 3 at the plate with three RBI as the Rams went on to win by score of 5-2. Shepherd finished with six hits as a team.

Led by Holmes' effort, it

was a big day for players from the Eastern Panhandle. Beside Holmes, three other local players made contributions during the doubleheader for the Rams.

Holmes led everybody this past weekend, something Shepherd can look forward to the rest of the season.

**ATHLETE
OF THE WEEK**

For the week of
FEB. 13-19

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Gold's Gym