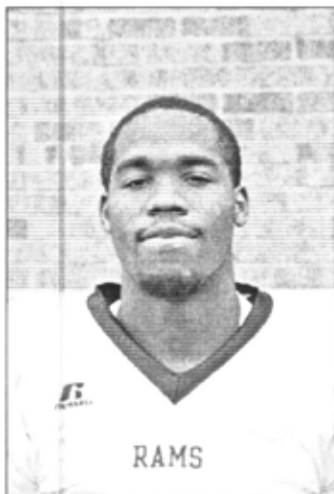


Addison grabs pre-season honors

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By Brandy L. Simms

Former All-Sentinel running back Tommy Addison has been named a preseason Division II All-American by both The Sporting News and Lindy's Football magazine.

The Shepherd University senior and Quince Orchard graduate earned first team honors after rushing for 1,670 yards and 19 touchdowns last season.

"It feels great," said Addison. "I worked hard for it. My coach said I could be an All-American if I worked hard."

As a senior at Quince Orchard, Addison helped lead the Cougars to the 2007 4A state championship. The Cougars rallied from a 23-7 deficit to squeeze out a 36-30 win over Arundel. Addison played a huge part in the victory, rushing for 219 yards on 19 carries including touchdown runs of 28, 86 and 42 yards.

He finished his senior campaign at Quince Orchard with 1,615 yards and 21 touchdowns.

Addison enters his senior campaign at Shepherd seeking to lead the Rams to a Division II national title. The West Virginia school finished 12-2 overall and 7-1 in the conference last season.

"We have some great players coming in," said Addison. "We've got most of the defense coming back."

Shepherd opens the 2011 campaign at home on Sept. 3 against Shippensburg but the schedule is highlighted by an Oct. 29 home matchup with Bowie State.

The Bulldogs feature senior quarterback Dominique Budd, a former All-Sentinel player from Sherwood. Addison and Budd were once youth league teammates with the Olney Bears.

Shepherd and Bowie State last played each other during the 2009 season.

"They beat us last time," said Addison. "We've got to get our revenge."

Addison also has his sights set on reaching the 2,000 yard plateau this season.

"That's a big goal," he said. "We think it's achievable. That would be real nice."

JULY 18-22

Shepherd University Basketball Boys Day Camp for players 7 to 15 years. Join Shepherd Head Men's Basketball Coach Justin Namolik, his staff and players for individualized instruction, evaluation report, game play, daily contests and lectures emphasizing individual improvement. Camp runs from 9 a.m. to 4 p.m. To register go to www.shepherdbook.com or call 304-876-5219.

JULY 26-28

Shepherd University Volleyball Girls High Intensity Camp for players 14 to 18 years. Join Shepherd Head Volleyball Coach Sarah Smith, her staff and players for specialty training for positions, one-hour pool training, and a 6-on-6 competitive environment. Choose residential camp (includes housing and meals at Shepherd) or non-residential camp (includes meals, but no housing). To register go to www.shepherdbook.com or call 304-876-5219.