

FEDERALS WEEKLY

Fort Hunt Football & Cheerleading, FHYAA, P.O. Box 6093, Alexandria, VA 22306
www.fhyaa.org

Cheerleaders Rock!

By Gennifer Lisenby

Thank you to Cori Gillen and Aubrey Trabuc for voluntarily cheering all three games this weekend! We greatly appreciate their dedication to cheerleading. Also, congratulations to Allie Golding for accomplishing a beautiful cradle from a prep! We are so proud of everything the entire 7th and 8th grade squad has accomplished this year. They have become great cheerleaders. They have done an excellent job this season and we are greatly enjoying being their coaches. We cannot wait for the girls to be able to show off all that they've learned so far, including stunts and a difficult dance, at this years Performance Day!

Steelers Blank Federals!

By Booker Griffin

The 75LB National (1) team went down 0-18 to the Vienna Steelers on Saturday helped by missed opportunities, turnovers, and penalties. It was too great a feat to overcome our own missteps and a disciplined team. We left points on the field when we failed to score setup with 1st and goal. We also gave up precious yardage with a personal foul and numerous encroachment penalties; and Vienna capitalized on our mistakes. Despite the loss, outstanding plays were made by Daron Major, Elliott Ortel, John Faulkner, and Ben Chambers.

However, the season is not over, and we play a "win and your in (the playoffs)" game Friday night, under the lights on our home field. If we have excellent execution from the opening kickoff to the final whistle, victory will be ours... please, wish that for us!



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Weekly Spotlight

The spotlight shines bright this week on Linnea Webster. During the game on this past Saturday, Linnea showed remarkable spirit, dedication and pride as she cheered alone.



It takes courage to cheer in front of a crowd but to do it all alone takes remarkable bravery. The self-confidence, determination and willingness to support the football players are a true testament to Linnea's personal character.

I am more than happy to shine the spotlight on Linnea this week. EXCELLENT job!



Federals fight to the end!

By Pat Doering

The 75lb American team battled the first place Chantilly Chargers early on Saturday morning but came up short 25-6. Despite recovering the opening kickoff on a perfectly executed on-side kick the offense stalled after picking up a couple of first downs. Chantilly moved quickly through the Federals defense and took a 7-0 lead. At the beginning of the 2nd Quarter the Chargers broke free on a long run and went ahead 13-0. The team had the decision to quit and get run over by the first place team or show the heart and determination that they have displayed all year. They chose the latter. The Federal offense took the ball and moved quickly to the Charger 40 yard line. Nick Dupuis lofted a beautiful pass that Jonathan Bender caught in stride and took it to the house.



With the Federals receiving the 2nd half kickoff they had confidence going into the half. Another long pass from Dupuis to Bender put the ball at the Chantilly 5 but the offense was unable to punch it into the end zone. Charlie Costigan, Rese Jaso, Matt Noone, Elliott Worrell and Michael Devlin provided much needed depth along the defensive line and made Chantilly work hard for every yard in the 2nd half. The defense stood tall for most of the half but the bigger and older Chantilly offense wore them down. At the end of the day the Federal coaches know that they have 20 players who will never quit and who will play hard to the last play.

Seahawks Outlast Federals

By Ricky Hairston

The 95lb Central team loss to the Reston Seahawks by the score of 46-20. The Seahawks dominated the entire game. Ft. Hunt was outplayed in every phase of the game. The offensive line of Matthew Stevenson, Cody Olander, Alex Rostron, Griffin Ocker, and Cam Danielson did an outstanding job creating running lanes and protecting the quarterback Mark Ellis. We moved the ball consistently against the Seahawks but were unable to keep up with their scoring pace. Brandan Lisenby ran the ball hard and helped the Federals pick up several first downs.

The Defense was aggressive and focused. Everyone concentrated on their job, but the Seahawks execution was too much for the young defense of the Federals. The missed tackles that plagued us the entire season popped up again this game. Players were in position to make tackles but missed. Their power running game proved to be too much for the young federal defense. The defensive line of Michael Emswiler, Charles Draper, Zac Quinonez, David Gibbs, and Cory Jones gave a valiant effort. The linebackers were unable to fill the running lanes. The linebackers of Hunter Baldwin, Leo Clifford, and Cory McNeill did their best, but their young and still learning the position. The secondary of Max Russell and Oliver McKellips defended the pass and run to the best of their abilities and made several tackles.

The team tried their best, but came up short this week. The coach's and players will get back to work this week in preparation for the Manassas Sharks..

Friday Night Domination!

By Tim Reynolds

The AB-1 team played at home this week on Friday night under the lights against the Vienna Redskins, the Fort Hunt Family was out in full force to cheer on their Federals, along with a great group of Fort Hunt cheerleaders that were there to cheer us on. The AB-1 team fired up to play under the lights started out strong on defense holding the Vienna Redskins to a quick 4 and out. The offense ready to go to work took the field and marched down the field with some great power running by Dylan Reynolds, Xavier Miranda-Hernandez and JR Newman, following the great blocking of their offensive line but unable to get to the end-zone. The Federal defense still fired up came out and played tough defense and on a third down and long, Dax Campbell caused a fumble that was recovered by Dylan Reynolds.



The offense coming back out stuck to the power-I formation and kept the off tackle running game going with some tough runs getting down to the 15 yard line and facing a 4th and 5, Xavier Miranda-Hernandez completed a nice pass to Tight-End Jordan Crosen for the first down who took the ball down to the 6 yard line. On the next play with some great blocking by the offense line and big lead block by JR Newman, Dylan Reynolds took the ball into the end zone on a 34 power. Justin Lewis setup for the Extra-Point kick with Dylan holding, Justin brought the entire home crowd to their feet with an incredible kick that cleared the uprights with plenty of height and distance. On the ensuing kick-off Justin Lewis kicked a great inside kick that was recovered by Austin Ortel and kept the offense on the field for the rest of the half. The first half ended with the score Vienna 0 Fort Hunt 8.

The second half started off with the Federals on offense again and they started where they left off, driving the ball down the field steadily with great running and blocks by the offensive line Justin Lewis, Zack Holzworth, Brendon Powell, Cameron Heisler, Brayden Reynolds, Conner Walthall and Jordan Crosen. Xavier Miranda-Hernandez broke free on a 45 yard run to the end-zone to only have it called back on a penalty.



The Federals defense still fired up kept the Vienna offense frustrated and shutdown, the defense was led by the defensive line, Matthew Hunt, Viktor Okonsky, Kaleb Cooper and Ronnie Cusic and the defensive ends Dax Campbell and Mateo Hernandez clogging the line and allowing their line backers and corners to make the plays on the ball. The offense kept the ball almost the entire 3rd quarter driving the field and at the start of the 4th quarter there were some great runs by JR Newman and Dylan Reynolds for touchdowns that were called back on penalties before Xavier Miranda-Hernandez finally scored the touch down, on a great cut back to get into the end zone following his lead block by JR and Dylan. The defense played a stellar game shutting down the Vienna offense and holding them to only two first downs the entire game and no touchdowns. The offense also played a complete game keeping the ball the majority of the game and included some exciting runs and plays, along with Xavier completing 3 of 4 passes on the night. The final score was Vienna 0 Fort Hunt 14. The AB-1 team is on the road against American Pride Falcons for their final regular season game, but with this win are very excited for their post game opportunity. Thanks to everyone who came out and stayed to cheer us on, it was an awesome experience and was a great showing of the Fort Hunt spirit.

First Place Federals!

By Sean Floyd

Fort Hunt AB 3 secured first place in their division with a punishing win over the American Pride Falcons. Both teams came into the game undefeated and only one left....Fort Hunt AB 3's offense and defense both proved to be too much for the Falcons.

Fort Hunt AB 3 was stopped on their opening drive as they tried to figure out American Pride's defense. Fort Hunt's defense returned the favor though, forcing a quick 3 and out. Fort Hunt AB 3 drove the ball down to American Pride's 20 yard line before the quarter ended.



Early in the second quarter, AB 3 found a weakness in the right side interior line and ripped off a 20 yard running score. Jake Moran, Nate Joy, and Leo Torrico opened huge holes...the backfield followed their lead with punishing blocks against American Pride's linebackers.

AB 3's defense came back onto the field and forced another 3 and out. The offense came right back and scored again on the same play....After another defensive stop by AB 3; the offense again marched down and scored. After a botched extra point attempt, Fort Hunt led 20-0 at halftime. Elijah Smith Scored 3 times in the first half, but it was another balanced attack with tough runs by the all 3 backs and the quarterback.

In the second half, AB 3's defense stayed disciplined and managed to get 3 or 4 people in on every tackle. The front line (Tyler Day, Scrappy Kiernan, Kaden McCreery, Desmond Holt, Connor Dunn, Jake Moran), despite being outsized again, held their own, recording several tackles in the backfield. Cornerbacks Charlie Murphy and Adrian Torrico give little to no ground, coming up to make several open field tackles. Charlie Murphy also recorded his first interception of the season. Linebacker Lonnell Owens also made several tackles on blitzes.

The offense continually drove up and down the field. Fort Hunt managed two more scoring drives...the first was a long run on a sweep by Jordan Bracey. The second was by secret weapon, Tyler Day, who followed a huge block by Jalen Floyd, and broke two tackles of his own for a long touchdown run. Quarterback Luke Edwards and center Jacob Joy were their usual steady selves managing the snaps and offense all day.

It was yet another balanced offensive and defensive effort by AB 3. The defense almost pitched its fourth straight shutout, only allowing 1 touchdown.

Fort Hunt AB 3 has secured top seed in the Division 4 playoffs and faces Manassas in its final regular season showdown. Go Fort Hunt !!!

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Federals Get Tough!

By Jimmy Demmel

Once again we found ourselves in a tough fight with a determined team and once again we met the challenge head on. Our opponent tried to stop our speedy running game with a bit of success early so we went to the air! If you have been following our games we have been a rushing juggernaut all season and have been preparing for an opponent that can slow us down and it finally happened so we let it fly. The game went back and forth with hard hitting by both teams, neither team faded as the game wore on into the night (we started at 6:30) in the end we were edged out by a touchdown 26-18. I know I sound like a broken record with how proud of this team I am but each week they continue to work hard and grow as a team and individuals. The last two games are the types that the old saying "it's not whether you win or lose it's how you play the game that matters" was written about, we won one and lost one but both were exciting battles right down to the end. These young men are giving 110% to each other out on that field, they are playing very disyplined games under heavy hitting and fast moving action without breaking down or giving up. These young men never cease to amaze me in their determination and desire to compete from the first year players that are finding their way to the veterans that have been leading the way. We have a great mix of old players and new and have asked some of the young men to step into leadership roles that they may not have been in before, they are all doing great. I am extremely proud of the success of this team but I am much prouder of the way they handle setbacks during the games and how they have learned and improved off of each loss. Our next regular season game is at Gainesville on Sunday, I feel sorry for the Grizzlies because the Federals are looking to right the ship going into the playoffs.

Announcements

Games this week at Federals Field

Friday, October 21

AB2 (Sowers) vs. Gum Springs	6:00pm
75N1 (Griffin) vs. South County	7:30pm

Saturday, October 22

AB1 (Reynolds) vs. American Pride	9:00am
AB3 (Floyd) vs. Manassas	10:30am
75A (Bender) vs. South County	12:00pm
75N1 (Turner) vs. Chantilly	1:30pm
85C (Siedlarz) vs. Chantilly	3:00pm
95C (Hairston) vs. Manassas	4:30pm
110C (Ecton) vs. Gum Springs	6:00pm



Happy Birthday!!!!

Conor Ryan (10/24) 11 Years old
 Commissioner (10/26) Too Old to Count
 Jonathan Bender (10/27) 11 Years Old

Management and Head Coaches

Derrick Spearman

Commissioner

Tina McCammon

Assistant Commissioner

Gennifer Lisenby

Director of Cheerleading

Lisa McDonald – Sr. Head Cheerleading Coach

Tim Reynolds – Head Coach (AB1)

Joe Sowers – Head Coach (AB2)

Sean Floyd – Head Coach (AB3)

Randy Bender – Head Coach (75 American)

Booker Griffin – Head Coach (75 National1)

Jaimer Turner – Head Coach (75 National2)

Joe Seidlarz – Head Coach (85 Central)

Jimmy Demmel – Head Coach (85 National)

Ricky Hairston – Head Coach (95 Central)

Robert Lagow – Head Coach (95 National)

Brian Ecton – Head Coach (110 Central)

Lou Price – Head Coach (110 National)

John Holzworth – Head Coach (125 Central)

Angela Walthall – Admin Asst to the Commissioner

Federals Fall Short!

By Jamie Turner

The 75lb National 2 team suffered another tough one point loss on Saturday to Vienna, losing 13-12. That's two weeks in a row that the Federals have lost by one point.

The Federals started out strong, with a 56 yard touchdown run from Michael Preston on the first play of the opening drive in the first quarter. The Federals stopped Vienna on their opening drive and got the ball back. Michael Preston ran a few short runs and then caught a short pass from Keagan Turner and ran 20 yards for the touchdown. Both extra points were no good and the Federals led 12-0 in the second quarter. Vienna added a touchdown and extra point to end the second quarter to keep the score close at 12-7.

Vienna added another touchdown and missed the extra point in the third quarter to take the lead 13-7. That was it for scoring, but the Federals scrambled to get a couple plays off with 17 seconds left in the game, but were unable to get the go ahead score.

On offense, Preston scored two touchdowns, running for a total of 90 yards and catching two passes for 30 yards. Turner was 2 of 5 passing with one touchdown and he ran for another 20 yards. Chris Teipe got off the first punt of the season for the Federals, backing up Vienna with a 20 yard punt and no return in the second half. Antonio Leon and Joseph Fondriest also added a couple nice short runs each. The offensive line and tight ends of TJ Dean, Elijah Rucker, Jack Garland, Tristan Dean, Thomas Lee, Conner Schaefer, and Tyler Dunn, all had good games blocking.

On defense, the Federals were led by Teipe, Turner and Garland, with each having five tackles. Key defensive plays were a fumble recovery by Casey Moalem, a touchdown saving tackle by Teipe and a hard open field tackle on a kick-off by Preston.

The rest of the defense of Aidan Bossi, Rucker, Lee, Peter Tardiff, TJ Dean, Luke Catanzaro, Leon, Preston, Charles Stephenson, and Michael Oelschlager, were all in on some key tackles and never gave up.

The Federals last game will be this Saturday at home against Chantilly, please come and cheer the boys on.

Safety Warning



End of Practice Pick-up:

Please ensure you arrive 10 - 15 prior to practice ending, coaches will not allow kids to leave the lighted field area without a parent or recognized adult, if your child has to leave early, please notify the Head Coach or Team Manager.

Bathroom Visits: Players/Cheerleaders going to the bathroom will not go alone. A buddy System will be used at all times.

Coaches Remaining with teams: The Head Coach or Assistant WILL NOT leave until all kids assigned to their team have been picked up.

Equipment Room: Kids WILL NOT be alone with any adult (unless it is a relative) in the equipment room or any other private/secluded place.

Parking Lot: The parking lot is not well lit, therefore please SLOW DOWN and pay attention. There are over 350 kids (not including siblings) registered in the program and they all walk/run out there. As you pick-up your kids, please be careful.

Single Wing Rolls Again!

By Rob Lagow

The Fort Hunt 95 National team finally got its offense unleashed as Patrick Aitken put on a running clinic Saturday at Carl Sandburg, scoring 5 touchdowns and a point after try to lead the Federals to a 33-14 win over the Southwestern Wildcats.

Aitken racked up 205 yards on just 4 of those touchdown runs, scampering for 55, 70 and a pair of 45 yard TDs. He added another TD on short yardage to round his day. Aitken likely was close to 300 yards for the day, but given that football is the ultimate team sport, the 95 National coaching staff doesn't track individual stats. For those math majors out there wondering where the other points came from, Erik Roach, Aitken's backfield mate tacked on two PATs.

Helping out up front was the offensive line of Mark Weil, Shane Ryan, Patrick Devlin, Toby Ramirez, Ben Tiepe, D'Marco Mobley and Travis Baker. Blocking back William Cusic and wing back Patrick Kelly also chipped in with big blocks on the edges.

Defensively, the Federals were led by Roach and Aitken at the linebacker spot along with Declan Sofield and Jacob Atagi at the ends, effectively shutting down Southwestern's double-wing offense. Alex LaGow had a good game at cornerback while his counterpart on the other side, Tyler Campbell, picked off an errant throw by the Wildcats to snuff a scoring opportunity for Southwestern. John Voorhees contributed to the effort from his strong safety slot. In the trenches, William Bartol and Nick Oldham made a mess of Southwestern's inside running game. John Jones and Cyrcus Gauger also helped make it slow going for the Wildcats.

The Federals can secure a slot in the playoffs with a win this week in their final regular season game against Dulles South at noon on Saturday at Stone Ridge Park.

2011 Team Records

AB1 (4-2)
 AB2 (1-5)
 AB3 (6-0)
 75A (2-4)
 75N1 (3-3)
 75N2 (2-4)
 85C (4-2)
 85N (4-2)
 95C (2-4)
 95N (4-2)
 110C (1-5)
 110N (5-1)
 125C (5-1)



125lb Federals Take Control!

By John Holzworth

It was a gorgeous, chilly, perfect afternoon for football as the Dulles South Eagles flew in our territory on Saturday, flexing their muscles and looking to upset the Fort Hunt Federals. What they didn't realize was our 125 Central team was coming off their first loss with nothing on their mind but redemption. The Federals took the field, took care of business, and didn't look back, except at the scoreboard, which at the end of the game read 41-0!



The offense had a super day with great blocking on the line from offensive linemen Sam Dubke, Joe Hood, Ian Whitson, Brendan Knapp, and J. Holzworth. We passed and ran with ease like a hot knife through butter. Xavier Jones, Mohamed Kamara, Hameed Oyedele, Aaron Ince, Will Prater, and Cooper Hansen all had an exceptional day with runs, catches, and interceptions reflected in the 41 point trouncing!

Defensively, we had an awesome day as well, with every player contributing. The defense held all day long resulting in the 0 points allowed for the Eagles. Celebrating the win was awesome and Aaron Ince was also celebrating his birthday on this day. He would go on to make a catch for a touchdown, a punt return for a touchdown, an interception for a touchdown, and just reaching out and taking the pigskin from a receiver and running it back for a touchdown! AWESOME!

Next week for our final regular season game, we will be traveling out to Herndon to face the Hornets. Come on out and be loud and proud for our 125 Central team and cheer them on to victory! As we finish this regular season and start preparation for our post-season playoffs, we would like to thank all our fabulous parents who have come out in force for every game, despite the weather and such, manned our concession times, and run the chains as volunteers!! We are SURE that we have the best parents at Fort Hunt!!!

Faces of Fort Hunt!



HALLOWEEN SAFETY TIPS

A Parent or responsible Adult should always accompany young children on their neighborhood rounds.

- Stay in a group, walk slowly and communicate where you are going.
- Only trick-or-treat in well known neighborhoods at homes that have a porch light on.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Never enter a stranger's home or car for a treat.
- Obey all traffic and pedestrian regulations.
- Always walk. Never run across a street.
- Only cross the street as a group in established crosswalks (as recognized by local custom).
- Remove any mask or item that will limit eyesight before crossing a street, driveway or alley.
- Never consume unwrapped food items or open beverages that may be offered.