



ALL-COUNTY VOLLEYBALL

Co-Player of the Year TRINITY BURGE

URBANA SENIOR SETTER-OUTSIDE HITTER

■ Returning Co-Player of the Year who was the top player for Frederick County's top team. Splitting time between setting and hitting, her versatility helped the Hawks go unbeaten during the regular season and win the Central Maryland Conference championship match. She came close to a quadruple double against a stellar Oakdale team in the CMC final, finishing with 10 kills, 15 assists, 11 digs and eight aces.

■ Concluded her stellar high school career by ranking among Frederick County's leaders in kills (4.29 per set), assists (5 per set) and digs (3.23 per set). Her jump serve was also a weapon, and she finished with a team-high 68 aces.



Co-Player of the Year JESS TWILLEY

OAKDALE SENIOR OUTSIDE HITTER

■ Returning Co-Player of the Year who helped lead the Bears to the Class 2A state championship match. She attacked from the back row and the net, was adept at getting digs and possessed an excellent serve. She set team career records for digs (642) and aces (178) and ranks second on the Bears' all-time career kills leaders list with 891.

■ She averaged team-highs of 3.14 kills and 3.09 digs per match, ranking among Frederick County leaders in both categories. She also had 63 aces.

■ Will play beach volleyball at University of Alabama Birmingham.



FIRST TEAM

GIANNI BLUNDELL SENIOR SETTER TUSCARORA

■ A driving force for a Tuscarora team that went 13-3 and reached the Class 3A state quarterfinals. Finished with a county-best 9.36 assists per set along with 29 aces and 27 blocks.

JENNIFER CHOMIAK SENIOR OUTSIDE HITTER OAKDALE

■ Dangerous left-handed hitter who helped the Bears reach the Class 2A state championship game. Averaged 2.75 kills and 2.4 digs per set. Also had 39 aces.

JULIA GLADHILL JUNIOR LIBERO LINGANORE

■ With one year left in her high school career, she already has over 1,000 career digs. With a knack for positioning herself well on defense, she averaged a county-best 5.73 digs per set. Had 31 aces and could attack from the back row when needed.

TATIANA JOHNSON SOPHOMORE SETTER URBANA

■ After an appendectomy forced her to miss considerable playing time last season, she was a multi-faceted force for the CMC champion Hawks. Averaged 2.98 kills, 6.83 assists and 2.74 digs per set.

SYDNEY KATZ SENIOR SETTER OAKDALE

■ Eclipsed the 2,000-assist mark in her stellar career. She was a cornerstone for the Bears before suffering a season-ending ACL tear in the first round of the playoffs. Averaged 8.35 assists and 1.9 digs a set and had 38 aces.

JULIA SLIVKA JUNIOR OUTSIDE HITTER TUSCARORA

■ Returning first-teamer who helped the Titans reach the Class 3A state quarterfinals. She averaged 2.95 kills, 2.89 digs and a team-high .75 aces per set.



SECOND TEAM

Pos.	Name	School	Grade
OH	CHAYNEY BARNHART	CATOCTIN	JUNIOR
L	GABBY BARTH	OAKDALE	SOPHOMORE
MH	CALEIGH BERNOTA	TUSCARORA	SENIOR
L	PENELOPE HIEPLER	URBANA	SOPHOMORE
MH	ISABEL KOSELAK	FREDERICK	SOPHOMORE
OH	CITRINE LUMMER	MSD	SOPHOMORE
MB	TERA SACKY	URBANA	SENIOR
OH	TIFFANY SHELL	TUSCARORA	JUNIOR
L	PORTIA STRASBURG	WALKERSVILLE	SENIOR
OH	REAGAN WALSH	LINGANORE	SENIOR

HONORABLE MENTION

Brunswick—Ally Cook, Abby Feuerherd, Casey Armstrong, Gabby Alfano, Abbey Bolingbroke
Catoctin—Katie Bryant, Paige Romeril
Frederick—Meghan Pierle, Nia Roberts, Hannah Whang
Linganore—Lauren Ryan, Emma France
Maryland School for the Deaf—Hannah Weiss, Milana Bielucke
Middletown—Jordan Pryor, Abby Murphy
New Life—Lexi Standford, Maria Cavell, Maddie Evans
Oakdale—Rosie Carlson, Elise Smith
St. John's Catholic Prep—Audrey Spindle, Madison Kamer, Mikaela Shranatan, Mackayla Vielle, Caroline Orlovski, Grace Murray
Thomas Johnson—Celeste Walmsley, Madison Fernandez, Saige Cochran, Dena Rovito
Tuscarora—Chelsea Tyler
Urbana—Catherine Diaz, Sophia Bongiorno, Makala Thompson, Kayla Tarigo
Walkersville—Jenna Abdinoor, Sarah Carter, Maddie Lancaster

Short Takes

from wire reports

Steelers QB Rudolph done for season, Hodges to start finale

PITTSBURGH — Mason Rudolph's star-crossed season is over. The Pittsburgh Steelers placed the second-year quarterback on injured reserve on Tuesday, two days after Rudolph hurt his left shoulder in the third quarter of a loss to the New York Jets.

The move clears up Pittsburgh's quarterback picture heading into the regular-season finale against the Baltimore Ravens. Rookie Devlin "Duck" Hodges will make his fifth straight start for the Steelers (8-7), who are in a tie with Tennessee for the final wild-card spot in the AFC. Paxton Lynch will serve as Hodges' primary backup. The Steelers signed former Ohio State star J.T. Barrett to the practice squad on Tuesday to provide depth.

Pittsburgh needs Hodges to be more careful with the ball. He's thrown six interceptions over his past two games and was pulled in the second quarter against the Jets after tossing picks on two of the Steelers' first three possessions.

While Tomlin stressed he had no issues with Hodges' preparation or his approach, Pittsburgh's offensive limitations at this point require avoiding the kind of mistakes that have forced the Steelers to play from behind during a two-game losing streak that's put their playoff chances in a precarious position.

There's little chance the Steelers turn to Lynch. A first-round pick by the Denver Broncos in 2016, the Steelers signed Lynch to the practice squad in September and he's done limited work with the starting group.

"What he's done to this point hasn't provided a great deal of comfort to him or to us," Tomlin said.

Hodges will have to play without center Maurkice Pouncey, who is out with a left knee injury sustained one snap before Rudolph went down. Running back James Conner is questionable with a quad injury suffered in the first half against New York. Conner, a Pro Bowler last season, has missed extensive time already this year with a lingering shoulder issue.

Watt returns to practice with Texans

HOUSTON — J.J. Watt returned to practice with the Houston Texans on Tuesday, clearing the way for the star defensive end to play in the team's playoff game in two weeks.

Watt has been out since Oct. 27 after tearing a pectoral muscle, an injury which required surgery.

"I feel really good," Watt said. "We've worked extremely hard at rehab. We've had a very smooth process and everything's been going extremely well. So I'm really, really excited to be back in the field with everybody and to get back out there helping my team and playing for this city."

The Texans will have 21 days from Tuesday to take him off the injured reserve and add him to the active roster. If they plan to play him in their first playoff game during the weekend of Jan. 4-5, they'll have to activate him by 4 p.m. ET the day before the game.

Watt has been working out with the team's trainers and medical staff away for a while and said he's felt good during those workouts. He said he's been wearing a harness during those workouts and that he'll continue to wear that to protect himself during team practices. The harness keeps his arm from being pulled too far backward, but it will not restrict him from moving his arm forward or raising it up.

Watt said that he began thinking he might be able to return for the postseason not long after he was injured.

Marshawn Lynch signs with Seahawks

SEATTLE — A reunion of Marshawn Lynch and the Seahawks, rumored all day Monday, finally became a reality Monday night.

Lynch's agent, Doug Hendrickson, tweeted a picture of Lynch's contract under the heading "My son @MoneyLynch is back! Boom let's go!"

Lynch himself further confirmed the news with a video posted on his YouTube website, Beast Mode Productions, that was apparently produced before he came to an agreement with Seattle but in which he talked about the possibility of it happening.

Lynch said he would return to Seattle for "this playoff run" and try to help the Seahawks complete some "unfinished business."

Lynch says in the video he may not be the running back he was five years ago but that he wants to "just be able to come in and step in where it's needed."

22nd-round picks

CLEVELAND — The Cavaliers traded Jordan Clarkson before he could walk away.

Cleveland dealt the veteran backup guard to the Utah Jazz for guard Dante Exum and two future second-round draft picks on Tuesday. The teams agreed to terms of the deal shortly before their games in Cleveland and Miami tipped off on Monday, and the NBA approved it Tuesday.

Clarkson was in the final year of his contract and was unlikely to re-sign with the Cavaliers as a free agent, so the club made a move to add a young player and future assets to help Cleveland rebuild.

The Cavaliers will get San Antonio's second-round pick in 2022 and Golden State's in 2023. The Jazz acquired those selections in other trades.

Clarkson could be the first of several veterans moved by the Cavs, who have reportedly been open to receiving offers for star forward Kevin Love. Following Monday's 121-118 victory over Atlanta, Love posted a message on Instagram, saying he would miss Clarkson.

Mets, Betances agree to 1-year deal

NEW YORK — The New York Mets have reached an agreement with free-agent reliever Dellin Betances on a one-year contract with a player option for 2021.

The Mets announced the deal with the four-time All Star on Tuesday. Betances is guaranteed \$10.5 million under the contract.

The 31-year-old, who is from New York, is staying in his hometown after spending his first eight seasons in the majors with the Yankees.

He missed most of 2019 because of various injuries. Betances' season ended after just eight pitches. He tore an Achilles tendon in his first appearance back from a lat injury that had sidelined him since spring training.

Betances was the first reliever in baseball history to have 100 or more strikeouts in five consecutive seasons (2014-2018). The right-hander led all major league relievers in strikeouts in each year from 2014-2016.

In 2018, Betances made 66 appearances, with a 2.70 ERA and 115 strikeouts in 66 2/3 innings. He has made nine career playoff appearances, with a 3.27 ERA and 17 strikeouts in 11 innings.

Cavaliers send Clarkson to Jazz for Exum,