



# ALL-COUNTY GIRLS INDOOR TRACK

## Track Athlete of the Year KATE MINER

URBANA, SOPHOMORE, DISTANCE

■ An ever smiling multi-sport athlete who is willing to make sacrifices and set aside personal interests for the betterment of the team.

■ At the state indoor meet, shortly after coming from behind on the final lap to win the Class 4A 800-meter run in a personal-best 2 minutes, 18.86 seconds, she was asked by her coach to be a part of Urbana's 4x400 relay since the team title was in reach for the Hawks. Despite being tired from her previous races, she did it. Her presence in the race, which she had only run three times at big meets over the course of the season, helped Urbana place seventh in the relay and ultimately finish with 52 team points, second to 4A team champion Woodlawn (63).

■ She also won the 4A state title in the 1,600 run with a time of 5:11.44 and helped Urbana win county titles in the 4x800 and 4x400 relays.



## Field Athlete of the Year GABRIELA UMPIERRE

THOMAS JOHNSON, SENIOR, POLE VAULT

■ Capped an outstanding season in the pole vault by setting the Class 4A record at the state meet with a vault of 12 feet, 4 inches to earn her first state title. She won the pole vault at every big meet she competed in over the course of the season, including the Frederick County Public Schools championships and the 4A West regional championships.

■ At the 4A West regional meet, she set a personal record in the pole vault by clearing the bar at 13 feet. It marked the eighth big meet she won over the course of the season with a height of at least 12 feet. Her next best height of the season was 12-7, which she cleared to win the Montgomery Invitational on Jan. 10.

■ Also was a standout hurdler for the Patriots, winning the county title in the 55-meter hurdles in 8.94 seconds before placing second at regionals in a personal-best 8.66.



## FIRST TEAM

**OLIVIA BAKER**  
SENIOR, MIDDLE DISTANCE  
CATOCTIN

■ Capped her outstanding indoor track and field career at Catoctin with her first state title when she won the Class 1A 800-meter run with a personal-best time of 2:20.87. After initially wanting to be a sprinter and hurdler, she found her home in the distance races.

**MORGAN BOOTH**  
JUNIOR, POLE VAULT  
OAKDALE

■ Broke through and won her first state title in the Class 3A pole vault with a personal-best height of 11 feet, 6 inches after finishing second in the event at the state outdoor meet last spring. She had placed fourth at counties (10-0) and third at regionals (9-6).

**JAIDAH EZCAMAN**  
JUNIOR, HIGH JUMP, RELAYS  
URBANA

■ Broke through in the high jump at the state indoor meet to win the Class 4A championship with a height of 5 feet, 4 inches, matching her personal best. Also ran a leg for the Hawks' state-championship 4x200 relay team, which finished in 1:43.43.

**GABBY GRANT**  
JUNIOR SPRINTER, RELAYS  
URBANA

■ A standout sprinter for the Hawks all season who placed second in the county in the 55-meter dash (7.43 seconds), in addition to helping Urbana win the 4x200 relay (1:43.43) and place seventh in the 4x400 (4:07.24) at states. (Grant's photo was submitted.)

**KAILA JONES**  
FRESHMAN, SHOT PUT  
CATOCTIN

■ A newcomer to track and field, she won the Class 1A state title in the shot put with a personal-best mark of 36 feet, 11 3/4 inches, which was the second-best mark in the nation this season. Went on to win an Adidas Indoor national title (36-6 3/4).

**HAILEY LANE**  
SENIOR, MIDDLE DISTANCE  
TUSCARORA

■ Shined, as she normally does, in the middle-distance races, winning county (2:23) and regional titles (2:22.90) in the 800 before placing fourth in the state (2:22.57) for 3A. Also won county title in the 1,600 (5:20.86) before placing seventh at states (5:14.50).



**AVA MORALES**  
JUNIOR, HIGH JUMP  
FREDERICK

■ After winning the Class 4A state title in the high jump last season, she claimed the 3A state title this season, matching her personal-best with a winning leap of 5 feet, 6 inches. Won the high jump in every big meet she competed in over the course of the season.

**JULIE PATCHOU**  
JUNIOR, SHOT PUT  
URBANA

■ Produced another terrific season in the shot put, winning the Frederick County title (35-1 1/2), placing second in the Class 4A West regional meet (35-8 1/2) and third at the state meet (34-6 3/4) to help the Hawks finish second in 4A.

**SADE TAIWO**  
SENIOR, SPRINTS, RELAYS  
URBANA

■ Her outstanding season included Frederick County titles in the 55-meter dash (7.39 seconds) and 300 dash (42.74) before running a leg for the Hawks' victorious 4x200 relay team (1:43.43) at the state meet to help Urbana place second in Class 4A.



## HONORABLE MENTION

**Brunswick** — Morgan Bilbrey  
**Catoctin** — Kaydense Cox, Charley Keilholtz, Hadley McQuay, Raquel Owens  
**Frederick** — Danica Arrington, Yasmeena Hassen Friess, Olivia Gregory, Ysabelle Soto, Jordyn Summers  
**Linganore** — Kayla Headd, Zoe Lange, Keelin Moroney, Carly Moyer, Jordyn Shipley, Elizabeth Watkins, Samantha Whiteman  
**Maryland School for the Deaf** — Leticia Detrow  
**Middletown** — Lydia Barnette, Clara Keebaugh, Naomi Layne, Clara McCrohan, Lucinda Rodriguez, Penelope Rodriguez, Eila Stultz, Corinne Sullivan, Sophia Tsapenko  
**Oakdale** — Maya Di Monte, Alexis Mangene, Sophia McElwee, Trinity McLaurin, Angelyn Quansah, Leah Scarzello, Annalise Wells, Lizzie Wells  
**Thomas Johnson** — Lennah Bailey, Addison Brockey-Rogers, Nina Kirkendall-Plaia, Elizabeth Lombardo, Salma Mahfoud, Madelene Kate Partlow  
**Tuscarora** — Assiatou Camara, Katelyn Dorsey, Siena Foster, Kiraline Tippetts  
**Urbana** — Briana Barberena, Audrey Borleis, Elianna Dougan, Emily King, Emana Rehemtula, Maddie Roque, Bailey Smith, Michelle Yusuf  
**Walkersville** — Koen McDonald, Journae Myles

## MEN'S WORLD CUP SOCCER

# Adams, US know it's been awhile 'since we've knocked off a big boy'

By RONALD BLUM  
Associated Press

NEWCASTLE, England — Tyler Adams had just finished helping Bournemouth extend its Premier League unbeaten streak to 13 on a typically English afternoon where rain fell at the same time the sun was shining at St. James' Park.

The 27-year-old midfielder had entered midway through the second half of 2-1 win at Newcastle, his second appearance following an injury, as his fourth season in the Premier League winds down. Up next for Adams is his second World Cup, where the co-host Americans will be in the brightest of spotlights amid questions about their readiness.

Group D for the U.S. includes Paraguay, Australia and Turkey. The stark truth is the Americans have lost eight straight games against European opponents, including losses to Belgium and Portugal in March friendlies that Adams missed.

"Maybe a little bit of a wake-up call but we'll get there in the end," he said.

Adams was the U.S. captain at the 2022 World Cup, and he is well aware of the underdog status. The U.S. is ranked 16th and is a 40-1 long shot to win the World Cup.

Adams said the goal is to "go as far as any team has before." The U.S. reached the semifinals of the initial World Cup in 1930 and the quarterfinals in 2002.

"That's the one that obviously everyone remembers," he said. "If we can match that and continue to improve — but for us, we need to obviously continue to try and find a



Associated Press

The United States' Tyler Adams runs with the ball during a CONCACAF Nations League championship match against Mexico in 2024.

way to navigate playing against big teams."

### Picking the U.S. roster

Coach Mauricio Pochettino announces his World Cup roster May 26, and the U.S. has pre-tournament friendlies against Senegal and Germany before starting the first round against Paraguay on June 12.

Adams has 52 international appearances and he played every minute at the 2022 World Cup but has struggled to maintain fitness since.

He tore his right hamstring in training with Leeds in March 2023 and reinjured the leg in his Bournemouth debut that September, requiring a second operation. He re-

turned in March 2024 but was slowed by back spasms and played just three league matches in his first season with the Cherries.

Back surgery after the 2024 Copa America delayed his 2024-25 debut until late October. His current season was interrupted by layoffs after he collided heads with teammate Adam Smith in November and a tore his left MCL against Manchester United on Dec. 15.

He missed 12 of 15 league matches before entering in 70th minute of a stirring 2-1 win at Arsenal on April 11 and then came on in the 65th minute last weekend.

"I wouldn't say anybody's a sure lock for the World Cup," Adams said. "That's one thing Mauricio's harped

on since the first day he's come in, is that everyone needs to continue to play well with their clubs to have an opportunity to play with the national team."

Preparing for 2022 was far different because the Americans had to navigate 14 grueling World Cup qualifiers.

"Anyone that knows what it was like to go through that qualifying process for '22 knows how enduring it was and at the end, the reward was playing in the World Cup," Adams said. "Whereas I feel like we've known we were going to play in this World Cup now for years and it's just ... I don't want to say it's taken its toll, but playing friendly after friendly, it feels strange."

### A familiar group

Adams, Christian Pulisic, Weston McKennie and Tim Weah form an emotional center of a player pool that has been together for more than a decade, going back to youth national teams.

"Tim has played with Tyler since he was, I don't know, 11," McKennie said. "A group of guys that you can count on to get along. Got on to sacrifice for each other, to put in work for each other."

For Adams, performing as a group is key to a successful tournament.

"I think it's that cohesiveness," he said. "We can't go away from the tactics and the structure and the way that we want to play and just think that, oh, I'm going to go out there and try and have an amazing World Cup individually because it doesn't

work like that. So I think it's the collective structure at the day, but individual performances play a big part."

Pochettino took over from Gregg Berhalter in October 2024 and has set a tone with relationships as much as tactics.

"It's less about the football when you're in camp, and more about how he can help you grow as a person," Adams said, "because he knows that if you're relatable, if you are personable, if you a good person in and around the camp, you're going to perform well."

Adams said he thought Pochettino's experiments with a three central-defender formation have benefited the team.

"In the beginning, maybe we were giving up chances easily. It didn't matter the opposition," he said. "Whereas now playing with three in the back everyone seemed comfortable. A lot of the guys in our team play with three in the back at their club so it felt almost seamless."

Adams, who is from Wappinger Falls, New York, less than 100 miles north of New York City, hasn't played for the U.S. since September. He missed the October friendlies to remain home for the birth of a son, Myles, who joined sister Quinn, then was sidelined by injuries in November and March.

As his health improves, he knows the importance of the U.S. making a splash if it can at this year's World Cup.

"It's just been a while, I feel like, since we've knocked off a big boy," he said. "I think we need to try and find that in our character, and I think that we will."