



ALL-COUNTY GIRLS CROSS-COUNTRY

Runner of the Year SARA JARMAN

URBANA JUNIOR

■ A strong, tough runner who has a background in triathlons, Jarman put together the best season of her career, capturing the FCPS championship and finishing eighth in the Class 4A North regional meet before a 33rd-place finish in the Class 4A state.

■ Said Hawks coach CJ Ecalono of Jarman, "Her breakout season finally came to fruition. After a very promising start her freshman year, an injury-plagued sophomore year and never really being 100 percent, she came out her junior year ready to put on a show. She set goals for herself and nearly eclipsed every single one of them. Sara runs with such grit and experience, she is a veteran runner out there who the Hawks relied on to set the pace and lead through a daunting 4A schedule."



FIRST TEAM

MEGAN BERTOLETTE WALKERSVILLE JUNIOR

■ Led the Lions regularly and became a first-team pick for the third consecutive season.
County: Eighth
2A West: 12th
2A State: 13th

CAMPBELL CALDWELL MIDDLETOWN FRESHMAN

■ She came in strong as a freshman with a long background in youth running and swimming.
County: Ninth
2A West: Sixth
2A State: 12th

KHELSA CONNELLY LINGANORE SENIOR

■ Focused, passionate competitor was an encouraging leader who had the top time at states among Frederick County competitors.
County: Fifth
3A West: Third
3A State: 15th

EMILY MCDONNELL URBANA FRESHMAN

■ Considered by coach CJ Ecalono to be one of the better No. 4 runners in the state. She saved her best races for championship season and finished strong in each of them.
County: Seventh
4A North: 16th
4A North: 53rd

KARLY MCDONNELL URBANA FRESHMAN

■ She "always came up big" in a stellar freshman year, according to coach CJ Ecalono. She finished in the top three at the CMC and county meets.
County: Second
4A North: Ninth
4A North: 25th

MARY MILLER URBANA SENIOR

■ The "epitome of a true teammate" on and off the course, she ran with heart and dedication, according to coach CJ Ecalono.
County: Third
4A North: 18th
4A North: 28th



HAYLEY ROSS OAKDALE SOPHOMORE

■ The No. 1 runner on the Class 2A state finalist team, she made the jump from honorable mention as a freshman to first-team in her second year.
County: Fourth
2A West: 13th
2A State: Eighth

ELEANOR STAFFORD MIDDLETOWN SOPHOMORE

■ The Knights' No. 1 returning runner after a first-team freshman campaign. She swims year round and was All-County in that sport last winter.
County: Sixth
2A West: Fifth
2A State: 11th

AUBREY SCHAFFER OAKDALE SOPHOMORE

■ The Bears' most consistent runner all fall, she capped a great season with a 14th-place finish at states and made the leap from honorable mention last year to first team this year.
County: 12th
2A West: Eighth
2A State: 14th



HONORABLE MENTION

- Brunswick** — Jena Rhodes, Elizabeth Willman
- Frederick** — Rebecca Toms
- Catoctin** — Rachel Waldron
- Linganore** — Rachel Hall, Caroline Perrone
- Middletown** — Marin Bartman, Keren McRea, Renee Washart
- Oakdale** — Emily Baba, Madison Gamble, Cara Fliegel
- Thomas Johnson** — Saorise Conley
- Tuscarora** — Norah Jarrahi
- Urbana** — Addison Lauer

Porter ready to make impact in return for Wizards

By CANDACE BUCKNER
The Washington Post

After his coach had shared his vision for how the Washington Wizards must play moving forward, and after his starting point guard had just talked to local reporters for the last time before undergoing season-ending surgery, Wizards forward Otto Porter Jr. strolled through the team's practice facility with a little extra bounce.

Porter, who has been sidelined for 10 straight games with a quadriceps strain, spent Monday afternoon running, cutting and shooting with his teammates again for the first time in weeks.

After participating in the practice and feeling free of pain, Porter will return to the lineup Wednesday night against the Atlanta Hawks.

"I'm back," he said through a wide smile. "I love playing basketball."

Porter had to temper his enthusiasm, however. When he returns to action, the Wizards (14-23) will be a different team in light of John Wall's pending surgery on his left heel.

The Wizards have played for long stints without Wall, including last season when he missed 41 games, so losing him isn't a shock. Still, without Wall, changes are afoot within the Wizards' ecosystem.

"We all have to step up," Porter said. "Including me."

Last season, in the 27 consecutive games Wall missed after undergoing surgery on his left knee, the Wizards relied on moving

the ball and created 28.5 assists per game, three more than their 2017-18 team average. Porter benefited from the distribution, because 95.9 percent of his made 3-point shots came from assists.

Though Bradley Beal emerged as the go-to scorer, Porter stepped into the 'Robin' role during Wall's absence and averaged 16.6 points per game during that stretch.

For the remaining 45 games of this season, Coach Scott Brooks does not want to burden Beal with all the responsibility. Brooks predicts the Wizards will embrace more ball movement, giving freedom for more players to create for teammates.

"There's definitely things that we have to do, because we don't have [Wall's] playmaking and speed and ability to be a one-man fast break," Brooks said.

"We do a lot more pass-aheads, and then other guys are going to have to be playmakers, as well. It's not just going to be put on Brad's shoulders to make a play for everyone. We had 35 assists last game, and a lot of guys had it."

This philosophy should open more opportunities for Porter.

While Porter believes his biggest impact will come underneath the glass as he helps secure more rebounds, the upcoming stretch should reset the Wizards to their preseason pledge to give Porter the space to grab a rebound and push the ball in the open court.

"We want play that way, and we have to," Brooks said, looking back on the team's preseason emphasis on passing.

"With John, there's always a balance. We're not going to take away one of our best players' strengths that has been so effective for a lot of years and just say,



Associated Press

The Wizards' Otto Porter Jr. (22) grabs a loose ball ahead of Cleveland Cavaliers' Tristan Thompson during the second half of a game on Dec. 8, 2018 in Cleveland. The Cavaliers won 116-101. Porter has missed the last 10 games due to a quadriceps strain and will be counted on to help carry the load since All-Star guard John Wall has been sidelined by a foot injury.

you're just going to be a pass-ahead guy and you're going to go to the corner and you're going to come off of a down-screen or a pin-down action, but now, we have to have more of it.

"Brad is still going to be able to take that role. He can be now that guy, and he can initiate our offense with his playmaking. So we can still play that way," Brooks continued, "but we're going to have to have defi-

nately more opportunities for other guys to make decisions."

Porter has not played since Dec. 12, and Brooks was non-committal about putting him back into the starting lineup for his first game back. Still, Porter's arrival should help assuage the subtraction of Wall.

"He feels good. He looked good," Brooks said. "We obviously missed him and [are] glad that he's back."