

2024 OFFICIAL PROGRAM GUIDE



35th Anniversary

VIRGINIA
COMMONWEALTH
GAMES
AT LIBERTY UNIVERSITY

INCLUDED INSIDE:

- Sports Breakdown and Information
- LU Campus and City Maps
- A look back on the Commonwealth Games history of excellence



For Updated Information:
CommonwealthGames.org

VAS
VIRGINIA AMATEUR SPORTS, INC.
Inspiring wellness & competition

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YOU
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WELCOME TO LIBERTY UNIVERSITY

We are pleased to welcome you to the Virginia Commonwealth Games at Liberty University. If this is your first visit or it's been a while since you were here, we invite you to explore our campus and discover all that Liberty has to offer.

At Liberty, we are committed to providing our student body with world-class academic, athletic, and residential facilities, and it is our privilege to share them with you. We encourage you to stop by the Hancock Welcome Center to schedule a tour, see what's new on campus, or learn more about what we offer.

We hope you return to Liberty in the future to enjoy campus activities like athletic events and theatre productions. You can also attend College For A Weekend, a unique three-day experience that lets you test-drive life as a Liberty University student.

*We are privileged to host you this year
and hope you enjoy your visit.*

GO TO [LIBERTY.EDU/VISITUS](https://liberty.edu/visitus)

TORCH HUNGER

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TEXT **BRFOODBANK** TO **44-321** TO DONATE.

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Food donations can be dropped off at
LaHaye Fitness & Rec Center - Games Central,
July 19-21



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#VAComGames

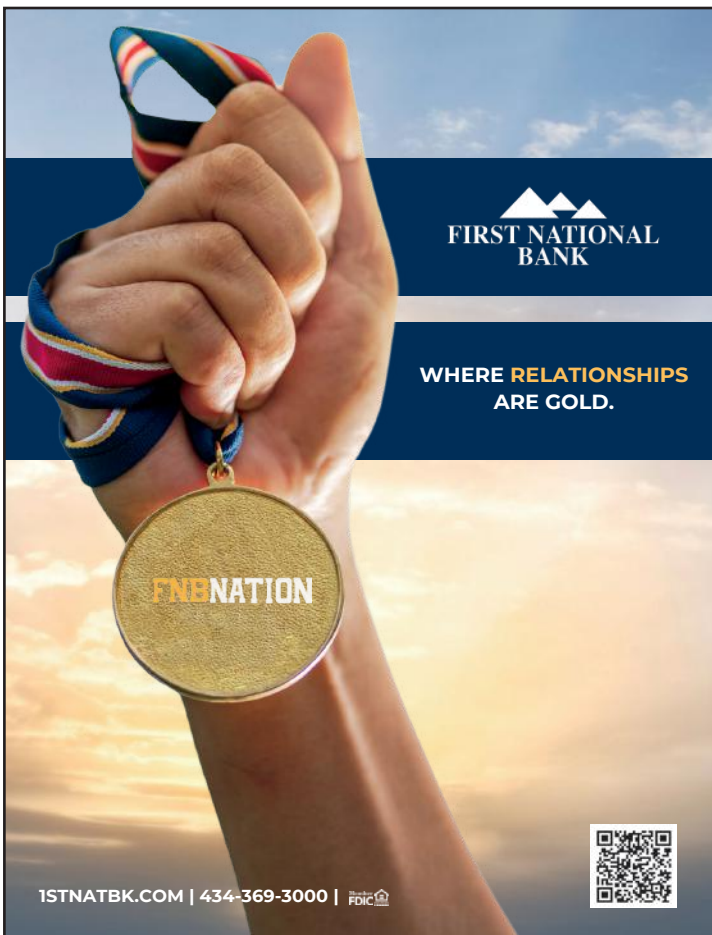


Scan to access the Games Guide!



Scan for ticket info or to purchase tickets

Please check to confirm time and date of your event on the website. Virginia Amateur Sports has made every effort to ensure the accuracy of the information within this publication at the time of printing. Information regarding events, dates and times or changes in circumstances after the time of publication may impact the accuracy of information contained within. Virginia Amateur Sports does not assume and hereby disclaims any liability to any party for any loss, damage or disruption caused by errors or omissions.





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OPENING & WELCOME



History of the Games

How they got started

In 1989, the Governor's Commission on Sports & Physical Fitness passed an endorsement that Virginia Amateur Sports (VAS) would serve as the state organization to hold the State Games of Virginia. In 1992, the Games were officially named the Commonwealth Games of Virginia. In 1990, the initial Games drew 4,400 athletes competing in 29 sports. More than 290,000 athletes, their families plus spectators have participated during the past 34 years.

Credentials

VAS is a member of the National Congress of State Games (NCSG) and is sanctioned and recognized by the NCSG, the Virginia High School League (VHSL), the National Collegiate Athletic Association (NCAA), and by the United States Olympic & Paralympic Committee as a member of their USOPC multi-sport organizational council.

Funding

In 1990, when the Games started, VAS had secured a \$175,000 grant from the state to launch the Games. By 2001, VAS lost all state funding. Despite the loss of state funding, VAS persevered and expanded its staff and programs. With zero funding from the state, local governments increased their financial support in addition to providing fields and facilities. VAS tries to keep the cost to participate in the Games minimal, with the majority of funding coming from sponsors. The Games have had four title sponsors in their history - Cor-East, Southern Health/Coventry, Subway and now Liberty University.

Support

With its dedication to a tradition of excellence & with a staff of four, VAS relies heavily on outside support. That support includes over 1,000 volunteers, 60+ volunteer sport coordinators, a volunteer local organizing committee made up of individuals from supporting localities, other business professionals, volunteers from the medical profession field, security and police departments, and the VAS board of directors.

The Virginia Commonwealth Games at Liberty University

Going into its 35th year, the Virginia Commonwealth Games at Liberty University, this annual event is held in July (for most sports) and is open to all ages and skill levels. From baseball to wrestling, this event offers sports competition venues for 30+ different Olympic, Pan American, and recreational sports.

The Games represent the true spirit of amateur athletics. For some, this celebration of sport is a stepping stone for following the dream of representing the United States in the Olympic Games. For others, the Games are a place to compete in a favorite pastime. Regardless of the age or skill of the athlete, the Games provide the pure pleasure of competing for the love of sport.

The Virginia Commonwealth Games at Liberty University are more than sports events; they go much deeper. The Games teach values such as teamwork and good sportsmanship, which are important components of everyday life. The Games encourage athletes to develop and improve their physical talent and competitive abilities. Lastly, the ideals of the Games promote physical fitness and encourage Virginians to adopt a healthy lifestyle.

OPENING & WELCOME



THANK YOU SPONSORS FOR SUPPORTING THE GAMES

Title

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Presenting

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Centra

Premiere

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Dick's Sporting Goods

Gold

Coca-Cola Consolidated
Moore's Electrical & Mechanical
The Journey Radio Station
Kroger
Virginia High School League

Silver

MH Masonry
Molina Healthcare
Sheetz

Bronze

Bedford Area Welcome Center & Tourism
Campbell County Economic Development
Heritage Funeral Service & Crematory
Hilton Garden Inn - Lynchburg
Homewood Suites - Lynchburg
Lynchburg Hillcats
Lynchburg Regional Airport
Mountain Springs
Power Play
Robertson Ventures LLC, Elizabeth Robertson
Taylor Brothers

Partner

Carter Bank & Trust
Delta Response Team
Domino's Pizza
Jersey Mike's Subs
Lynchburg Ready Mix
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WELCOME TO LYH!

We are proud to partner with Liberty University and Virginia Amateur Sports to host the 2024 Commonwealth Games and, most importantly, to have YOU visiting our City.

While you're here, you'll notice that we take great pride in our City and that our people are our best ambassadors. We invite you to pop in to locally-owned eateries, take a stroll on the Blackwater Creek Trail, bring the whole family to SeaQuest at River Ridge, or visit the Lynchburg Museum & Visitor Services in Downtown Lynchburg to learn about our rich history.

You can find everything you need to take advantage of the full LYH experience on our website at LynchburgVirginia.org or by scanning the QR Code to download our visitor guide. You'll find plenty of exciting things to do to make planning your trip an effortless and memorable experience.

Don't forget to tag #LYHLovesYou to share your experience with us. Welcome to the City of Lynchburg!

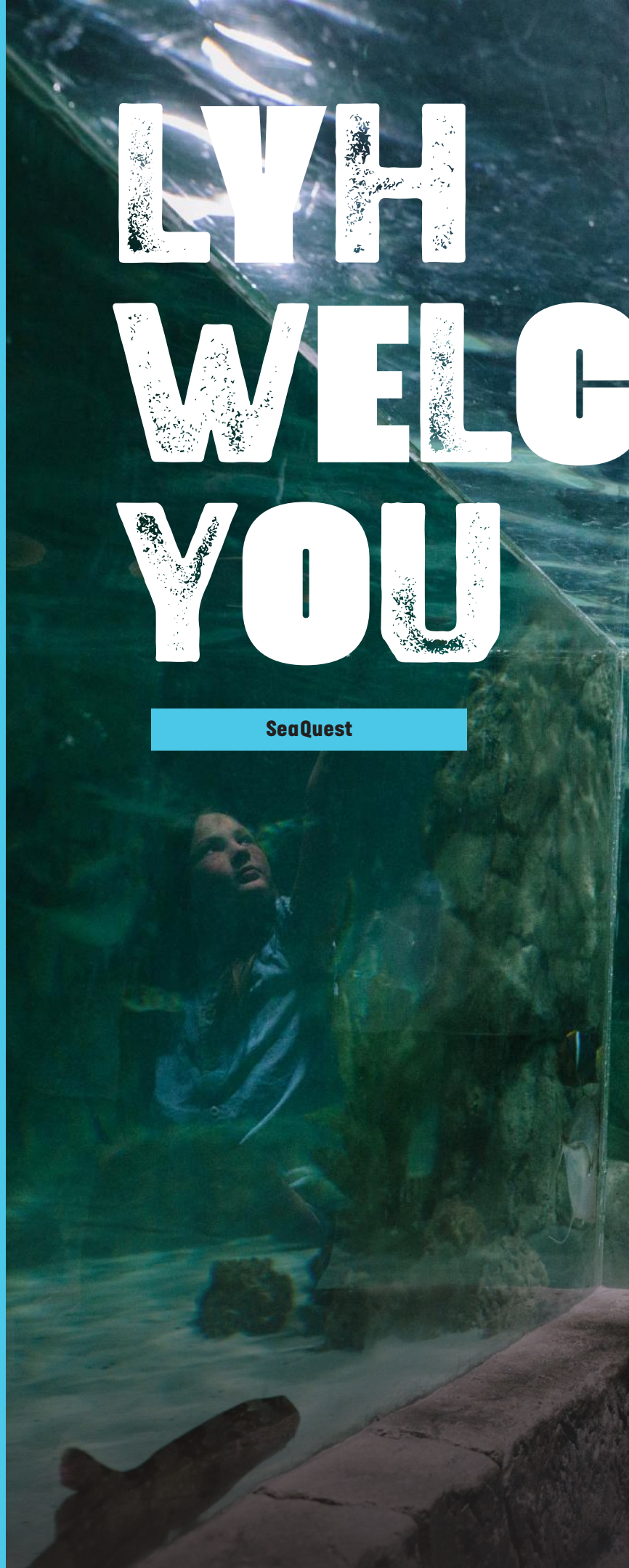
Sincerely,

Stephanie T. Reed



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VIRGINIA IS FOR LOVERS

OPENING & WELCOME

Games Local Organizing Committee

Spenser Foley - *Power Play*
Dan Foutz - *Virginia Amateur Sports*
Janelle Galbraith - *Lynchburg Econ Development & Tourism*
Ian Gray - *LU IT & Media*
Mickey Guridy - *Liberty University Athletics*
Kirk Handy - *Liberty University*
Pete Lampman - *VAS Volunteer Coordinator*
Richard Lee - *Liberty University*
Kevin Keys - *Liberty University Marketing*
Amanda Mangum - *Virginia Amateur Sports*

Andrew Marks - *Lynchburg Econ Development & Tourism*
Chris Misiano - *Liberty University*
Kaycee Tripp - *Liberty University Club Sports*
Marjette Upshur - *Lynchburg Econ Development & Tourism*
Mitria Vaughter - *Liberty University Events*
Charity Waldron - *Virginia Amateur Sports*
Angie Witt - *Liberty University Sports Medicine*
Diane Williams - *Virginia Amateur Sports*
Wyatt Woody - *Lynchburg Parks & Recreation*

Virginia Amateur Sports Board of Directors

Hannah Catherine Allport
Dr. Robert Antozzi
Dennis Carter
Virginia Foster

Dan Foutz
Gladine Frasso
Sheri Fullen
Todd Hassler

Dr. John Heil
Pete Lampman
Sam Lazzaro
Dr. Elizabeth Robertson

Maggie Mace
Dr. Michael Maina
Mitria Vaughter
Ramon Williams

Virginia Amateur Sports Staff & Interns

Dan Foutz - *President*

Amanda Mangum - *Games Director*

Charity Waldron - *Director of Operations & Media Relations*

Diane Williams - *Director of Marketing*

Abby Coleman - *Operations (Liberty University)*

Jerry Fleshman - *Marketing (Liberty University)*

Kyle Harkabus - *Games (Liberty University)*

Jackson Murphy - *Marketing (Roanoke College)*

Clarence Russell - *Operations (Emory & Henry)*

Eve Umberger - *Marketing (Bridgewater College)*

There are also numerous volunteer Interns assisting during Main Games Weekend!

Sport Coordinators

Able Baseball - Sid Witt, Jr.
Able Bowling - Amanda Love & Terry Stike
Able Fishing - Jeff Reynolds
Able Rugby - Alexis Ward
Able Soccer - Elizabeth Parr
Able Track & Field - Theodore Mclvor
Able Wheelchair Basketball (3 on 3) - Frances McCutcheon
Able Wheelchair Tennis - Gary Rudd
Archery - Shannon & Andrew Krahe
Archery (Indoor) - Bryan Barber & Amy Hall
All Star - Baseball - Wally Beagle & Taylor Chitwood
Baseball - Mark Sisson & Rusty Lambert
Basketball - Virginia Amateur Sports
Basketball Skills Challenge - TwinHoops
Beach Volleyball - Jessica Nelson
Bowling - Amanda Love & Terry Stike
Cheerleading - Tarren Smarr
Chess - Mike Hoffpauir
Croquet - Macey White

Disc Golf - Hunter Thomas
Disc It - Tyler Bullock
Equestrian - Suzanne Flaig & Kimi Counts
Field Hockey - Joe Dougherty
Floor Hockey - Bill Vickery
Mini Golf - Clayton Craft
Pickleball - Jack Singer
Racquetball - Daniel Rodriguez & Al Kidd
Run - 5K - Fleet Feet Roanoke
Shooting - Air Rifle & BB Gun - Michele Happs
Soccer (Indoor) - Jeff Alder
Softball - Adult - Joshua Burruss
Softball - Youth - Joshua Burruss
Spikeball - Joelle Nguyen
Swimming - Ryan Woodruff
Tennis - Michael Jacob
Track & Field (Outdoor) - Theodore Mclvor
Triathlon - Kinetic MultiSports
Wrestling - Jesse Castro & Matt Carroll

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FEATURED PROFILE

ClaraLee Ripley has competed in 30 of the VA Commonwealth Games

Athlete Spotlight

by Chris Moody



(above: ClaraLee Ripley with past VA Commonwealth Games medals.)

Competitors in a certain age group in July's VA Commonwealth Games will have a youngster to compete with this year. "Youngster" being a relative term, of course.

ClaraLee Ripley will turn 85 before the Games kick off, so she is now in the 85-89 age bracket.

"I've been promoted to the next age group so I'm the youngster now," ClaraLee said.

Not that she needs any advantages to do well in the Games, Ripley has amassed quite a haul of medals in the 30 years she has been a regular competitor in the Commonwealth Games and the Virginia Senior Games.

"I've won a total of 225 medals in the Commonwealth Games and Senior Games in the 50-, 100-, and 200-meter dashes, the long jump, triple jump, shot put and discus," she said.

Those are the events she will compete in again this year, but they are just a sample of her athletic prowess. Ripley competed in 18 different sports along the way, starting with ping pong in 1995 where she won her first bronze medal.

A physical education teacher and coach, during her 32-year career, she was at G.W.H.S. in Danville for 29 years and before that, 3 years at E.C. Glass in Lynchburg. Following that, she founded the G.W.H.S. girls' Tennis team.

While in the 6th grade, she won the Triple Jump for the whole school at the big year end Field Day Event.

The Triple Jump was then called, the "Hop, Step, and Jump." Ironically, 49 years later in 1999 at the Inaugural State Games of America in St. Louis. At age 60, she won the Triple Jump for the whole nation taking first in her age group. At that event she also took home Gold in the 100m and 200m, then earning silver by a tiny margin in the long jump.

In 2008 ClaraLee was honored, along with two outstanding male athletes to be inducted into the Danville Register and Bee, Sports Hall of Fame. It is one of her most cherished athletic awards.

Like most of the competitors at the Games, the competition is secondary. Fellowship and camaraderie are the primary motivations for returning year after year.

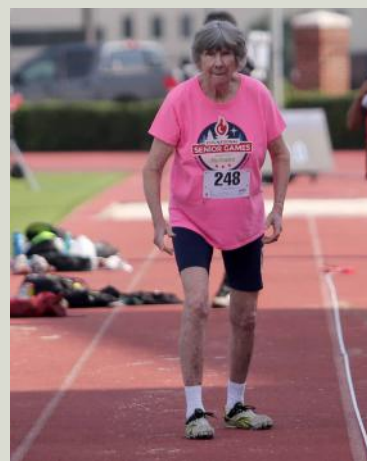
"I enjoy seeing the same people year to year," she said.

There is also a benefit to maintaining wellness with a goal of competing in mind.

"The Commonwealth Games keep me motivated to keep my muscles in shape," Ripley said.

Staying in shape is important. She goes to the gym regularly and plays pickleball weekly to stay active. Additionally, ClaraLee has been a leader in Bible Study Fellowship International for 30 years.

ClaraLee Ripley is not unique. She knows when she sees friends each July that others also look forward to getting out on the track for competition and friendship. The Virginia Commonwealth Games Masters Track & Field events will take place July 21st at Liberty University's Matthes-Hopkins Complex. Consider coming out to cheer them on; or better yet, consider registering to compete.





Scott Buckner (pictured left) showing his medals from the first two Commonwealth Games of Virginia speedskating competitions in Roanoke, 1989-1990. Scott continues to be a valued part of the Games as a long-time sponsor through his ownership of the Lynchburg Jersey Mike's Subs.



First Games Medals pictured above!



OLYMPIC ADVICE

"No matter what is happening in the competition, NEVER EVER EVER give up! Memories while competing will stay with you forever!"
 - Dawn Staley, 6 time Olympic Gold medalist in basketball

"Get inspired by these VA Commonwealth Games and then Dream Big! You can accomplish what you want in life if you are willing to work hard for it. Never quit, whether in school, work or in sport because there is no substitution for hard work. Set goals and follow your passions! Following your passions means you will never work a day in your life! On your mark, set! Go Forth and Inspire the World the at the Commonwealth Games!"
 - John Register, Paralympic Silver medalist in track & field



Pictured above - John Register
 Pictured right - Shannon Miller with Pete Lampman



"Have fun with what you are doing; always enjoy it."
 - Shannon Miller, 7 time Olympic medalist in gymnastics

"Anything you want to do and be successful...first, you must love yourself and second, you need to understand it is a game. There's always going to be another chance, another opportunity and you can't get away from working hard. There's no way you can get around working hard, you have to work hard to be the best you can possibly be."
 - Zina Garrison, Olympic Gold medalist in tennis

"Life and sports are directly proportional. What we get out of them is what we put in them."
 - Tom Brands, Olympic Gold medalist in wrestling

Virginia Commonwealth Games

AT LIBERTY UNIVERSITY



MAP LEGEND

EVENT KEY

★ Athlete Check-in

1 Cook Tennis Center
Tennis

2 East Athletic Complex
Beach Volleyball (August)

3 Freedom Tower

4 Hancock Welcome Center
5 Intramural Softball Field
LU Green - Softball

6 LaHaye Multipurpose Center
Basketball, Wrestling

7 LaHaye Recreation & Fitness Center
Basketball, Racquetball

8 Liberty Arena
Basketball

9 Liberty Baseball Stadium
Baseball (All Star & USSSA)

10 Liberty Christian Academy Baseball Field
USSSA Baseball

11 Liberty Christian Academy Softball Field
LU Blue - Softball

12 Liberty Equestrian Center
Equestrian

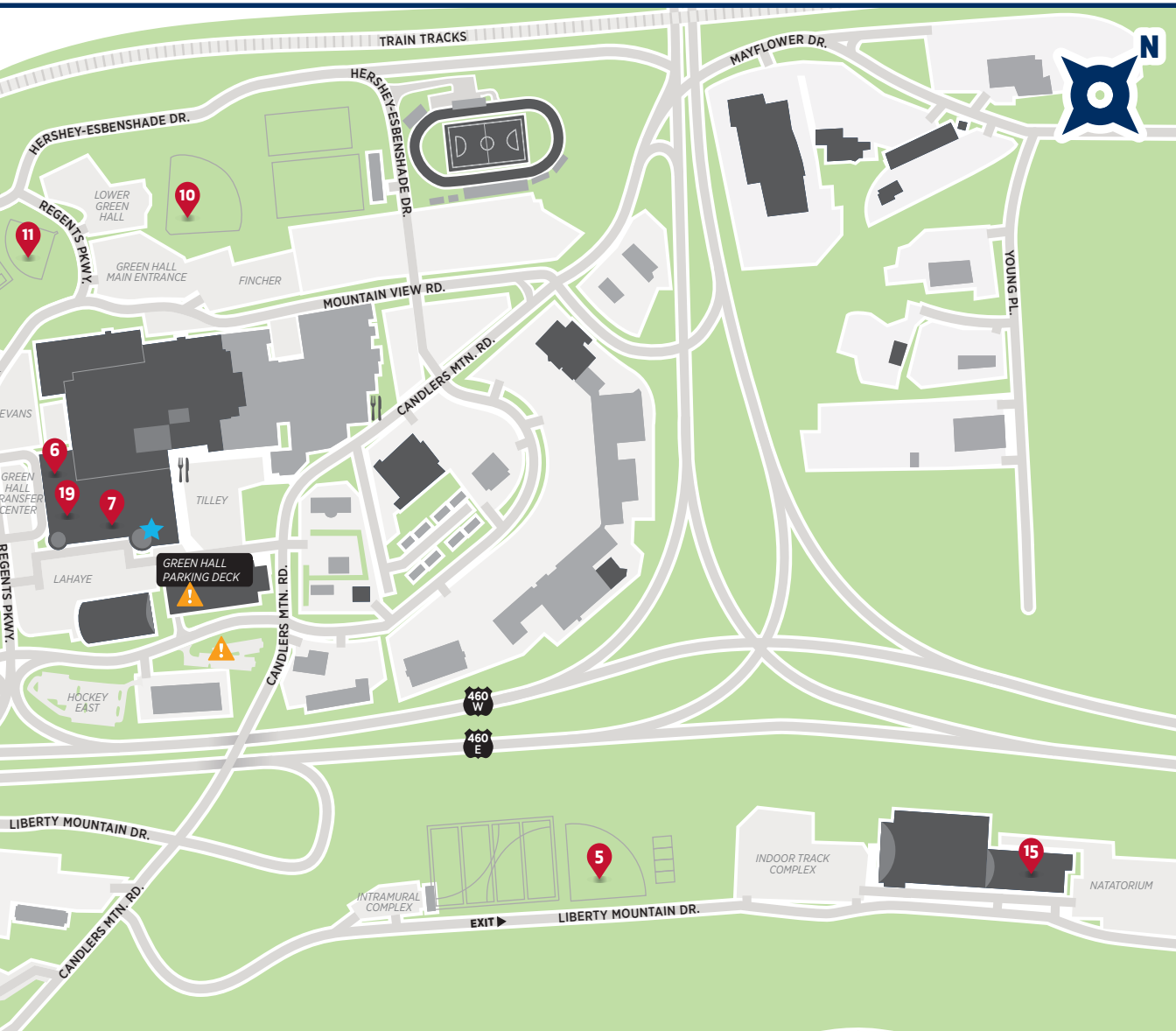
13 Liberty Football Practice Field
Athlete Parade Lineup, Disc Golf, 40-Yard Dash

14 Liberty Mountain Snowflex Centre

15 Liberty Natatorium
Swimming (June)

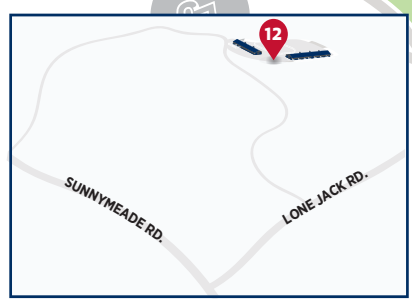
16 Liberty Softball Stadium
Able Baseball, LU Red - Softball

MAIN CAMPUS MAP



- 10** Lower Green Hall
 - 11** Green Hall Main Entrance
 - 6** Green Hall Transfer Center
 - 19** Green Hall Transfer Center
 - 7** Green Hall Transfer Center
 - 17** Liberty University Indoor Practice Facility
Athlete Tailgate Party, Opening Ceremony
 - 18** Matthes-Hopkins Track Complex
Track & Field
 - 19** Thomas Indoor Soccer Center
Indoor Soccer
- GENERAL KEY**
- Construction**

APPROXIMATELY 5-10 MINUTES FROM CAMPUS



For campus dining locations and hours:



Scan the QR code or visit LibertyDining.com.



Virginia Commonwealth Games

IN LYNCHBURG

LYNCHBURG EVENT MAP

MAP LEGEND



Liberty University | Main Campus

Various Sports
1971 University Blvd., Lynchburg, Va. 24515

1 American Legion Post 16

Air Rifle, BB Gun
1301 Greenview Drive, Lynchburg, Va. 24502

2 Crosswhite Athletic Club

Pickleball
118 Davis Cup Road, Lynchburg, Va. 24502

3 E.C. Glass High School

Baseball, Basketball
211 Memorial Ave., Lynchburg, Va. 24501

4 Heritage High School

Baseball
3020 Wards Ferry Road, Lynchburg, Va. 24502

5 Hillcats Stadium

Baseball
3180 Fort Ave., Lynchburg, Va. 24501

6 Liberty University Equestrian Center

Equestrian
524 Traveller Court, Rustburg, Va. 24588

7 Lyn-Dan Heights Ruritan Club

Able Fishing
2360 English Tavern Road, Lynchburg, Va. 24501

8 Peaks View Park

Youth & Adult Softball
1202 Ardmore Drive, Lynchburg, Va. 24502

9 Sweet Briar College

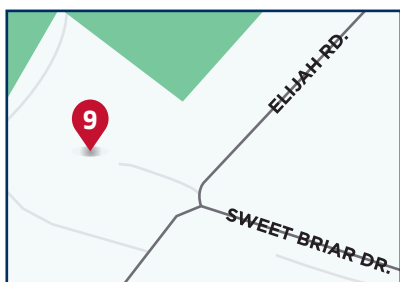
Indoor Archery
134 Chapel Road, Sweet Briar, Va. 24595

10 University of Lynchburg

Baseball
1501 Lakeside Drive, Lynchburg, Va. 24501

11 Virginia Episcopal School

Basketball
400 V.E.S. Road, Lynchburg, Va. 24503



SPORTS AT A GLANCE

SPORT	VENUE	DATE(S)
Able Baseball	Kamphuis Softball Stadium - Liberty University	July 13, 2024
Able Bowling	NRV SuperBowl - Christiansburg	July 18, 2024
Able Fishing	Lyn-Dan Heights Ruritan Club - Lynchburg	July 18, 2024
Able Rugby	VFW Field - Charlottesville	Fall 2024
Able Soccer	Coolwell Rec Center - Amherst	October 2024
Able Track & Field	Matthes-Hopkins Track Complex - Liberty University	July 20-21, 2024
Able Wheelchair Basketball (3 on 3)	Roanoke College - Salem	March 23, 2024
Able Wheelchair Tennis	Cook Tennis Center - Liberty University	July 19, 2024
Archery	Henrico	July 6-7, 2024
Archery - Indoor	Upchurch Fieldhouse - Sweet Briar College	July 20, 2024
Baseball - All Star	Liberty Baseball Stadium - Liberty University	July 12-14, 2024
Baseball - USSSA (8U-13U only)	New River Valley & Roanoke	June 8-9, 2024
Baseball - USSSA (14U - 18U only)	Liberty University, Heritage HS, EC Glass HS, LCA, Bank of the James Stadium & Univ of Lynchburg	July 20-21, 2024
Basketball	Liberty University, EC Glass HS & Virginia Episcopal School	July 19-21, 2024
Basketball Skills Challenge	William Fleming HS - Roanoke	June 14 & Aug 9, 2024
Beach Volleyball	Liberty University Beach Volleyball Courts	August 17, 2024
Bowling	NRV SuperBowl - Christiansburg	July 19-21, 2024
Cheerleading	Virtual Competition	Fall 2024
Chess	Virtual Competition	July 20-21, 2024
Croquet	Chesapeake Bay Croquet Club - Harfield	May 25-26, 2024
Disc Golf	Falling Creek Park & Independence Park - Bedford	July 20-21, 2024
Disc It	Indoor Football Practice Facility Complex - Liberty University	July 19, 2024
Equestrian	Liberty Equestrian Center - Liberty University	July 27, 2024
Field Hockey	Gloucester HS - Gloucester	August 24, 2024
Floor Hockey	Desmond Doss Gym - Lynchburg	June 16, 2024
Mini Golf	Putt Putt Fun Center - Roanoke	July 20, 2024
Pickleball	Crosswhite Athletic Club - Lynchburg	July 12-14, 2024
Racquetball	LaHaye Recreation & Fitness Center - Liberty University	July 11-14, 2024
Run - 5K	Fallon Park - Roanoke	June 8, 2024
Shooting - Air Rifle & BB Gun	Virtual Competition	July 20, 2024
Soccer (Indoor)	Thomas Indoor Soccer Center - Liberty University	August 1-3, 2024
Softball - Adult Slow Pitch	Peaksview Park - Lynchburg	July 13-14, 2024
Softball - Youth	Peaksview Park, Liberty University, LCA & Bedford	July 20-21, 2024
Spikeball	Glover Park - Glen Allen	June 15-16, 2024
Swimming	Liberty University Natatorium - Liberty University	May 31 - June 2, 2024
Tennis - Adult & Youth	Cook Tennis Center - Liberty University	July 20-21, 2024
Track & Field - Outdoor	Matthes-Hopkins Track Complex - Liberty University	July 20-21, 2024
Triathlon	Jamestown Beach Event Park - Williamsburg	June 8-9, 2024
Wrestling	LaHaye Multipurpose Center - Liberty University	July 1, 2024

CONNECT WITH THE GAMES



Virginia Commonwealth Games



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#VAComGames

EVENT INFORMATION

ABLE BASEBALL TOURNAMENT

July 13, 2024

Liberty University - Kamphuis Stadium

ABLE BOWLING

July 18, 2024

NRV Superbowl - Christiansburg

ABLE FISHING TOURNAMENT

July 18, 2024

Lyn-Dan Heights Ruritan Club - Lynchburg

ABLE RUGBY

Fall 2024

VFW Field - Charlottesville

ABLE SOCCER COMPETITION

October 2024

Coolwell Rec Center - Amherst

ABLE TRACK & FIELD EVENTS

July 20-21, 2024

Liberty University - Matthes-Hopkins Track Complex

Spectator fees - \$10 per day

ABLE WHEELCHAIR BASKETBALL (3 on 3)

March 23, 2024

Roanoke College - Salem

ABLE WHEELCHAIR TENNIS

July 19, 2024

Liberty University - Cook Tennis Center

ARCHERY

July 6-7, 2024

Henrico

ARCHERY - INDOOR

July 20, 2024

Upchurch Fieldhouse - Sweet Briar College, Amherst

BASEBALL - ALL STAR

July 12-14, 2024

Liberty University - Liberty Baseball Stadium

BASEBALL - USSSA

June 8-9, 2024 - (8U-13U ONLY)

July 20-21, 2024 - (14U-18U ONLY)

June - New River Valley & Roanoke

July - LU, Heritage HS, EC Glass, LCA, Bank of the James & U of Lynchburg

8U-13U Spectator fees - \$7 daily or \$10 weekend

14U-18U Spectator fees - \$10 daily or \$15 weekend

BASKETBALL

July 19-21, 2024

Various times - Game Schedule online

Liberty University - LaHaye, Liberty Arena, EC Glass HS &

Virginia Episcopal School

Spectator fees - \$5 Friday, \$15 Saturday, \$15 Sunday,

\$30 weekend

2024 VA COMMONWEALTH GAMES

BASKETBALL SKILLS CHALLENGE

June 14 & August 9, 2024

William Fleming HS - Roanoke

BEACH VOLLEYBALL

August 17, 2024

Liberty University - Beach Volleyball Campus East Courts

BOWLING

July 19-21, 2024

Friday - Seniors ONLY,

Saturday - 8:30am (Squad A), 1pm (Squad B)

NRV Superbowl - Christiansburg

CHEERLEADING

Fall 2024

VIRTUAL EVENT

CHESS

July 20-21, 2024

VIRTUAL EVENT

CROQUET

May 25-26, 2024

Chesapeake Bay Croquet Club - Hartfield

DISC GOLF

July 20-21, 2024

Falling Creek Park & Independence Park - Bedford

DISC IT

July 19, 2024

Liberty University - Indoor Football Practice Facility Complex

EQUESTRIAN

July 27, 2024

Liberty University Equestrian Center

FIELD HOCKEY

August 24, 2024

Gloucester HS, Gloucester

FLOOR HOCKEY

June 16, 2024

Desmond Doss Gym - Lynchburg

MINI GOLF

July 20, 2024

Putt Putt Fun Center - Roanoke

PICKLEBALL

July 12-14, 2024

Crosswhite Athletic Club - Lynchburg

RACQUETBALL

July 11-14, 2024

Liberty University - LaHaye Rec & Fitness Center

EVENT INFORMATION

RUN - 5K

June 8, 2024

Fallon Park - Roanoke

SHOOTING- AIR RIFLE & BB GUN

July 20, 2024

VIRTUAL EVENT

SOCCER - INDOOR

August 1-3, 2024

Liberty University - Thomas Indoor Soccer Center

SOFTBALL - ADULT SLOWPITCH

July 13-14, 2024

Peakview Park - Lynchburg

SOFTBALL - YOUTH FASTPITCH

July 20-21, 2024

Liberty University, Peakview Park, LCA & Bedford

SPIKEBALL

June 15-16, 2024

Glover Park - Henrico

SWIMMING

May 31 - June 2, 2024

Liberty University - Liberty Natatorium

TENNIS- YOUTH & ADULT

July 20-21, 2024

Liberty University - Cook Tennis Center

TRACK & FIELD - OUTDOOR

July 20-21, 2024

Liberty University - Matthes-Hopkins Track Complex

Spectator fees - \$10 per day

TRIATHLON

June 8-9, 2024

Jamestown Event Park Beach - Williamsburg

WRESTLING

July 1, 2024

Liberty University - LaHaye Multipurpose Center

Spectator fees - \$5 a day

Be sure to check the website for updated event information as some things are subject to change.

www.CommonwealthGames.org



Scan the QR Code to purchase tickets!

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Here's to an amazing fifty years.

Thank you for being part of the Carter legacy.

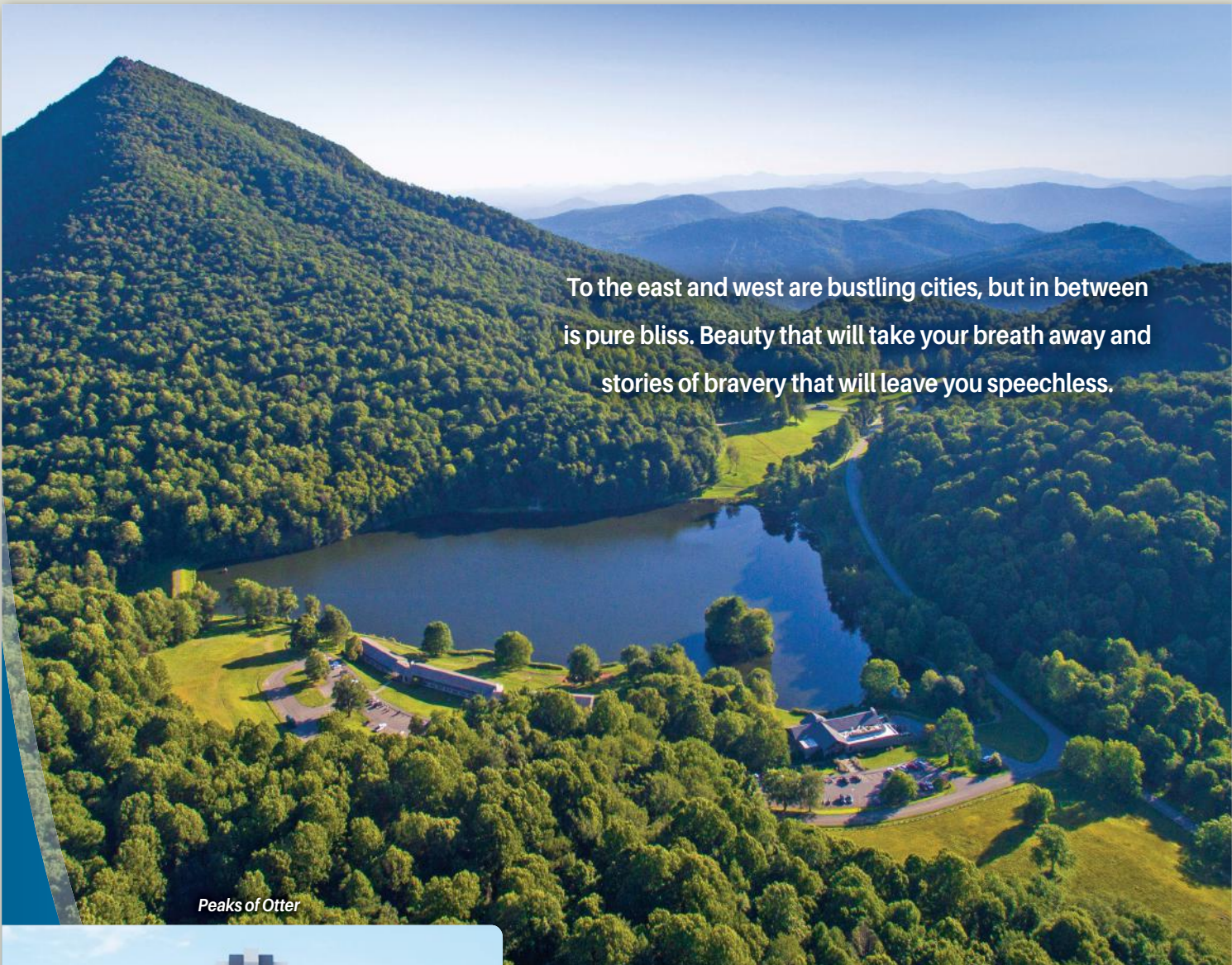
We are proud to celebrate 50 years of helping families and businesses prosper and look forward to supporting the financial needs of more people in our communities for decades to come.

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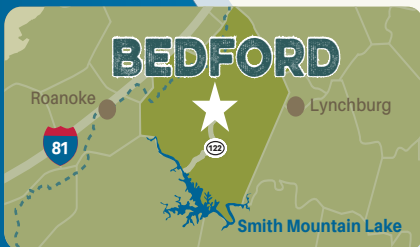


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FEATURED PROFILE

Virginian to represent the Commonwealth and Team USA in Paris

Coach Spotlight

by Chris Moody



From the halls of a small Virginia high school to the bright lights of Paris, Coach Delethea Quarles has traveled an amazing route. Her journey hits its pinnacle in early August when she will be one of the coaches for Team USA track and field at the Olympics in Paris.

Quarles, known universally as Coach Dee, will coach the women's jumping events and the heptathlon.

Quarles, now the director of track and field at James Madison University, this is her first chance to be on the Team USA coaching staff at the Olympics, although she has coached the United States' team in other international events, including serving as head women's coach in IAAF World Championships in Beijing in 2015.

Earning a spot as a coach for TeamUSA is a high-pressure, performance based selection akin to making the team as an athlete. It starts with application to be a coach for junior events and lower-tier international meets. In those roles, Coach Dee has traveled to Russia, Qatar, South Korea, Canada and Brazil. Along the way, she made the grade that allowed her to remain on the international staff.

"You're graded on performance," she said. "You have to get a certain grade to be able to apply again. It's a great time but a high-pressure time."

Because most athletes being their personal coaches, the team coach is less an instructor and more of a logistics expert. In addition to meetings, events, schedules and a thousand other items to coordinate for the athletes, Coach Dee has to be knowledgeable about an event to be an instructional coach if a situation arises where a personal coach is not available. More important, she has to be closely watching the competition in case a protest needs filed on behalf of an American athlete.

"My eyes are to be on my events in case there's a protest," she says. "We have to communicate if we need to go to protest table; you only have a certain amount of time. A lot of technical things related to fairness are things we look out for especially. Plus we are there to promote team unity. The men and women operate as one team. We do everything we can for our athletes to get on the podium."

In 2016, Coach Dee went to the Olympics in Rio de Janeiro as the personal coach for high jumper Jeannelle Scheper, a national champion at South Carolina who represented St. Lucia at the Rio Games.

For Quarles, coaching the heptathlon is a natural. She excelled in the event in her days as a college athlete, earning all-American status three times, including as a freshman at Campbell University, then twice at Liberty University.

A Virginia native who grew up in Covington, Quarles was a multi-event athlete for Alleghany



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High School, but high school meets did not have a heptathlon. Brant Tolsma, a coach at Campbell University, recognized that Quarles had the ability in multiple events to be a strong heptathlete.

“My college coach recruited me with a handwritten letter, where he told me what the heptathlon was and said I had done a lot of those events in high school and I’d be good at it,” Coach Dee says. “He said I could be all-American as a freshman. I went there and a lot of what he predicted came true.”

Tolsma, left Campbell for Liberty when the women’s program was getting started under head coach Ron Hopkins. Quarles followed Tolsma to Liberty, grateful for the chance to compete closer to her hometown. She was so successful that she was inducted into the Liberty University Athletics Hall of Fame.

“It’s a whole different place from my time. It’s humbling to walk on campus,” Quarles says.

Coming home is special to Coach Dee. After graduating from LU, she spent eight years on its coaching staff, she went to work on the staff at the University of South Carolina where she spent 25 successful years coaching 50 all-Americans and two national champions in jumps, including Scheper, and multisport events.

In 2022, she got the call to come home again, returning to Virginia as the track and field director at JMU.

“It’s special to come home,” Coach Dee says. “You’re home and people know you. They’ve known you since you were young. They are all invested in your success.”

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