

# News Release



Contact: Jamie Carrow, Member Services & Education Director  
757-855-8220, [jamie@abcva.org](mailto:jamie@abcva.org)

**For Immediate Release**  
January 28, 2020

## **ASSOCIATED BUILDERS AND CONTRACTORS HOLDS ANNUAL CRAFT TRAINING COMPETITION IN HAMPTON ROADS**

**NORFOLK, VA, January 28, 2020** -- The Hampton Roads region of Associated Builders and Contractors - Virginia Chapter (ABC-VA) held its annual craft competition for the Electrical and HVAC Apprenticeship Training Programs on Saturday, January 11, 2020 at their training facility in Norfolk, Virginia.

Apprentices from each trade participated in a craft training competition for a chance to compete on a national level at ABC's [National Craft Championships](#) in Nashville, Tennessee March 23 – 27, 2020. The students competed in a compilation of an assigned, hands-on project as well as a written exam. The students competing from the Electrical trade included Leo Eaton, IES Commercial and Troy Riggs, M-3 Electric Company. The students competing from the HVAC trade included Taylor Newnam, ColonialWebb Contractors; Stephen Boone, JRC Mechanical; and Michael Bates, JRC Mechanical.

The winner of the Electrical Competition was Troy Riggs, M-3 Electric Company. The winner of the HVAC Competition was Taylor Newnam, ColonialWebb Contractors. ABC-VA is very proud of all the competitors. They worked very hard for the chance to compete this year. None of this could have been made possible without the lead instructors: Mike Gesick, ABC-VA HVAC Instructor and Bill Johnson, ABC-VA Electrical Instructor. ABC-VA would also like to thank our judges: Cary Fowler, J. C. Driskill; Mike Gesick, MTS Refrigeration; Bill Johnson, ARGO Systems; Matt Miller, ColonialWebb Contractors; and Craig Zagrocki, Watson Electrical Construction Co. We would also like to thank Maurice Electrical and MTS Refrigeration for donating the materials needed for these competitions.

To learn more about ABC-VA's Apprenticeship Training Programs, contact Jamie Carrow, ABC-VA Member Services & Education Director at (757) 855-8220 or [jamie@abcva.org](mailto:jamie@abcva.org).

###

About Associated Builders and Contractors – Virginia Chapter: The Virginia Chapter of ABC is a 501(c)(6) organization that represents the interests of nearly 1,000 contractors, specialty contractors, and suppliers throughout the Commonwealth of Virginia that support and believe in the principles of merit shop construction and open competition. Merit Shop is a way of doing business in which companies reward employees based on performance and encourage them to reach their highest level of achievement, and in which contracts are awarded based on safety, quality, and value, regardless of labor affiliation. An open marketplace creates efficient, cost-competitive projects, safe work sites, comparable wages and workforce training. The Virginia Chapter is headquartered in Dulles, Virginia and has two branch offices located in Hampton Roads and Richmond, Virginia. For more information, visit our website at [www.abcva.org](http://www.abcva.org).