

2008 ALL-METRO TEAMS: Softball



Softball All-Metro first team: (front row from left) Kelly Penny, Jana Martin, Courtney Long, Leona Rainey, Lacey Waldrop, Stacey Snellings, Christy Barren; (back row from left) Cattlen Manning, Amanda Woolard, Samantha Kandravi, Whitney Halter, Missy Coates, Taylor Blankenship and Cay Manuel.

Player of the year

Courtney Long, Hanover—In her four-year varsity career with the Hawks, Long showed her versatility and athleticism by playing three positions and for a team that played for two Group AAA titles, winning one. Moving behind the plate from the outfield this season did not affect her offensive production as she scored 24 runs and averaged .464 with an on-base percentage of .575. Long hit three home runs and had 18 RBI, and 12 of her 32 hits were for extra bases. She will play softball at Longwood next year.

Pitcher of the year

Lacey WaMdrop, Thomas Dale—Waldrop's freshman enthusiasm took Thomas Dale to its best regular season record. She pitched 18 of the Knights' 20 regular-season wins and the one loss to Deep Run that ended their season in the first round of the regional tournament. Defensively, her 0.24 ERA was the region's lowest, while she allowed just 24 hits and pitched nine shutouts, [she struck out 223 batters in 112 innings without giving up a home run] Offensively, she produced 22 hits, 10 RBI, 19 runs and hit .415.

First team							
Pos	Player	school	Year	H	Keystat	RBI	Avg.
C	Courtney Long	Hanover	Sr.	32	3HR	18	.464
IF	Kelly Penny	Deep Run	Sr.	31	16KB, 135 PO, 23 runs	20	.423
IF	Caitlen	Prince	Sr.	33	10XB	18	.524

	Manning	George					
IF	Jana Martin	Lee-Davis	Sr.	24	9XB,2HR	16	.364
IF	Stacey Snellings	Mills Godwin	Sr.	29	6HR	26	.522
IF	Cay Manuel	Midlothian	Jr.	29	8XB,20SB	14	.354
OF	Amanda Woolard	Hanover	Jr.	29	5HR	26	.414
OF	Leona Rainey	Mills Godwin	Jr.	26	26 runs	—	.530
OF	Christy Barron	Thomas Dale	Sr.	21	10 runs	10	.432
Util.	Missy Coates	Collegiate	Sr.	37	7HR	28	.528
Util.	Samantha Kandravi	Attee	Sr.	27	20 R, 44 A	19	.39

Also went 5-0 with 22 strikeouts and three shutouts

Util.	Taylor Blankenship	Deep Run	Sr.	30	39A	10	.375
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Also went 10-5 with 95 strikeouts in 104 innings

Pos	Player	School	Year	W-L	IP	SO	BB	ERA
P	Lacey Waldrop	Thomas Dale	Fr.	18-1	112	223	33	0.24
P	Whitney Haller	Cosby	Jr.	18-5	139	181	39	0.35

NOTE: Statistics are combination of regular season and playoffs.

Second team

IF—Lauren Trentham, James River, Jr.; [Heather Sink, Cosby, So.](#); Katherine Kouri, Patrick Henry, Sr.; Logan Tollison, Thomas Dale, Fr.; Jessica Hart, Atlee, Sr.; [Megan Bell-Hill, Cosby, So.](#); Brianna Bertovich, Monacan, Sr. OF—Kelly Stajduhar, Hanover, Sr.; Jordan Beadles, Monacan, Sr.; [Brittany Burgess, Cosby, Sr.](#); Kelly Foate, Deep Run, So.; Lauryn Nanny, Thomas Dale, Jr.; Stephanie Ryan, Varina, Sr. C—Laura Bauer, New Kent, Sr.; Rudy Edmunds, Midlothian, So; Chelsea Mitchell, Lee-Davis, Jr.; Hilary Zell, Collegiate, So.; Lindsey West, Patrick Henry, Jr.; [Taylor Hall, Cosby, Fr.](#); Emily Rowe, J.R. Tucker, Sr. P—Jackie Jenkins, Atlee, Jr; Lisa Puryear, Hanover, Sr.; Lauren Vinson, Prince George, So.; Krista Townsend, Midlothian, Jr.; Kirstin McNamee, Douglas Freeman, Sr.; Rebecca Mills, New Kent, Sr.; Stephanie Fort, St. Catherine's, Jr.;

**Megan Williams, Monacan, So. Utility—Meghan Cobb, L.C. Bird, Sr.;
Lindsey Tingler, Patrick Henry, Jr.; Caitlin Underhill, Colonial
Heights, So.**