

# All Central Region Volleyball Teams - 2009

## Boys

### First Team

Ross Madden \*  
Zach Seymour \*  
Tony Song \*  
Quinten Moore  
Darren Kilby \*  
Mark Smith \*  
Kevin Ryan –Lib \*

Deep Run  
Thomas Dale  
Clover Hill  
Highland Springs  
James River  
Clover Hill  
Matoaca

### Second Team

Justin Crane \*  
Stephen Cunningham \*  
George Greene \*  
Jonathan Sperlazza \*  
Matt Wilkinson \*  
Austin Woods \*  
Thomas Poulos - Lib \*

Atlee  
Cosby  
Highland Springs  
Atlee  
MWGS  
Matoaca  
Deep Run

### Honorable Mention

Eric Bedford \*  
Matt Boegner \*  
Kevin Caine \*  
Matt Campfield \*  
Jerry Fiala\*  
Matt Harper \*  
Donnie Hevener  
Nathan Manley \*  
Drew McLean \*  
George Moore \*  
Garrett Short \*  
Kody Tingler \*  
Mason Vivas  
Matt White \*

Colonial Heights  
Godwin  
Godwin  
JR Tucker  
MWGS  
Matoaca  
Thomas Dale  
D Freeman  
James River  
Highland Springs  
Deep Run  
Atlee  
Thomas Sale  
Clover Hill

\* All Academic

### Player of the Year

Ross Madden      Deep Run

### Coach of the Year

Adam Griffin      Matoaca

## Girls

### First Team

Julia Cushman \*  
Erin Fitzgerald \*  
Ryane Majewski \*  
Meghan Meleski \*  
Maggie Murphy \*  
Harper Smith \*  
Mallory Woolridge \*  
Maddie Wood – Lib \*

James River  
Hermitage  
Hanover  
Godwin  
Godwin  
Clover Hill  
Deep Run  
Godwin

### Second Team

Hailey Brooks  
Valerie Carroll \*  
Chaney Lareau \*  
Jessica Melhorn \*  
Cassie Stergar \*  
Kaitlynn Wickersham \*  
Sam Page – Lib \*

Atlee  
Midlothian  
Deep Run  
Cosby  
James River  
Manchester  
Clover Hill

### Honorable Mention

Lindsey Bauer \*  
Jamie Bombardier \*  
Courtney Booth \*  
Lindsey Froggatt \*  
Brittany Johnson\*  
Morgan Jones \*  
Jordan Lykes  
Logan Majewski \*  
Kristi Richardson \*  
Cecelia Spencer  
Karlie Suber

Colonial Heights  
Lee-Davis  
Atlee  
Matoaca  
Prince George  
Colonial Heights  
Prince George  
Hanover  
Hermitage  
Matoaca  
Atlee

\* All Academic

### Player of the Year

Mallory Woolridge      Deep Run

### Coach of the Year

Micah White      James River