

# 2009 All-Metro softball team

By [STAFF REPORTS](#)

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## Kellie Bridgeman

**School:** Dinwiddie

**Year:** Senior

**Position:** First base

**The skinny:** Batting in a district with four standout pitchers, Bridgeman hit .558. Among her hits were nine doubles, four triples and a home run. She knocked in 28 runs and scored 19. Was the Generals' scholar-athlete of the year and first-team all-Central District and all-region. She's headed to Longwood.

**What you didn't know:** "I'm a huge tomboy and like to spend a lot of my time hunting and fishing with my brother and my dad."

## Carly Davis

**School:** Powhatan

**Year:** Senior

**Position:** Second base

**The skinny:** The Indians won the Southside District again, reached No.1 in the T-D Top 10, were Region I runner-up and advanced to the state tournament with plentiful contributions from Davis. She hit .364 and had a .959 fielding percentage. She was first-team all-district and all-region.

**What you didn't know :** She's a high school graduate at the age of 16.

## Kelly Foate

**School:** Deep Run

**Year:** Junior

**Position:** Outfield

**The skinny:** Was first-team all-Colonial District and all-region and moves up to first-team All-Metro from last year's second team. She led off for the Wildcats and produced a .426 batting average (26 hits), seven doubles, a home run and 16 stolen bases. She also had five RBI for a team that was ranked No.1 during the season.

**What you didn't know :** "Since I saw the movie 'Top Gun,' I've always wanted to be a fighter pilot."

## Taylor Hall

**School:** Cosby

**Year:** Sophomore

**Position:** Wild card (catcher)

**The skinny:** Another one of the Titans' .500 hitters (.520), Hall had 30 RBI and scored 18 times. Among her 39 hits were 13 doubles and two home runs. A second-team All-Metro pick last year, she caught every game this season and didn't give up a stolen base.

**What you didn't know :** "I started playing baseball when I was 4 years old and played seven years and on a travel team before switching to softball."

### **Rachel Houff**

**School:** Lee-Davis

**Year:** Sophomore

**Position:** Outfield

**The skinny:** Batting in the leadoff slot, she was a driving force for the Confederates, who spent time at No.1 and played one of the region's most difficult schedules. Earned all-Capital District and all-region accolades. She hit .409, scored 15 times and drove in seven runs.

**What you didn't know :** "I played ice hockey when I was little."

### **Jackie Jenkins**

**School:** Atlee

**Year:** Senior

**Position:** Pitcher

**The skinny:** Moves up from last year's second team. Was Capital District pitcher of the year while leading the Raiders to the state tournament (region runners-up) for the first time since 2002. Was in the circle for 99 innings (20 of which came in the district tournament final), had a 0.86 ERA (12 earned runs), struck out 112 and walked six. At the plate, she hit .404, drove in 15 runs and scored 17. Didn't make an error (115 assists, 12 putouts) this season. Headed to Radford.

**What you didn't know :** "I'm really afraid of bees."

### **Cay Manuel**

**School:** Midlothian

**Year:** Senior

**Position:** Shortstop

**The skinny:** Followed up last year's All-Metro first-team performance with another solid season in which the Trojans made it to the region semifinals before losing their only game to a team other than Cosby. She hit .407, had 25 hits (eight doubles, two triples) and stole 12 bases. Bound for Wingate University, she was first-team all-district and all-region.

**What you didn't know :** "I did ballet for three years."

### **Cheese Mitchell**

**School:** Lee-Davis

**Year:** Senior

**Position:** Catcher

**The skinny:** A four-year starter, she was Capital District player of the year after hitting .466 with 27 hits, including four doubles, two triples and two home runs. She had 17 RBI and scored 21 runs. She was second-team All-Metro the first three years, twice as an infielder and last year as a catcher.

**What you didn't know :** "When I was little, my grandpa called me M&M because I was so little."

### **Lauryn Nanny**

**School:** Thomas Dale

**Year:** Senior

**Position:** Wild card (outfield)

**The skinny:** Hit .519 with 28 hits (11 for extra bases, including two home runs) and 16 runs. She contributed 25 RBI and had a fielding percentage of .966 that helped her achieve first-team all-Central District and all-region honors. She was second-team All-Metro a year ago.

**What you didn't know :** "I can't go to sleep without taking a shower."

### **Leona Rainey**

**School:** Mills Godwin

**Year:** Senior

**Position:** Second base

**The skinny:** Repeats as first-team All-Metro (she made it as an outfielder last year). Was Colonial District and Central Region player of the year after producing a .513 batting average with 39 hits (seven for extra bases) and scoring 25 runs. Also collected nine RBI.

**What you didn't know :** "I spaz out when people touch the bottom of my neck."

### **Morgan Reynolds**

**School:** Cosby

**Year:** Senior

**Position:** Third base

**The skinny:** The Dominion District player of the year and first-team all-region choice anchored the left side of the infield with Heather Sink. She hit .544 with 13 doubles, two triples and two home runs. She scored 20 runs and drove home 26.

**What you didn't know :** "I'm really superstitious. I have a specific routine before a game and during a game. I get nervous if I don't follow the routine."

### **Heather Sink**

**School:** Cosby

**Year:** Junior

**Position:** Shortstop

**The skinny:** Named to the all-district and all-region first teams. Was second-team All-Metro last year. The Titans' best hitter (and one of the school's top students) compiled a .554 batting average on 46 hits. She scored 30 runs, had nine RBI and stole 15 bases. She committed just two

fielding errors.

**What you didn't know :** "I have a full size softball field in the back yard. The family calls it the field of dreams."

## **Lacey Waldrop**

**School:** Thomas Dale

**Year:** Sophomore

**Position:** Pitcher

**The skinny:** The Times-Dispatch pitcher of the year for the second consecutive year also was the Central District and Central Region pitcher of the year. She averaged two strikeouts per inning and 16 per game (246 total). She allowed eight runs in 13 games (11-2) and only two were earned (0.15 ERA). At the plate, she had 16 hits (.500) and 14 RBI in 12 games (because of injury).

**What you didn't know :** "My socks never match [for games or anytime]."

## **Amanda Woolard**

**School:** Hanover

**Year:** Senior

**Position:** Outfield

**The skinny:** Shifted smoothly from basketball to softball and repeated as a first-team All-Metro outfielder. She compiled a .407 batting average with 24 hits, 17 of which were doubles (12) or home runs (5). She drove in 25 runs and crossed the plate 17 times. Was first-team all-district and all-region.

**What you didn't know :** "I used to be a cheerleader . . . a long time ago."