

## Times-Dispatch 2010 All-Metro softball team Cosby's Sink Times-Dispatch softball player of the year

Few high school softball players are more effective hitters than Cosby's Heather Sink. Batting in the leadoff position as she has for four years, Sink produced these numbers on offense this season: .592 batting average, .625 on-base percentage, .908 slugging percentage, 45 hits in 76 at-bats, seven walks, two strikeouts, 17 stolen bases, 10 runs batted in and she scored 35 runs. Few high school students produced better than the 5.0 grade point average Sink compiled. She was the Scholar-Athlete of the Month for April and a Scholar-Athlete of the Year finalist. As her father, Jim, says, "To play at the level she does and to have that GPA, it's unbelievable when you consider her condition." Sink, the Times-Dispatch softball player of the year, has narcolepsy, a sleep disorder that causes excessive fatigue and frequent daytime sleep attacks. There is no known cure. Treatments control the symptoms. Sink let it be known in her interview for the Scholar-Athlete of the Month award that she was a narcoleptic. She was diagnosed when she was in the sixth grade. The diagnosis wasn't life threatening, but it was life altering. "It's hard to imagine how much more active she was," Jim Sink said. "She has to work a lot harder to maintain what she does." Said Sink, "It is hard. I'm out by nine o'clock and wake up at 5 to study. I have to do things during the day when I'm taking my medicine. Weekends I'm catching up on work." She started playing softball in the first grade. A friend whose father coached the team convinced her to play. Even though she's played basketball, run track and wanted to play volleyball, softball has been her sport. Sink always has played shortstop because "that's where you get the most action." Sink was second-team All-Metro as a sophomore and first team last year. One thing Times-Dispatch readers learned last year is that the family has a full-sized softball field in the back yard. Coach Ray Jeter first saw Sink when she was an eighth grader on the Manchester junior varsity team. He was in his last season as JV coach at Midlothian because he was headed to the new Chesterfield County high school, Cosby, as the head coach. "We couldn't keep her off base or stop her from stealing," Jeter recalled. "I had never seen anyone play like that. . . . I found out she was coming to Cosby, and I knew she would be starting at shortstop." That was four years ago. Sink made Jeter aware of her narcolepsy and what she needed. "I never saw that as an issue," Jeter said. Sink said this year was her best defensively. With her range and arm strength, Jeter said, "She gets to most anything hit and makes it look easy." At the plate, "I just relaxed and enjoyed playing. It showed," she said. "You have to clear your mind and don't think about the batting average." She will play softball Shenandoah University. She will continue to take naps before practice and games. Sink has no regrets about her high school career and what life has dealt her. "I feel like I've done the best I could."

### Getting to know Heather Sink

School: Cosby

Year: Senior

Position: Infield

One possession she can't do without: "My blanket."

The Skinny: An extraordinary hitter and shortstop, Sink was rewarded with player of the year honors in the Dominion District and Central Region and by The Times-Dispatch. Her batting average of .592 (slugging percentage .908) was built on 45 hits in 76 at-bats. The Titans' leadoff hitter walked just seven times. She had 17 stolen bases and 10 RBI.

## Lauren Vinson

School: Prince George

Year: Senior

Position: Pitcher

The skinny: Wearing her trademark white shoes and eye black, she pitched the Royals to a second consecutive Central Region championship. In 142 innings, she struck out 255 batters and gave up 76 hits. Opponents scored 19 runs, 10 of which were earned (0.49 ERA). Vinson hit .370 with two home runs, 12 RBI and 21 runs.

Her one wish would be: "To play softball and never have to get a real job."

## Lacey Waldrop

School: Thomas Dale

Year: Junior

Position: Pitcher

The skinny: Waldrop was the Central District pitcher of the year for the third time and is an All-Metro pick for the third year in a row. She compiled a 0.13 earned run average in 112 innings, struck out 311 batters (16 per game average) and allowed 23 hits. Her batting average was .481. Of her 25 hits, 13 were for extra bases. She had 28 RBI and scored 18 runs.

Possession she can't do without: "A bathing suit. I like to swim."

## Rachael Walters

School: Powhatan

Year: Sophomore

Position: Pitcher

The skinny: The Southside District pitcher of the year shared time in the circle with Jessica Brooks until the postseason where the Indians reached the Group AA tournament semifinals. Walters, a left-hander, had a 0.38 earned run average, allowed 43 hits and struck out 131 batters. She hit .325 and drove in 17 runs.

Her one wish would be: "To go back to the call at the plate [that went against Powhatan] in the state semifinal."

## Taylor Hall

School: Cosby

Year: Junior

Position: Catcher

The skinny: Hall is a repeat first-team All-Metro pick after making second team her freshman year. She hit better than .500 (.507) for the second year in a row. She reached base 48 times (32 hits, 16 walks), collected 15 extra-base hits (nine doubles, four triples, two home runs), had 23 RBI and scored 20 runs. She struck out twice. She gave up one stolen base and had one passed ball.

Favorite food: "Chocolate éclair cake."

## Liz Sill

School: Powhatan

Year: Senior

Position: Catcher

The skinny: Sill concluded four years behind the plate as the receiver for left-handed windmillers Rachael Walters and Jessica Brooks, and had only one passed ball. She was good at getting teammates across the plate, too, driving in 24 runs. She hit .437.

Her one wish would be: "To come back to Powhatan and coach softball."

## Meredith Holmes

School: Lee-Davis

Year: Junior

Position: Infield

The skinny: The Confederates' first baseman was the Capital District player of the year. During the regular season she hit .448, had 11 RBI and scored 18 runs. She added to those totals through the playoffs that ended in the state final. She didn't make an error on defense.

Favorite food: "Velveeta macaroni and cheese."

## Sam Moore

School: Patrick Henry

Year: Sophomore

Position: Infield.

The skinny: One of the Patriots' many young stars, Moore, a shortstop, was first-team all-Colonial District and all-Central Region. She hit .464. Among her 32 hits were 13 doubles and four home runs. She had 25 RBI and scored 19 runs.

One possession she can't do without: "My bat and glove."

## Logan Tollison

School: Thomas Dale

Year: Junior

Position: Infield

The skinny: Tollison was the Central District's player of the year. Strong in the field at shortstop, she hit .520, second best on the All-Metro team, in a district full of good pitchers. She collected 26 hits, including three triples and two home runs, delivered 20 RBI and scored 18 times. She had 26 stolen bases.

One possession she can't do without: "My car (a Cobalt named Colby Lee)."

## Tori Higginbotham

School: J.R. Tucker

Year: Senior

Position: Outfield

The skinny: The Tigers got good production at the plate and strong defense from their all-Colonial District and all-Central Region first-team selection. Higginbotham committed two errors in 21 games. She hit .464, had 12 extra-base hits (three HRs, three triples and six doubles) and stole 17 bases.

If she could travel anywhere, it would be: "New Zealand."

## Charyssa Parent

School: Lee-Davis

Year: Junior

Position: Outfield

The skinny: Parent improved her hitting substantially in the leadoff spot this year. During the regular season she hit .400, had 26 hits and scored 17 runs. She also had seven RBI. Because of Kelly Heinz's pitching, Parent didn't have many opportunities in the outfield, but she didn't make an error.

If she could travel anywhere, it would be: "Hollywood."

## Taylor Worley

School: Prince George

Year: Junior

Position: Outfield

The skinny: The Royals were solid on defense with Worley as the linchpin in the outfield. She supplied a good bat on offense with 31 hits that included seven doubles, a triple and two home runs. She crossed the plate 31 times and drove in 16 runs. Worley was first-team all-Central District and all-Central Region.

Favorite food: "Sloppy Joes."