

All Central Region Baseball Team (2010)

Firstbase: Forrest Lodge - Matoaca; Austin Young - Atlee

Secondbase: Nick Christopher - Dinwiddie

Thirdbase: Joey Cujas - Manchester

Shortstop: Nick Poulos - Douglas Freeman

Catcher: Will Connerley - Lee-Davis

DH: Collin Lawless - James River

Utility: Luke Lowery - Cosby

Outfielders: Christian Hamlett – Cosby; Austin Kilbourne – Matoaca; Mitchell Shifflett – Cosby; Kyle Witty Douglas - Freeman

Pitchers: Bryan Bierlein – Matoaca; Chris King – Dinwiddie; Danny Mooney – Cosby; Ryan Morrison - Manchester

Player of the Year: Ryan Morrison

Coach of the Year: Kenny Lewis - Lee-Davis; Shawn Wynn - Dinwiddie