

2010 All-Metro boys volleyball team

First Team

Darren Kilby **School:** James River **Year:** Senior **Position:** Outside hitter

The skinny: Kilby is the TD player of the year and is a member of the All Metro first team for the second time. He was first team as a sophomore and second team a year ago. He was voted second team all Central Region this season before leading the Rapids to the State Group AAA title. During the November stretch run (a nine match winning streak), Kilby was superb with 170 kills, 34 digs, 44 blocks and 20 aces.

What you didn't know: "It took me 18 months (as a baby) to start walking. My mom almost took me to the doctor."

Mitchell Dintaman **School:** Deep Run **Year:** Senior **Position:** Outside hitter

The skinny: The Wildcats' chief offensive threat was a first-team all-Colonial District and all-Central Region selection. Dintaman produced 305 kills, 54 blocks and 15 aces and had 80 digs for a team that was ranked No. 1 for most of the season and didn't lose until the region tournament semifinals.

What you didn't know: "I can do a Rubik's Cube in 34 seconds."

Matt Harper **School:** Matoaca **Year:** Senior **Position:** Middle

The skinny: The Warriors' 6-7 star was the Central District and Central Region player of the year. He accounted for 532 points (424 kills, 108 blocks) and had 129 assists and 63 digs. He helped Matoaca end Thomas Dale's longtime reign as district champion and guided the Warriors to the region tournament semifinals where they narrowly lost in five sets to James River.

What you didn't know: "I like working with kids."

Nathan Manley **School:** Douglas Freeman **Year:** Senior **Position:** Outside hitter

The skinny: A first-time All-Metro selection, Manley has been a mainstay for the Rebels for four years. Manley was the primary offense this season with 299 kills, 36 blocks, 37 aces and 132 digs. The Rebels were ranked in the top five all year. Manley earned first-team all-Colonial District accolades and was second-team all-region.

What you didn't know: "I love to fish. Deep sea, for bass, for catfish."

Ben Morrison **School:** Cosby **Year:** Senior **Position:** Setter/outside hitter

The skinny: One of two returning starters for the Titans, Morrison became a setter more than an outside this year and delivered a school season record 664 assists. He was the Dominion District player of the year and a first-team all-Central Region pick. He also had 64 kills, 29 blocks, 39 aces and 17 digs. He finished his career for two-time region runner-up Cosby with a school record 109 aces.

What you didn't know: "I'm a [video] gamer."

Thomas Poulos **School:** Deep Run **Year:** Senior **Position:** Libero

The skinny: Poulos is short in stature but long on skills and was named Colonial District player of the year and to the Central Region first team. He was a second-team All-Metro selection last year. Liberos are limited to the back row, but Poulos stood out because of his ability to read hitters and react with quickness. He had 125 digs and 19 aces.

What you didn't know: "I didn't start playing volleyball until I was a freshman in high school." He switched from baseball.

Kody Tingler **School:** Atlee **Year:** Senior **Position:** Middle

The skinny: Often overshadowed but the most consistent Raider, Tingler was a first-team all-Capital District and second-team all-Central Region selection. He was credited with 263 kills, 117 digs, 34 blocks and 67 aces for an Atlee team that lost only to Deep Run (twice) and James River (five sets in region quarterfinals).

What you didn't know: "My cousin is Kristin Carpenter. [Former T-D girls volleyball player of the year who has won two national titles in her first two years at Penn State]."

Second Team

Ethan Bickford, Matoaca Sr setter; Robert Chilcoat, Atlee, Sr outside hitter; Tanner Clark, Douglas Freeman, Sr Opposite; Alex Haley, Deep Run, Jr setter; Jake McCall, Thomas Dale, Sr outside hitter; George Moore, Highland Springs, Sr setter/outside hitter; Adam Sowder, Cosby, libero/defensive specialist.