

2011 All-Metro Field Hockey

Field Hockey: Kim named All-Metro player of the year



Amanda Kim came to St. Catherine's School with the intention of playing soccer in college. That aim changed when longtime coach Don Warner talked her into trying out for his field hockey team. After two VISAA state championships, being named a co-All-Metro player of the year in 2010, the All-Metro player of the year in 2011 and an All-American, Kim still can't believe this was how her Saints career turned out. "Coach Warner was like 'just come out' my freshman year, and I made varsity with him with four or five other players," she said. "I learned so much and I never thought I would have switched sports. I was definitely thinking I would play soccer in college, but switching sports, I have just fallen in love with field hockey." A 2011 All-Metro first-team soccer selection, Kim will play field hockey at Duke after leaving St. Catherine's. "Going into the future, I hope to learn more and become an even better player," she said. Kim scored nine goals and had eight assists this season despite a challenging season because of a different style of play. "Last year, I had Kali Vicars in the middle with me, so I was more a pass-first kind of player," she said. "But, because I didn't have her in the midfield for me this year, I had to become more of a dribble player, but I was still looked to distribute more and I became more of a player that was able to eliminate, but still being able to distribute." Vicars, also an All-American, All-Metro and 2010 co-All-Metro player of the year, and Kim were a lethal combination until Vicars went down in the League of Independent Schools title game with a knee injury. It forced Kim to prove her flexibility and leadership even more. "In the last game, without having her again, I had to look for other people, so that became a larger role on corners and to make sure to finish those in order to win the game," she said. "When (Vicars') injury happened, we were like 'Oh, jeez. Uh-oh.' I just was thinking 'we can do this.' She is an amazing player and it was a big loss, but I still had faith in my team that we'd still be able to play and win the game." In the VISAA tournament final against Norfolk Academy, Kim's larger role on corners shined when she got an assist on a corner that Chloe Thompson put in the net. "We kept pushing along and it wasn't the ideal season, I would say, but it came out in the end, and the end product was what we wanted," she said. "It was a rough season, lots of ups and downs, but it was a lot of fun." Warner said in an e-mail that Kim's contributions to St. Catherine's field hockey extended beyond the number of goals and assists she had in her four years. "I enjoy heading to practice knowing I have the opportunity to challenge an athlete like Amanda," he wrote. "She has worked to develop the whole package as a hockey player at St. Catherine's. Amanda can often be heard from both sidelines directing her teammates into positive space as we transition from defense to attack in game play, but her leadership is yearlong."

Past All-Metro Players of the Year

2010 — Amanda Kim, St. Catherine's

Kali Vicars, St. Catherine's

2009 — Hillary Zell, Collegiate

2008 — Hillary Zell, Collegiate

2007 — Tori O'Shea, Collegiate

2006 — Tori O'Shea, Collegiate

2005 — Carrington Croft, St. Catherine's.

2004 — Kate Hanley, Collegiate

2003 — Blair Northen, Collegiate



ABBY BELLOWS **Position:** Midfield **School:** Hanover **Year:** Senior

The Skinny: Bellows racked up 19 goals and 11 assists for the Hawks this season, leading the team to the Capital District title and Central Region runner-up as well as a berth in the state playoffs.

She was named first team all-Capital District and all-region as well as honorable mention all-state.

What You Didn't Know: "I run [two miles or so] every single day. I have to run."



EMILY DIETRICK **Position:** Forward **School:** Atlee **Year:** Senior

The Skinny: Dietrick found the back of the net 18 times for the Raiders and was their leading scorer. She also had four assists. The Capital District player of the year was named first team all-district

and all-region.

What You Didn't Know: "I'm obsessed with the 80s. I was born in the wrong decade."



KATY MAY **Position:** Forward **School:** Maggie Walker GS **Year:** Senior

The Skinny: May paced the Green Dragons' attack this season, scoring 13 goals and two assists for the Central Region champions. She was named first team all-district and all-region. She scored twice in the Central Region final against Hanover and the lone goal for Maggie Walker in their state playoff loss to Westfield.

What You Didn't Know: "I like field hockey because you get to be lady-like and wear a skirt, but you get to carry a big stick."



SIOBHAN RIGBY **Position:** Back **School:** Maggie Walker
GS **Year:** Senior

The Skinny: Rigby moves up to first team All-Metro after being named second team in 2010. She scored five goals and 25 assists for the Green Dragons as they won the Central Region. Rigby was named first team all-district and all-region, Colonial District and Central Region player of the year and first team all-state.

What You Didn't Know: "I got the Gold Award in Girl Scouts."



CATHERINE ROGERSON **Position:** Midfield/forward **School:**
Cosby **Year:** Senior

The Skinny: The Dominion District player of the year scored 25 goals and 19 assists for the Titans on the season, besting her total of seven goals a year ago. She scored twice in Cosby's regional win over Douglas Freeman. She was named first team all- Dominion District and all-region.

What You Didn't Know: "I don't like milk."



KALI VICARS **Position:** Midfield **School:** St.
Catherine's **Year:** Senior

The Skinny: Vicars scored 10 goals and recorded four assists for the Saints, who won the VISAA state title. She was named first team all-LIS, VISAA all-state and NFHCA all-American. Vicars was the 2010 All-Metro co-player of the year and was second team all-metro in 2009. She will move on to play field hockey at Wake Forest.

What You Didn't Know: "I eat Chik-Fil-A more than once a week."



REGAN FLORES **Position:** Midfield **School:** Thomas Dale **Year:** Junior

The Skinny: Flores scored 11 goals for the Knights this season, including two in Thomas Dale's Central District title game win over Matoaca, 3-2, two in their regional playoff win over Atlee and one in their loss to Maggie Walker in the region semifinals. She was named first team all-Central District and all-region. She is a 2011 all-metro first team selection in soccer.

What You Didn't Know: "I am an ice cream scooper at Bruster's."



MICHELA NARDI **Position:** Forward **School:** Henrico **Year:** Junior

The Skinny: Nardi scored 16 goals for the Warriors, bringing her total up to 47 in her three years at Henrico. She recorded 11 assists and 10 steals as well. She was named second team all-region and first team all-district for the third time.

What You Didn't Know: "I go to camp in Colorado every summer. I've hiked over 150 miles."



REGAN SPENCER **Position:** Keeper **School:** Cosby **Year:** Junior

The Skinny: Spencer was a force in net for the Titans this season, recording 34 saves, increasing her total from last year of just 12 saves. She was named first team all-Dominion district and all-region.

What You Didn't Know: "I never learned to drive an automatic car until behind the wheel."



MONICA THORNTON **Position:** Back **School:** Clover Hill **Year:** Junior

The Skinny: Thornton played solid defense for the Cavaliers this season, recording 17 goal line stops. She found the back of the net four times and recorded three assists. She was named first team all-district and all-region.

What You Didn't Know: "I like art: painting, sketching, and photography. As long as I'm creating something, I'm happy."



BROOKS DOXEY **Position:** Midfield **School:** Collegiate **Year:** Sophomore

The Skinny: Doxey scored 11 times for the Cougars, matching her total from a year ago. She recorded 10 assists, including two in the Cougars' LIS Division I championship win over St. Catherine's. She was named all-LIS and VISAA all-state.

What You Didn't Know: "When I first started playing soccer (at age 4) I was scared of the people watching, so my coach had to hold my hand."

Second team All-Metro Field Hockey

Forwards: Peyton Smith, St. Catherine's, Sr.; Jordan Nowaczyk, James River, Sr.; Ann Martin, James River, Sr.; Ally Blanchetti, Deep Run, Jr.; Kelsey Daughtery, Thomas Dale, Sr.; Lane Scher, Maggie Walker, Sr.; Hannah Humrich, Douglas Freeman, Sr.; Allison Piotrowski, Midlothian, Sr. Midfield: Sarah Thornhill, Douglas Freeman, Jr.; Maddie Kendrick, Thomas Dale, So.; Allie Bluff, Deep Run, Sr.; Alex Upadhyay, Trinity Episcopal, Jr.; Cammie Lloyd, Trinity Episcopal, So. Backs: Madelyn Clark, Hanover, Sr.; Carolyn Martyn, Midlothian, Sr; Ellen Davenport, Collegiate, Senior; Kathryn Barisano, Thomas Dale, Jr.; Emily Mead, Cosby, Jr.; Thea Stoller, Douglas Freeman, Sr. Goalkeepers: Julia Whitehead, Maggie Walker GS, Sr.; Ainsley Parrish, Thomas Dale, Sr.; Campbell Brewer, Collegiate, Fr.