



Deep Run freshman named player of year

Credit: DEAN HOFFMEYER/TIMES-DISPATCH

Deep Run's Elizabeth Ball led the Wildcats in goals with 20, including a chip-in here to put Deep Run up 2-1 against Heritage in the state quarterfinals. Some high school students have trouble transitioning from middle school to high school, with their freshman year being a time of figuring out what high school is all about. Deep Run's Elizabeth Ball didn't have any problems getting acclimated to what high school soccer is like. She has been named The Times-Dispatch's 2011 girls soccer player of the year in her freshman year for the Wildcats. She received every first-team honor she could have in the 2011 campaign. District, region and state first-team honors were hers, as well as being named the Colonial District and Central Region player of the year and team MVP. "It's really special to be recognized," Ball said. "I wouldn't have thought I'd have gotten this much recognition this quickly." Ball was an instrumental part of the Wildcats' Central Region championship and their state playoff berth. "Elizabeth was the catalyst for our offense this season," Deep Run co-head coach Brooke Roney wrote in an email, "she helped create so many dangerous opportunities for us and we were able to capitalize on those chances." Ball's game is speed and aggression, which she describes as the focus in her first few days with the Wildcats. "It was intimidating when I first started playing," she said, "so I just focused on my game and went from there." However, she saw what Deep Run could do during the season. "We started really well and I knew we'd get far. I was on a good team that would win a lot," she said. Ball led the team with 20 goals. She also brought a sense of leadership to the team, an unusual attribute from

someone in their first year of competition. "I was surprised at how (my teammates) responded to it," she said. Her speed, aggression and leadership showed early in the Cosby College Tour Showcase. Deep Run was matched against Midlothian in what would be a preview of the Central Region title game. All game, Deep Run was able to penetrate the Midlothian defense but was unable to add another goal to its 1-0 lead. Ball took her chance and was able to beat Trojans keeper Kirsten Hancock for the final goal of the game. However, Ball said she thinks Deep Run's two victories against Cosby were more intense. "I've got a lot of friends at Cosby," she said. "Those were our best and hardest games. We just weren't going to lose." After getting past the Titans and Trojans, Deep Run fell to Heritage 3-2 on penalty kicks in the state quarterfinals. Despite this, Ball's optimism about next season could not be higher. "I think we'll be successful," she said. "Next year, we'll be the same or even better." While still three years from graduation, Ball has aspirations to play soccer at a Division I college. If her first season is any indication, that dream will come to fruition before she knows it.

2011 Times-Dispatch All-Metro girls soccer



REGAN FLORES - School: Thomas Dale - **Year:** Sophomore - **Position:** Forward

The skinny: Flores scored 15 goals and had eight assists for the Knights. She was named Central District player of the year and made first-team all-district and all-region. **What you didn't know:** "My



MADI CONYERS - School: Cosby - **Year:** Freshman - **Position:** Forward

The skinny: Conyers boosted the Titans' offense with 21 goals. She made first-team all-district and all-region and second-team all-state.

What you didn't know: "I like eating peanut butter and pickle sandwiches."

passion is dance."



SAM ARMENTROUT - School: Atlee -
Year: Junior - **Position:** Forward

The skinny: Armentrout moves up from second-team All-Metro in 2010. The fast and powerful forward scored 18 goals and had eight assists en route to being named first-team all-district and all-region. **What you didn't know:** "My

name is Samantha, my cousin's name is Sam, my sister-in-law is Samantha and my dog is named Sam."



KATIE VENCK - School: Midlothian -
Year: Junior - **Position:** Forward

The skinny: Venck moves up from second-team All-Metro in 2010. She led the Trojans' offensive charge this season and tied for the team lead with 13 goals and eight assists. She was named first-team all-district and second-team all-region.

What you didn't know: "I was born in Kansas."



ASHLEY RIEFNER - School: Atlee -
Year: Junior - **Position:** Midfielder

The skinny: Riefner was player of the year in the Capital District with 19 goals and 10 assists. She was first-team all-district, all-region and all-state. She has committed to play at the University of Richmond. **What you didn't know:** "I

can eat a Chipotle burrito in four minutes or less."



MARIE JOHNSTON - School: Midlothian - **Year:** Sophomore -
Position: Midfielder

The skinny: Johnston scored 13 goals, tied for the team lead with fellow All-Metro first-teamer Katie Venck and recorded six assists. Johnston also was first-team all-

district and all-region. **What you didn't know:** "I can lick my elbow."



AMANDA KIM - School: St. Catherine's - **Year:** Junior - **Position:** Midfielder

The skinny: Kim was first-team all-LIS with five goals and three assists. Her strength in the midfield was a pivotal part of the Saints' 16-2-1 record and their berth in the state quarterfinals.

What you didn't know: "I have one brother and three sisters."



ALYSON BROWN - School: James River - **Year:** Sophomore -
Position: Midfielder

The skinny: Brown, a force in the midfield and on defense, scored five goals. She was first-team all-district and all-region and second-team all-state. She also won the coaches' award from James River. **What**

you didn't know: "I have huge dimples."



BRITTANY ENTZ - School: Deep Run - **Year:** Junior - **Position:** Midfielder

The skinny: Entz moves up from second-team All-Metro in 2010. She played a strong midfield for the Central Region champion Wildcats, scoring nine goals. She was named

first-team all-district and all-region and has committed to Marshall University. **What you didn't know:** "I have the best teammates ever."

MORGAN CONKLIN - School: Clover Hill - **Year:** Junior - **Position:** Defense

The skinny: Conklin moves up from second-team All-Metro in 2010. She was the player of the year in the Dominion District. She also made first-team all-region and second-team all-state. She had four goals and four assists and has committed to Virginia Tech. **What you didn't know:** "I always get Tropical Smoothie before away games."



JAYDEN METZGER - School: Cosby - **Year:** Sophomore - **Position:** Defense

The skinny: Metzger had five goals and one assist for the Titans. As a defender, she played a large role in Cosby's 11 shutouts. She made first-team all-district and all-region and

was honorable mention all-state. **What you didn't know:** "I beat box before every game."

EMMA NEWINS - School: Deep Run - **Year:** Senior - **Position:** Keeper

The skinny: Newins was first-team all-district and all-region. With her in net, Deep Run recorded nine shutouts en route to the Central Region crown. She will play soccer at Georgetown University. **What you didn't know:** "I have the cutest dog ever."

Second Team

Allison Bortell – Sophomore – James River – Forward

Christina Corbin – Sophomore – Deep Run – Forward

Liz Donninni – Senior – Lee-Davis - Forward

Rachel Hoar – Senior – Patrick Henry – Forward

Alex Pinkleton – Junior – Maggie Walker GS – Forward

Joy Grove – Senior – Cosby - Midfielder

Ellen Upton – Senior – Mills Godwin - Midfielder

Katrina Spinner-Wilson – Senior – Douglas Freeman - Midfielder

Jennie Sroba – Sophomore – Collegiate - Midfielder

Julia Sroba – Senior – Collegiate - Midfielder

Liz Ahrens – Sophomore – Douglas Freeman - Midfielder

Sarah Schrader – Junior – Thomas Dale - Midfielder

Lindsey Wilkens – Sophomore – Atlee - Midfielder

Teresa Dansa-Danquah – Senior – Henrico - Midfielder

Lindsey Gizzard – Senior – Atlee - Fullback

Aylssa Strickland – Junior – James River – Fullback

Nicole Kirkwood – Junior – Lee-Davis - Fullback

Avery Spence – Senior – Manchester - Fullback

Meghan Mosgrove – Junior – Clover Hill - Fullback

Miranda Carlson – Sophomore – Manchester - Fullback

Ellen Forrest – Senior – James River – Keeper

Blayne Fink – Sophomore – Cosby - Keeper