



All Central Region Girls Soccer Team



2011

First Team	Honorable Mention
Forwards	Caitlan Cooke * Colonial Heights
Sam Armentrout * Atlee	Liz Donnini * Lee-Davis
Elizabeth Ball * Deep Run	Kim Glymph * Atlee
Madi Conyers * Cosby	Sarah Haws * Thomas Dale
Regan Flores * Thomas Dale	Lauren Kesler * Hanover
Midfielders	Molly Siner * Matoaca
Alyson Brown * James River	Lizzie Weast * Manchester
Joy Grove * Cosby	Leeanne Kesler * Hanover
Ashley Riefner * Atlee	Rachel Le * Monacan
Ellen Upton * Mills Godwin	Ashley Locklear * Prince George
Marie Johnston * Midlothian	Ashley Oswald * Lee-Davis
Katrina Spinner-Wilson * Douglas Freeman	Samantha Tyler * Colonial Heights
Brittany Entz * Deep Run	Ashley Yelverton * Matoaca
Fullbacks	Madeline Braun * Patrick Henry
Anna Boyce * Mills Godwin	Sarah Crinkley * Colonial Heights
Pierce Bradner * Douglas Freeman	Emily DelGuercio * Matoaca
Morgan Conklin * Clover Hill	Asia Malcolm * JR Tucker
Jayden Metzger * Cosby	Nicole Shelton * Hanover
Keeper	Krystin Treglown * Prince George
Emma Newins * Deep Run	Miranda Carlson * Manchester
Second Team	Haley Flores * Thomas Dale
Forwards	Chaney Lareau * Deep Run
Allisson Bortell * James River	Michela Nardi * Henrico
Christiana Corbin * Deep Run	Taylor Dail * Hopewell
Rachel Hoar * Patrick Henry	Megan Dover * Lee-Davis
Alex Pinkleton * MWGS	
Katie Venck * Midlothian	
Midfielders	Player of the Year
Liz Ahrens * Douglas Freeman	Elizabeth Ball Deep Run
Sarah Schrader * Thomas Dale	
Lindsey Wilkens * Atlee	Coach of the Year
Fullbacks	
Teresa Danso-Danquah * Henrico	Brooke Roney Deep Run
Kindsey Grizzard * Atlee	
Nicole Kirkwood * Lee-Davis	
Hanna Ribbins * Thomas Dale	
Alyssa Strickland * James River	
Avery Spence * Manchester	
Meghan Mosgrove * Clover Hill	
Keeper	
Ellen Forrest * James River	