

2007 ALL-METRO: Girls Volleyball

PLAYER OF THE YEAR -- Alyssa Lang's sterling, record-setting career at Deep Run concluded on a high note, another state title and recognition as the Gatorade state player of the year. She established five school records and set state marks for digs (career, in a season, in a match). This season, she played nearly flawlessly in the region and state tournaments. The Wildcats won both titles. She logged 442 digs, 84 aces and 278 kills this season. She was co-player of the year in the Colonial District. She set the state mark for digs in a match (42) when the Wildcats finished second to Douglas Freeman in the 2005 final. Lang is headed to the University of Maryland Baltimore County.

FIRST TEAM		
Position	Player, school	Year
Outside hitter	Kristin Carpenter, Hanover	Junior
Outside hitter	Mallory Carter, Cosby	Junior
Middle/outside hitter	Meghann Forshey, Deep Run	Junior
Libero	Alyssa Foster, Mills Godwin	Senior
Outside hitter	Jessie Heavenrich, James River	Senior
Outside hitter	Alyssa Lang, Deep Run	Senior
Outside hitter	Katelyn Meeks, Mills Godwin	Senior
SECOND TEAM		
Position	Player, school	Year
Libero	Heather Brentzel, James River	Junior
Setter	Kristin Dahlstrand, James River	Senior
Outside hitter	Rebecca Davis, Hermitage	Senior
Middle	Elizabeth Drewry, Mills Godwin	Junior
Setter	Katie Hudencial, Hanover	Junior
Middle	Lacey Lewis, Atlee	Senior
Setter	Regan Simpson, Collegiate	Senior
Outside hitter	Gretchen Wilson, Midlothian	Junior