

All Central Region Basketball Teams - 2009

Boys

First Team

Josh Brinkley
Trey Davis *
Travis McKie *
Cadarian Rianes
David Robinson *

Douglas Freeman
Henrico
John Marshall
Petersburg
Cosby

Second Team

David Brown
Jake Eastman *
Antone Exum *
Scott Drejon *
Natwan Young

Huguenot
Douglas Freeman
Deep Run
Petersburg
Highland Springs

Honorable Mention

Luis Albalat
Cameron Colquitt *
Jonathan Crawley
Che'von Davenport
Grant Deichman *
Milton Gohlson
Xavier Parham
Andrew Simmons
Randall Ward*
Andrew White

Manchester
Atlee
Huguenot
Varina
James River
Hopewell
Highland Springs
Meadowbrook
John Marshall
Thomas Dale

* All Academic

Player of the Year

Cadarian Raines

Petersburg

Coach of the Year

Frank Threatts, Jr.

John Marshall

Girls

First Team

Ruthanne Doherty *
Shay Bentley
Jazmin Pitts *
Michelle Foley *
Kalia Johnson *

L.C. Bird
Manchester
Cosby
Mills Godwin
Thomas Dale

Second Team

Chelsea Coward *
Richelle Price*
Candice Silas *
Crystal Smith *
Becca Wann *

Hanover
Atlee
Monacan
Meadowbrook
Cosby

Honorable Mention

Kyra Coleman
Elaine Derricott
Alyssa Frye *
Sydney Henderson *
Taylor Huber *
Jordan Lykes
Sarah Parsons *
Andrea Sisson *
Amy Turner *
Ashley Whitaker *

Highland Springs
Henrico
Thomas Dale
Atlee
Patrick Henry
Prince George
J.R. Tucker
Mills Godwin
Deep Run
Petersburg

* All Academic

Player of the Year

Kalia Johnson

Thomas Dale

Coach of the Year

Rachel Mead

Cosby