

All-Metro boys volleyball

By [Staff Reports](#)

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Stephen Cunningham

School: **Cosby**

Year: **Senior**

Position : **Outside hitter**

The skinny: **The region and state runners-up Titans were a balanced team, but Cunningham was the go-to guy in the clutch. He contributed 299 kills, 40 digs, 18 blocks and 20 aces. He was first-team all-district, second-team all-region and was the boys Scholar-Athlete of the Month in September. Was selected to the all-tournament team in the Virginia Volleyball Showcase.**

If you had one wish, what would it be: **That I would never have to worry about money.**

Ross Madden

School: **Deep Run**

Year: **Senior**

Position : **Outside hitter**

The skinny: **A returnee from last year's state championship team, Madden was one of the region's most dominant players. He was credited with a whopping 498 kills. He also had 63 blocks and 62 aces. At 6-6, he played all the way around and passed well out of serve receive on the back row. Was the Colonial District and Central Region player of the year and an all-tournament team selection at the Virginia Showcase.**

If you could travel anywhere, where would it be: **The Winter Olympics in Vancouver.**

Quentin Moore

School: **Highland**

Springs

Year: **Senior**

Position : **Outside hitter**

The skinny: **It's a repeat year of honors for Moore. In addition to being first-team All-Metro for the second time, he was first-team all-region and Capital District player of the year again. Perhaps the most dynamic player in the region, he had 283 kills, 121 digs, 35 aces and 24 blocks for the Springers. His perfect passing grade of 65 percent was best on the team. Was a member of the Virginia Showcase all-tournament team.**

If you had one wish, what would it be: **To be a little taller.**

Kevin Ryan

School: **Matoaca**

Year: **Senior**

Position : **Libero**

The skinny: **The Warriors were a top 10 team all season, and Ryan's passing and defensive skills from the back row were key reasons. He registered 192 digs during the Warriors'**

most successful season, which concluded in the Central Region tournament. He was first-team all-Central District for the second year in a row and was first-team all-region.
If you could travel anywhere, where would it be: **Dublin, Ireland.**

Zach Seymour

School: **Thomas**

Dale

Year: **Senior**

Position : **Outside hitter/setter**

The skinny: **Joins Quentin Moore as a repeat All-Metro first-team pick. Seymour's all-around play led the Knights to another Central District championship. He was the district player of the year and an all-region first-teamer after compiling 232 kills, 302 assists, 81 blocks, 43 aces and 14 digs.**

If you could travel anywhere, where would it be: **The Bahamas, where I can relax.**

Tony Song

School: **Clover Hill**

Year: **Senior**

Position : **Outside hitter**

The skinny: **The Dominion District player of the year and a first-team all-Central Region choice, Song was the Cavaliers' most versatile player. He contributed 299 kills, 35 blocks, 140 digs and 37 aces (his jump serve was cited as a key factor in the state tournament) to the Cavaliers' effort.**

If you had one wish, what would it be: **To have one more season playing with Clover Hill.**