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Fall 2008 All-Met

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Volleyball

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Video: Five Questions

We ask all first-team selections five questions about their sport and their athletic careers, and explain how Player of the Year **Becky West** was selected. [Watch Video »](#)



Player of the Year

OH Becky West
Good Counsel » Sr.

West finished with a team-high 467 kills and just 47 attack errors for a 66.9 kill percentage. She led the Falcons to their third straight WCAC title and second straight City title. She had 181 digs, 141 service aces and 33 solo blocks.

» When did you know you were good at your sport?

"Sophomore year after one of the games, a [reporter] asked to interview me. I was shocked. I didn't even think I was that good. I was so scared. I didn't know what to do. I'd never been interviewed before. I remember my coach had to pull me aside and tell me how to go about interviews."

Coach of the Year



Fran DuVall
Poolesville

Guided the Falcons to a 20-0 mark and the Maryland 1A title, the school's first volleyball state championship in her 31st year as a high school coach. During 12 seasons at Poolesville, DuVall has amassed a 135-61 match record.

First Team



OH Samantha Brostrom
Centennial » So.

Brostrom had 168 kills and 124 digs for the Maryland 3A champion, which beat all but one opponent in three-game sets. She led Centennial to its record 14th state title.

OH Kelli Carneal
Chancellor » Sr.

Her team's best player on offense, defense and in the passing game, Carneal had 282 kills and 412 assists to lead Chancellor to the Virginia AA Region I title and the AA semifinals.

S Brigid Casey
Good Counsel » Sr.

The co-WCAC player of the year had 949 assists as she paced the Falcons to a 31-0 record. Casey also boasted a 93.5 serve percentage, 127 aces and 105 digs

S Christie Fellows
Flint Hill » Sr.

Compiled 801 assists and 92 aces to lead Flint Hill to its first Independent School League regular season and tournament titles and first Virginia private schools championship.

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MH Chelsea Glowacki
Poolesville » Sr.

Glowacki anchored the Maryland 1A champion Falcons' powerful middle attack with a team-high 164 kills. At 5 feet 10, she also contributed 40 blocks.

MH Shaylin O'Connell
Loudon County » Sr.

The Virginia AA Dulles District player of the year, O'Connell had 320 kills and 119 blocks for the AA champion. Will play at William & Mary.

OH Samantha Reeves
Chantilly » Jr.

Racked up a team-high 230 kills and led the Chargers on a 24-match win streak and their first Virginia AAA semifinal appearance in school history.

L Sammy Spees
Westfield » Sr.

The Virginia AAA Northern Region player of the year, Spees racked up 439 kills, 585 assists and 314 digs to lead Westfield to its first AAA championship appearance.

Second Team

Position	Name	School	Year
OH	Kelly Fagan	Northern	Sr.
OH	Kellie Goss	Forest Park	Jr.
MH	Sarah Hall	Centennial	Jr.
S	Becky Paynter	River Hill	Sr.
OH	Marilyn Peizer	Flint Hill	Soph.
L	Paige Sekerak	Poolesville	Sr.
S	Lily Vera	Stone Bridge	Sr.
M	Allison Williams	Chantilly	Jr.

Honorable Mention

Setters:

Jenny Better, Poolesville, Sr.; Carolyn Bottelier, Maret, Sr.; Andrea Catucci, Spalding, Sr.; Jessica Egan, Georgetown Visitation, Sr.; Sarah Frohnafel, Colonial Forge, Sr.; Shelby Mass, Northern, Sr.; Mary McCarthy, Notre Dame Academy, Sr.; Paola Perez, Woodbridge, Sr.; Stephanie Yokoyama, Heritage, Fr.

Hitters:

Kirsten Anderson, Centennial, Sr.; Elyse Bush, Yorktown, Jr.; Lauren Davis, National Cathedral, Sr.; Christine Gallart, St. John's, Sr.; Rachael Goss, Forest Park, Jr.; Juliane Hanna, Loudoun County, Jr.; Caroline Jacobs, Broadneck, Sr.; Victoria Janowski, Potomac Falls, Soph.; Emily Kohler, Westfield, Soph.; Christie Laite, Severna Park, Sr.; Karly Lynch, Hylton, Sr.; Jasmine Marshall, Fauquier, Sr.; Stacey Niehoff, Thomas Johnson, Sr.; Chelsea Overholt, Flint Hill, Sr.; Lindsey Phipps, Loudoun Valley, So.; Tori Price, Osbourn Park, Jr.; Ashley Scott, Heritage, Sr.; Logan Sebastian, Langley, Sr.; Hunter Schalthorn, Blake, Sr.; Jenna Shay, Northern, Sr.; Meredith Spragg, Northern, Sr.; Seth Sullivan, Chancellor, Jr.; Kim Van Lowe, Watkins Mill, Sr.; Kati Wood, Chesapeake, Sr.

Liberos:

Jordan Bittner, Huntingtown, Sr.; Casey Burdette, Woodbridge, Sr.; Andrea Fort, Magruder, Sr.; Bianca Livio, Gaithersburg, Jr.; Laura Misiewicz, Chantilly, Jr.; Molly Speicher, Centennial, Sr.; Mikaela Whitaker, Battlefield, Jr.

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