



All-Time Honors

ASUN Conference

First Team All-Conference

Ashtyn Baker, 2021
Keyen Green, 2020
Emily Lytle, 2021
Mya McMillian Berkman, 2022
Bridgette Rettstatt, 2022

Second Team All-Conference

Bridgette Rettstatt, 2019

All-Freshman Team

Bella Smuda, 2021
Asia Todd, 2020

All-Academic Team

Ashtyn Baker, 2020-21
Tatyana Crowder, 2019
Mya McMillian Berkman, 2020-21-22

Scholar-Athlete of the Year

Mya McMillian Berkman, 2022

All-Tournament

Ashtyn Baker, 2021
Dee Brown, 2022
Kierra Johnson-Graham, 2019
Emily Lytle, 2019-20-21
Asia Todd, 2020

Big South Conference

First Team All-Conference

Devon Brown, 2010-11-12-13
Allyson Fasnacht, 2006
Katie Feenstra, 2003-04-05
Meribeth Feenstra, 2002
Megan Frazee, 2007-08-09
Moriah Frazee, 2008
Michelle Fricke, 2001
Keyen Green, 2018
Ginny Holloway, 1995
Elena Kisseleva, 1997-98-99-2000
Tolu Omotola, 2013
Ashley Rininger, 2014-15
Kristal Tharp, 2003-05
Avery Warley, 2010-11-12
Jeri Wiley, 1992
Sharon Wilkerson, 1997-98-99-2000

Second Team All-Conference

Anna Barrington, 1993
Karly Buer, 2015
Michelle Fricke, 2000
Keyen Green, 2017
Ginny Holloway, 1994
Catherine Kearney, 2016
Rima Margeviciute, 2005
Daina Staugaitiene, 2005
Courtney Watkins, 2008
Sarah Wilkerson, 1997-98-99-2000
Rachel Young, 2001

Honorable Mention All-Conference

KK Barbour, 2018
Sadalia Ellis, 2016
Ashley Rininger, 2016

Player of the Year

Katie Feenstra, 2003-04-05
Megan Frazee, 2008-09
Keyen Green, 2018
Elena Kisseleva, 1998-99
Sharon Wilkerson, 2000

Defensive Player of the Year

Roli-Ann Nikagbatse, 2006
Avery Warley, 2011

Freshman of the Year

Ashtyn Baker, 2018
Michelle Fricke, 2000
Keyen Green, 2017
Angie Johnson, 1992
Elena Kisseleva, 1997
Kristal Tharp, 2002

All-Freshman Team

Jelena Antic, 2010
Ashtyn Baker, 2018
Kylee Beecher, 2009
Simone Brown, 2014
Allyson Fasnacht, 2005
Katie Feenstra, 2002
Moriah Frazee, 2006
Emily Frazier, 2011
Michelle Fricke, 2000
Keyen Green, 2017
Iva Ilic, 2017
Elena Kisseleva, 1997
Monique Leonard, 2001
Ola Makurat, 2017
Reagan Miller, 2012
Kristina Palaimaite, 2001
Ashley Rininger, 2013
Mickayla Sanders, 2014
Irene Sloof, 1998
Kristal Tharp, 2002
Stephanie Walker, 2002
Sharon Wilkerson, 1997
Michelle Wyms, 1994
Rachel Young, 1999

All-Academic Team

Kylee Beecher, 2010
Becky Blesch, 2001
Brittany Campbell, 2013
Allyson Fasnacht, 2006-08
Meribeth Feenstra, 2002
Megan Frazee, 2007-09
Elena Kisseleva, 1998-99-2000
Terika Lunsford, 2012
Rachel McLeod, 2011
Molly Reagan, 2018
Audrey Rettstatt, 2017
Ashley Rininger, 2014-15-16
Kristal Tharp, 2003-04-05
Flori Willie, 1997

Scholar-Athlete of the Year

Allyson Fasnacht, 2008
Megan Frazee, 2009
Elena Kisseleva, 1998
Ashley Rininger, 2014-15-16
Kristal Tharp, 2004-05

Coach of the Year

Carey Green, 2000-03-06-08-09
Rick Reeves, 1993 (Co-Coach), 1997-98

All-Tournament

Jelena Antic, 2011
Ashtyn Baker, 2018
KK Barbour, 2018
Devon Brown, 2010-12-13
Brittany Campbell, 2013
Sadalia Ellis, 2016
Allyson Fasnacht, 2006
Katie Feenstra, 2002-03-04-05
Megan Frazee, 2007-08-09
Molly Frazee, 2008
Moriah Frazee, 2009
Emily Frazier, 2015
Michelle Fricke, 2001
Rachel Hammond, 2006
Ginny Holloway, 1993
Wendy Johnson, 1992
Catherine Kearney, 2016
Elena Kisseleva, 1997-98-99-2000
Rima Margeviciute, 2005
Amber Mays, 2010
Tolu Omotola, 2013
Kristina Palaimaite, 2001, 2004
Ashley Rininger, 2015
Dania Staugaitiene, 2005
Kristal Tharp, 2002-03
Avery Warley, 2011-12
Jeri Wiley, 1992
Sarah Wilkerson, 1997-98-99-2000
Sharon Wilkerson, 1997-98-99
Rachel Young, 2001

Tournament MVP

KK Barbour, 2018
Devon Brown, 2010-13
Allyson Fasnacht, 2006
Katie Feenstra, 2003-04-05
Megan Frazee, 2008-09
Michelle Fricke, 2001
Elena Kisseleva, 1997-99-2000
Ashley Rininger, 2015
Avery Warley, 2012

Big South Female Student-Athlete of the Year

Katie Feenstra, 2004-05
Megan Frazee, 2008-09

Big South Female Scholar-Athlete of the Year

Megan Frazee, 2009
Ashley Rininger, 2016

Big South Woman of the Year

Allyson Fasnacht, 2008
Ashley Rininger, 2016

Big South 1990-99 All-Decade Team Members

Elena Kisseleva
Sharon Wilkerson

Big South 2000-09 All-Decade Team Members

Katie Feenstra
Megan Frazee
Carey Green – Head Coach

Big South 2010-19 All-Decade Team Members

Devon Brown
Keyen Green
Ashley Rininger
Avery Warley
Carey Green – Head Coach

Mason-Dixon Conference**Second Team All-Conference**

Harriett Blair, 1986
Sharon Freet, 1986
Patti Gallant, 1985
Kristi Mercer, 1988
Annetta Paraham, 1988
Pam Wilder, 1987

Coach of the Year

Mike Goad, 1987

VaSID First Team All-State

Devon Brown, 2010-12-13
Katie Feenstra, 2003-04-05
Megan Frazee, 2007-08-09
Mya McMillian Berkman, 2022
Avery Warley, 2011

VaSID Player of the Year

Devon Brown, 2013
Katie Feenstra, 2004
Megan Frazee, 2009 (Co-Player)

VaSID Rookie of the Year

Devon Brown, 2010
Keyen Green, 2017
Reagan Miller, 2012
Avery Warley, 2009

VaSID Coach of the Year

Carey Green, 2003-05-06-13-18-22

Virginia All-State

First Team

Katie Feenstra, 2004
Elena Kisseleva, 1998

Second Team

Michelle Fricke, 2001
Wendy Johnson, 1992
Elena Kisseleva, 1997-99-2000
Sharon Wilkerson, 2000

Honorable Mention

Cheri Yates, 1989

Coach of the Year

Rick Reeves, 1998

***Richmond Times-Dispatch* State Player of the Year**

Devon Brown, 2013
Katie Feenstra, 2004
Megan Frazee, 2008-09

***Richmond Times-Dispatch* State Coach of the Year**

Carey Green, 2006

Kodak/WBCA All-America Region II Team

Katie Feenstra, 2004

Associated Press Honorable Mention All-America Team

Katie Feenstra, 2004-05
Megan Frazee, 2009

CoSIDA Academic All-District III First Team

Allyson Fasnacht, 2007
Megan Frazee, 2007-08-09
Moriah Frazee, 2008
Mya McMillian Berkman, 2022
Ashley Rininger, 2015-16
Kristal Tharp, 2003-04-05

CoSIDA Academic All-District III Second Team

Allyson Fasnacht, 2008
Katie Feenstra, 2004-05
Moriah Frazee, 2009
Rachel Hammond, 2009

CoSIDA Academic All-America First Team

Megan Frazee, 2009
Ashley Rininger, 2015-16

CoSIDA Academic All-America Second Team

Megan Frazee, 2008
Kristal Tharp, 2005