

Next Level

BY JOSH MATHEWS & AUSTIN DOHERTY

MEREDITH VAY, Swimming

Thomas Dale High School
Freshman at South Carolina

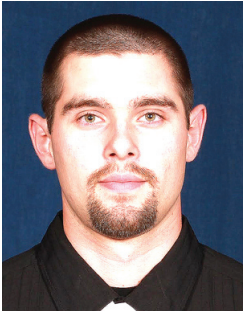
Vay was an outstanding swimmer for QUEST, swimming in her youth and, now at the college level. It's not a surprise that she's making waves in the pool and in the classroom. Fresh off a spot on the Dean's List at South Carolina for a perfect 4.0 GPA, the freshman fit right in the college ranks, setting a school record in the 100 freestyle with a time of 49.17 seconds and finishing third in the SEC in the 200 freestyle in her first year in a collegiate pool. After an excellent year for the Gamecocks, it appears that Vay has set the stage for a standout career in which a few more records could be broken.



AUSTIN KILBOURNE, Baseball

Matoaca High School
Redshirt Senior at Christopher Newport

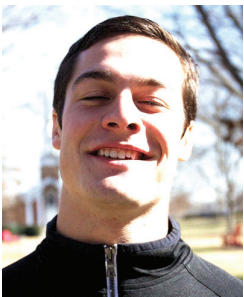
Austin Kilbourne is putting together a solid season for the Captains on the diamond. Through 23 games Kilbourne has nine starts and is batting .296. To go along with a solid average he also has one big fly and six RBI. He's also been very selective in those nine games, drawing a total of ten bases on balls. On the mound, the Matoaca graduate has one save in three opportunities and two strikeouts through 2.1 innings. Before CNU, Kilbourne played at Maryland University and hit .270 in 28 appearances as a DH and left fielder. He has the most RBI in a game for Maryland in five years with five against Miami.



ROBERT ARNOLD, LaCrosse

Thomas Dale High School
Lynchburg College

Though Arnold graduated last year, he was a college lacrosse player before his time. With Thomas Dale's club team going official this season, he missed his opportunity to play in high school, but had a definite impact on Lynchburg's lacrosse program over four years of play. As a senior in 2014, he scored 14 goals and passed out 12 assists, grabbing his first career hat trick in a victory over SUNY-Cortland. Arnold worked his way up from an occasional part-time player as an underclassman to a second line option as a junior to a bonafide standout his senior season.



McCargo to Ferrum

LC Bird soccer standout signs letter of intent to play at Ferrum

BY JOSH MATHEWS

Senior Alexis McCargo, a standout defender and most talented L.C. Bird girls' soccer athlete, made her college decision last week. The Skyhawk will take her talents west to Rocky Mount and play for Ferrum College.

"When I visited Ferrum, I felt like I was a part of their family," McCargo said. "Ferrum has a very well organized program where the coaches want their student-athletes to succeed on and off the field."

McCargo reeled in Second Team All-Conference with 12 honors last year as defender for a L.C. Bird program that has struggled with building a winner at a school known for football and basketball. The four year varsity player and starter has been a key component of Head Coach Ashley Seal's line-up since she stepped foot on the field as a freshman.

"She's an incredible athlete with amazing speed and strength," Seal said of her star.

Though traditionally a defender, McCargo has seen more time in the midfield and front lines this year due to her athleticism and ability to attack. The early results have been solid, as the Skyhawks fought back from a 3-0 halftime deficit against Matoaca to fall by a margin of just 4-3. McCargo had two of those goals in the comeback attempt.

"They showed resilience [last Wednesday] being down and coming back," Seal said. "The willingness to fight shows character and that will help us in the future."

McCargo excels not only as a leader to her teammates on the field, but in the classroom as well, recording all As and Bs. The senior also endured a winless season two years ago.

"I've learned to never give up," McCargo said.

McCargo will develop her left foot and skills in the midfield and front lines as the 2015 season continues. Those skills will make her even more effective at the next level. Academically, McCargo plans to further her education by majoring in health science with a goal of becoming a physical therapist.

To keep up with McCargo and the rest of the Skyhawk soccer scores and results, follow us on Twitter @VNewsSports.



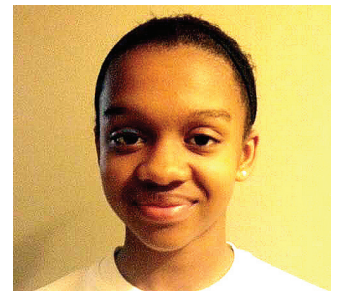
L.C. BIRD SOCCER PLAYER ALEXIS McCARGO RECENTLY SIGNED HER LETTER OF INTENT TO PLAY AT THE NEXT LEVEL FOR FERRUM COLLEGE.

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ATHLETES OF THE WEEK



Tommy Barron, Thomas Dale Baseball
Now, the athlete of the week for two straight weeks, Barron won for his bat last week, now he wins for his arm. In Thomas Dale's 12-1 victory over Hopewell this week, the senior hurler struck out eight batters and pitched a no-hitter. Barron is a rock solid number two pitcher for the Knights and needs to continue developing if Thomas Dale is to win an arms race with James River, who sports three division-I pitchers.



Maiya Pencile, Freshman, Matoaca Soccer
Pencile started her freshman season and helped to start Matoaca's season with a bang, scoring eight goals including back-to-back hat tricks against L.C. Bird and Meadowbrook. The Warriors went 2-1 on the week and are 2-2 thus far in 2015. The forward has shown great potential on a team that's fighting to climb out of the middle of the pack in Conference 12. Described as a "natural athlete" by Head Coach Erin Kutsko, she's very quick and a hard worker.

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