



Cotrena Liggon

Cotrena Liggon remembers the very first time her mom ask her if she wanted to play softball. Her mom signed her up and a star athlete was born. She excelled at the sport, playing every position on the team. She didn't care what position she played, she just wanted to play. From the playing fields of the Amherst County Dixie Girls Softball organization it was on to Monelison Middle School. In middle school Cotrena became a three-sport athlete, playing volleyball and basketball for Ms. Miles and softball for Mr. Pippen. She credits those teachers for making sports fun and believing in her, all the while pushing her to be the best she could be. It was at Monelison that she learned that if you were going to take your game to the next level it would take dedication and hard work. Neither was ever a problem for her.



After Monelison Middle School the challenge of high school sports became a daily routine. Cotrena credits all her high school coaches for continuing where Ms. Miles and Mr. Pippen left off. Barbara Wood, Leslie Seacrist, Donny Wilkerson, William Gouldthorpe, Larry Thomas and Rose Flaughter all hold a spot in her heart for helping build character, integrity and a positive, dedicated student athlete. At ACHS, Cotrena played four years on the volleyball team, basketball team and softball team. Her accomplishments were many, but softball was her true love, and it showed. 1995 & 96 First Team All-District and All State, Most Improved Player in 1995, VHSL All Star Game Alternate and a member of the 95-96 Seminole District Championship Team. Some of her fondest memories of basketball were the half time talks in the locker room after every game where Coach Wood and Coach Seacrist made it clear that what happened in the locker room stayed in the locker room. Their passion for the love of the game is instilled in her to this very day. Even though she had a love for basketball she had a passion for Softball. Coach Wilkerson and Coach Gouldthorpe molded her into a great softball player. Two most memorable things about them was when Coach Wilkerson was ejected from a game and continued to coach from the school bus window and Coach Gouldthorpe on the bus rides home. Laugh and have a good time if you won but if you lost he didn't want to hear a word. I guess it was what happened on the bus stayed on the bus.

Lynchburg College was her next challenge. Basketball and Softball. The Individual awards are endless, and she credits all her accomplishments to the foundation that was built in Amherst County beginning on the Dixie Youth fields at Monelison to graduation at Amherst High School.

COLLEGE CAREER HIGHLIGHTS

- 1997 Second Team all ODAC Outfielder
- 1998, 1999, 2000 First Team All ODAC Outfielder
- 1999 First Team All Regional National Fastpitch Coaches Association
- April 1999 & April 2000 ODAC Player of the Week
- Led the team in hitting (.471) 1998 (.427) 1999 *** Second on team hitting (.381) 1997
- 1997 – 2000 Most RBI's 165 career **** 51 in 1999
- 1997 – 2000 Most Stolen Bases (62 career) **** 25 in 1999
- 1999 & 2000 Best Offensive Player
- 2016 Inducted into Lynchburg College Hall of Fame**