

Girls Volleyball		
<u>Eastern Conference</u>		
<i>Gracie Bailes</i>	Alamance	
<i>Sarah Kenney</i>	Alamance	
<i>Koehna Jordan</i>	Alamance	
<i>Alexandria Knudson</i>	Alamance	
<i>Isabel Ruff</i>	Cary	
<i>Taryn Cimbura</i>	Fayetteville	
<i>Christine Patterson</i>	Fayetteville	
<i>Hannah Mishler</i>	North Wake	
<i>Shira Wells</i>	North Wake	MVP
<i>Kimberly Hovey</i>	West Wake	
<i>Charity Tilley</i>	West Wake	
<i>Keesha Via</i>	North Wake	COACH OF YEAR
<i>Michelle Rezentes</i>	West Wake	REG. SEASON WINNER COACH
<u>Western Conference</u>		
<i>Alex Arnette</i>	Asheville	
<i>Hope Burnett</i>	Asheville	
<i>Katie Kania</i>	Asheville	
<i>Emily Strange</i>	Asheville	MVP
<i>Rachel Taylor</i>	Asheville	
<i>Emily Barber</i>	Cabarrus	
<i>Kayla Funderburk</i>	Cabarrus	
<i>Kortni Pinion</i>	Cabarrus	
<i>Hope Arrowood</i>	Forsyth	
<i>Madison Long</i>	Forsyth	
<i>Katelyn Roache</i>	Forsyth	
<i>Brenda Watt</i>	Asheville	COACH OF YEAR & REG. SEASON
Boys Soccer		
<u>Eastern Conference</u>		
<i>Joe Ashby</i>	East Wake	Co-MVP
<i>David Crapo</i>	East Wake	
<i>Daniel Fuenzalida</i>	East Wake	
<i>Matthew Whitlow</i>	East Wake	
<i>Gabriel Blythe</i>	Fayetteville	
<i>Dakota Garcia</i>	Fayetteville	
<i>Phillip Pow</i>	Fayetteville	Co-MVP
<i>Nathan Stewart</i>	Fayetteville	
<i>Anthony Daming</i>	Northeast Wake	
<i>Taylor Dougherty</i>	Northeast Wake	

<i>Alex Hendrix</i>	Northeast Wake	
<i>McKenzie Smith</i>	Northeast Wake	
<i>Luke Miller</i>	Northeast Wake	
<i>Josiah Mujica</i>	Northeast Wake	
<i>Jared Siemers</i>	Northeast Wake	
<i>Ken Dougherty</i>	Northeast Wake	COACH OF YEAR & REG. SEASON
<u>Western Conference</u>		
<i>Caleb Adcock</i>	Asheville	
<i>Corban Crosley</i>	Asheville	
<i>Phillip Gibson</i>	Asheville	
<i>James Hortsman</i>	Asheville	
<i>Logan Woody</i>	Asheville	MVP
<i>Samuel Barker</i>	Cabarrus	
<i>Stan Brockinton</i>	Cabarrus	
<i>Ike Easterbrook</i>	Cabarrus	
<i>Marshall Frank</i>	Cabarrus	
<i>Christian Frey</i>	Cabarrus	
<i>Mark Gossage</i>	Cabarrus	
<i>Harper Hicks</i>	Cabarrus	
<i>Brian Stepanek</i>	Cabarrus	
<i>Brad Rowan</i>	Forsyth	
<i>John Van Eerden</i>	Forsyth	
<i>John Frey</i>	Cabarrus	COACH OF YEAR & REG. SEASON
Basketball		
<u>Eastern Conference - Girls</u>		
<i>Stormi Abernathy</i>	Durham	Co-MVP, Co-DEFENSIVE PLAYER
<i>Melea Irby</i>	Durham	
<i>Rebecca Lobach</i>	Durham	
<i>Emily Sherron</i>	Durham	
<i>Christiana Stickel</i>	Durham	
<i>Hannah Wubbenhorst</i>	Durham	
<i>Grace Carll</i>	North Wake	
<i>Tamara Johnson</i>	North Wake	
<i>Grace Mack</i>	North Wake	
<i>Katie Patrick</i>	North Wake	Co-MVP
<i>Emily Stone</i>	North Wake	
<i>Sarah Suffridge</i>	North Wake	Co-DEFENSIVE PLAYER
<i>Tom Irby</i>	Durham	REG. SEASON WINNER COACH
<u>Western Conference - Girls</u>		

<i>Alex Arnette</i>	Asheville	
<i>Kortni Pinion</i>	Cabarrus	
<i>Grace Potter</i>	Cabarrus	
<i>Jordan Lanier</i>	Greensboro	
<i>Hannah Van Eerden</i>	Greensboro	MVP & DEFENSIVE PLAYER
<i>Madison Whitt</i>	Greensboro	
<i>Sydney Bedsaul</i>	Surry	
<i>Jessica Boyd</i>	Surry	
<i>Kelsey Cave</i>	Surry	
<i>Kaylee Paris</i>	Surry	
<i>Bill McCutcheon</i>	Greensboro	REG. SEASON WINNER COACH (TRIAD)
<i>Eastern Conference - Boys</i>		
<i>Garrett Evans</i>	Durham	
<i>Carson Oakley</i>	Durham	
<i>David Sernerchia</i>	Durham	
<i>Blake Poland</i>	Goldsboro	MVP
<i>Justin Spears</i>	Goldsboro	
<i>Joe Ashby</i>	South Wake	
<i>Christian George</i>	South Wake	DEFENSIVE PLAYER OF YEAR
<i>Jacob Mauthe</i>	South Wake	
<i>Grant Miller</i>	South Wake	
<i>Joshua Arsenault</i>	Wake Forest	
<i>Steve Gerney</i>	South Wake	REG. SEASON WINNER COACH (SOUTH)
<i>Western Conference - Boys</i>		
<i>Nathan Rennard</i>	Asheville	MVP
<i>Will Stuckey</i>	Asheville	
<i>Coby Hansen</i>	Cabarrus	
<i>Grant Stroller</i>	Cabarrus	
<i>Isaiah Ashley</i>	Greensboro	
<i>Patrick Bryant</i>	Greensboro	DEFENSIVE PLAYER OF YEAR
<i>Andrew King</i>	Greensboro	
<i>Kody Shubert</i>	Hickory	
<i>Michael Thompson</i>	Hickory	
<i>LaJarius McCoy</i>	High Point	
<i>Alfonso Scandrett</i>	Greensboro	REG. SEASON WINNER COACH (TRIAD)