

* Even Year - Regular Season Winning coach is All-Star Game Coach	* COY = Coach of the Year
* Odd Year - COY is All-Star Game Coach	* DPOY = Defensive Player of the Year
	* MVP = Most Valuable Player
(2022) Boys Soccer	
<u>EAST</u>	<u>WEST</u>
Cyler Adams - East Wake	Angel Overcash - Cabarrus
Chase Gurgone - East Wake	Caleb Santiago - Cabarrus
Jaedon Fletcher - Fayetteville	Jomar Santiago - Cabarrus
Chase Lewis - Fayetteville	Jack Zappone - Cabarrus
Andrew Pierce - Fayetteville	Brian Burke IV - Forsyth
Sam Breagy - North Wake	Jeremy Calderon - Forsyth
Noah Daming - North Wake	Zev Fisher - Forsyth
Alex Gaviria - North Wake	Jacob Inch - Forsyth
Philip Stuntz - North Wake	Isaac Nobles - Forsyth (MVP)
Caleb Arrington - Southwest Wake	Ariah Plymell - Forsyth
David Biller - Southwest Wake (MVP)	Phillip Smith - Forsyth
Sean Biller - Southwest Wake	Joel Andrews - Union
Aleksei Myers - Southwest Wake	Greison Arita - Union
Cam Simmons - Southwest Wake	Kade Kaylor - Union
Davidson Good - Wilmington	Alijah Miller - Union
Luke Griffin - Wilmington	Ian Rau - Union
Andrew Warren - Fayetteville (COY)	Brian (BT) Burke - Forsyth (COY) & Reg Season Winner
Anthony Biller - Southwest Wake <i>Reg Season Winner</i> *	
* Due to ineligibility in the conference standings	
(2022) Volleyball	
<u>EAST</u>	<u>WEST</u>
Julia Porter - Durham	Jessica Cable - Alamance
Joyce Reynolds - Durham	Ella DeJong - Alamance
Rebekah Ayers - North Wake	Leanne Duggins - Alamance
Elena Gaviria - North Wake	Sage LaTour - Alamance (MVP)
Claire Mallory - North Wake	Lydia Moore - Alamance
Caroline Mallory - North Wake	Summer Moore - Alamance
Sadie Rumfallo - North Wake (MVP)	Grace Royer - Alamance
Grace Covington - Wilmington	Jenna White - Alamance
Ella Grace Elmore - Wilmington	Emma Davis - Cabarrus
Addie Norman - Wilmington	Rachel Holmes - Cabarrus
David Mallory - North Wake (COY) & Reg Season Winner	Craig Hicks - Alamance <i>Reg Season Winner</i>
(2022-23) Boys Basketball	
<u>EAST</u>	<u>WEST</u>
Zachary Johnson - Chatham (MVP)	Teddy Helton - Cabarrus
Jacob Kirby - Chatham	Gray Madeira - Cabarrus (Co-MVP) (DPOY)
Sam Woodard - Chatham (DPOY)	Caleb Oldham - Cabarrus
Dylan Mann - Raleigh	Elijah Mobley - North Charlotte (Co-MVP)
Austin Smith - Raleigh	Christian Bego - South Charlotte
Ashton Davis - South Wake	Jabir Jefferson - South Charlotte
Jacob Webb - South Wake	Alijah Miller - South Charlotte
Noah Wright - South Wake	Andrew Bausum - South Guilford
Blake Batts - Wilmington	David Hronich - South Guilford
Brock Boehling - Wilmington	Tyler Spence - Surry
Adam Batts - Wilmington (COY)	Brian Madeira - Cabarrus (Co-COY)
	Darryl Bego - South Charlotte (Co-COY)

(2022-23) Girls Basketball	
<u>EAST</u>	<u>WEST</u>
Kimberley Cunningham - Chatham <i>(MVP)</i>	Alauna Wilson - Cabarrus
Jennifer Lefler - Chatham	Isabella Bosch - Forsyth
Peyton Teague - Chatham <i>(Co-DPOY)</i>	Reagan Fowler - Forsyth
Julia Edwards - North Wake <i>(Co-DPOY)</i>	Jayda Hairston - Forsyth
Rebekah Hartzell - North Wake	Austin Miller - South Charlotte
Anna Hendrix - Raleigh	Esther Bausum - South Guilford
Audrey Hendrix - Raleigh	Kassidy Bullins - South Guilford
Maddy Powell - Raleigh	Lindsay Cooper - Surry <i>(DPOY)</i>
Mia Jones - South Wake	Karlie Effler - Surry <i>(MVP)</i>
Kennady Milligan - South Wake	Jordan Williams - Surry
Aaron Miller - North Wake <i>(COY)</i>	Greg Williams - Surry <i>(COY)</i>
(2023) Girls Soccer	
<u>EAST</u>	<u>WEST</u>
Kirsten Baker- East Wake	Sienna Bosch - Forsyth <i>(MVP)</i>
Peyton Johnson - East Wake	Lauren Crandall - Forsyth
Rivkah Lloyd - East Wake	Amelia Cudar - Forsyth
Ally McLean - East Wake	Ruthie Garrett - Forsyth
Katie Paulakonis - East Wake <i>(MVP)</i>	Anna Pemberton - Forsyth
Halie Braddy - North Wake	Caroline Talbert - Forsyth
Caroline Klick - North Wake	
Grace McPhatter - North Wake	
Josephine Siddiqui - North Wake	<i>* Forsyth was the only team in the West.</i>
Rozsa Williford - North Wake	
Anna Blackburn - Southwest Wake	
Mary Katherine Blackburn - Southwest Wake	
Grace Conlon - Southwest Wake	
Taylor Bohlmann - Wilmington	
Sarah Cutler - Wilmington	
Grace Eckhardt - Wilmington	
Anthony Smith - Wilmington <i>(COY)</i>	