

# KingCo Volleyball All-League 2024-25 Mountain Division

Most Valuable Player - Maria Salvan - Redmond - Senior  
Defensive Player of the year- Lea Prunk - Redmond - Junior  
Coach of the year - Alex Nottingham - Inglemoor  
Sportsmanship Award - Redmond High School

## First Team All KingCo

- 1 Hailey Chi - Inglemoor - 9
- 2 Elisa Cook - Juanita - 11
- 3 Sienna German - Hazen - 12
- 4 Cheyenne Macleod - WDNV - 12
- 5 Molly Martin - Juanita - 11
- 6 Arisa May Kelly - Hazen - 11
- 7 Addy Merzlak - WDNV - 11

## Second Team All KingCo

- 1 Courtney Deresh - Inglemoor - 9
- 2 Ivy Fortune - Inglemoor - 10
- 3 Demaree Frasher - Inglemoor - 11
- 4 Ashley James - Juanita - 12
- 5 Paige Kettell - Juanita - 11
- 6 Ella Knight - Interlake - 10
- 7 Claire Miltenberger - WDNV - 12
- 8 Chloe Wang - Interlake - 12

## Honorable Mention

Hazen: Allie Harris and Jaesie Hayes

Inglemoor: Yemi Oladosu and Victoria Cicos

Interlake: Nawmi Nimesh and Alex Ban

Juanita: Angela Ra and Cassandra Seefurth

Redmond: Amelia Grabarska and Lynsey Kroeker

Woodinville: Sarah Zimberg and Sharleez Macleod

