



## **2025-2026 ESC - All Conference Boys Tennis**

Conference Champions: Overlake

Coach of the Year - Bear Creek, Jeff Morse

Sportsmanship Award- Bear Creek

### **All Conference Singles**

Carter Woo (9th) - Eastside Prep

Kai Ghorai (11th) - Eastside Prep

Andrew Lee (9th) - Bear Creek

Steinar Farmer (12th)- Bush

### **All Conference Doubles**

Ben Ta (12th)- Overlake

Henry Zhu (12th)- Overlake

Sebastian ter Meulen (12th ) - Overlake

Eric Lou (9th ) - Overlake

Will Madrid (11th) - UPrep

Brandon Liu (11th)- UPrep

Sam Fraker (11th) - Bush

Finn Corbett (11th) - Bush



# 2025-26 ESC - All Conference Honors

## Cross Country

### Coach of the Year

Boy's - Andy Gist CPC | Girls – Daniel Murphy Bear Creek

### Team Sportsmanship

Boy's – CPC | Girls – Bear Creek & UPrep

Girls			Boys		
1	Reed Atwood	SW	1	Oliver Zimmerman	CPC
2	Ryan Eglit	Bush	2	Rowan Jung	SW
3	Maggie Hurtado	Northwest	3	Josiah Capusan	CPC
4	Clair Elmy	CPC	4	Nahom Getachew	King's
5	Paige Theel	CPC	5	Isaac Girma	King's
6	Alma Decker	King's	6	Findlay Harshorn	Bear Creek
7	Sae Komatsu	Overlake	7	Karsten Christensen	UPrep
8	Hanna Vinkemulder	Bear Creek	8	Gavin Brown	CPC
9	Adeline Armato	UPrep	9	Kai Aizawa	Bush
10	Anna Stchur	Bear Creek	10	Luke Marcuss	Bush
11	Lyla Hutson	SW	11	Ash Kline	SW
12	Maia Sidhu	Bear Creek	12	Asher Stadler	SW
13	Isabelle Osborn	Bush	13	Leo Nyhan	Bush
14	Emily Scotchler	CPC	14	Roel Redondo	CPC
15	Avery Gergen	Bear Creek	15	Evan Blair	King's
16	Thea Martell	UPrep	16	Sam Richards	King's
17	Noel Regan	CPC	17	Arlo McLachlan	SW
18	Alyson Lang	Eastside Prep	18	Logan McKay	UPrep



# 2025 Emerald Sound All-Conference Honors

Football

**Coach of the Year:** Brandon Davis, Granite Falls

**Sportsmanship Award:** Cedar Park Christian

Name	Pos	Grade	#	School	
Lyal Viers	RB	12	1	Cedar Park Christian	Offensive MVP

Name	Pos	Grade	#	School	
Trey Dennison	QB	12	4	King's	All Conference Offense
Beau Everson	RB	11	5	Granite Falls	
Cooper Ward	RB	11	45	King's	
Jarron Austin	WR	12	19	King's	
Daniel Binkley	WR	11	11	King's	
Lincoln Meyers	WR	12	7	Cedar Park Christian	
Andy Penrod	WR	12	9	Cedar Park Christian	
Logan Pederson	OL	12	72	Granite Falls	
Angelo Gasperetti	OL	12	77	King's	
Aiden Shelford	OL	11	63	King's	
Casey Graves	OL	12	64	Cedar Park Christian	
Owen Walker	OL	11	56	South Whidbey	

Name	Pos	Grade	#	School	
Lyal Viers	DB	12	1	Cedar Park Christian	Defensive MVP

Name	Pos	Grade	#	School	
Parker Kern	DB	12	3	Granite Falls	All Conference Defense
Gino Howard	DB	12	7	Granite Falls	
Nate Bjella	DB	11	18	King's	
Trace Defoor	DB	9	4	Cedar Park Christian	
Bryson Taylor	DB	11	12	South Whidbey	
Landon Gwinner	LB	11	42	Granite Falls	
Brady Reiss	LB	11	6	King's	
Braden Montgomery	LB	10	44	Cedar Park Christian	
Taylor Hernandez	LB	12	61	Granite Falls	
James Pray	DL	10	21	Granite Falls	
Angelo Gasperetti	DL	12	77	King's	
Connor Steen	DL	11	50	King's	
Gabe Cunningham	DL	12	57	Cedar Park Christian	

Name	Pos	Grade	#	School	
Gino Howard	KR/PR	12	7	Granite Falls	Special Teams MVP

Name	Pos	Grade	#	School	
Jackson Pepsny	K	12	14	King's	All Conference Special Teams
Eduardo Aguiar	K	12	3	Cedar Park Christian	



# 2025-26 ESC - All Conference Honors Girls Soccer

**Coach of the Year:** Mike Perrigoue (Cedar Park Christian)

**Sportsmanship Award:** Granite Falls

**Defensive MVP:**

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Hadlie	Berry	10	2	DF

**Offensive MVP:**

School	First Name	Last Name	Grade	Jersey #	Position
Bear Creek	Tatum	Jackson	12	15	FW

**All Conference - First Team:**

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Deandra	Dan	12	9	FW
Cedar Park	Shaylen	Greff	12	11	FW
Cedar Park	Riley	Perrigoue	11	10	MF
Cedar Park	Kate	Pilgrim	9	41	MF
Bear Creek	Lilah	Pruner	12	12	MF
Bear Creek	Ella	Smith	10	8	DF
Bush	Makenna	Kim	11	9	FW
Bush	Flora	Toledo	11	11	MF
UPrep	Grey	Donsbach	11	17	FW
Eastside Prep	Samantha	Ryan	12	2	M
Eastside Prep	Julia	Stewart	10	17	DF

**All Conference - Second Team:**

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Christina	Tselios	11	5	MF
Bear Creek	Audrey	Baker	9	10	FW
Bush	Sawyer	Franklin	10	19	MF
Bush	Anna	Kopstein	11	14	MF
Uprep	Jillian	Lee	10	13	DF
Uprep	Scout	Lincoln	9	20	FW
Uprep	Hannah	Salemy	11	23	DF
Eastside Prep	Tegan	Hogg	12	8	DF
South Whidbey	Elsa	Layman	12	23	DF
Overlake	Zainab	Pirzada	12	17	FW
King's	Lydia	Huss	9	0	GK

**All Conference - Third Team:**

School	First Name	Last Name	Grade	Jersey #	Position
Bear Creek	Rachel	Brown	12	25	MF
Bush	Reya	Goel	12	2	DF
Uprep	Chloe	Kung	12	5	FW
Eastside Prep	Zoe	Babbar	10	9	DF/MF
Eastside Prep	Roya	Prow	12	5	DF/MF
South Whidbey	Addison	Kukuk	11	12	MF
South Whidbey	Charley	Lasick	10	4	CAM
Overlake	Isabel	Shao	10	8	DF
Overlake	Reya	Velamoor	11	21	MF/FW
King's	Kim	Beard	12	11	MF/FW
Granite Falls	Julia	Munn	10	1	MF

# 2025 Emerald Sound All Conference Boys Ultimate

**League Champion: Northwest**

**Coach of the Year: Eastside Prep**

**Sportsmanship: University Prep**

<b>School</b>	<b>First Name</b>	<b>Last Name</b>	<b>Grade</b>	
Northwest	Tanner	Monohan	12	Co-MVP
Northwest	Suriya	Sethi	12	Co-MVP
Bush	Kieran	Chen	11	1st Team
Overlake	Hank	Davidson	12	1st Team
Eastside Prep	Tae	Delaney	11	1st Team
Overlake	Elliott	Ku	11	1st Team
Northwest	Lucas	Ng	12	1st Team
Eastside Prep	Tarek	Rifaat	10	1st Team
Eastside Prep	Gavin	Tardif	12	1st Team



# 2025-26 ESC - All Conference Honors

## Volleyball

**Coach of the Year:** Mark Neuman, Granite Falls

**Sportsmanship Award:** Overlake

**Conference MVP:**

School	First Name	Last Name	Grade	#	Position
Cedar Park Christian	Mikayla	Liljenquist	12	9	Setter

**1<sup>st</sup> Team**

School	First Name	Last Name	Grade	#	Position
Bear Creek	Kate	Marshall	12	10	Middle
Bush	Eva	Freise	12	13	MH
Cedar Park Christian	Abby	Moisant	12	10	OH
Cedar Park Christian	Gianna	Greenlaw	12	14	Libero
Granite Falls	Vilo	Cavuilati	12	11	OH
Granite Falls	Georgia	Natseos	12	9	Setter
King's	Lucy	Mortimer	12	6	OH

**2<sup>nd</sup> Team**

School	First Name	Last Name	Grade	#	Position
Cedar Park Christian	Bailey	Neuharth	11	6	OH
Granite Falls	Saige	Byde	12	3	OH
Granite Falls	Kirie	Finchum	12	5	Libero
King's	Ella	Young	12	3	Libero
King's	Rebekah	Blackmer	12	11	Setter
Overlake	Katie	Mystkowski	12	7	Setter
University Prep	Amara	Kavoussi-Koerner	11	3	Middle

**3<sup>rd</sup> Team**

School	First Name	Last Name	Grade	#	Position
Bear Creek	Youyou	Zhang	12	11	Libero
Eastside Prep	Claire	Tholfson	11	22	OH/DS
King's	Gabby	McCallister	11	16	OH
South Whidbey	Gretta	Jones	10	12	Libero
University Prep	Alicia	Sun	11	10	Outside
University Prep	Natalie	Nanness	11	6	Libero
University Prep	Harper	Freidman	10	9	Setter