



2025-26 ESC - All Conference Honors Boys Soccer

Coach of the Year: Scott Lane (Overlake)

Sportsmanship Award: Bear Creek

Co-MVPs:

School	First Name	Last Name	Grade	Jersey #	Position
King's	Ethan	Cho	12	3	MF
CPC	Beckham	Mischel	12	7	MF

All Conference - First Team:

School	First Name	Last Name	Grade	Jersey #	Position
King's	Owen	Lancaster	11	5	FW
Overlake	Devon	Patel	12	23	MF
Overlake	Sebastian	ter Meulen	12	20	DF
UPrep	Auggie	Reed	12	0	GK
UPrep	Max	Cook	12	19	MF
CPC	Eduardo	Aguiar	12	11	MF
The Bush School	Miles	Breitenbucher	12	10	MF
Eastside Prep	Cyrus	Oommen	12	8	DF
Northwest School	Reed	Henley	12	10	MF/FW
Bear Creek	Ian	Kim	12	20	FW
South Whidbey	Walden	Mckell	12	1	GK

All Conference - Second Team:

School	First Name	Last Name	Grade	Jersey #	Position
King's	Sam	Mouttet	11	10	MF
King's	Ryan	Cho	10	9	DF
King's	Jackson	Kelly	12	8	MF
King's	Maddox	Poublon	9	17	MF/FW
Overlake	Iyoas	Assefa	11	25	FW
Overlake	Edison	Hui	12	10	DF
UPrep	Jack	Hyde	11	12	MF
The Bush School	Charlie	Alhadeff	11	2	MF
The Bush School	Lothar	Ederer	10	5	DF
Eastside Prep	Wyatt	Berry	12	21	FW
South Whidbey	Colton	Smith	11	10	MF



2025-26 All Conference Honors

Boys Golf

Coach of the Year, Fall: Justin Prohn, Overlake

Coach of the Year, Spring: Dave Hynden, Kings

Sportsmanship Award, Fall: Eastside Prep

Sportsmanship Award, Spring: Kings

League Medalist and MVP: Justin Chen, Bush, Sophomore

Boys All Conference First Team:

Noah Luedke	Bear Creek, Senior
Neil Nagpal	Bush, Sophomore
Zidan Sannakkayala	Overlake, Junior
Jonathan Hamren	Bush, Sophomore
Renat Gounares	Overlake, Sophomore
Lucas Wang	Overlake, Freshman

Boys All Conference Second Team:

Calvin Williamson	Kings, Senior
Jack Kappus	Kings, Sophomore
Teddy Wickham	Overlake, Sophomore
Aydin Mawjee	Bush, Freshman
Alex Vigneault	Bush, Freshman



2025-26 ESC - All Conference Honors Fastpitch Softball

Coach of the Year: Scott Moody, Cedar Park Christian

Sportsmanship Award: South Whidbey

Conference Champion: Cedar Park Christian

Conference Player of the Year:

School	First Name	Last Name	Grade
Cedar Park Christian	Shelby	Southard	12

All-Conference Team:

School	First Name	Last Name	Grade
Cedar Park Christian	Addie	Foster	12
Cedar Park Christian	Ella	Meikle	12
Cedar Park Christian	Katie	Charlton	11
Cedar Park Christian	Bela	Stewart	10
Cedar Park Christian	Gia	Charlton	10
South Whidbey	Sophia	Jennings	10
South Whidbey	Gretta	Jones	10
South Whidbey	Sophie	Zeigler	10
Cedar Park Christian	Estella	Hall	9



2026 All Conference Honors

Girls Golf

Coach of the Year: Shawn Farmer-Sese, Overlake

Sportsmanship Award: Cedar Park Christian

League Medalist and MVP: Kendria Wang, Overlake, Junior

All Conference

Audrey Kwon Overlake, Freshman

Suri Bennett Overlake, Senior

Sherry Fei Overlake, Senior

Meredith Chen Bush, Senior

Reena Lin Overlake, Sophomore

Isabel Xu Overlake, Junior

Serena Liu Bear Creek, Sophomore

Kaylan Li Overlake, Freshman



2025-26 ESC - All Conference Honors

Track & Field

Team Sportsmanship Award: Cedar Park Christian

Coach of the Year: Rod Wilcox and King's Coaching Staff

	1st Place	2nd Place
Women's 100 Meters	Ivy Stringham, King's	Ellie Aernie, South Whidbey
Women's 200 Meters	Ivy Stringham, King's	Clara MacBeth, University Prep
Women's 400 Meters	Hanna Vinkemulder, Bear Creek	Clara MacBeth, University Prep
Women's 800 Meters	Hanna Vinkemulder, Bear Creek	Maia Sidhu, Bear Creek
Women's 1600 Meters	Reed Atwood, South Whidbey	Paige Theel, Cedar Park Christian
Women's 3200 Meters	Reed Atwood, South Whidbey	Paige Theel, Cedar Park Christian
Women's 100 M Hurdles	Noel Regan, Cedar Park Christian	Lina Pilat, King's
Women's 300 M Hurdles	Noel Regan, Cedar Park Christian	Lina Pilat, King's
Women's 4x100 M Relay	SW: Baylee Cornwell, Lucille Schultz, Emmy Felgar, Ellie Aernie	King's: Stevie Ward, Lucy Mortimer, Laila Christensen, Lina Pilat
Women's 4x200 M Relay	SW: Lucille Schultz, Kaia Prael, Baylee Cornwell, Ellie Aernie	CPC: Brynna Balkcum, Sidney Sckorohod, Hadie Berry, Noel Regan
Women's 4x400 M Relay	BC: Zoe Piepkorn, Anna Stchur, Maia Sidhu, Hanna Vinkemulder	CPC: Sidney Sckorohod, Emily Scotchler, Addison Graves, Bailey Neuharth
Shot Put	Kimberly Beard, King's	Adilynn Detlor, Cedar Park Christian
Disc	Kimberly Beard, King's	Rebekah Blackmer, King's
Javelin	Kimberly Beard, King's	Elisabeth Byeman, Cedar Park Christian
High Jump	Lucy Mortimer, King's	Paige Buchholz, Granite Falls
Pole Vault	Suri Kasel, Eastside Prep	Blair Johnson, Granite Falls
Long Jump	Helena Percival, Bush	Ellie Aernie, South Whidbey
Triple Jump	Lucy Mortimer, King's	Brynna Balkcum, Cedar Park Christian

	1st Place	2nd Place
Men's 100 Meters	Jeshua Singletary, King's	Xander Timmons, Bush
Men's 200 Meters	Jeshua Singletary, King's	Caz Huebner, Cedar Park Christian
Men's 400 Meters	Findlay Hartshorn, Bear Creek	John Studebaker, Bear Creek
Men's 800 Meters	Findlay Hartshorn, Bear Creek	Nahom Getachew, King's
Men's 1600 Meters	Nahom Getachew, King's	Findlay Hartshorn, Bear Creek
Men's 3200 Meters	Rowan Jung, South Whidbey	Gavin Brown, Cedar Park Christian
Men's 110 M Hurdles	Xander Timmons, Bush	Jedidiah Poh, Cedar Park Christian
Men's 300 M Hurdles	Xander Timmons, Bush	Josiah Capusan, Cedar Park Christian
Men's 4x100 M Relay	CPC: Nathan Godoi, Spencer Shorb, Kace Wade, Caz Huebner	SW: Robby Sullivan, Bryson Taylor, Drew Staats, Liam Watkins
Men's 4x400 M Relay	CPC: Josiah Capusan, Kace Wade, Spencer Shorb, Caz Huebner	BC: John Studebaker, Jinha Hwang, Tate Hartshorn, Findlay Hartshorn
Shot Put	Kasen Parsell, South Whidbey	Angelo Gasperetti, King's
Disc	Kasen Parsell, South Whidbey	Kaysin Jordan, Granite Falls
Javelin	Andrew Balzer, King's	Isaac Blake, King's
High Jump	Aidan Smith, King's	Renzo Prakash, Northwest School
Pole Vault	Kyle Anderson, South Whidbey	Josh Poh, Cedar Park Christian
Long Jump	Jeshua Singletary, King's	Bryson Taylor, South Whidbey
Triple Jump	Bryson Taylor, South Whidbey	Jordan Johnson, Granite Falls



2026 ESC - All Conference Honors

Baseball

Co-Coach of the Year: Matt Stevens, Cedar Park Christian

Sportsmanship Award: South Whidbey

Player of the Year:

School	First Name	Last Name	Grade	Position
Cedar Park Christian	Grady	Gallagher	12	C

1st Team

School	First Name	Last Name	Grade	Position
Cedar Park Christian	Lyal	Viers	12	CF/P
Cedar Park Christian	Eli	Belcher	11	P
Granite Falls	Dwayne	Pocknett, Jr.	12	CF
King's	Titan	Root	10	1B/P
King's	Jakob	Fowler	12	OF/P
King's	Sam	Ruhlman	11	P/IF
King's	Knight	Root	12	UTL
Overlake-Bear Creek	Brendan	Winkler	11	SS/P
Overlake-Bear Creek	Daniel	Weintraub	11	CF/P
University Prep	Owen	Bradley	12	SS/P
University Prep	Owen	Luke	9	2B/P

2nd Team

School	First Name	Last Name	Grade	Position
Cedar Park Christian	Nate	Hunter	12	3B/1B
Cedar Park Christian	Andy	Penrod	12	OF
Granite Falls	Carson	Brooks	12	DH/1B
Granite Falls	Drake	Smith	12	SS
King's	Nate	Bjella	11	IF
King's	Nate	Echelbarger	11	C
Overlake-Bear Creek	Sule	Tian	11	OF
Overlake-Bear Creek	Joe	Kosted	12	OF/P
South Whidbey	Collier	Honold	12	P/UTL



2025-2026 ESC - All Conference Girls Tennis

Conference Champions: Overlake & UPrep

Coach of the Year - Jeff Loranger, Overlake

Sportsmanship Award-Bear Creek

All Conference Singles

Sarina Zhang (12th)-Overlake

Makenna Kim (11th) - Bush

Julia Pasca (11th) - Bear Creek

Victoria Nister (11th) - Eastside Prep

All Conference Doubles

Hannah Scott (9th) - UPrep

Logan Sternfeld (10th) - UPrep

Alexandra Prisecaru (12th) - Overlake

Sae Komatsu (11th) Overlake

Anisa Singh (11th) - Eastside Prep

Lulu Happe (11th) - Eastside Prep

Joyce Lu (11th) - UPrep

Caroline Shibata (11th) - UPrep

2026 Emerald Sound All Conference Girls Ultimate

League Champion: Eastside Prep

Coach of the Year: Overlake

Sportsmanship: Tie: Overlake and University Prep

School	First Name	Last Name	Grade	
Eastside Prep	Sydney	Belfiore	12	MVP
Eastside Prep	Piper	Belfiore	12	1st Team
Northwest	Lydia	Darby	12	1st Team
Hush	Juliette	Holt	12	1st Team
Eastside Prep	Leah	Im	11	1st Team
Overlake	Simrita	Prasad	11	1st Team
Northwest	Violet	Schreiber	12	1st Team
Northwest	Finley	Tillman	11	1st Team