



2022-23 ESC - All Conference Honors

Volleyball

Chinook Division

Coach of the Year: Alysanne Stack, Kings

Sportsmanship Award: Eastside Prep

Chinook Division MVP:

School	First Name	Last Name	Grade	#	Position
South Whidbey	Grace	Jones	11	10	Setter

1st Team

School	First Name	Last Name	Grade	#	Position
Bear Creek	Kate	Doyle	12	9	S
Bear Creek	Lindsey	Kim	11	6	L
Cedar Park Christian	Joslyn	Greff	12	8	OH
Cedar Park Christian	Aubrey	Frederickson	11	10	MH
King's	Reagan	Cook	11	13	L
King's	Lucy	Mortimer	10	6	OH
Overlake	Carolyn	Davis	12	15	M

2nd Team

School	First Name	Last Name	Grade	#	Position
Bear Creek	Maia	Sidhu	10	4	OH
Cedar Park Christian	Mikayla	Liljenquist	10	5	S/RS
Eastside Prep	Josie	Kranick	12	6	L
King's	Avery	McCallister	12	2	S
King's	Tia	Root	12	19	OH
Seattle Academy	Avery	McIntosh	9	9	OH
Seattle Academy	Ayile	Locoh-Donou	12	10	S/RS
South Whidbey	Pearl	Buck	12	21	MH
Sultan	Kamryn	Skeith	11	16	S/RS

Coho Division

Coach of the Year: Bradie Ferguson, Bush

Sportsmanship Award: Summit Sierra High School

Coho Division MVP:

School	First Name	Last Name	Grade	#	Position
Bush	Hedia	Lewis	12	2	OH

1st Team

School	First Name	Last Name	Grade	#	Position
Forest Ridge	Zilan	Xiong	12	1	MB
GFHS	Vilomena	Cavuilati	10	15	OH
Northwest	Ari	Clarkson	12	3	OH
Northwest	Mimi	Karakusevic Vitman	11	6	LIB/DS
Summit Sierra	Samara	McDonald	11	6	Setter
University Prep	Annie	Sjolander	12	7	Libero
University Prep	Maddie	Takamiya	12	1	Setter