



## 2023 Emerald Sound Conference All-Conference Honors Cross Country

### Coach of the Year—BOYS

South Whidbey

### Team Sportsmanship—BOYS

Cedar Park Christian

### Coach of the Year—GIRLS

Seattle Academy

### Team Sportsmanship—GIRLS

Cedar Park Christian

## GIRLS

Place	First Name	Last Name	School	Grade
1	Lauren	Belden	Kings	9
2	Sophia	Inglin	Kings	11
3	Naomi	Atwood	South Whidbey	12
4	Aspen	Hoffman	Seattle Academy	11
5	Hannah	Capusan	Cedar Park	11
6	Sarah	Guralnick	Overlake	12
7	Sae	Komatsu	Overlake	10
8	Ellie	Candell	Seattle Academy	11
9	Alma	Decker	Kings	9
10	Tyler	Stiefel	Seattle Academy	11
11	Anna	Stchur	Bear Creek	10
12	Audrey	Gmerek	South Whidbey	12
13	Isabelle	Osborn	Bush	9
14	Maggie	Hurtado	Northwest	9
15	Grace	Regan	Cedar Park	11
16	Natalie	Hewit	Bear Creek	12
17	Paige	Theel	Cedar Park	10
18	Lyla	Hutson	South Whidbey	10
19	Sadie	Honig	Seattle Academy	11
20	Sophia	Patrin	South Whidbey	12
21	Avani	Bansal	Overlake	11

## BOYS

Place	First Name	Last Name	School	Grade
1	William	Reeves	Eastside Prep	11
2	Keith	Hunter	Overlake	12
3	Desmond	Stanfield	Northwest	12
4	Rowan	Jung	South Whidbey	10
5	Duncan	Frisbie-Smith	Bush	11
6	Staser	Simpson	Kings	11
7	Isaac	Montanes	Cedar Park	11
8	Findlay	Hartshorn	Bear Creek	10
9	John	Kehoe	Overlake	12
10	Benjamin	Hester	Bush	11
11	Benjamin	Rojas	Granite Falls	11
12	Gavin	Brown	Cedar Park	10
13	Asher	Stadler	South Whidbey	9
14	Aleksy	Umbers	Overlake	12
15	Barack	Abdallah	Bush	11
16	Carter	Castle	South Whidbey	12
17	Nahom	Getachew	Kings	9
18	Kai	Aizawa	Bush	10
19	Andy Bustamante		Cedar Park	11
20	Samuel	Knight	Cedar Park	11
21	Nathaniel	Troy	Cedar Park	10



## 2023 Emerald Sound Conference All-Conference Honors

### Football

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

**Sportsmanship Award:** Granite Falls Tigers

#### Emerald Sound Conference MVP's

Name	Pos	Grade	#	School	Award
Noah Clark	QB	12	22	King's	Offensive MVP
Wesley Blackmer	DE	12	50	King's	Defensive MVP
Matthew Williams	K	12	5	King's	Special Teams MVP

#### Emerald Sound Conference All Offense

Name	Pos	Grade	#	School
Kaden LaPlaunt	QB	12	8	Granite Falls
Cody Redford	QB	11	3	South Whidbey
Braeden Caulk	RB	11	22	King's
Derek Feltner	RB	12	17	Sultan
Lyal Viers	RB	10	1	Cedar Park Christian
Cole Adams	WR	10	3	King's
Jack Fuller	WR	11	7	King's
Johnathan Roberts	WR	12	1	Granite Falls
James Porter	WR	12	5	Granite Falls
Ethan Ballweber	WR	12	21	Cedar Park Christian
Julio Vargas	WR	10	15	Sultan
Hayden Murphy	WR	12	9	Sultan
Wesley Blackmer	OL	12	50	King's
Jackson Miller	OL	12	57	King's
Simon Vanderwel	OL	11	51	King's
Dylan Hicks	OL	12	56	Cedar Park Christian
Jaren Trout	OL	12	72	Cedar Park Christian
Jacob Fettig	OL	11	54	Sultan
Cole Thorsen	OL	12	52	South Whidbey
Dylan Walker	OL	12	57	South Whidbey

### Emerald Sound Conference All Defense

<b>Name</b>	<b>Pos</b>	<b>Grade</b>	<b>#</b>	<b>School</b>
Cole Adams	DB	10	3	King's
Caden Castillo	DB	12	15	King's
Ethan Ballweber	DB	12	21	Cedar Park Christian
Derek Feltner	DB	12	17	Sultan
Julio Vargas	DB	10	15	Sultan
Bryson Taylor	DB	9	2	South Whidbey
Braeden Caulk	LB	11	20	King's
Noah Clark	LB	12	22	King's
Bradley Kehoe	LB	12	7	Granite Falls
Connor Gillen	LB	12	3	Granite Falls
Dylan Hicks	LB	12	56	Cedar Park Christian
Cole Thorsen	LB	12	52	South Whidbey
Jackson Miller	DL	12	57	King's
Simon Vanderwel	DL	11	51	King's
Jaren Trout	DL	12	72	Cedar Park Christian
Brady McCall	DL	12	50	Cedar Park Christian
Hayden Murphy	DL	12	9	Sultan
Jacob Fettig	DL	11	54	Sultan

### Emerald Sound Conference All Special Teams

<b>Name</b>	<b>Pos</b>	<b>Grade</b>	<b>#</b>	<b>School</b>
Agassi Gabrielian	K	11	12	Cedar Park Christian
Cody Redford	P	11	3	South Whidbey



# 2023 ESC - All Conference Honors

## Girls Soccer

**Coach of the Year:** Mike Perrigoue , Cedar Park Christian

**Sportsmanship Award:** Overlake School

**League MVP:**

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Taylin	Laws	11	12	MF

**First All Conference Team:**

School	First Name	Last Name	Grade	Jersey #	Position
Bear Creek	Tatum	Jackson	10	15	FW
Bush	Elise	Trani	12	11	MF
Cedar Park	Deandra	Dan	10	9	FW
Cedar Park	Lucy	Mosset	12	3	D
Eastside Prep	Nicaia	Sharp	12	7	FW
Overlake	Audrey	Gruben	11	0	GK
SAAS	Addison	Bay	11	9	MF
SAAS	Isla	McNae	11	8	FW
UPrep	Eliza	Barton	12	10	MF
Uprep	Rian	Fitzpatrick	11	23	MF
Uprep	Skylar	Coulter	12	12	D

**Second All Conference Team:**

<b>School</b>	<b>First Name</b>	<b>Last Name</b>	<b>Grade</b>	<b>Jersey #</b>	<b>Position</b>
Bear Creek	Claire	Pruner	12	8	MF
Bush	Flora	Toledo	9	3	MF
Bush	Makenna	Kim	9	6	MF
Cedar Park	Reagan	Mischel	11	7	MF
Cedar Park	Shaylen	Greff	10	20	FW
Cedar Park	Sammy	Perrigoue	11	2	MF
Kings	Claire	Helton	12	22	MF
Northwest	Charlotte	Colee	12	24	MF
SAAS	Anica	Carpenter	12	0	GK
SAAS	Maddie	Maves	9	15	FW
Uprep	Chloe	Kung	10	5	FW

**Third All Conference Team:**

Bear Creek	Lilah	Pruner	10	13	MF
Bush	Isabelle	Rotival	12	18	D
Cedar Park	Clair	Elmy	10	16	D
Eastside Prep	Kaitlyn	Yetman	11	82	GK
Granite Falls	Lillian	Orsborn	10	42	D
Kings	Eliana	Rohmer	12	8	D
Overlake	Libby	Li	12	11	MF
SAAS	Joelle	Vedovatti	11	12	MF
South Whidbey	Elsa	Layman	10	23	D
Sultan	Madison	Schalo	11	10	D
Uprep	Grey	Donsbach	9	22	FW



# 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

#### 1<sup>st</sup> 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

#### 2<sup>nd</sup> 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:**

<b>School</b>	<b>First Name</b>	<b>Last Name</b>	<b>Grade</b>	<b>#</b>	<b>Position</b>
Bush	Hedia	Lewis	12	2	OH

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

<b>School</b>	<b>First Name</b>	<b>Last Name</b>	<b>Grade</b>	<b>#</b>	<b>Position</b>
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





# 2023-24 ESC - All Conference Honors

## Boys Tennis

**Conference Champions: UPrep**

**Coach of the Year:** Cara Holloway, The Bush School

**Sportsmanship Award:** South Whidbey

### Singles

School	Name	Grade
Eastside Prep	Soren Ghorai	11
UPrep	Parker Hulse	9
Overlake	Rishi Sanyal	10
Overlake	Henry Zhu	10

### Doubles

School	Name	Grade
Bush	Cal Jones	12
Bush	Bernie Rosen	12
UPrep	Jack Angelone	12
UPrep	Brandon Lui	9
Eastside Prep	Alex Chung	12
Eastside Prep	Kai Ghorai	9
Overlake	Avery Vail	12
Overlake	Ben Ta	10

# 2023 Emerald Sound All Conference Boys Ultimate

**Coach of the Year:** Eastside Prep

**Sportsmanship:** University Prep

**League Champion:** Eastside Prep

School	First Name	Last Name	Grade	
Eastside Prep	Fil	Icev	12	co-MVP
Eastside Prep	Axel	Olson	12	co-MVP
Eastside Prep	Jack	Edwards	12	All Conference
Overlake	Elliott	Ku	9	All Conference
Northwest	Keenan	O'Donnell	12	All Conference
Eastside Prep	Syon	Rao	12	All Conference
Eastside Prep	Rami	Rifaat	12	All Conference
Overlake	Aidan	Rodey	12	All Conference
UPrep	Max	Seitz	12	All Conference
Northwest	Suriya	Sethi	10	All Conference
Northwest	Wilson	Taraday	12	All Conference