



# 2024-25 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 |
|----------------------|------------|--------------|-------|----|----------|
| Cedar Park Christian | Aubrey     | Frederickson | 12    | 11 | MH       |

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

| School               | First Name | Last Name   | Grade | #  | Position |
|----------------------|------------|-------------|-------|----|----------|
| Kings                | Reagan     | Cook        | 12    | 13 | OH/L     |
| Cedar Park Christian | Mikayla    | Liljenquist | 11    | 9  | S/OPP    |
| Kings                | Anika      | Bockheim    | 12    | 10 | MH       |
| Bear Creek           | Lindsey    | Kim         | 12    | 6  | L        |
| Kings                | Cat        | Ellard      | 12    | 19 | OH       |
| Bear Creek           | Maia       | Sidhu       | 11    | 4  | OH       |
| Cedar Park Christian | Gianna     | Greenlaw    | 11    | 14 | L        |

#### 2<sup>nd</sup> Team

| School               | First Name | Last Name | Grade | #  | Position |
|----------------------|------------|-----------|-------|----|----------|
| Kings                | Ella       | Young     | 11    | 3  | L        |
| Overlake             | Siyona     | Verma     | 12    | 8  | MH/OH    |
| Bear Creek           | Kate       | Marshall  | 11    | 10 | MH       |
| Eastside Prep        | Kimberly   | Zhao      | 12    | 11 | MH       |
| Cedar Park Christian | Bailey     | Neuharth  | 10    | 6  | OH       |
| Cedar Park Christian | Hannah     | Nance     | 12    | 7  | Setter   |
| South Whidbey        | Alyssa     | Staats    | 12    | 22 | OH       |

## **Coho Division**

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

**Sportsmanship Award:** Summit Sierra

**Coho Division MVP:**

| <b>School</b>   | <b>First Name</b> | <b>Last Name</b> | <b>Grade</b> | <b>#</b> | <b>Position</b> |
|-----------------|-------------------|------------------|--------------|----------|-----------------|
| University Prep | Alicia            | Sun              | 10           | 10       | MB              |

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

| <b>School</b>   | <b>First Name</b> | <b>Last Name</b>   | <b>Grade</b> | <b>#</b> | <b>Position</b> |
|-----------------|-------------------|--------------------|--------------|----------|-----------------|
| Bush            | Eva               | Freise             | 11           | 13       | MH              |
| Bush            | Jojo              | Ziegler            | 12           | 8        | OH              |
| Granite Falls   | Vilo              | Cavuilati          | 11           | 15       | OH              |
| Granite Falls   | Kirie             | Finchum            | 11           | 5        | L               |
| Granite Falls   | Georgia           | Natseos            | 11           | 9        | S               |
| Northwest       | Mimi              | Karakusevic-Vitman | 12           | 6        | L               |
| University Prep | Harper            | Friedman           | 9            | 9        | S               |