



2024-25 ESC - All-Conference Honors Girls Cross Country

Coach of the Year: Andy Gist, Cedar Park Christian

Sportsmanship Award: Cedar Park Christian

MVP

School	First Name	Last Name	Grade	Time
King's	Sophia	Inglin	12	19:22:0

All Conference

School	First Name	Last Name	Grade	Time
Bush	Elise	Fischer	12	19:46:0
Cedar Park Christian	Clair	Elma	11	20:06:6
Cedar Park Christian	Hannah	Capusan	12	20:15:2
Cedar Park Christian	Paige	Theel	11	20:44:4
Cedar Park Christian	Grace	Regan	12	20:44:5
Northwest	Delphine	Wilton	12	20:59:3
King's	Lauren	Belden	10	21:02:4
Bush	Isabelle	Osborn	10	21:04:3
Bush	Ryan	Eglit	10	21:05:5
Northwest	Maggie	Hurtado	10	21:09:2
Bear Creek	Anna	Stchur	11	21:35:2
Granite Falls	Shelby	Rising	12	21:36:8
South Whidbey	Lyla	Hutson	11	21:46:7
King's	Alma	Decker	10	21:50:1
Overlake	Avani	Bansal	12	21:55:0
Eastside Prep	Alyson	Lang	10	21:57:0
Bear Creek	Cynthia	Brault	10	22:06:9
Bush	Elaine	Zhang	9	22:15:1



2024-25 ESC - All-Conference Honors

Boys Cross Country

Coach of the Year: Andy Gist, Cedar Park Christian

Sportsmanship Award: Cedar Park Christian

MVP

School	First Name	Last Name	Grade	Time
Eastside Prep	William	Reeves	12	15:43:4

All Conference

School	First Name	Last Name	Grade	Time
Bush	Duncan	Frisbie-Smith	12	16:11:3
Cedar Park Christian	Josiah	Capusan	10	16:17:9
South Whidbey	Asher	Stadler	10	16:19:4
Cedar Park Christian	Isaac	Montanes	12	16:19:5
Bush	Lincoln	Neiswender	12	16:20:3
Bush	Benjamin	Hester	12	16:21:5
Cedar Park Christian	Gavin	Brown	11	16:22:6
Cedar Park Christian	Oliver	Zimmerman	9	16:22:7
Cedar Park Christian	Andy	Bustamante	12	16:24:1
Bush	Kai	Aizawa	11	16:24:5
Cedar Park Christian	Sam	Knight	12	16:35:0
Bush	Barack	Abdallah	12	16:39:7
Bear Creek	Findlay	Hartshorn	11	16:54:0
King's	Evan	Blair	10	16:58:2
Bush	Alexander	Hajduk	12	16:58:5
King's	Staser	Simpson	12	17:02:9
South Whidbey	Emiliano	Acosta	10	17:04:5
Cedar Park Christian	Christian	Chi	12	17:06:0



2024 Emerald Sound All-Conference Honors

Football

Coach of the Year: Brandon Davis, Granite Falls

Sportsmanship Award: Granite Falls Tigers

Offensive MVP

Name	Pos	Grade	#	School
Cole Adams	QB	11	3	King's

Offense

Name	Pos	Grade	#	School
Greg Roy	QB	12	3	Cedar Park Christian
Jack Fuller	WR	12	7	King's
Jarron Austin	WR	11	19	King's
Lincoln Meyers	WR	11	7	Cedar Park Christian
Braeden Caulk	RB	12	20	King's
Beau Everson	RB	10	5	Granite Falls
Simon Vander Wel	OL	12	51	King's
Aiden Shelford	OL	10	63	King's
Logan Peterson	OL	11	72	Granite Falls
Garrett Toland	OL	12	63	Granite Falls
Sage Northup	OL	12	28	South Whidbey
Cody Redford	ALL	12	2	South Whidbey

Defensive MVP

Name	Pos	Grade	#	School
Simon Vander Wel	DL	12	51	King's

Defense

Name	Pos	Grade	#	School
Aiden Shelford	DL	10	63	King's
Connor Steen	DL	10	50	King's
Garrett Toland	DL	12	63	Granite Falls
Owen Walker	DL	10	57	South Whidbey
Hayden Hoskinson	LB	12	40	King's
Landon Gwinner	LB	10	42	Granite Falls
Sam Lungu	LB	12	4	Cedar Park Christian
Nate Bjella	DB	10	18	King's
Gino Howard	DB	12	4	Granite Falls
Greg Roy	DB	12	3	Cedar Park Christian
Cody Redford	DB	12	2	South Whidbey
Garrett Hagen	ALL	10	33	King's

Special Teams

Name	Pos	Grade	#	School
Agassi Gabrielian	K	12	2	Cedar Park Christian
Agassi Gabrielian	P	12	2	Cedar Park Christian



2024-2025 ESC - All Conference Boys Tennis

Conference Co-Champions: Overlake & UPrep

Coach of the Year - Overlake, Jeff Loranger

Sportsmanship Award- Bear Creek

All Conference Singles

Parker Hulse (10th)- UPrep

Rishi Sanyal (11th) - Overlake

Nikhil Sanyal (9th) - Overlake

Brandon Liu (10th)- UPrep

All Conference Doubles

Soren Ghorai (12th) - Eastside Prep

Kai Ghorai (10th) - Eastside Prep

Ben Ta (11th)- Overlake

Henry Zhu (11th)- Overlake

Logan Bankson (12th) - UPrep

Will Madrid (10th) - UPrep

Cole Harford (12th)- UPrep

Tyson Scott (12th) - UPrep



2024 ESC - All Conference Honors Girls Soccer

Coach of the Year: An Nuon (Eastside Prep)

Sportsmanship Award: Overlake School

League MVP:

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Deandra	Dan	11	9	F

First All Conference Team:

School	First Name	Last Name	Grade	Jersey #	Position
Cedar Park	Hadlie	Berry	9	25	CB
Bear Creek	Tatum	Jackson	11	15	F
UPrep	Rian	Fitzpatrick	12	23	M
Eastside Prep	Sam	Ryan	11	10	M
Cedar Park	Reagan	Mischel	12	7	HM
Cedar Park	Taylin	Laws	12	12	HM
Bush	Flora	Toledo	10	11	MF
Eastside Prep	Abby	Miller	12	8	M/D
Cedar Park	Riley	Perrigoue	10	34	AM
Bear Creek	Lilah	Pruner	11	12	M
Bush	Makenna	Kim	10	9	MF

Second All Conference Team:

School	First Name	Last Name	Grade	Jersey #	Position
Eastside Prep	Julia	Stewart	9	17	D
Cedar Park	Shaylen	Greff	11	20	HM
UPrep	Grey	Donsbach	10	22	F
King's	Kylee	Bengston	12	0	GK
Overlake	Olivia	Harris	10	20	D
Bush	Reya	Goel	11	2	DF
Eastside Prep	Leah	Im	10	22	F
Eastside Prep	Amanda	Chickering	9	20	GK
South Whidbey	Elsa	Layman	11	23	CB/AM
UPrep	Sophia	Smith	11	16	F
Cedar Park	Sammy	Perrigoue	12	2	LM

Third All Conference Team:

School	First Name	Last Name	Grade	Jersey #	Position
Overlake	Audrey	Gruben	12	0	GK
King's	Addy	Faris	12	7	M
Eastside Prep	Roya	Prow	11	16	M
Bear Creek	Ella	Smith	9	8	M
Bush	Sawyer	Franklin	9	18	F
UPrep	Sadie	Hollon	12	17	D
Eastside Prep	Tegan	Hogg	11	3	D
Granite Falls	Cailin	Miller	12	0	GK
King's	Kim	Beard	11	20	M/F
Granite Falls	Elodie	Tait	11	13	CM
Overlake	Reya	Velamoor	10	21	MF/F



2024-2025 ESC - All Conference Boys Ultimate

Conference Champions: Northwest

Coach of the Year: Bush, Max Bommarito

Sportsmanship Award: University Prep

All Conference MVP

Suriya Sethi (11th) – Northwest

All Conference 1st Team

Daniel Chickering (12th) – Eastside Prep

Tae Delaney (10th) – Eastside Prep

Levi Drazin (12th) – Northwest

Rafi Hathaway (12th) – Northwest

Elliott Ku (10th) – Overlake

Tanner Monohan (11th) – Northwest

Kenzo Yocom (12th) – Bush

All Conference 2nd Team

Rory Berry (11th) – Northwest

Toby Briggs (12th) – Eastside Prep

Hank Davidson (11th) – Overlake

Rafe Fox (12th) – Bush

Morgan Plumbo (12th) – Eastside Prep

Reece Sun (12th) – Overlake

Gavin Tardiff (11th) – Eastside Prep



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

1st 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

2nd 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:

School	First Name	Last Name	Grade	#	Position
University Prep	Alicia	Sun	10	10	MB

1st Team

School	First Name	Last Name	Grade	#	Position
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