



2025 ESC - All Conference Honors

Baseball

Co-Coach of the Year: Matt Stevens (CPC) and Henry Carson (King's)

Sportsmanship Award: Granite Falls

Player of the Year:

School	First Name	Last Name	Grade	Position
South Whidbey	Grady	Davis	12	SS/P

1st Team

School	First Name	Last Name	Grade	Position
Cedar Park Christian	Grady	Gallagher	11	C
Cedar Park Christian	Lyal	Viers	11	P/OF
Cedar Park Christian	Nathan	Welch	12	1B
Granite Falls	Drake	Smith	11	SS
King's	Luke	Echelbarger	12	P/SS
King's	Nate	Echelbarger	10	C
Overlake-Bear Creek	Max	Bieber	12	SS/P
Overlake-Bear Creek	Daniel	Weintraub	10	CF
University Prep	Owen	Bradley	11	SS/P
University Prep	Hawthorne	Moody	12	P/INF

2nd Team

School	First Name	Last Name	Grade	Position
Cedar Park Christian	Eli	Belcher	10	P
Cedar Park Christian	Jeremiah	Halim	11	RF
Granite Falls	Carson	Brooks	11	2B/3B
King's	Jakob	Fowler	11	OF
King's	Brandon	McCann	10	UTL
Overlake-Bear Creek	Hank	Davidson	11	LF
Overlake-Bear Creek	Alex	Hoss	11	RF
South Whidbey	Connor	Bartel	12	CF
South Whidbey	Malachi	Pierson	12	C
University Prep	Grady	Stone	11	C



2024-25 ESC - All Conference Honors Fastpitch Softball

Coach of the Year: Scott Moody, Cedar Park Christian

Sportsmanship Award: Cedar Park Christian

Conference Champion: Cedar Park Christian

Conference Player of the Year:

School	First Name	Last Name	Grade
Cedar Park Christian	Shelby	Southard	11

All-Conference Team:

School	First Name	Last Name	Grade
Granite Falls	Bella	Frye	12
Granite Falls	Addison	Haverfield	12
Granite Falls	Natalie	Klepper	12
Cedar Park Christian	Addie	Foster	11
Cedar Park Christian	Ella	Meikle	11
Cedar Park Christian	Katie	Charlton	10
South Whidbey	Sophia	Jennings	9
Cedar Park Christian	Bela	Stewart	9
Cedar Park Christian	Gia	Charlton	9



2024-25 ESC - All Conference Honors Boys Soccer

Coach of the Year: Nate Whitney, UPrep

Sportsmanship Award: Bear Creek

MVP:

School	First Name	Last Name	Grade	#	Position
UPrep	Roan	Leslie	12	10	MF

1st Team

School	First Name	Last Name	Grade	#	Position
Bush	Xavi	Dellisanti	12	8	F/MF
Bush	GianLucca	Weintraub	12	10	F/MF
Cedar Park	Beckham	Mischel	11	7	M
Cedar Park	Agassi	Gabrielian	12	10	M/F
King's	Dashiell	Stein	12	18	MF
King's	Jaxsen	Teeter	12	12	MF
Overlake	Toby	Odell	12	12	D
Overlake	Hayato	Nagai	12	10	MF
UPrep	Gavin	Davis	12	12	D
Uprep	Nick	Cox-Hultquist	12	1	GK
UPrep	Augie	Reed	11	0	GK

2nd Team

School	First Name	Last Name	Grade	#	Position
Bush	Charlie	Alhadeff	10	2	MF
Bush	Cooper	Wray	12	17	D
Eastside Prep	Cyrus	Oomen	11	8	D/MF
Eastside Prep	Tae	Delaney	10		GK
King's	Dustin	Le	11	7	MF
King's	Ethan	Cho	11	3	MF
Overlake	Devon	Patel	11	8	MF
Overlake	Drew	Case	10	5	F
UPrep	Kaiden	Lo-Birdsall	12	16	MF
UPrep	Jack	DiGiuseppe	12	24	D
South Whidbey	Colton	Smith	10	10	F

3rd Team

School	First Name	Last Name	Grade	#	Position
Bear Creek	Evan	Ro	9	2	MF
Bear Creek	Ethan	Katz	11	21	GK
Bush	Miles	Breitenbucher	11	16	MF
Bush	Lothar	Ederer	9	5	D
Cedar Park	Cole	Clausen	10	15	D
Cedar Park	Eddie	Aguiar	11	11	M
King's	Sam	Moultet	10	10	F
Northwest	Colt	Johnson	11	19	MF
Overlake	Sebastian	Ter Meulen	11	23	MF
Overlake	Edison	Hui	11	11	MF
South Whidbey	Liam	Adadow	12	9	D



2024-2025 ESC - All Conference Girls Tennis

Conference Champions: Bush

Coach of the Year - Cara Holloway, Bush

Sportsmanship Award-South Whidbey

All Conference Singles

Lily Zhu (9th) -Overlake

Makenna Kim (10th) - Bush

Julia Pasca (10th) - Bush

Victoria Nister (10th) - Eastside Prep

All Conference Doubles

Galia Harmelin (12th) - UPrep

Logan Sternfeld (9th) - UPrep

Sharon Zhang (12th)) - Overlake

Sae Komatsu (11th) Overlake

Claire Fitzgerald (12th) - Bush

Jojo Ziegler (12th) Bush

Anisa Singh (10th) - Eastside Prep

Lulu Happe (10th) - Eastside Prep



2024-25 ESC - All Conference Honors

Track & Field

Team Sportsmanship Award: Cedar Park Christian

Coach of the Year: Mark Eager & South Whidbey Coaching Staff

	1st Place	2nd Place
Women's 100 Meters	Sophia Michalopoulos, South Whidbey	Reya Goel, Bush
Women's 200 Meters	Hanna Vinkemulder, Bear Creek	Reya Goel, Bush
Women's 400 Meters	Lauren Belden, King's	Hanna Vinkemulder, Bear Creek
Women's 800 Meters	Reed Atwood, South Whidbey	Sophia Inglin, King's
Women's 1600 Meters	Reed Atwood, South Whidbey	Sophia Inglin, King's
Women's 3200 Meters	Reed Atwood, South Whidbey	Elise Fischer, Bush
Women's 100 M Hurdles	Kimberly Zhao, Eastside Prep	Elenwe Wijayratne, King's
Women's 300 M Hurdles	Ivy Stringham, King's	Kimberly Zhao, Eastside Prep
Women's 4x100 M Relay	Bush: Ligaya Santos, Reya Goel, Denise Collins, Niamh Blish	King's: Ellie Bear, Maddie Biederman, Laila Christensen, Clara Hobart
Women's 4x200 M Relay	King's: Laila Christensen, Lucy Mortimer, Ellie Bear, Lauren Belden	South Whidbey: Lucille Schultz, Sierra Muller, Kaia Prael, Sophia Michalopoulos
Women's 4x400 M Relay	Bear Creek: Zoe Piepkorn, Maia Sidhu, Anna Stchur, Hanna Vinkemulder	CPC: Claire Lozier, Hannah Capusan, Sidney Sckorohod, Grace Regan
Shot Put	Kim Beard, King's	Kaelynn Bahnmler, King's
Disc	Kim Beard, King's	Kaelynn Bahnmler, King's
Javelin	Jenna Flynn, CPC	Kim Beard, King's
High Jump	Lucy Mortimer, King's	Joelle Walworth, King's
Pole Vault	Sierra Muller, South Whidbey	Blair Johnson, Granite Falls
Long Jump	Sophia Michalopoulos, South Whidbey	Hanna Vinkemulder, Bear Creek
Triple Jump	Lucy Mortimer, King's	Laurie Takamiya, UPrep

	1st Place	2nd Place
Men's 100 Meters	Jeshua Singletary, King's	Barack Abdallah, Bush
Men's 200 Meters	Xander Timmons, Bush	Jeshua Singletary, King's
Men's 400 Meters	Xander Timmons, Bush	Findlay Hartshorn, Bear Creek
Men's 800 Meters	Duncan Frisbie-Smith, Bush	Findlay Hartshorn, Bear Creek
Men's 1600 Meters	Duncan Frisbie-Smith, Bush	William Reeves, Eastside Prep
Men's 3200 Meters	Duncan Frisbie-Smith, Bush	Oliver Zimmerman, CPC
Men's 110 M Hurdles	Xander Timmons, Bush	Nolan Walsh, King's
Men's 300 M Hurdles	Jack Stringham, King's	Cameron Piepkorn, Bear Creek
Men's 4x100 M Relay	South Whidbey: Robby Sullivan, Carter Penny, Bryson Taylor, Liam Watkins	CPC: Nathan Godoi, Spencer Shorb, Kace Wade, Caz Huebner
Men's 4x400 M Relay	CPC: Caz Huebner, Kace Wade, Josiah Capusan, Isaac Montanes	King's: Michael Little, Jeshua Singletary, Nolan Walsh, Staser Simpson
Shot Put	Simon Vander Wel, King's	Henry Cooper, CPC
Disc	Kasen Parsell, South Whidbey	Simon Vander Wel, King's
Javelin	Liam Watkins, South Whidbey	Andrew Balzer, King's
High Jump	Cody Redford, South Whidbey	Bryson Taylor, South Whidbey
Pole Vault	Erick Diaz, Granite Falls	Cohan Criswell, South Whidbey
Long Jump	Bryson Taylor, South Whidbey	Cody Redford, South Whidbey
Triple Jump	Bryson Taylor, South Whidbey	Cody Redford, South Whidbey



2024-25 ESC - All Conference Honors Girls Golf

Coach of the Year: Eddie Mulcahy, South Whidbey

Sportsmanship Award: Cedar Park Christian

League Medalist and MVP:

School	First Name	Last Name	Grade
Overlake	Kendria	Wang	10

1st Team

School	First Name	Last Name	Grade
Bear Creek	Caylin	Bennetsen	12
Overlake	Sherry	Fei	11
Overlake	Simi	Gala	11
Overlake	Reena	Lin	9
Overlake	Isabel	Xu	10
South Whidbey	Kennedy	Mulcahy	12

2nd Team

School	First Name	Last Name	Grade
Bear Creek	Serena	Liu	9
Bush	Meredith	Chen	11
Bush	Charlie	Moon	11
King's	Livvy	Barnes	9
Overlake	Kisecki	Baker	10
Overlake	Maia	Womack	12



2024-25 ESC - All Conference Honors Boys Golf

Fall Coach of the Year: Mike Faris, Bear Creek

Fall Sportsmanship Award: Overlake

Spring Coach of the Year: Dave Hynden, King's

Spring Sportsmanship Award: King's

League Medalist and MVP:

School	First Name	Last Name	Grade
Cedar Park Christian	Landon	Russell	9

1st Team

School	First Name	Last Name	Grade
Bear Creek	Max	Bieber	12
Bear Creek	Rhett	Nordberg	12
Bush	Justin	Chen	9
Bush	Jonathan	Hamren	9
Cedar Park Christian	Lincoln	Hipp	9
Overlake	Zidan	Sannakkayala	10

2nd Team

School	First Name	Last Name	Grade
Bear Creek	Noah	Luedke	11
Bush	Spencer	Merwin	10
Bush	Neil	Nagpal	9
Eastside Prep	Joey	Raskin	11
King's	Owen	Gallo	12
Overlake	Amir	Samji	11

2025 Emerald Sound All Conference Girls Ultimate

League Champion: Eastside Prep

Coach of the Year: Northwest

Sportsmanship: Overlake

School	First Name	Last Name	Grade	
Eastside Prep	Sydney	Belfiore	11	MVP
Bush/Holy Names	Avellina	Colacurcio	12	All Conference
University Prep	Rian	Fitzpatrick	12	All Conference
Eastside Prep	Leah	Im	10	All Conference
Bush/Holy Names	Willa	Lapin	12	All Conference
Northwest	Eila	Patel	12	All Conference
Overlake	Cali	Timmons	10	All Conference
Northwest	Delphine	Wilton	12	All Conference