

<b>ALL CONFERENCE TEAMS</b>	<b>SEASON - 2010_11</b>	<i>In even numbered years, the regular season winning coach shall be the all-star head coach.</i> <i>In odd numbered years, the coach of the year by vote, shall be the all-star head coach.</i> <i>(Note 1. If vote for coach ends in a tie - a coin flip determines the actual head coach).</i> <i>(Note 2. Year is based on the calendar year the state tournament is held).</i>
-----------------------------	-------------------------	--

<b><u>VARSITY GIRLS VOLLEYBALL</u></b>	<b>** Most Valuable Player of Year = MVP</b> <b>*** Voted Coach of Year = COY</b> <b>**** Regular Season Winning Coach</b>
--	--

### **ALL CONFERENCE - EAST - 2010**

<b><u>Player / Coach</u></b>	<b><u>Team Represented</u></b>	
Teleatha Floyd	Fayetteville	
Christine Patterson	Fayetteville	
Samantha Patterson	Fayetteville	
Sarah Morris	Johnston	
Sarah Strickland	Johnston	
Tiffany Driver	Wake Forest	<b>MVP</b>
Kimberly Hovey	Wake Forest	
Michelle Hovey	Wake Forest	
Wilson Storey	Wake Forest	
Cheri VanNice	Wake Forest	
<i>Coach - Denise Driver ****</i>	Wake Forest	<b>COY</b>
<i>Asst. Coach - Sally Farrington</i>	Fayetteville	

### **ALL CONFERENCE - WEST - 2010**

<b><u>Player / Coach</u></b>	<b><u>Team Represented</u></b>	
Alex Arnette	Asheville	
Meredith Payne	Asheville	
Ashley Smith	Asheville	
Kami Watt	Asheville	
Mary Winchester	Asheville	
Katie Deitz	Cabarrus	
Anna Messisco	Cabarrus	
Emily Messisco	Cabarrus	<b>MVP</b>
Karen Bethea	Forsyth	
Katelyn Roache	Forsyth	

Emily Wilson	Forsyth	
Sarah Black	Greensboro	
<i>Coach - Sidney Youngs</i> ****	Asheville	
<i>Asst. Coach - Leslie Messisco</i>	Cabarrus	COY

Varsity Girls Basketball		
	* Defensive Player of Year = DPOY	
	** Most Valuable Player of Year = MVP	
	*** Voted Coach of Year = COY	
	**** Regular Season Winning Coach	

All Conference - East - 2011		
<u>Player / Coach</u>	<u>Team Represented</u>	
Hannah Carlson	North Wake	Co- DPOY
Katie Patrick	North Wake	
Emily Stone	North Wake	
Shelby Suffridge	North Wake	Co- MVP
Mary Williams	North Wake	
Tiffany Driver	Wake Forest	
Amanda Herbert	Wake Forest	
Erica Vidal	Wake Forest	Co- DPOY
Lauren Woods	Wake Forest	
Lesley Woods	Wake Forest	Co- MVP
<i>Coach - Denise Driver</i> ****	Wake Forest	Co- COY (Head)
<i>Asst. Coach - Aaron Miller</i>	North Wake	Co- COY

All Conference - West - 2011		
<u>Player / Coach</u>	<u>Team Represented</u>	
Samantha Hayner	Asheville	
Abigail Siemens	Asheville	
Katie Stuckey	Asheville	
Helen Darden	Cabarrus	

Kaitlyn Holm	Cabarrus	
Ruthann Thomas	Cabarrus	DPOY
Stephanie Brantley	Forsyth	
Kyndle Held	Forsyth	
Leah Church	Surry	
Molly Hamilton	Surry	MVP
<i>Coach - Mike Thomas</i>	Cabarrus	COY
<i>Asst. Coach - Brian Davis ****</i>	Asheville	

<u><b>VARSITY BOYS BASKETBALL</b></u>	* Defensive Player of Year = DPOY
	** Most Valuable Player of Year = MVP
	*** Voted Coach of Year = COY
	**** Regular Season Winning Coach

<u><b>ALL CONFERENCE - EAST - 2011</b></u>		
<u><b>Player / Coach</b></u>	<u><b>Team Represented</b></u>	
Stewart Smith	Durham	MVP & DPOY
Brandon Stephens	Durham	
Sean Stickel	Durham	
Harrison Farley	Goldsboro	
Jared Foulke	South Wake	
Luke Harvey	South Wake	
Emmanuel Williams	South Wake	
Matthew Carlson	Wake Forest	
Wesley Jones	Wake Forest	
Rob Wible	Wake Forest	
<i>Coach - BJ Mumford</i>	Wake Forest	Co- COY (Head)
<i>Asst. Coach - Steve Gerney</i>	South Wake	Co- COY
<i>Asst. Coach - Doug Dahms ****</i>	Durham	

<u><b>ALL CONFERENCE - WEST - 2011</b></u>		
<u><b>Player / Coach</b></u>	<u><b>Team Represented</b></u>	
Malik Risher	Asheville	

John Clay	Cabarrus	MVP
Randy Hansen	Cabarrus	
Andrew Kelley	Cabarrus	
Trent Haithcock	Davidson	
Tim Lawson	Davidson	
Jesse Chasteen	Forsyth	
Michael Dortch	Greensboro	DPOY
Drake Murphy	Greensboro	
Nate Gerber	Surry	
<i>Coach - Robert Bland</i>	Cabarrus	COY
<i>Asst. Coach - David Payne</i> ****	Asheville	