

* Even Year - Regular Season Winning coach is All-Star Game Coach	* COY = Coach of the Year
* Odd Year - COY is All-Star Game Coach	* DPOY = Defensive Player of the Year
	* MVP = Most Valuable Player
(2023) Boys Soccer	
<u>EAST</u>	<u>WEST</u>
Chase Gurgone - East Wake	Ian Adams - Cabarrus
Jaedon Fletcher - Fayetteville	Mason Clark - Cabarrus
Chase Lewis - Fayetteville	Daniel Copeland - Cabarrus
Trey Lewis - Fayetteville	Kade Kaylor - Cabarrus
Isaac Warren - Fayetteville	Ian Rau - Cabarrus
Sam Breagy - North Wake	Addison Stinson - Cabarrus
Isaac Daming - North Wake	Matthew Suclupe - Cabarrus
Noah Daming - North Wake	Jackson Wilson - Cabarrus
Alex Gaviria - North Wake	Xander Wilson - Cabarrus
Jon Milnarcik - North Wake	Caleb Voskuil - Cabarrus <i>(MVP)</i>
Philip Stuntz - North Wake	Brian Burke IV - Forsyth
Caleb Arrington - Southwest Wake	Jeremy Calderon - Forsyth
Mark Biller - Southwest Wake	Elias Campbell - Forsyth
Sean Biller - Southwest Wake <i>(MVP)</i>	Isaac Nobles - Forsyth
Anden Coats - Southwest Wake	Ariah Plymell - Forsyth
Jacob Peterson - Southwest Wake	Phillip Smith - Forsyth
Cam Simmons - Southwest Wake	Mason Tarbet - Forsyth
Todd Burr - North Wake <i>(COY)</i>	Roger Suclupe - Cabarrus <i>Reg Season Winner</i>
Anthony Biller - Southwest Wake <i>Reg Season Winner</i>	
(2023) Volleyball	
<u>EAST</u>	<u>WEST</u>
Myah Barnes - Durham	Leanne Duggins - Alamance
Evelyn Mericle - Durham	Addi Jackson - Alamance
Julia Porter - Durham	Sarah Jackson - Alamance
Emily Batts - Wilmington	Grace Royer - Alamance
Sarah Cutler - Wilmington <i>(MVP)</i>	Lundi Benham - South Charlotte
Grace Johnson - Wilmington	Julia Davidson - South Charlotte
Bailey Mueller - Wilmington	Avery Long - South Charlotte
Rebekah Smith - Wilmington	Addie Marinack - South Charlotte <i>(MVP)</i>
Alana Suriago - Wilmington	Timothy Williard - South Charlotte <i>Reg Season Winner</i>
Melissa Batts - Wilmington <i>Reg Season Winner</i>	
(2023-24) Boys Basketball	
<u>EAST</u>	<u>WEST</u>
Jacob Kirby - Chatham	Ashton Arrowood - Cabarrus
Zach Johnson - Chatham	Teddy Helton - Cabarrus
Sam Woodard - Chatham <i>(DPOY)</i>	Caleb Oldham - Cabarrus
Dylan Mann - Raleigh	Cole Pinion - Cabarrus
Austin Smith - Raleigh	Cooper Clontz - Forsyth <i>(Co-MVP)</i>
Jacob Webb - South Wake	Luke Graves - South Charlotte
Ira Wilson - South Wake	Aaron Hill - South Charlotte <i>(Co-MVP) (DPOY)</i>
Noah Wright - South Wake	Luke Rullo - South Charlotte
Blake Batts - Wilmington <i>(MVP)</i>	Isaiah Mauser - Surry
Brice Griffin - Wilmington	Tyler Spence - Surry
Adam Batts - Wilmington <i>(COY)</i>	Brian Madeira - Cabarrus <i>(COY) Reg Season Winner</i>
Ryan Webb - South Wake <i>Reg Season Winner</i>	
(2023-24) Girls Basketball	

<u>EAST</u>	<u>WEST</u>
Jennifer Lefler - Chatham	Miley Bargesser - Cabarrus
Peyton Teague - Chatham	Sarah Rodriguez - Cabarrus
Caroline Brown - North Wake	Bella Aitchison - South Charlotte
Julia Edwards - North Wake	Lissa Fleming - South Charlotte
Audrey Hendrix - Raleigh <i>(MVP)</i>	Kailey Bullins - South Guilford
Maddy Powell - Raleigh <i>(DPOY)</i>	Kassidy Bullins - South Guilford
Audrey Witt - Raleigh	Kourtney Bullins - South Guilford <i>(MVP)</i>
Mia Jones - South Wake	Sadie Harrell - South Guilford <i>(DPOY)</i>
Rebekah Hartzell - South Wake	Jordan Weddle - Surry
Savannah Taylor - South Wake	Emily Werner - Surry
Paul Hendrix - Raleigh <i>(Co-COY)</i>	Greg Williams - Surry <i>(Co-COY)</i>
David Jones - South Wake <i>(Co-COY) Reg Season Winner</i>	Jennifer Huffman - South Guilford <i>(Co-COY) Reg Season Winner</i>
(2024) Girls Soccer	
<u>EAST</u>	<u>WEST</u>
Kirsten Baker - East Wake	Lauren Crandall - Forsyth
Raegan Creech - East Wake	Emma Fuerbacher - Forsyth
Aaliyah Dalmida - East Wake	Katie Mulholland - Forsyth
Rivkah Lloyd - East Wake	Anna Pemberton - Forsyth
Halie Braddy - North Wake	Julia Pemberton - Forsyth
Riley Deal - North Wake	Allie Williams - Forsyth <i>(MVP)</i>
Caroline Klick - North Wake <i>(Co-MVP)</i>	
Emma McPhatter - North Wake	
Elsie Biller - Southwest Wake	<i>* Forsyth was the only team in the West.</i>
Kalyn Boyce - Southwest Wake	
Grace Conlon - Southwest Wake	
Ashlynn Coulmas - Southwest Wake	
Taylor Bohlmann - Wilmington	
Sarah Cutler - Wilmington <i>(Co-MVP)</i>	
Grace Eckhardt - Wilmington	
Sean O'Connor - North Wake <i>(Co-COY)</i>	
Anthony Smith - Wilmington <i>(Co-COY)</i>	