

* 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
<b>(2020) Boys Soccer</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Cyler Adams - East Wake	Pete Ceccarelli - Cabarrus <b>(MVP)</b>
Jordan Bailey - East Wake	Jacob Cole - Cabarrus
Nathan Rasmussen - East Wake	Quinn Fullwood - Cabarrus
Justin Strickland - East Wake	Andrew Goodwin - Cabarrus
Nathaniel Fowler - Fayetteville	Caleb Santiago - Cabarrus
Adam Daming - North Wake	Jomar Santiago - Cabarrus
Bryson Dodd - North Wake	Brian Burke IV - Forsyth
Alex Gavia - North Wake	Noah Gifford - Forsyth
Christian Loebach - North Wake	Rocky Hunt - Forsyth
Jaden Merkle - North Wake <b>(MVP)</b>	Noah Leach - Forsyth
David Biller - Southwest Wake	Noah Lund - Forsyth
Peter Hicks - Southwest Wake	Carter Lynch - Forsyth
Connor Quinton - Southwest Wake	Ben Carman - Union County
Ethan Barber - Wilmington	Joseph Carman - Union County
Davidson Good - Wilmington	Andreas Chaffey - Union County
Matthew Iandoli - Wilmington	Alijah Miller - Union County
Mckenzie Smith - North Wake <b>(COY)</b> , Reg Season Winner	John Frey - Cabarrus <b>(COY)</b> , Reg Season Winner
<b>(2020) Volleyball</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Emma Brown - Harnett <b>(Co-MVP)</b>	Lily Barnhill - Alamance
Katie Johnson - Harnett	Abigail Cline - Alamance
Audrey Rexford - Harnett	Maddy Drye - Alamance
Holley Hux - North Wake <b>(Co-MVP)</b>	Elizabeth Jackson - Alamance <b>(MVP)</b>
Andie Kryak - North Wake	Trinity Williams - Alamance
Rebekah Speier - North Wake	Kylie Ray - Cabarrus
Abby Stone - North Wake	Camilla Summers - Forsyth
Nicole Walston - North Wake	Calleigh Wilson - Forsyth
Caroline Butts - Wilmington	Abigail Conrad - Greensboro
Brooke Moyers - Wilmington	Jacee Ray - Greensboro
Darrell Brown - Harnett <b>(COY)</b>	Julie Ames - Greensboro <b>(Co-COY)</b>
Thomas Speier - North Wake Reg Season Winner	Charlie Oakley - Alamance <b>(Co-COY)</b> , Reg Season Winner
<b>(2020-21) Boys Basketball</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Bryson Dodd - North Wake <b>(Co-DPOY)</b>	Marshall Barker - Cabarrus <b>(Co-MVP)</b>
Jay Pickett - North Wake	Seth Pracht - Cabarrus
Isaac Schramm - North Wake <b>(MVP)</b>	Emerson Barney - Forsyth
Jacob Dienes - Rocky Mount / Wilson <b>(Co-DPOY)</b>	Daniel Cox - Forsyth
Elijah Skinner - Rocky Mount / Wilson	Joshua Petusky - Forsyth
Travis Shearin - South Wake	Jordan Dixon - South Charlotte
Luke Wallace - Wake Forest	Alijah Miller - South Charlotte <b>(Co-MVP), (DPOY)</b>
Blake Batts - Wilmington	Benjamin Miller - South Charlotte
Joshua Moyers - Wilmington	Joshua Bunke - Surry
Brantley Springer - Wilmington	Nathan Mabe - Surry
Adam Batts - Wilmington <b>(COY)</b>	Brian Madeira - Cabarrus <b>(COY)</b>

<b>(2020-21) Girls Basketball</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Kimberley Cunningham - Chatham	Olivia Griffin - Cabarrus
Joy Harrison - Chatham <i>(DPOY)</i>	Alauna Wilson - Cabarrus
Consuela Jennings - Durham	Isabella Bosch - Forsyth
Chloe Kester - North Wake	MaKenna Duggins - High Point <i>(MVP)</i>
Abby Stone - North Wake	Elaine Smith - High Point
Allie Dalola - South Wake	Kara Stencil - High Point
Olivia Hart - South Wake <i>(MVP)</i>	Kayleigh Cooper - Surry
Kennady Milligan - South Wake	Lindsay Cooper - Surry <i>(DPOY)</i>
Anna Hendrix - Wake Forest	Karlie Effler - Surry
Audrey Hendrix - Wake Forest	Faith McClary - Surry
Derek Jennings - Durham <i>(COY)</i>	Todd Hill - Surry <i>(COY)</i>
<b>(2021) Girls Soccer</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Natalie Akins - East Wake	Graham Boan-Lenzo - Asheville
Amery Harrison - East Wake <i>(Co-MVP)</i>	Abigail Buckner - Asheville <i>(Co-MVP)</i>
Josi Higgins - East Wake	Victoria Dundas - Asheville
Michaela Kowalski - East Wake	Amy Malt - Asheville
Tahlia Lloyd - East Wake	Kathryn Malt - Asheville
Ally McLean - East Wake	Sacred Stone - Asheville
Halie Braddy - North Wake	Isabella Bosch - Forsyth
Caroline Klick - North Wake	Sienna Bosch - Forsyth
Emma McPhatter - North Wake	Amelia Cudar - Forsyth
Grace McPhatter - North Wake	Anna Pemberton - Forsyth
Hannah Murphy - North Wake	Madison Vlanzy - Forsyth
Rozsa Williford - North Wake <i>(Co-MVP)</i>	Alexandra Williams - Forsyth <i>(Co-MVP)</i>