

* 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>(2024) Boys Soccer</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Gideon Griffin - East Wake	Jason Kisel - Asheville
Gage Johnson - East Wake	John Mellin - Asheville
Aiden Medina - East Wake	Jackson Zakariasen - Asheville
Trey Lewis - Fayetteville	Ben Zetterholm - Asheville
Isaac Warren - Fayetteville	Mason Clark - Cabarrus
Sam Breagy - North Wake	Kade Kaylor - Cabarrus
Devin Flowers - North Wake	Zeb Kaylor - Cabarrus
Ian Flowers - North Wake	Ian Rau - Cabarrus
Jon Milnarcik - North Wake	Jackson Wilson - Cabarrus
Neill Robins - North Wake	Calvin Zappone - Cabarrus
Maddox Slack - North Wake	Luke Zimmermann - Cabarrus
Caleb Arrington - Southwest Wake	Brian Burke IV - Forsyth
Mark Biller - Southwest Wake	Jeremy Calderon - Forsyth
Sean Biller - Southwest Wake <i>(MVP)</i>	Keaton Clark - Forsyth
Anden Coats - Southwest Wake	Isaac Nobles - Forsyth
Will Miller - Southwest Wake	Ariah Plymell - Forsyth
Cam Simmons - Southwest Wake	Lanny Smith - Forsyth
Levi Jones - Fayetteville <i>(Co-COY)</i>	BT Burke - Forsyth <i>(COY)</i> , <i>Reg Season Winner</i>
Tony Biller - Southwest Wake <i>(Co-COY)</i>	
Todd Burr - North Wake <i>Reg Season Winner</i>	
<b>(2024) Volleyball</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Jordanne Cochrane - Durham	Kenley Fearrington - Alamance
Emerson Tilley - Durham	Rylie Shelley - Alamance
Maggie Ayers - North Wake <i>(MVP)</i>	
Rebekah Ayers - North Wake	
Ava Golden - North Wake	
Caroline Mallory - North Wake	
Emily Batts - Wilmington	
Sarah Cutler - Wilmington	<i>* Alamance was the only team in the West.</i>
Grace Johnson - Wilmington	
Alana Suriago - Wilmington	
Melissa Batts - Wilmington <i>(COY)</i>	
Bill Carpenter - North Wake <i>Reg Season Winner</i>	
<b>(2024-25) Boys Basketball</b>	
<u><b>EAST</b></u>	<u><b>WEST</b></u>
Luke Coletta - Chatham	Ashton Arrowood - Cabarrus <i>(MVP)</i>
Trey Ramsey - Durham	Teddy Helton - Cabarrus
Graycen Jones - North Wake <i>(DPOY)</i>	Baylin Clodfelter - Forsyth
Hampton Dixon - Raleigh	Luke Ball - South Charlotte
Tyler Woolard - Raleigh	Mason Kern - South Charlotte
Marcus Webb - South Wake	Jack Porter - South Charlotte
Noah Wright - South Wake	Nate Martin - South Guilford
Blake Batts - Wilmington <i>(MVP)</i>	Jamar Turner - South Guilford
Max Brutus - Wilmington	Dylan Butcher - Surry
Brice Griffin - Wilmington	Logan Weddle - Surry <i>(DPOY)</i>

Adam Batts - Wilmington <i>(COY)</i>	Ronnie Arrowood - Cabarrus <i>(Co-COY)</i>
	Nathan Mabe - Surry <i>(Co-COY)</i>
<b>(2024-25) Girls Basketball</b>	
<b><u>EAST</u></b>	<b><u>WEST</u></b>
Ayva Grotevant - Chatham	Austin Miller - Cabarrus
Samantha King - Chatham	Bella Aitchison - South Charlotte
Peyton Teague - Chatham	Isabella Bosch - South Guilford
Rebekah Woodard - Chatham	Kassidy Bullins - South Guilford
Myah Barnes - Durham	Kourtney Bullins - South Guilford <i>(MVP)</i>
Caroline Brown - North Wake	Sadie Harrell - South Guilford
Hannah Brown - North Wake	Amy Yesalavage - South Guilford <i>(Co-DPOY)</i>
Rebekah Hartzell - South Wake <i>(MVP) (DPOY)</i>	Lindsay Easter - Surry <i>(Co-DPOY)</i>
Savannah Taylor - South Wake	Emily Werner - Surry
Sydnee Woolard - South Wake	Aubrey Young - Surry
Justin Brooks - Chatham <i>(Co-COY)</i>	Jennifer Huffman - South Guilford <i>(COY)</i>
Skeet Woolard - South Wake <i>(Co-COY)</i>	
<b>(2025) Girls Soccer</b>	
<b><u>EAST</u></b>	<b><u>WEST</u></b>
Katelyn Angel - East Wake	Beth Audet - Asheville
Aaliyah Dalmida - East Wake	Graham Boan-Lenzo - Asheville
Sydney Laughridge - East Wake	Pia Giaritelli - Asheville
Nicole Matijow - East Wake	Sachi Kogure - Asheville
Charlotte Spangler - East Wake	Daylie Overholser - Asheville
Sara Hurst - Fayetteville	Eni Adetutu - Cabarrus
Lydia Ospina - Fayetteville	Courtney Butts - Cabarrus
Caroline Klick - North Wake	Ella Goggin - Cabarrus
Emma McPhatter - North Wake	Caylie Sorrow - Cabarrus
Grace McPhatter - North Wake	Lorelai Burke - Forsyth
Hannah Murphy - North Wake	Lauren Crandall - Forsyth
Ashlynn Coulmas - Southwest Wake	Emma Fuerbacher - Forsyth
Hope Ewing - Southwest Wake	Hunter Murray - Forsyth
Taylor Bohlman - Wilmington	Anna Pemberton - Forsyth <i>(MVP)</i>
Grace Eckhardt - Wilmington	Julia Pemberton - Forsyth
Hannah Whaley - Wilmington <i>(MVP)</i>	Caroline Talbert - Forsyth
Anthony Smith - Wilmington <i>(COY)</i>	BT Burke - Forsyth <i>(COY)</i> , Reg Season Winner
Lynn Adams - East Wake Reg Season Winner	