

Northwest Athletic Conference

Clark College, 1933 Fort Vancouver Way, Vancouver, WA 98663

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2018-19 Women's Basketball All-Region

NORTHERN REGION

Most Valuable Player

Hannah Hezekiah, Fr, Everett

First Team

Natalie Amos, Fr, Bellevue
Katie Campana, SO, Olympic
Allison Hadaway, SO, Whatcom
Elisa Kooiman, SO, Whatcom
Ashlynn Sharp, SO, Peninsula

Second Team

Seraphina Balderas, SO, Everett
Kuutuuq Danner, Fr, Peninsula
Leilani Padilla, Fr, Peninsula
Danielle Monzon, SO, Olympic
Amanda Luckett, Fr, Bellevue
Katie Skipworth, SO, Skagit Valley

Freshman of the Year

Hannah Hezekiah, Everett

Defensive Player of the Year

Danielle Monzon, Fr, Olympic

All-Defensive Team

Sheilaika Agbayani, Fr, Edmonds
Natalie Amos, SO, Bellevue
Serafina Balderas, SO, Everett
Leilani Padilla, Fr, Peninsula
Carmelita Rodriguez, Fr, Whatcom

Coach of the Year

Dave Hawkins, Olympic

EASTERN REGION

Most Valuable Player

Ashlyn Burgess, SO, Wenatchee Valley

First Team

Alexis Castro, SO, Columbia Basin
McKenzie Gunter, SO, Walla Walla
Miranda Johnson, SO, Big Bend
Kamri Von Oelhoffen, SO, Yakima Vly
Paige Vorwaller, SO, Treasure Vly

Second Team

Sailor Liefke, Fr, Walla Walla
Heidi Sellman, Fr, North Idaho
Keara Simpson, Fr, North Idaho
Hannah Wilson, Fr, Big Bend
Koyama Young, Fr, Spokane

Freshman of the Year

Sailor Liefke, Walla Walla
Koyama Young, Spokane

Defensive Player of the Year

McKenzie Gunter, SO, Walla Walla

All-Defensive Team

Alexis Castro, SO, Columbia Basin
Riley Denton, SO, Wenatchee Valley
Leah Dougherty, SO, Big Bend
Shania Graham, Fr, Spokane
Alivia Williams, Fr, Spokane

Coach of the Year

Preston Wilks, Big Bend

WESTERN REGION

Most Valuable Player

Trinity Betoney, SO, S. Puget Sound

First Team

Avery Campbell, Fr, Tacoma
Sandin Kidder, SO, Grays Harbor
Kenya Lorton, SO, Lower Columbia
Lindsey Nurmi, Fr, Centralia
Nizhoni Wheeler, SO, Lower Columbia

Second Team

Charleea Armstrong, Fr, Grays Harbor
Piper Cai, Fr, Centralia
Jazmina Lafitaga, SO, Highline
Emily Packham, SO, Lower Columbia
Kaelin Williams-Kennedy, SO, Pierce

Freshman of the Year

Lindsey Nurmi, Centralia

Defensive Player of the Year

Charleea Armstrong, Fr, Grays Harbor

All-Defensive Team

Ruby Daube, SO, Pierce
Briawna Kelly, SO, Pierce
Kanani Kremers, SO, Highline
Jerri Maluyo, SO, Lower Columbia
Caitlin Yenne, Fr, Centralia

Coach of the Year

Lucas Myers, Lower Columbia

SOUTHERN REGION

Most Valuable Player

Taylor Stricklin, SO, Umpqua

First Team

CJ Buckley, SO, Clackamas
Kylie Guelsdorf, Fr, Lane
Darian Mitchell, Fr, Umpqua
Kalina Rojas, Fr, Lane
Megan Still, SO, Lane

Second Team

Paige Downer, Fr, Clackamas
Cielo Gonzalez, Fr, Umpqua
Courtney Jackson, SO, Mt. Hood
Kalan McGlothlan, Fr, Chemeketa
Mya India Thomas, Fr, Lane

Freshman of the Year

Darian Mitchell, Umpqua

Defensive Player of the Year

Megan Still, SO, Lane

All-Defensive Team

Meagan Briggs, SO, Lane
Ally Gambill, SO, Chemeketa
Amyr Lowe, Fr, Linn-Benton
Majestic Moler, SO, Chemeketa
Rachel Watson, SO, Mt. Hood

Coach of the Year

Dave Stricklin, Umpqua