

**Mid-Piedmont 3A
All-Conference 2019-20**

WOMEN'S SWIMMING:

Kourtney Cook	Southeast Guilford
Gabby Newman	Southeast Guilford
Sofie Patton	Southeast Guilford
Kloe Reid	Southeast Guilford
Abby Sheppard	Southeast Guilford
Gracie Southwell	Southeast Guilford
Sara Cornelison	Asheboro
Kaylee Greene	Asheboro
Claudia Harrell	Asheboro
Fiona Wolf-Roberts	Asheboro
Emma Dooley	Williams
Anna Gagnon	Williams
Mae Glenn	Williams
Olivia Higgins	Williams
Sarah Palmer	Williams
Ashley White	Eastern Guilford
Kaley White	Eastern Guilford
Cameron Finley	Southern Alamance
Swimmer of the Year	Sofie Patton - Southeast Guilford
Coach of the Year	Shawn Columbia - Asheboro

CHEERLEADING:

Madelyn Jones	Eastern Guilford
Danielle Reid	Eastern Guilford
Katherine Katsoudas	Williams
Sophia Zieck	Williams
Destini Maley	Asheboro
Hailey Pettine	Asheboro
Kira Beard	Southern Guilford
Jamiah McCain	Southern Guilford
Kaylyn Willingham	Southwestern Randolph
Avery Combs	Southwestern Randolph
Kaitlyn Livingston	Southeast Guilford
Michael Teasley	Southeast Guilford
Gracie Eastwood	Southern Alamance
Sarah Hook	Southern Alamance

MEN'S SWIMMING:

Zach Adt	Southeast Guilford
Seth Daub	Southeast Guilford
Ethan Hill	Southeast Guilford
Walter Kuhlenkamp	Southeast Guilford
Noah Martin	Southeast Guilford
Spencer Nixon	Southeast Guilford
Malik Torrence	Southeast Guilford
Cody Wells	Southeast Guilford
Caleb Greene	Asheboro
Jonah Hydzik	Asheboro
Zach Clemmons	Southern Alamance
Tyler Hines	Southern Alamance
Ryan Fleming	Southern Alamance
George Spivey	Southern Alamance
Patrick Maloney	Eastern Guilford
Patrick Nadolski	Williams
Swimmer of the Year	Spencer Nixon - Southeast Guilford
Coach of the Year	Shawn Columbia - Asheboro

WRESTLING:

Yu Chen	Asheboro
Christian Diaz	Asheboro
Diego Gutierrez	Asheboro
Kyle Hicks	Asheboro
Elijah Hildreth	Asheboro
Logan Lambeth	Asheboro
Abraham Mora	Asheboro
Ethan Stutts	Asheboro
Jonathan Lopez	Southeast Guilford
Colby Metz	Southeast Guilford
Alex McCalop	Southeast Guilford
Dylan Muir	Southeast Guilford
Johnny King	Southeast Guilford
Max Steele	Southeast Guilford
Josh Wilson	Southeast Guilford
Laye Conneh	Eastern Guilford
Peyton Jensen	Eastern Guilford
Isaiah Manning	Eastern Guilford
Perry Sharpe	Eastern Guilford
Luke Stanley	Eastern Guilford
Jacob Vickers	Eastern Guilford
Luke Hall	Southwestern Randolph
Saeed Rosales	Southwestern Randolph
Cole Sims	Southwestern Randolph
Luke White	Southwestern Randolph
Dominick Mollnari	Southern Alamance
Stephon Cotton	Southern Guilford
Jamier Frerere	Southern Guilford
Daniel Graham	Southern Guilford
Linwood King	Southern Guilford
Wrestler of the Year	Josh Wilson - Southeast Guilford
Coach of the Year	Alex Cox - Southern Alamance

WOMEN'S BASKETBALL:

Jessica Hopkins	Southeast Guilford
Raven Preston	Southeast Guilford
Sydney Roberts	Southeast Guilford
Kennedi Simmons	Southeast Guilford
Jordan Claborn	Southwestern Randolph
Ashton Maness	Southwestern Randolph
Heaven Maness	Southwestern Randolph
Tanaesha Ellison	Asheboro
Diamond McDowell	Asheboro
Briannha Scott	Williams
Tiandris Tucker	Williams
Alyssa Jacobson	Southern Alamance
Kayla Swain	Eastern Guilford
Aalliyah Griffith	Southern Guilford
Player of the Year	Diamond McDowell - Asheboro
Coach of the Year	Rachel Clark - Southeast Guilford

MEN'S BASKETBALL:

Kadyn Dawkins	Eastern Guilford
Omarion Johnson	Eastern Guilford
Kamell Smith	Eastern Guilford
Luke Dalke	Southwestern Randolph
Parker LaPlant	Southwestern Randolph
Ethan Smith	Southwestern Randolph
Jamauree Haith	Williams
Jeremiah King	Williams
Alijah Richmond	Williams
Thomas McIntosh	Asheboro
Noah Watkins	Asheboro
Taj Raleigh	Southeast Guilford
Darius Davis	Southern Guilford
Grant Thompson	Southern Alamance
Player of the Year	Kadyn Dawkins - Eastern Guilford
Coach of the Year	Matt Kiser - Southwestern Randolph