

Four Rivers 3A/4A Conference
Winter, 2025 - 26

Mens Basketball All-Conference

Player of the Year
Coach of the Year

Cameron Fowler, Northwood
Matt Brown, Northwood

Northwood

Cameron Fowler
Chad Graves
Bakari Watkins
Josiah Brown

Uwharrie Charter

Jaxon Mabe
Justyce Lawson

Eastern Randolph

Tyler Gee

Jordan-Matthews

Kamarie Hadley
Nolan Mitchell

Southwestern Randolph

Kenan Sugg
Levi Dalke

North Moore

Isaac Parsons

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Womens Basketball All-Conference

Player of the Year
Coach of the Year

Jordin George, Southwestern Randolph
Kerri Snipes, Northwood

Northwood

Alyia Roberts
Shayla Glover
Neah Henry
Mikaylah Glover

Eastern Randolph

Callie Craven

North Moore

Rylee Welch

Uwharrie Charter

Lainey Thomas
Nevaeh Staples
Naimah Al-Arif

Southwestern Randolph

Jordin George
Nautica Parrish
Maddie Strider

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Mens Wrestling All-Conference

Wrestler of the Year (Lower Weight Class)

David Lambright, Eastern Randolph

Wrestler of the Year (Higher Weight Class)

Lorenzo Alston, Uwharrie Charter

Coach of the Year

Jimmie Long, Jordan-Matthews

Uwharrie Charter

Ayven Chitavong
A J White
Paxton Kearns
Huntley Adcock
Caleb Saldana
Brennan Worrell
Ric Riccardella
Travis Nobles
Lorenzo Alston
Ryan Alvarez
Michael Shropshire
Jesse Bowles

North Moore

Ram Lian
Skylar Murray
Efren Salgado

Northwood

Zach Thelen

Eastern Randolph

Armani Tapia-Sosa
David Lambright
Trevor Crabtree
Jamie Crabtree
Maddox Carson
Lucas Kennedy

Southwestern Randolph

Leland Davis
Nathan Garner
Raphei Flores
Dallas Rambo

Central Carolina Academy

Jean-Marie Murray
Charlie Wright
Esau Martinez

Jordan-Matthews

Christopher Crutchfield
Jhonatan Saldana
Jakari Blue

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Womens Wrestling All-Conference

Jordan-Matthews

Alexandra Zumano
Johanna Carter
Mariyah Spuriell
Edith Vargas
Rrianna Balderas
Aireanna Morrow
Ruth Interiano

Uwharrie Charter

Riley White
Avrianna Whitfield

North Moore

Makayla Scott
Alyssa Crabtree

Central Carolina Academy

Maria Tuttle

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Swimming All-Conference

Womens Swimmer of the Year Megan Becker, Uwharrie Charter

Womens Coach of the Year Angel Pointdexter, Uwharrie Charter

Northwood

Angel Pointdexter

Vivian Lance

Ellie Klier

Emila Smith Pumalpa

Genevieve Fouts

Caroline Trageser

Eastern Randolph

Stella Leonard

Uwharrie Charter

Megan Becker

Jenna Schalesky

Kolbee Allred

Cooper Tysinger

Southwestern Randolph

Isabella Tolar

Piper Blackmon

Caroline Becker

Riley Clapp

Mens Swimmer of the Year

Kai Su, Northwood

Mens Coach of the Year

Rebecca Reid, Northwood

Northwood

Tumani Sissoko

Kai Su

Carter Reed

Max Stokes

Jackson Hall

Sergio lopez

Beckett Bolin

Leo Drust

Uwharrie Charter

Alexander Gonzalaz

David Pages

Tomo Shibata

Samuel Harris