

Four Rivers 3A/4A Conference

Winter, 2025 - 26

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