

# Northwest Athletic Conference

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## 2015-16 Women's Basketball All-Region

### NORTHERN REGION

#### Most Valuable Player

Mikayla Jones, Bellevue

#### First Team

Lindsey Honeycutt, Whatcom  
Cierra Moss, Peninsula  
Breezy Shore, Everett  
Imani Smith, Peninsula  
Emily Yost, Skagit Valley

#### Second Team

Jenika Anglim, Skagit Valley  
Diamond Carter, Olympic  
Shelby Kassuba, Bellevue  
Zhara Laster, Peninsula  
Jordyn Turner, Skagit Valley

#### Freshman of the Year

Emily Yost, Skagit Valley

#### Defensive Player of the Year

Zhara Laster, Peninsula

#### All-Defensive Team

Mikayla Jones, Bellevue  
Imani Smith, Peninsula  
Breezy Shore, Everett  
Erin Hamilton, Bellevue  
Emily Yost, Skagit Valley

#### Coach of the Year

Alison Crumb, Peninsula

### EASTERN REGION

#### Most Valuable Player

Briana King, Spokane

#### First Team

Savannah Heugly, Blue Mountain  
Marissa Caballero, Columbia Basin  
Heather Waldemar, Treasure Valley  
Drew Carlos, Wenatchee Valley  
Lauren Johnson, Wenatchee Valley

#### Second Team

Max Shelley, Big Bend  
Kennedy Corrigan, Walla Walla  
Cayla Jones, Columbia Basin  
Khadija Neumeyer, Spokane  
Gese Gruber, Spokane

#### Freshman of the Year

Briana King, Spokane

#### Defensive Players of the Year

Drew Carlos, Wenatchee Valley

#### All-Defensive Team

Shayla Johnson, Wenatchee Valley  
Savannah Heugly, Blue Mountain  
Kylee Garrick, Columbia Basin  
Khadija Neumeyer, Spokane  
Kennedy Corrigan, Walla Walla

#### Coach of the Year

Bruce Johnson, Spokane

### WESTERN REGION

#### Most Valuable Player

Susan Kenney, Centralia

#### First Team

Katie Hankins, Lower Columbia  
Alisha Sorensen, Centralia  
Kennedy Wharton, Grays Harbor  
Savannah McGill, S. Puget Sound  
Jessica Norlander, Green River  
Braylie Jeffers, Tacoma

#### Second Team

Katerina Brejchova, Lower Columbia  
Monty Cooper, Centralia  
Romey Begay, Grays Harbor  
Krista Johnson, S. Puget Sound

#### Freshman of the Year

Savannah McGill, S. Puget Sound

#### Defensive Player of the Year

Braylie Jeffers, Tacoma

#### All-Defensive Team

Carissa Cannon, Lower Columbia  
QuaShaya Hammon, Pierce  
Susan Kenney, Centralia  
Kennedy Wharton, Grays Harbor  
Alicia Westbrook, Highline

#### Coach of the Year

Shane Schutz, Centralia

### SOUTHERN REGION

#### Most Valuable Player

Jo Paine, Clackamas

#### First Team

Shelby Snook, Lane  
Sawyer Kluge, Umpqua  
Jordan Kimbrough, Lane  
Angelique Williams, Portland  
Anna Mumm, Umpqua

#### Second Team

Shyanne Akles, Portland  
Caylee Newsom, Clark  
Gabby Heehn, Lane  
Jessica Sexson, Chemeketa  
Bre DuBois, Lane

#### Freshman of the Year

Mallory Shields, Lane

#### Defensive Player of the Year

Anna Mumm, Umpqua

#### All-Defensive Team

Shyanne Akles, Portland  
Bre DuBois, Lane  
Jessica Sexson, Chemeketa  
Ricki Mock, Southwestern Oregon  
Alexis Imbler, Mt. Hood

#### Co-Coach of the Year

Dave Stricklin, Umpqua  
Greg Sheley, Lane



