

CAPITAL VALLEY CONFERENCE

FLAG FOOTBALL ALL CONFERENCE TEAMS

2024

Molly McFarland – Ponderosa

Bella Escobar – Ponderosa

Ryan Nair – Woodcreek

Marisela Gaeta – Christian Brothers

Chouteau – Inderkum

BrooklynNorquist – Ponderosa

Izzy Deveraux – Woodcreek

Summer Hennessey – Woodcreek

Amanda Nazworth – Vista del Lago

Caroline Siler – Rio Americano

Stephanie Freas – Ponderosa

Amaya Grant – Woodcreek

Aleyah Harmon – Christian Brothers

Isabella Hardman – Bella Vista Ku'ulei

2023

Aaliyah Ellis - Antelope

Micaela Garcia – Inderkum

Amaya Grant - Woodcreek

Jasmine Hearn – Antelope

Izzy Deveraux - Woodcreek

Summer Hennessey – Woodcreek

Arabella Ayers – Oakmont

Ryan Nair - Woodcreek

Symone Yong - Roseville