

**CAPITAL VALLEY CONFERENCE
GIRLS BASKETBALL ALL CONFERENCE TEAMS**

2025

Ryan Nair	Woodcreek	Jamiah Fontenberry - Inderkum - MVP
Brooklynn Nordquist	Ponderosa	Kelsey Brooks – Vista del Lago
Olivia Novi	Christian Brothers	Joy Omishakin - Christian Brothers
Aleyah Harmon	Christian Brothers - MVP	Bella Pallari – Vista de Lago
Ellie Thome	Bella Vista	Casey Dreiling - Ponderosa

2024

Rice, Michele	Antelope MVP	Nair, Ryan	Woodcreek
Fontenberry, Jamiah	Inderkum	Azzolino, Isabel	Antelope
Fisilau, Emma	Woodcreek	Thome, Ellie	Bella Vista
Flood, Breahn	Inderkum	Spain, Tiana	Antelope
Charlo, Kamaria	Antelope	Joshi, Tanvi	River Valley

2023

Carter, Mary	Antelope MVP	Rice, Michelle,	Antelope
Azzolino, Isabella	Antelope	Fontenberry, Jamiah	Inderkum
Eason, Dariav	Inderkum	Madrid, Lolana	Roseville
Dhaliwal, Karine	Yuba City	Nair, Ryan	Woodcreek
Fisilau, Emma,	Woodcreek		

2022

Babcock, Ivy	Antelope	Hayes, Alliyah	Inderkum
Briggs, Ashleigh	Bella Vista	Johnson, Aaliyah	Inderkum
Carter, Mary	Antelope MVP	Nair, Ryan	Woodcreek
Chvez, Juliana	Antelope	Rice, Michelle	Antelope
Dhaliwal, Karine	Yuba City	Turner, Patricia	Inderkum
Fisilau, Emma	Woodcreek		

2021

Babcock, Ivy	Antelope	Green, Paris	Woodcreek
Benoit, Joe'l	Inderkum	Harriel, Jzaniya	Antelope MVP
Covello, Sophia	Woodcreek	Lesane, Kaiijia	Antelope
Daffon, Alina	Antelope	Macomber, Rilee	Woodcreek
Dillard, Samaya	Antelope	Richards, Sydney	Inderkum

2020

Covello, Sophia	Woodcreek	Macomber, Rilee	Woodcreek
Goodwin, Jordan	Antelope	Perry, Eden	Woodcreek

Harriel, Jzaniya Antelope **MVP**
Jordan, Angel Antelope
Lesane, Kiajia Antelope

Richards, Sydney Inderkum
Sanders, Isabelle Roseville
Sandle, Alyssa Roseville

2019

Covello, Sophie Woodcreek
Dillard, Nailah Inderkum
Goodwin, Jordan Antelope
Harriel, Jzaniya Antelope **MVP**
Jordan, Angel Antelope
Law, Maddie Roseville

Lesane, Kaijia Antelope
Perry, Eden Woodcreek
Sandal, Alyssa Roseville
Spann, Arianna Antelope
Tinoco, Izzy River Valley

2018

Amos, Maddie Roseville
Bowen-Sea, Bailey Roseville
Goodwin, Jordan Antelope
Harriel, Jzaniya Antelope **MVP**
Lathe, Sophia Del Campo

Lewis, Jada Whitney **MVP**
McCarrick, Kailee Whitney
Oberg, Kaitlyn Oakmont
Rosette, Jordyn Cosumnes Oaks
Spann, Arianna Antelope

2017

Birco, Sam Oakmont
Goodwin, Antelope
Hess, Jasmine Cosumnes Oaks
King, Timmi Ponderosa
Lake, Abreanna Cosumnes Oaks

Lewis, Jada Whitney
McCarrick, Kailee Whitney
McCurry, Arianna Roseville
McKay, Shelby Roseville **MVP**
Spann, Ariana Antelope

2016

Baylon, Angelica Antelope **MVP**
Craft, Danielle Ponderosa **MVP**
Crousch, Mackenzie Oakmont
DiRegolo, Rebecca Bella Vista
Johnson, Nadia Antelope

Johnson, Nia Antelope
McKay, Shelbie Roseville
Smith, Saraya Ponderosa
Smith-Robinson, Ariyana Cosumn Oaks
Witcher, Madison Cosumnes Oaks

2015

Baylon, A J Antelope
Biggs, Daniele Del Campo
Clayton, Maddie Ponderosa
Craft, Daniele Ponderosa
Croach, McKenzie Oakmont
DeRegolo, Rebecca Bella Vista

Johnson, Nadia Antelope
McKay, Shelbie Roseville
Meyer, Shelbi Whitney
Scott, Alana Whitney
Warren, Cameo Antelope **MVP**
Whitcher, Madison Cosumnes Oaks

2014

Garvy, Payton	Bella Vista	Mark, Kalani	Christian Bros
Gavia, Emilee	Oakmont	McAuliff, Deidre	Casa Roble
Gonzales, Alicia	Christian Brothers	McKechnie, Kirra MVP	Christian Bros
Huffhines, Brandy	Rio Linda	Porter, Dejanet	Rio Linda
Johnson, Kessler	Bella Vista	Sanders, Marissa	Rio Linda
Jorst, Kate	Del Campo	Scarbeery	Casa Roble

2013

Aubert, Krystal	Casa Roble	Martin, Brittany	Oakmont
Burch, Ana	Christian Brothers MVP	McKechnie, Kirra	Christian Bros
Francis, Olivia	Oakmont	Noble, Laura	Del Campo
Jackson, Teryn	Bella Vista	Roberson, Megan	Del Campo
Johnson, Kesles	Bella Vista	Sanders, Marissa	Rio Linda
Macklin, Jazlynne	Del Campo	Valmores, Niel	Christian Bros

2012

Bemby, Jazmine	Christian Brothers	Huffhines, Amber	Rio Linda
Burch, Ishana	Christian Brothers MVP	Josephson, Kayla	Del Campo
Felicio, Amber	Casa Roble	Martin, Brittany	Oakmont
Francis, Olivia	Oakmont	Stepper, Shelby	Bella Vista
Gonzalez, Alicia	Christian Brothers	Valmores, Neil	Christian Bros
Harding, Amora	Del Campo	Vogt, Jasmine	Casa Roble

2011

Ayers, Marlesha	Rio Linda	Huffines, Amber	Rio Linda
Baer, Briana	Casa Roble	Kelch, Shelly	Oakmont
Bembry Jasmine	Christian Brothers	Logue, Kelly	Bella Vista
Burch, Ishiana	Christian Brothers	Loudon, Sarah	Rio Linda
Going, Jennifer	Oakmont	Parish Leah	Bella Vista MVP
Harding, Amora	Del Campo	Sandoval Lynette	Christian Bros

2010

Berryhill, Kristen	West Campus MVP	Mendoza, Tina	Rio Linda
Cooley, Tara	River City	Palmer, Jessica	West Campus
Henderson, Jazmin	Dixon	Thompson, Mayzia	Antelope
Jackson, Deja	Center	Turner, Victoria	Cosumnes Oaks
Jones, Ciarra	Dixon	Yasuda, Aylssa	West Campus

2009

Atwood, Ashley Dixon McGreevey, Danica Dixon Birkley, T'Keyah Foothill Mendoza, Florentina Rio Linda
 Cooley, Tara Dixon Perkins, Leanne Center Gonzales, Vanessa River City Rucker, Brigitte Foothill MVP Hall,
 Jasmine Foothill Stark, Kenya Center

2008

Barrett, Courtney	Dixon	McGreevey, Danica	Dixon
Birkley, Tkeyah	Foothill MVP	McMahan, Sam	Rio Linda
Bryan, Royce	Center	Nicholson, Jordan	West Campus
Diaz, Tina	West Campus	Soliai, Sam	Center
Hall, Jasmine	Foothill	Thao, Lucy	River City

2007

Appleberry, Jamie	River City	Loi, Jennifer	West Campus
Birkley, T'keyah	Foothill	Manley-Case, Nicole	Rio Linda
Donkor, Dorothy	Rio Linda MVP	McMahan, Samantha	Rio Linda
Hall, Jasmine	Foothill	Nicholson Jordan	West Campus
Howlett Jasmine	Center	Slay, Solvanga	Center

2006

Franklin, Angela	Vanden MVP	Stamps, Aleta	Highlands
Kitchen, Ashley	Dixon	Hunter, Morgan	Center
Jackson, Dani	Foothill	Trammell, Jessica	Rio Linda
West, Ally	River City	Milton, Ashley	Vanden
Watson, Chinelle	Highlands	Vergara, Christina	Center

2005 to 2002

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2001

Daugherty, Kelly	Loretto MVP	Little, Becki	Natomas
Wright, Renee	Center	Brimberry, Laura	Loretto
Plumber, Jasmine	Natomas	Rossi, Erin	Highlands
Howell, Kyla	Center	Rossi, Trista	Highlands
Rieux, Tamara	Highlands	Trammell, Jessica	Rio Linda

2000

Wright, Renee	Center MVP	Strand, Kim	Rio Linda
Sanchez, Jacque	Mira Loma	Howell, Kyla	Center
Jean-Pierre, Crystal	Highlands	Belanger, Kristin	Loretto
Hyde, Heather	Center	Rossi, Erin	Highlands
Coats, Toccara	Mira Loma	Plummer, Jasmine	Natomas

1999

Freeman, Monique	Natomas	Hyde, Heather	Center
Khlok, Sophia	Foothill	Quales, Dawnie	Natomas
Sanchez, Jacque	Mira Loma	Tallman, Tola	Mira Loma

Waller, Cassandra
Wilson, Candace

Highlands
Highlands **MVP**

Willis, Jenny
Wright, Renee

San Juan
Center

1998

Freeman, Monique
Quales, Dawnie
Robertson, Monique
Tallman, Tola
Wright, Renee

Natomas
Natomas
Highlands
Mira Loma **MVP**
Center

Khlok, Sophia
Jean-Pierre, Crystal
Sanchez, Jacque
Webb, Ruby
Young, Jante

Foothill
Highlands
Mira Loma
Center
Center

1997

Adams, Stephanie
Lucky, Renisha
Sheehan, Crystal
Stewart, Marla
Webb, Ruby

Rio Linda
Mira Loma
Foothill
Center
Center **MVP**

Loomis, Stephanie
McNeal, Shavonne
Simmons, Lisa
Vincente, Vanessa
Wilson, Trisha

Mira Loma
Highlands
San Juan
Natomas
San Juan

1996

Abeyta, April
Burton, Nicole
Jones, Andrea
Santiago, Stacia
Weaver, Barbara

Mira Loma
Center
Foothill
Galt
San Juan

Abeyta, Desralee
Hernandez, Leticia
McNeal, Shavonne
Sheehan, Crystal
Woolstencroft, Shannon

Mira Loma
Mira Loma
Highlands
Foothill
Galt

1995

Abeyta, April
Ibey, Krissta
Lewis, Sarah
Scisinger, Rachel
Sierras, Alma

Mira Loma
Rio Americano
Mira Loma
Foothill
Center **MVP**

Abeyta, Desralee
Keeler, Kelly
Patel, Sweetu
Sheehan, Crystal
Weaver, Barbara

Mira Loma
Center
San Juan
Foothill
San Juan

1994

Alcorcha, Angel
Amott, Emily
Klein, Lindsey
Ragsac, Nicci
Vlasak, Jodie

Roseville **MVP**
Rio Americano
Oakmont
Foothill
Roseville

Alcorcha, Felicia
Blackburn, Tangie
Nelson, Christine
Simpkins, Kim
Zanzec, Angela

Roseville
Foothill
Oakmont
Oakmont
Loretto

1993

Alcorcha, Angel
Amott, Emily

Roseville
Rio Americano

Alcorcha, Felicia
Blackburn, Tangie

Roseville
Foothill

Gnagy, Susanne
Overton, Angela
Stebbins, Elise

Mira Loma
Foothill
Roseville **MVP**

Miles, Jennifer
Simpkins, Kim
Turner, Holly

Oakmont
Oakmont
Roseville

1992

Alcorcha, Angel
Doljanin, Liz
Ralphs, Marcy
Selinger, Alice
Stebbins, Elise

Roseville
Rio Americano
Oakmont
Rio Americano
Roseville

Cooper, Jennifer
Overton, Angela
Ralphs, Mindy
Shull, Christine
Tatum, Kelly

Rio Americano
Foothill
Oakmont
Mira Loma
Oakmont **MVP**

1991

Burden, Tricia
McKee, Bonnie
Pillard, Leda
Tatum, Kelly
Ward, Kirshain

Roseville
Roseville
Roseville
Oakmont **MVP**
Highlands

Keenan, Marisa
McNeely, Shawnda
Pinnick, Janice
Taylor, Nicole
Whitaker, Ann

Oakmont
Roseville
Mira Loma
Oakmont
Rio Americano

1990

Bush, Elayne
Cecchi, Karry
Howe, Beckie
Manfredi, Jenny
Rodness, Christine

Roseville
El Camino
Roseville **MVP**
Rio Americano
El Camino

Butler, Jendyi
Francisco, Monica
Jones, Shannon
Ogren, Coral
Tatum, Kelly

Highlands
El Dorado
Mira Loma
El Dorado
Oakmont

1989

Alexander, Amy
Francis, Stephanie
Gayaldo, Suanne
Lansing, Kim
McCain, Angie

El Camino **MVP**
Oakmont
Roseville
El Camino
Highlands

Bernard, Trish
Francisco, Monica
Jones, Shannon
Manfredi, Jenny
Webber, Nicole

Rio Americano
El Dorado
Mira Loma
Rio Americano
Loretto

1988

Alexander, Amy
Grijava, Kelly
Hendrix, Pauletta
McCully, Sheila
Pinnick, Pam
Sordillo, Trista

El Camino
Foothill
Encina
Mira Loma
Mira Loma **MVP**
El Camino

Coughran, Monique
Jones, Wendy
Manfredi, Jenny
Morris, Linny
Rudger, Marci

Rio Americano
El Camino
Rio Americano
Mira Loma
El Dorado

1987

Alexander, Amy
Fat, Diana

El Camino
El Camino

Bach, Anja
Hearn, Kristin

Rio Americano
Rio Americano

Morris, Linny
Raney, Katie
Salazar, Christa
Tigue, Jennifer

Mira Loma
Mira Loma
Encina
El Dorado

Newmann, Naike
Sabraw, Amber
Siladi, Vicki
Van Alstyne, Kelly

El Dorado
Rio Americano
El Dorado
Mira Loma

1986

Dawson, Amy
Geist, Susan
Harrell, Laurell
McDonnel, Kim
Reese, Jennifer
Smith, Julie

Rio American
Rio Americans
El Camino
Mira Loma **MVP**
Mira Loma
Ponderosa

Espinosa, Allison
Givant, Laurie
McCaulley, Tami
Reed, Susan
Salcido, Toni

El Dorado
Mira Loma
El Dorado
Rio Americano
El Camino