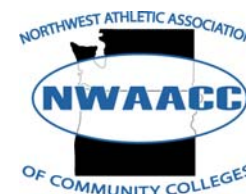


Northwest Athletic Association of Community Colleges



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2008-09 NWAACC Women's Basketball All-Stars

NORTHERN REGION

First Team

Keri Arendse, Skagit Valley
Brittney Finkbonner, Whatcom
Samantha Flett, Peninsula
Brooke Helpenstell, Peninsula
Sherika Puckett, Seattle

Second Team

Keena Hopkins, Everett
Ashley Housden, Everett
Alyssa Koller, Skagit Valley
Amy Rochowiak, Bellevue
Tiffany Tyler, Whatcom

Most Valuable Player

Brittany Janz, Skagit Valley

Coach of the Year

Steve Epperson, Skagit Valley

EASTERN REGION

First Team

Jordan Brown, Columbia Basin
Nicole DeRosier, Yakima Valley
Nancy Johnson, Walla Walla
Kelsay Stillar, Spokane
Hope Williams, Treasure Valley

Second Team

Richelle Daily, Spokane
Lauren Daling, Wenatchee Valley
Megan Howerton, Big Bend
Kaitlin McBride, Yakima Valley
Chelsey Nill, Yakima Valley
Lauren Rada, Columbia Basin

Most Valuable Player

Kati Isham, Walla Walla

Coach of the Year

Cody Butler, Yakima Valley

WESTERN REGION

First Team

Alychia Colon – Pierce
Jazzmn Montgomery – Highline
Micha Pringle – Grays Harbor
Deanna Riffe – Centralia
Sadie Salte – Lower Columbia

Second Team

Kiara Honore – South Puget Sound
Heidi Jackson – Lower Columbia
Randi Olson – Highline
Saundrea Polk – Green River
Mandy Wall – Clark

Most Valuable Player

Brittany Duerr – Centralia

Coach of the Year

Gary Viggers - Centralia

SOUTHERN REGION

First Team

Theresa Brown, Lane
Sheena Cole, Lane
Miranda Holenstein, Umpqua
Rylee Peterson, Clackamas
Cassie Scheffelmaier, Umpqua

Second Team

Shayla Fetters, Clackamas
Alexandra Melonson, Mt. Hood
Dayle Powell, Clackamas
Siutiti Takai, Umpqua
Carmen Williams, Lane

Most Valuable Player

Kristi Fallin, Umpqua

Coach Of The Year

Dave Stricklin, Umpqua