



## 2022-23 NEA Wrestling All-Conference

| <b>First Team All-Conference</b>  |                  |              |               |
|-----------------------------------|------------------|--------------|---------------|
| <b>Weight</b>                     | <b>Athlete</b>   | <b>Grade</b> | <b>School</b> |
| 106                               | Konnor Spradling | 10           | Lakeside      |
| 113                               | Hudson Raulston  | 10           | Medical Lake  |
| 120                               | Derek Dunlop     | 12           | Lakeside      |
| 126                               | Myles Christen   | 10           | Lakeside      |
| 132                               | Gavin Carnahan   | 10           | Deer Park     |
| 138                               | Chase Smith      | 11           | Freeman       |
| 145                               | Connor Goff      | 11           | Colville      |
| 152                               | Ivan Bogle       | 12           | Deer Park     |
| 160                               | Aaron DesRoches  | 12           | Riverside     |
| 170                               | Ethan Frank      | 12           | Deer Park     |
| 182                               | Tristian Davis   | 11           | Riverside     |
| 195                               | Brock Martin     | 12           | Riverside     |
| 220                               | Cache Hatch      | 12           | Lakeside      |
| 285                               | Gavin Chaffee    | 12           | Medical Lake  |
| <b>Second Team All-Conference</b> |                  |              |               |
| <b>Weight</b>                     | <b>Athlete</b>   | <b>Grade</b> | <b>School</b> |
| 106                               | Braxton Reyes    | 10           | Lakeside      |
| 113                               | Preston Kremer   | 12           | Newport       |
| 120                               | Tomio Yamada     | 12           | Lakeside      |
| 126                               | Brock Berger     | 10           | Deer Park     |
| 132                               | Blake Berger     | 9            | Deer Park     |
| 138                               | Shadrach Mason   | 10           | Medical Lake  |
| 145                               | Brooks Proctor   | 11           | Riverside     |
| 152                               | Hunter Gleave    | 11           | Colville      |
| 160                               | Hayden Blank     | 12           | Lakeside      |
| 170                               | Liam Bogle       | 11           | Deer Park     |
| 182                               | Spencer Conner   | 12           | Deer Park     |
| 195                               | Bryon Newby      | 11           | Deer Park     |
| 220                               | Brady Martin     | 11           | Riverside     |
| 285                               | Hezekiah Slind   | 10           | Deer Park     |

|                                                       |
|-------------------------------------------------------|
| Wrestler of the Year: Aaron DesRoches (12), Riverside |
| Coach of the Year: Ryan Jorgensen, Deer Park          |
| Assistant Coach of the Year: Daniel Swain, Newport    |
| Contributor of the Year: Ben and Gena Hawk, Freeman   |