



2025 3A/4A All-League Volleyball

First Team Selections

Name	School	Position	Year
Mara Sandberg	Gonzaga Prep	Outside Hitter	Junior
Mercedes Gilroy	Mead	Outside Hitter	Junior
Ashlyn Aaron	University	Outside Hitter	Senior
Berkeley Neilson	Mt. Spokane	Middle Hitter	Senior
Ryan Libey	Ridgeline	Middle Hitter	Junior
Kjersti Jacobson	Ferris	Setter	Senior
Noella Migliuri	Gonzaga Prep	Setter	Senior
Hailee Biegler	Lewis & Clark	Setter	Senior
Kela Williams	Mt Spokane	Libero	Junior
Jade Livingston	Ridgeline	Libero	Senior

Second Team Selections

Name	School	Position	Year
Rowan Greenfield	Gonzaga Prep	Outside Hitter	Freshman
Aspen Henry	Central Valley	Outside Hitter	Senior
Brynn Hooper	Shadle Park	Outside Hitter	Senior
Alayna Smeltzer	Mead	Outside Hitter	Junior
Jayna Humbert	Gonzaga Prep	Middle Hitter	Sophomore
Teagan Schroeder	Shadle Park	Middle Hitter	Senior
Brynlee Allred	Ridgeline	Opposite Hitter	Junior
Jennavieve Roberts	Lewis & Clark	Opposite Hitter	Sophomore
Karolina Flanagan	Gonzaga Prep	Opposite Hitter	Senior
Delaney Davis	Mt Spokane	Setter/Opposite	Senior



Most Valuable Player

Mara Sandberg

Gonzaga Prep | Junior

Coaches of the Year

Nikki Gilbert

Gonzaga Prep

Kara Nitteberg

Lewis & Clark

League Champion

Gonzaga Prep