

2025 Region 3

ALL-METRO

Private - 1st Team

	#	NAME	YR	TEAM
ATT	12	Elliot Muska	SR	Seattle Prep
	3	Hans Hoerschelmann	SR	Blanchet
	16	Cole Bell	JR	Seattle Academy
MID	3	Nathan Olmsted	SR	O'Dea
	1	Patrick Mirkin	JR	O'Dea
	3	Brooks Tappan	SR	Seattle Academy
FO	14	Mile Burdeen	JR	O'Dea
DM	7	Matteo Tropea	SR	O'Dea
LSM	4	Beckett Archer	JR	Seattle Prep
DEF	5	Win Chandler	JR	Seattle Prep
	3	Nat Menbere	SR	Seattle Prep
	6	Finn Evans	SR	O'Dea
G	4	Jacob Newman	SR	O'Dea

Public - 1st Team

	#	NAME	YR	TEAM
ATT	35	Henry Mooreshead	SR	Bainbridge
	5	Owen Willis	SR	Ballard
	4	Zane Inslee	JR	Roosevelt
MID	20	Arron Lolley	JR	Bainbridge
	8	Davis Brewster	SR	Ballard
	11	Landon Foster	SR	Nathan Hale
FO	24	Noah Weiss	JR	Bainbridge
LSM	18	Camden Korb-Nice	JR	Nathan Hale
DEF	2	Aiden Gray	JR	Ballard
	25	Dylan Jones	SR	Bainbridge
	13	Quentin Faust	JR	Bainbridge
	39	Micah Turnbull	JR	Nathan Hale
G	15	Hugh Fields	JR	Bainbridge

Private - 2nd Team

	#	NAME	YR	TEAM
ATT	12	Dylan Smith	SR	O'Dea
	43	Danny Chang	SO	Eastside Catholic
	1	Connor Cusick	SR	Lakeside
MID	21	Zach Roque	SR	Blanchet
	4	Jacob Dahl	JR	Eastside Catholic
	6	Oliver Sevilla	SR	Seattle Prep
FO	40	Blake Koehler	SR	Seattle Prep
DM	2	Alec Greenwood	SR	Seattle Prep
LSM	3	Robby Shogren	SR	Eastside Catholic
DEF	14	Jordi Giacobbe	JR	Eastside Catholic
	5	Teo Babienko	SR	Seattle Academy
	10	Ryan Toomey	SR	O'Dea
G	18	Miles Frink	SR	Lakeside

Public - 2nd Team

	#	NAME	YR	TEAM
ATT	25	Jacob Kunin	SR	Lincoln
	3	Liam Carey	SR	Nathan Hale
	10	Sam Frech	JR	Ballard
MID	20	Grant Nordfors	SR	Ballard
	7	Gavin Muhlfelder	SR	Nathan Hale
	11	Wes Stahl	So	West Seattle
FO	15	Patrick O'Conner	SR	Roosevelt
LSM	13	Sam Whitney	JR	Lincoln
DEF	5	Nick Archer	JR	Roosevelt
	7	Ryan Theilan	So	West Seattle
G	44	Vince Kahle	SR	Nathan Hale

Honorable Mention

DM	11	Parker Milesi	So	Ballard
DM	5	Cole Beiter	JR	Nathan Hale
DM	23	Sam Flynn	JR	West Seattle