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It was another banner season for high school basketball in the Sacramento region, with schools of small, medium and large enrollments producing scorers, play-makers and stoppers. These are The Bee's All-Metro Teams. The teams were compiled through regional media observation and coaching input, with emphasis on playoff success over statistics.

The girls popular vote winner through Sacbee voting of fans and followers that generated 78,314 total votes was Gabby Ronces of West Campus, a two-time CIF State champion. The boys popular vote winner in a poll that generated 75,784 votes was Isaiah Bolden of Cordova, one of the top scorers in Northern California with a 25.4 average.

THE SACRAMENTO BEE 2019-20 ALL-METRO BOYS TEAMS

Players of the Year:

G Xavion Brown, Sheldon, Sr.
G Josh Williams, Sheldon, Sr.

Coach of the Year:

Deonard Wilson, Grant

FIRST TEAM

G Marcus Bagley, Sheldon, Sr.
G Tyree Gill, Burbank, Sr.
G Darius Kendall, Rocklin, Sr.
G Jalen Patterson, Liberty Ranch, Sr.

G Isa Silva, Jesuit, Jr.

G Corey Yerger, Grant, Jr.

SECOND TEAM

G Xavier Brown, Sheldon, Sr.
G Marquis Hargrove, Franklin, Sr.

F Dontrell Hewlett, Sheldon, Sr.

F Ryan King, Whitney, Sr.

G Sione Lose, Capital Christian, Jr.

G A.J. McGee, Grant, Sr.

THIRD TEAM

G Isaiah Bolden, Cordova, Sr.

G Kyrie Dunn, Burbank, Sr.

G Tiler Fears, Folsom, Sr.

F Handre Reinecke, Rocklin, Sr.

G Varick Lewis, Monterey Trail, Fr.

G Darrion Williams, Capital Christian, So.

FOURTH TEAM

G Kevin Adams, Monterey Trail, So.

G Breckin Beaman, Sacramento Adventist, Jr.

G Ameere Britton, Elk Grove, So.



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Jzaniya Harriel had 31 points to lead Antelope to the Division II championship.

F Jacob Brown, Oak Ridge, Sr.
G Aidan Falls, Ponderosa, Sr.
G Chris Holley, Jesuit, Jr.
G Jaylen Patterson, Bradshaw Christian, Jr.

FIFTH TEAM

F Jack Andre, Jesuit, So.
F Davell Brown, Grant, Sr.
F Max Patrenko, Placer, Jr.
G Donovan Lopez, Rocklin, Sr.
G Jarod Webb, Florin, Jr.
G Davion Wright, Franklin, Jr.

HONORABLE MENTION

Kendall Allen, Vacaville Christian;
Anthony Arguellas, Mesa Verde; Joey Asta, Davis; Puneet Bains, River Valley; Sam Bosque, Sacramento Waldorf; Chris Chiles, Cosumnes Oaks; Javion Cooper, Bradshaw Christian; Gabe Dirksen, Jesuit; Kaleb Drake, Laguna Creek; Jake Fink, Whitney; Caden Flowers, Capital Christian; Charlie Garrison, Pleasant Grove; Luke Gilliland, Forest Lake Christian; Isaiah Gray, Kennedy; Albert Green, Franklin; Nathan Greenfield, Oakmont; Teiano Hardee, Vanden; Takai Hardy, Vanden; Myles Haynes, Grant; Jaden Henderson, Antelope; Brandon Herrera, Foothill; Elijah Holiday, Foothill; David Hushyuk, Victory Christian; Evan Johnson, Capital Christian; Micah Scott-Kelly, Sacramento; Brian Lambey, Granite Bay; Miles Lewis, Sacramento; Dajon Lott, Elk Grove; Malik Madison, Florin; Gavin Martinez, Liberty Ranch; Ravena Miller, Cosumnes Oaks; Jack Milne, Granite Bay; Omari Nesbit, Burbank; Ethan Patterson, Bradshaw Christian; Ishmael Rehberg, Cosumnes Oaks; Anthony Sierras, Antelope; Cody Smith, Liberty Ranch; Dom Spence, Whitney; Wyland Spencer, Woodland Christian; Kendall Taylor, Capital Christian; Darren Tobias, Sheldon; Leo Wagner, West Campus; Desmond Winn, Sacramento Adventist.

THE SACRAMENTO BEE 2019-20 ALL-METRO GIRLS TEAMS

Player of the year:

Jzaniya Harriel, Antelope, Jr.

Coach of the year:

Rich Simpton, Colfax

FIRST TEAM

G Samaya Beatty, McClatchy, Sr.

G Grace Bliss, Colfax, Sr.
G Teagan Brown, Oak Ridge, So.

F Madison Parry, Del Oro, Sr.
F Bria Shine, Christian Brothers, Sr.

G Ahrray Young, Laguna Creek, So.

SECOND TEAM

G Jordan Goodwin, Antelope, Sr.

G Charity Gallegos, Folsom, Jr.

G Kaiija Lesane, Antelope, Jr.

F Anne Lillis, Placer, Sr.

G Gabby Ronces, West Campus, Sr.

G Maile Williams, Capital Christian, Sr.

THIRD TEAM

G Sophia Covello, Woodcreek, Jr.

G Mia Fleming-Mullins, St. Francis, Sr.

G Alli McDonald, Union Mine, Sr.

G Anaya Mejia, Monterey Trail, Sr.

G Jazzy Owens, Colfax, Jr.

G Zoey Tillery, Laguna Creek, So.

FOURTH TEAM

F Madison Butcher, Del Oro, So.

F Erica Ingram, Oak Ridge, Sr.

G Sarah Jackson, Christian Brothers, Jr.

G Bri Lambey, Granite Bay, Sr.
G Diamond Richardson, Grant, Jr.

G Saray White, McClatchy, So.

F Joia Armstrong, Vanden, Sr.
F Zenevieve Casebolt, Pioneer, Sr.

G Karli Cooper, Christian Brothers, So.

G Angel Jordan, Antelope, Sr.
G Reba Sy, Franklin, Sr.

F Mia Perez, Vista del Lago, Sr.

HONORABLE MENTION

Hannah Baer, Victory Christian; Joe'l Benoit, Inderkum; Mary Carter, Rocklin;

Maya Helini, Elk Grove; Jiana Creswell, Vanden; Emme Eisenman, Davis; Amaya Evans, Elk Grove; Imani Felix, McClatchy; Kayla Fermil, McClatchy; Eva Gra, Cordova; Genesis Hamilton, Wood; Corrie Harrison, Cordova; Lauren Helwig, Oak Ridge; Amber Jackson, Forest Lake Christian; AJ Jackson, Monterey Trail; Lindsey King, Sacramento Waldorf; Emika Love, Cordova; Lesieli Manupule, Laguna Creek; Megan McConnell, Oak Ridge; Alicia McDaniel, Forest Lake Christian; Talia Medalle, Dixon; Erikah Mitchell, Natomas; Senia Moore, Sacramento; Natalie Moulos, Del Oro; Faith Mucheru, Christian Brothers; Sophie Olsen, Oak Ridge; Eden Perry, Woodcreek; Rebecca Reed, Golden Sierra; Sidney Richards, Inderkum; Julia Riley, Granite Bay; Heaven Samayoa-Mathis, Sacramento; Alyssa Sandle, Roseville; Katelyn Sitterud, Granite Bay; Niya Stubbs, Florin; Saray White, McClatchy; Christelle Williams, Valley Christian.

GIRLS FINAL TOP 20

1. Antelope (29-4)
2. Oak Ridge (24-7)
3. Del Oro (24-11)
4. Laguna Creek (28-4)
5. McClatchy (26-5)
6. Colfax (30-5)
7. Christian Brothers (24-9)
8. Placer (26-4)
9. Woodcreek (24-6)
10. Granite Bay (20-10)
11. Vanden (27-6)
12. Folsom (19-10)
13. Franklin (24-6)
14. Vista del Lago (20-11)
15. Lincoln (26-5)
16. West Campus (21-6)
17. Monterey Trail (17-6)
18. Grant (17-11)
19. Sacramento (16-14)
20. Forest Lake Christian (25-5)

Bubble teams (alphabetically):

El Dorado (23-9), Elk Grove (15-15), Davis (17-13), Inderkum (14-12), Nevada Union (15-14), Pioneer (22-7), Roseville (14-12), Sheldon (16-13), St. Francis (15-14), Valley Christian (23-3)

BOYS FINAL TOP 20

1. Sheldon (28-5)
2. Capital Christian (25-9)
3. Grant (26-6)
4. Vanden (27-7)
5. Jesuit (22-10)
6. Rocklin (25-7)
7. Burbank (22-8)
8. Wood (25-8)
9. Whitney (26-7)
10. Folsom (22-7)
11. Wood (25-8)
12. Liberty Ranch (18-15)
13. Cosumnes Oaks (19-11)
14. Sacramento (17-13)
15. Monterey Trail (18-11)
16. Elk Grove (21-9)
17. Woodcreek (23-6)
18. Florin (23-6)
19. Ponderosa (19-11)
20. Inderkum (21-9).

Bubble teams: (alphabetically): Antelope (19-10), Bradshaw Christian (20-14), Christian Brothers (17-13), Davis (15-13), El Dorado (21-9), Kennedy (15-13), Lincoln (20-19), Oakmont (17-7), Oak Ridge (15-12), Vacaville (16-10), Union Mine (21-11).

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