



2023 Mid-Atlantic All-Region Team

2023 Mid-Atlantic 1st Team All-Region

Position	Team	Player	Height	Weight	Year	Hometown
Center	VMI	Gabe Calhoun	6'5"	200	Senior	Colorado Springs, CO
Forward	Salisbury	Sidney Lobonzo	6'3"	210	Sophomore	Montgomery Village, MD
Forward	VMI	Warren Akanda	6'1"	200	Senior	Richmond, VA
Point Guard	Salisbury	Mason Porter	6'2"	160	Freshman	New Market, MD
Shooting Guard	Salisbury	Dylan Bright	6'1"	178	Junior	Great Mills, MD

2023 Mid-Atlantic 2nd Team All-Region

Position	Team	Player	Height	Weight	Year	Hometown
Center	Salisbury	Trevell Jones	6'3"	180	Senior	Salisbury, MD
Forward	VMI	Tyrell Holley	5'11"	185	Senior	Gatesville, NC
Forward	Salisbury	Vincent Morin	6'3"	200	Senior	District of Columbia, DC
Point Guard	VMI	Leroy Thomas	5'11"	195	Senior	Roanoke, VA
Shooting Guard	VMI	Jordan Richeson	6'4"	193	Senior	Bedford, VA