

Parker LaPlant - SW Randolph



The senior wing player was a good counter to keep defenses from focusing on Smith. LaPlant finished his final year with the Cougars by averaging over 10 points per game along with the second-highest rebounding average on the team at just over five. In addition, LaPlant was there at crunchtime, hitting 75 percent from the stripe.

2020 The Courier-Tribune All-County basketball team



Dominick Poole - Randleman



The standout senior was the spark plug and a do-it-all force for RHS. Poole posted the second-highest average on the team offensively at 12 points with a team-high seven rebounds. In addition to his defensive prowess and his attacking style, he pitched in three steals and two assists for the 11-1 PAC champions (19-5 overall).

Jake Tuggle - Wheatmore



Tuggle was the perimeter scorer for Wheatmore. The senior guard put up 13 points per game, shooting a little under 50 percent (46) from the floor and had good touch outside the arc. He ran the floor for the Warriors, dishing out a county-best six assists and was the tip of WHS' perimeter defense adding two steals per contest as well.

Thomas McIntosh - Asheboro



The 6-6 junior forward was easily the man in the middle of Randolph County. McIntosh was a player-of-the-year candidate who led the county in scoring at 20.4 points, shot 54 percent from the floor and a county-best 81 percent from the stripe with 7 rebounds. His season was cut short by injury, but he was a well-established force every night.

Noah Watkins - Asheboro



A streaky scorer who was one of the most tenacious tandems atop the Blue Comets' defense every night. The junior guard was one of the benefactors of Asheboro's press, leading to easy baskets. He averaged 14.4 points per game on the season with nearly four assists per night as well and over two steals per game to boot.

Oriris Ross - Eastern Randolph



Ross is the loan underclassman as a sophomore so a lot of Wildcats fans are going to follow his progress. Ross paced ER with over 13 points per game. In a season of struggles for the Wildcats, Ross gave coach La Shawn Robinson some consistency on both ends: Two steals, two assists and four rebounds, a nice block to build on for next year.

Austin Biggs - Wheatmore



Biggs was the big man in the middle for the Warriors. The senior forward put up a 15 points per game for Wheatmore on 53 percent field-goal shooting. He averaged eight rebounds per game while also handing out three assists on average each night, helping his own cause in getting the ball to other open players.

Jonathan Foust - Providence Grove



Jonathan Foust was his primary force for the Patriots in head coach Wes Luther's inaugural season. Foust was a dual-threat loosening up defenses, scoring inside or out. Foust hit for nearly 14 points per game (13.7). He led PG in scoring, blocks and rebounding. The junior had a county-best 8.2 rebounds per game and 3.2 blocks per game.

Ben Owens - Trinity



Ben Owens was a key cog in the Bulldogs' season last year. The junior guard teamed with senior Luke Gentry to provide one of the county's most potent frontcourts on both ends of the floor. Owens led Trinity with 16 points per game. His all-around game showed up most nights with three rebounds, an assist and a steal each night.

Ethan Smith - SW Randolph



The junior All-Mid-Piedmont Conference performer had the second highest scoring average in the county, shot nearly 50 percent from the field and 44.7 percent from beyond the 3-point line. He was a player-of-the-year candidate called on for a lot for his team on both ends of the floor. He hit 80 percent of his free throws with six rebounds and three assists.

PLAYER OF THE YEAR

The Piedmont Athletic Conference player of the year from Randleman, Nate Cassidy averaged 15 points, on a county-best 56 percent field-goal shooting, over 40 percent 3-point shooting and hit 80 percent of his free throws. An underrated defender, he also had 2 steals and seven rebounds helping the Tigers to PAC crown and a second-round playoff setback shy of a 20-win season. [PAUL CHURCH/THE COURIER-TRIBUNE]



COACH OF THE YEAR

A nearly unanimous choice for coach of the year, Southwestern Randolph's Matt Kiser guided his senior-laden team through the season to their first winning campaign in Kiser's eight years as head coach of his alma mater. In addition, the Cougars battled to twice as many league wins as the last four years combined, winning marks (league and overall) and second place in a strong Mid-Piedmont 3-A Conference. [PAUL CHURCH/THE COURIER-TRIBUNE]