

<b>Volleyball</b>	
<b>Year</b>	<b>Champion</b>
1986	MFL & Sumner
1987	Sumner
1988	Sumner
1989	Central
1990	South Winneshiek & West Central
1991	Turkey Valley
1992	Sumner
1993	Sumner
1994	Sumner
1995	South Winneshiek & West Central
1996	South Winneshiek & Turkey Valley
1997	South Winneshiek & Sumner
1998	Sumner
1999	Turkey Valley
2000	North Fayette
2001	South Winn
2002	North Fayette & Postville
2003	North Fayette
2004	Sumner-Fredericksburg
2005	Sumner-Fredericksburg
2006	North Fayette, South Winneshiek, & Sumner-Fredericksburg
2007	Turkey Valley
2008	North Fayette
2009	Sumner-Fredericksburg
2010	Sumner-Fredericksburg

<b>Volleyball</b>	
<b>Year</b>	<b>Champion</b>
2011	Sumner-Fredericksburg
2012	Sumner-Fredericksburg
2013	Sumner-Fredericksburg
2014	South Winneshiek & Starmont
2015	North Fayette Valley & Starmont
2016	North Fayette Valley
2017	South Winneshiek & Starmont
2018	Central & Clayton Ridge
2019	MFL MarMac
2020	West Central
2021	North Fayette Valley