| Non UIL All Region Team - 2023 Girls - 1st Team All Region Non UIL | | | | |
|--|----------|--------------|--------|-------------------|
| Team Name | | Cap# | School | |
| MVP | Angelina | La | | St. Agnes Academy |
| 1st | Laila | Holloway | | St. Agnes Academy |
| 1st | Caroline | Palamountain | | St. Agnes Academy |
| 1st | Luna | Al-Ramahi | | St. Agnes Academy |
| 1st | Alexia | Espinoza | | St. Agnes Academy |
| 1st | Claire | Novak | | John Paul II |
| 1st | Sarah | Steffler | | John Paul II |