

Lacrosse: These are the midseason MVPs for each division in North Jersey



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Saturday was all about crowning county champions in lacrosse. Sunday was all about turning the page and getting back to business.

Division races will take centerstage over the next two weeks with county tournaments in the rearview mirror.

Roughly half the season is complete, so it's a good time to take stock of the biggest stars from the opening month. Here are the midseason MVPs in each division across North Jersey.

Alex Yang, Tenafly

American Central girls lacrosse

Yang has turned the Tigers (7-3) into one of the most improved teams in North Jersey in their eighth year as a varsity program. The senior midfielder not only leads the team in points with 31 goals and 12 assists, but makes plays without the ball to spark the No. 1 defense in the division. She's added 43 draw controls and 83 ground balls to put Tenafly on track for its first winning season.