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It's been a prolific decade for New Jersey in producing some talented and remarkably successful teams. And most impressively it was at all levels.

Don Bosco Prep produced the best high school football team in the country; Rutgers women's basketball made a championship run and three local teams won a title. It seems like no matter which team you rooted for in the area, you had a good decade.

Unless you're a Mets fan.

Best Teams of the Decade

10. 2002-03 New Jersey Nets – This was the ultimate "where did you come from?" team. Thanks to a trade for Jason Kidd, the Nets made a run to the NBA Finals before being swept by the Los Angeles Lakers. Kidd was an MVP candidate and one of the top five players in the league. His play turned the franchise around and gave it a presence. This team won out over the next year's team because they did it first and did it with the better version of Kidd. Still, they go no higher on this list because they did not win the championship and because they advanced to the Finals thanks to a historically bad Eastern Conference that season.

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9. 2006-07 Rutgers women's basketball – The regular season did not go as hoped with the team losing its locker room privileges midway through the year ... but it gelled in March. The Knights won the Big East Tournament, knocking off Connecticut along the way to give coach C. Vivian Stringer her first tournament title. The NCAA Tournament run that followed was at times unnerving and miraculous, but always exciting. A last-second victory over No. 1 seed Duke in the Sweet Sixteen was as captivating as it gets with the best player in the country, Lindsey Harding, missing two free throws for Duke with 0.1 seconds remaining. Two straight blowout victories followed before Rutgers ran into a buzzsaw from Tennessee. Having three of the best players of the decade in college basketball in Matee Ajavon, Essence Carson and Kia Vaughn at their peak helps their case but ultimately they cannot go any higher because they did not win the title.

8. 2008 Philadelphia Phillies – The Phillies had a memorable run to the city's first championship, barely sneaking by the Mets once again to make the playoffs then beating the Brewers and Dodgers to reach the World Series. There they took care of the Devil Rays in five games, including a two-night Game Five at Citizen's Bank Park that clinched it. The Phillies boasted a dangerous lineup of Jimmy Rollins, Ryan Howard and Chase Utley and rode Cole Hamels' left arm. But the Phillies are hamstrung on this list because they never faced a truly dominant team and were in a weak National League.

7. 2004 Christian Brothers Academy cross country – It's difficult to pick a best team but the 2004 group was probably the best, setting the all-time fastest average time at Holmdel Park at the Meet of Champions. But really the Lincroft school makes the list because of its decade-long dominance. CBA owns the nation's long dual-meet win streak at 302, dating back to September 1974, and won eight straight Group championships. For the majority of the decade when it came to New Jersey cross-country, Thomas Heath's team was its face.

6. Eastern High School field hockey – Eastern's control over New Jersey field hockey has few parallels. The school was unbeaten in 153 straight games, a national record, and finished off the decade with two straight titles.

