

2018 IAHSSEA All-State Teams

Tillie Heim	Senior	Midfield	Tri-Center, Neola	1A	1
Teagan Blackburn	Junior	Forward	St. Albert, Council Bluffs	1A	1
Rebekah Hortsman	Senior	Goalkeeper	Pella Christian	1A	1
Raegan Dufoe	Senior	Defense	Center Point-Urbana	1A	1
Olivia Fain	Senior	Forward	Columbus Catholic, Waterloo	1A	1
Molly Gervase	Senior	Midfield	Assumption, Davenport	1A	1
Makenna Shepard	Freshman	Midfield	St. Albert, Council Bluffs	1A	1
Lilly Dahir	Junior	Defense	Tri-Center, Neola	1A	1
Kalen Bloodgood	Senior	Defense	Creston	1A	1
Emma De Costa	Sophomore	Forward	Bondurant-Farrar	1A	1
Emily Branson	Senior	Forward	Gilbert	1A	1
Carly King	Senior	Forward	Assumption, Davenport	1A	1
Anna Van Zee	Sophomore	Defense	Pella Christian	1A	1
Alyssa Kellar	Freshman	Forward	Treynor	1A	1
Allison Wooldridge	Senior	Midfield	Center Point-Urbana	1A	1
Tara Hansel	Sophomore	Midfield	Beckman Catholic, Dyersville	1A	HM
Sydney Schultz	Junior	Goalkeeper	Columbus Catholic, Waterloo	1A	HM
Sara Faber	Sophomore	Midfield	Clear Lake	1A	HM
Maddie Stevens	Junior	Midfield	Nevada	1A	HM
Maddie McMartin	Senior	Forward	GCGR, Gladbrook-Reinbeck	1A	HM
Lauren Gaarde	Senior	Forward	Regina, Iowa City	1A	HM
Lauren Dufoe	Sophomore	Goalkeeper	Center Point-Urbana	1A	HM

Kalyn Wettengel	Senior	Midfield	St. Albert, Council Bluffs	1A	HM
Grace Francis	Senior	Goalkeeper	Nevada	1A	HM
Emma McDonald	Junior	Goalkeeper	Tri-Center, Neola	1A	HM
Danielle Bonewitz	Senior	Midfield	North Polk, Alleman	1A	HM
Audrey Leyen	Senior	Forward	GCGR, Gladbrook-Reinbeck	1A	HM
Alexis Kellar	Junior	Forward	Treynor	1A	HM
Sydney Canney	Senior	Defense	ADM, Adel	2A	1
Siri Ott	Freshman	Defense	Waverly-Shell Rock	2A	1
Sarah Campbell	Senior	Defense	Waverly-Shell Rock	2A	1
Megan Roberts	Senior	Forward	Norwalk	2A	1
Madison Parks	Senior	Goalkeeper	Lewis Central	2A	1
Kenzie Roling	Freshman	Forward	Waverly-Shell Rock	2A	1
Josie Lickteig	Junior	Defense	Pella	2A	1
Isabella Smith	Sophomore	Defense	Lewis Central	2A	1
Isabel LaFollette	Senior	Midfield	ADM, Adel	2A	1
Hadley Hill	Sophomore	Defense	Lewis Central	2A	1
Grace Guidry	Sophomore	Forward	Lewis Central	2A	1
Gabby Bruman	Sophomore	Goalkeeper	Waverly-Shell Rock	2A	1
Emma Rottinghaus	Senior	Midfield	Union	2A	1
Anna Forsyth	Senior	Midfield	Newton	2A	1
Sawyer Elliff	Junior	Forward	Council Bluffs, Thomas Jefferson	2A	HM
Rylie Rucker	Junior	Midfield	North Scott, Eldridge	2A	HM
Rachel Gavin	Sophomore	Forward	Norwalk	2A	HM
Rachel Cushing	Sophomore	Midfield	Lewis Central	2A	HM

Logan Ziegler	Senior	Midfield	Burlington	2A	HM
Kate Luers	Senior	Forward	Notre Dame/West Burlington	2A	HM
Heather Hoeger	Senior	Goalkeeper	North Scott, Eldridge	2A	HM
Grace Held	Junior	Forward	Pella	2A	HM
Emily Murphy	Senior	Forward	Burlington	2A	HM
Chloe Griffin	Junior	Goalkeeper	Pella	2A	HM
Ashlyn Watt	Freshman	Forward	ADM, Adel	2A	HM
Alex Mohr	Junior	Forward	Denison-Schleswig	2A	HM
Tori Ubben	Senior	Defense	Ankeny Centennial	3A	1
Tia Martin	Junior	Midfield	Dubuque, Senior	3A	1
Riley Whitaker	Senior	Defense	Ankeny	3A	1
Rachel Van Der Hart	Junior	Goalkeeper	Urbandale	3A	1
Olivia Brown	Senior	Defense	Ankeny Centennial	3A	1
Melina Hegelheimer	Junior	Midfield	Ames	3A	1
Libby Helverson	Senior	Midfield	Valley, West Des Moines	3A	1
Kelly Friedrich	Senior	Defense	Ames	3A	1
Hannah Olson	Senior	Forward	Valley, West Des Moines	3A	1
Allie Williams	Junior	Forward	Waukee	3A	1
Alexis Legg	Senior	Forward	Ankeny	3A	1
Abigail Santana	Sophomore	Midfield	Linn-Mar, Marion	3A	1
Piper Carey	Sophomore	Forward	Linn-Mar, Marion	3A	HM
Paola Ochoa	Senior	Forward	Sioux City, East	3A	HM
Olivia Hellweg	Senior	Midfield	Cedar Rapids, Kennedy	3A	HM
Megan Nelson	Junior	Midfield	Valley, West Des Moines	3A	HM

Megan Gray	Senior	Forward	Ankeny Centennial	3A	HM
Maya McDermott	Sophomore	Forward	Johnston	3A	HM
Jenna Ruccolo	Senior	Goalkeeper	Pleasant Valley	3A	HM
Izzy Dammen	Junior	Midfield	Waukee	3A	HM
Grace Nelson	Senior	Forward	Ames	3A	HM
Grace Necker	Senior	Midfield	Pleasant Valley	3A	HM
Darby Thomas	Junior	Forward	Council Bluffs, Abraham Lincoln	3A	HM