2022 IAHSSCA All-State Teams

Girls Class 1A All-State

| Player Name | Team | Class | Grade in 2021-22 | Position | School | Team |
|--------------------|-------|-------|------------------|------------|--------------------------------------|-------------------|
| , | Girls | 1A | Junior | Defense | | 1st |
| Lily Krohn | Girls | 1A | Junior | Defense | St. Albert, Council Bluffs Van Meter | 1st |
| Clare Kelly | | 1 | | | | |
| Greta Regenweather | Girls | 1A | Junior | Defense | Hudson | 1st |
| Katie Clark | Girls | 1A | Senior | Defense | Grundy Center | 1st |
| Madison Daily | Girls | 1A | Junior | Defense | Center Point-Urbana | 1st |
| Ella Klusman | Girls | 1A | Sophomore | Forward | St. Albert, Council Bluffs | 1st |
| Lexi Gehrke | Girls | 1A | Junior | Forward | Denver | 1st |
| Mayzi Weig | Girls | 1A | Senior | Forward | Nevada | 1st |
| Nikayla Youngblut | Girls | 1A | Junior | Forward | Columbus Catholic, Waterloo | 1st |
| Savannah Schneider | Girls | 1A | Sophomore | Forward | Hudson | 1st |
| Dawsen Dorsey | Girls | 1A | Senior | Goalkeeper | Assumption, Davenport | 1st |
| Isabel Garcia | Girls | 1A | Junior | Midfield | Des Moines Christian | 1st |
| Jade Jackson | Girls | 1A | Senior | Midfield | Assumption, Davenport | 1st |
| Gracen Ruggles | Girls | 1A | Senior | Midfield | Assumption, Davenport | 1st |
| Rachel Hundtofte | Girls | 1A | Junior | Midfield | Tri-Center, Neola | 1st |
| Sami Webster | Girls | 1A | Junior | Midfield | Des Moines Christian | 1st |
| Adrianna Gallen | Girls | 1A | Senior | Forward | Columbus Catholic, Waterloo | Honorable Mention |
| Camille Landphair | Girls | 1A | Junior | Forward | Dike-New Hartford | Honorable Mention |
| Emily Bowe | Girls | 1A | Freshman | Forward | Center Point-Urbana | Honorable Mention |
| Grace Sutton | Girls | 1A | Senior | Forward | Vinton-Shellsburg | Honorable Mention |
| Jenna Roberts | Girls | 1A | Sophomore | Forward | Des Moines Christian | Honorable Mention |
| Miranda Ring | Girls | 1A | Senior | Forward | Tri-Center, Neola | Honorable Mention |
| Becca Dufour | Girls | 1A | Junior | Goalkeeper | Columbus Catholic, Waterloo | Honorable Mention |
| Preslie Arbaugh | Girls | 1A | Junior | Goalkeeper | Tri-Center, Neola | Honorable Mention |
| Brooklyn Yoder | Girls | 1A | Junior | Midfield | Grundy Center | Honorable Mention |
| Greta Rothe | Girls | 1A | Senior | Midfield | Washington | Honorable Mention |
| Joslyn Terpstra | Girls | 1A | Junior | Midfield | Pella Christian | Honorable Mention |

Girls Class 2A All-State

| Dlaver Name | Toom | Class | Grade in 2021-22 | Position | School | Team |
|---------------------|-------|-------|------------------|------------|--------------------------|-------------------|
| Player Name | | 2A | | Defense | | |
| Lexi Ward | | | Junior | | North Scott, Eldridge | 1st |
| Eden Campbell | Girls | 2A | Senior | Defense | Xavier, Cedar Rapids | 1st |
| Hannah Kehoe | Girls | 2A | Senior | Defense | Norwalk | 1st |
| Hannah Renz | Girls | 2A | Sophomore | Defense | Dallas Center-Grimes | 1st |
| Avery Korsching | Girls | 2A | Senior | Forward | Dallas Center-Grimes | 1st |
| Jocelyn Bice | Girls | 2A | Senior | Forward | Norwalk | 1st |
| Abby Warner | Girls | 2A | Sophomore | Forward | Pella | 1st |
| Haley Van Houweling | Girls | 2A | Junior | Goalkeeper | Pella | 1st |
| Hana Daoudi | Girls | 2A | Senior | Midfield | Lewis Central | 1st |
| Kendall Knisley | Girls | 2A | Junior | Midfield | North Scott, Eldridge | 1st |
| Ainsley Erzen | Girls | 2A | Senior | Midfield | Carlisle | 1st |
| Kylie Knief | Girls | 2A | Sophomore | Midfield | Dallas Center-Grimes | 1st |
| Macy Smith | Girls | 2A | Senior | Midfield | Waverly-Shell Rock | 1st |
| Maia Bently | Girls | 2A | Senior | Midfield | Mount Vernon | 1st |
| Mary Kate Moeder | Girls | 2A | Senior | Midfield | Xavier, Cedar Rapids | 1st |
| Ava Johnson | Girls | 2A | Junior | Defense | Gilbert | Honorable Mention |
| Avery Plathe | Girls | 2A | Senior | Defense | Mount Vernon | Honorable Mention |
| Quinn Grubbs | Girls | 2A | Junior | Defense | Atlantic | Honorable Mention |
| Audrey Rausch | Girls | 2A | Junior | Forward | Newton | Honorable Mention |
| Brielle Bastian | Girls | 2A | Senior | Forward | Xavier, Cedar Rapids | Honorable Mention |
| Jada Jensen | Girls | 2A | Junior | Forward | Atlantic | Honorable Mention |
| Madisson Watts | Girls | 2A | Senior | Forward | Carlisle | Honorable Mention |
| Reese Hilsenbeck | Girls | 2A | Sophomore | Forward | North Scott, Eldridge | Honorable Mention |
| Anna Peckosh | Girls | 2A | Senior | Goalkeeper | Cedar Rapids, Washington | Honorable Mention |
| Grace Nightser | Girls | 2A | Senior | Goalkeeper | Glenwood | Honorable Mention |
| Jayden Kirsch | Girls | 2A | Senior | Goalkeeper | Carroll | Honorable Mention |
| Katelyn Eggena | Girls | 2A | Sophomore | Goalkeeper | Waverly-Shell Rock | Honorable Mention |
| Sam Harvey | Girls | 2A | Senior | Goalkeeper | Iowa City, Liberty | Honorable Mention |
| Anna Hoffman | Girls | 2A | Senior | Midfield | Mount Vernon | Honorable Mention |

Girls Class 3A All-State

| Player Name | Team | Class | Grade in 2021-22 | Position | School | Team |
|--------------------|-------|-------|------------------|------------|---------------------------|-------------------|
| Courtney Kovacs | Girls | 3A | Senior | Defense | Ankeny Centennial | 1st |
| Eden Gibson | Girls | 3A | Senior | Defense | Ankeny | 1st |
| Brookelyn Buttolph | Girls | 3A | Senior | Defense | Valley, WDM | 1st |
| Macy Davis | Girls | 3A | Junior | Defense | Waukee Northwest | 1st |
| Anna Van Wyngarden | Girls | 3A | Senior | Forward | Valley, WDM | 1st |
| Hanna Schimmer | Girls | 3A | Senior | Forward | Council Bluffs, Lincoln | 1st |
| Morgan Russmann | Girls | 3A | Sophomore | Forward | Pleasant Valley | 1st |
| Avery Horner | Girls | 3A | Senior | Forward | Bettendorf | 1st |
| Kate Bergan | Girls | 3A | Junior | Goalkeeper | Ankeny Centennial | 1st |
| Sofia Bush | Girls | 3A | Junior | Midfield | Linn-Mar | 1st |
| Kennedy Macke | Girls | 3A | Senior | Midfield | Ankeny | 1st |
| Sophia Thomas | Girls | 3A | Senior | Midfield | Muscatine | 1st |
| Alanna Pennington | Girls | 3A | Junior | Midfield | Ankeny Centennial | 1st |
| Camryn Woods | Girls | 3A | Senior | Midfield | Pleasant Valley | 1st |
| Addie Kerkhoff | Girls | 3A | Senior | Defense | Pleasant Valley | Honorable Mention |
| Anna Spain | Girls | 3A | Junior | Defense | Valley, WDM | Honorable Mention |
| Grace Bode | Girls | 3A | Senior | Defense | Muscatine | Honorable Mention |
| Katie Callahan | Girls | 3A | Senior | Defense | Linn-Mar | Honorable Mention |
| Paige Bracker | Girls | 3A | Senior | Defense | Council Bluffs, Lincoln | Honorable Mention |
| Lanie Weikert | Girls | 3A | Junior | Forward | Muscatine | Honorable Mention |
| Makena Kramer | Girls | 3A | Freshman | Forward | Council Bluffs, Jefferson | Honorable Mention |
| Mya Jansen | Girls | 3A | Senior | Forward | Muscatine | Honorable Mention |
| Sarah Fleming | Girls | 3A | Senior | Forward | Des Moines, Roosevelt | Honorable Mention |
| Camryn Hosick | Girls | 3A | Freshman | Goalkeeper | Council Bluffs, Jefferson | Honorable Mention |
| Jasmine Moser | Girls | 3A | Junior | Goalkeeper | Ankeny | Honorable Mention |
| Victoria Spahn | Girls | 3A | Sophomore | Goalkeeper | Waukee Northwest | Honorable Mention |
| Addie Ford | Girls | 3A | Junior | Goalkeeper | Davenport, Central | Honorable Mention |
| Avery Galloway | Girls | 3A | Junior | Midfield | Valley, WDM | Honorable Mention |
| Zoey Mahoney | Girls | 3A | Junior | Midfield | Waukee Northwest | Honorable Mention |