

2021 IAHSSEA All-State Teams

Girls Class 1-A All-State Team

*All-State Captain

Player Name	Grade in 2020-21	Position	School	Gender	Class	Team
Katie Currans	Senior	Defense	Gilbert	Female	1A	First
Makenna Shepard	Senior	Forward	St. Albert, Council Bluffs	Female	1A	First
Clara Tiegland	Sophomore	Forward	Treynor	Female	1A	First
Jordyn Foelske	Senior	Forward	Denver	Female	1A	First
Miranda Ring	Junior	Forward	Tri-Center	Female	1A	First
Jade Jackson	Junior	Forward	Assumption, Davenport	Female	1A	First
Camille Landphair	Sophomore	Forward	Dike-New Hartford	Female	1A	First
Ashley Van Heukelom	Senior	Goalkeeper	Des Moines Christian	Female	1A	First
Megan Miller	Senior	Midfield	Des Moines Christian	Female	1A	First
Alyssa Kellar	Senior	Midfield	Treynor	Female	1A	First
Sara Hansen	Senior	Midfield	Hudson	Female	1A	First
Joslyn Terpstra	Sophomore	Midfield	Pella Christian	Female	1A	First
Marissa Ring	Junior	Midfield	Tri-Center	Female	1A	First
Reagan Lindsay	Senior	Defense	Columbus Catholic, Waterloo	Female	1A	Honorable Mention
Joslyn Helgens	Junior	Defense	Des Moines Christian	Female	1A	Honorable Mention
Lily Krohn	Freshman	Defense	St. Albert, Council Bluffs	Female	1A	Honorable Mention
Jade Daughenbaugh	Senior	Defense	Tri-Center	Female	1A	Honorable Mention
Mollie Nelson	Senior	Defense	Tri-Center	Female	1A	Honorable Mention
Mayzi Weig	Senior	Forward	Nevada	Female	1A	Honorable Mention
Ella Klusman	Freshman	Forward	St. Albert, Council Bluffs	Female	1A	Honorable Mention
Eden Moore	Freshman	Forward	Van Meter	Female	1A	Honorable Mention
Becca Dufour	Sophomore	Goalkeeper	Columbus Catholic, Waterloo	Female	1A	Honorable Mention
Mickey Stephens	Junior	Midfield	Centerville	Female	1A	Honorable Mention
Natalie Rudman	Junior	Midfield	Gilbert	Female	1A	Honorable Mention

Girls Class 2-A All-State Team

*All-State Captain

Player Name	Grade in 2020-21	Position	School	Gender	Class	Team
Amanda Ross	Senior	Defense	Xavier, Cedar Rapids	Female	2A	First
Kenzie Roling	Senior	Forward	Waverly-Shell Rock	Female	2A	First
Maia Bentley	Junior	Forward	Mount Vernon	Female	2A	First
Lauren Riddle	Senior	Forward	Clear Creak-Amana	Female	2A	First
Avery Korsching	Junior	Forward	Dallas Center-Grimes	Female	2A	First
Jocelyn Bice	Junior	Forward	Norwalk	Female	2A	First
Jada Jensen	Sophomore	Forward	Atlantic	Female	2A	First
Abby Warner	Freshman	Forward	Pella	Female	2A	First
Alexa Johnson	Junior	Forward	Spencer	Female	2A	First
Maggie Conrad	Senior	Goalkeeper	Xavier, Cedar Rapids	Female	2A	First
Ashlyn Watt	Senior	Midfield	ADM	Female	2A	First
Kendall Knisley	Sophomore	Midfield	North Scott	Female	2A	First
Kylie Knief	Freshman	Midfield	Dallas Center-Grimes	Female	2A	First
Emma Angus	Senior	Defense	Dallas Center-Grimes	Female	2A	Honorable Mention
Lexi Ward	Sophomore	Defense	North Scott	Female	2A	Honorable Mention
Hannah Kehoe	Junior	Defense	Norwalk	Female	2A	Honorable Mention
Reagan Holtorf	Junior	Defense	Norwalk	Female	2A	Honorable Mention
Madi Watts	Junior	Forward	Carlisle	Female	2A	Honorable Mention
Nora Dougherty	Sophomore	Forward	Glenwood	Female	2A	Honorable Mention
Grace Coates	Senior	Forward	Marion	Female	2A	Honorable Mention
Kirsten Small	Senior	Forward	Spencer	Female	2A	Honorable Mention
Macy Smith	Junior	Forward	Waverly-Shell Rock	Female	2A	Honorable Mention
Ellie DeCosta	Junior	Forward	Bondurant-Farrar	Female	2A	Honorable Mention
Hannah Lucy	Senior	Goalkeeper	Lewis Central	Female	2A	Honorable Mention
Sydney Anderson	Senior	Goalkeeper	North Polk	Female	2A	Honorable Mention
Hailey Van Houweling	Sophomore	Goalkeeper	Pella	Female	2A	Honorable Mention
Ellen Austin	Senior	Midfield	Clear Creak-Amana	Female	2A	Honorable Mention
Elena Bartak	Sophomore	Midfield	Dallas Center-Grimes	Female	2A	Honorable Mention
Avery Blasdel	Senior	Midfield	Glenwood	Female	2A	Honorable Mention
Reagan Teut	Junior	Midfield	Norwalk	Female	2A	Honorable Mention

Girls Class 3-A All-State Team

*All-State Captain

Player Name	Grade in 2020-21	Position	School	Gender	Class	Team
Courtney Kovacs	Junior	Defense	Ankeny Centennial	Female	3A	First
Brookelyn Buttolph	Junior	Defense	West Des Moines Valley	Female	3A	First
Macy Davis	Sophomore	Defense	Waukee	Female	3A	First
Addie Kerkhoff	Junior	Defense	Pleasant Valley	Female	3A	First
Anna Van Wyngarden	Junior	Forward	West Des Moines Valley	Female	3A	First
Hanna Schimmer	Junior	Forward	Council Bluffs Abraham Lincoln	Female	3A	First
Rachel Christmann	Senior	Forward	Ankeny	Female	3A	First
Ceci Villa	Senior	Goalkeeper	Dowling Catholic	Female	3A	First
Catie Johnson	Senior	Midfield	West Des Moines Valley	Female	3A	First
Elizabeth Overberg	Senior	Midfield	Ankeny Centennial	Female	3A	First
Maggie Gundersen	Junior	Midfield	Council Bluffs Thomas Jefferson	Female	3A	First
Haley Horman	Senior	Midfield	Waukee	Female	3A	First
Paige Bracker	Junior	Defense	Council Bluffs Abraham Lincoln	Female	3A	Honorable Mention
Emma Casebolt	Senior	Defense	Linn-Mar	Female	3A	Honorable Mention
Natalie Thoen	Senior	Forward	Ames	Female	3A	Honorable Mention
Avery Horner	Junior	Forward	Bettendorf	Female	3A	Honorable Mention
Delaney Holtey	Senior	Forward	Cedar Rapids Kennedy	Female	3A	Honorable Mention
Hannah Belt	Senior	Forward	Council Bluffs Thomas Jefferson	Female	3A	Honorable Mention
Sarah Fleming	Junior	Forward	Des Moines Roosevelt	Female	3A	Honorable Mention
Morgan Russmann	Freshman	Forward	Pleasant Valley	Female	3A	Honorable Mention
Alena Litzel	Junior	Goalkeeper	Cedar Falls	Female	3A	Honorable Mention
Waverly Patterson	Senior	Goalkeeper	Linn-Mar	Female	3A	Honorable Mention
Taryn Reitsma	Senior	Goalkeeper	Waukee	Female	3A	Honorable Mention
Ella Ubben	Freshman	Midfield	Cedar Falls	Female	3A	Honorable Mention
Abby Evers	Junior	Midfield	Council Bluffs Thomas Jefferson	Female	3A	Honorable Mention
Hallie Peak	Senior	Midfield	Linn-Mar	Female	3A	Honorable Mention