# <u>1A</u>

#### District 1:

Tori Galles - Remsen St. Mary's

Sidney Tritz - Remsen St. Mary's

Jayden Barthole - Gehlen Catholic

Natalie Nielsen - Akron-Westfield

Taryn Wilken - Akron-Westfield

Kaeley Einck - South O'Brien

Emma Vohs - Ridge View

Kylie Powers - IKM-Manning

Tatum Jensen - Central Lyon

Alexis Barber - Newell-Fonda

Brooke Jackson - Newell-Fonda

Ellie Lago - Newell-Fonda

Coach of the Year - Sue Klein - Remsen St. Mary's

#### District 2:

Alexia Miller - Boyer Valley

Katelyn Nielsen - Boyer Valley

Delaney Iseminger - Kingsley-Pierson

Brooklyn Beery - Kingsley-Pierson

Emily Beekman - Kingsley-Pierson

Emma Shook - Westwood

Cali Schelm - Westwood

Reese Snyder - CAM

Alaya Betts - Coon Rapids-Bayard

Chelsea Hoakinson - Lenox

Coach of the Year - Val Sitzmann - Kingsley-Pierson

#### **District 3:**

Kelly Baade - Bishop Garrigan

Annie Burns - Bishop Garrigan

Anna Berke - Bishop Garrigan

Ava Eisenbarth - Bishop Garrigan

Avery Lichter - Bishop Garrigan

Emma Weiner - Newman Catholic

Vanessa Von Bank - North Union

Ali Hoffert - Turkey Valley

Tess Franzen - Turkey Valley

Kirsten Boerjan - St. Ansgar

Kathleen Looney - Postville

Meg Thompson - North Butler

Emma Davidson - Northwood-Kensett

Coach of the Year - Victor Berte

#### **District 4:**

Maddy Streicher - Ed-Co

Hailey Rausch - Ed-Co

Kenzie Barnhart - Ed-Co

Madison Sylvester - Central Elkader

Sydney Becker - South Winn

Evelyn Robinson - North Linn

Maddy Stepanek - North Linn

Rayne Everitt - North Fayette Valley

Miranda Lang - MFL-Mar-Mac

Ally Joyce - East Buchanan

Savannah Meyer - Clayton Ridge

Kayla York - HLV

Paige Weink - Iowa Valley

Jaden Smith - Iowa Valley

Penny Blackmore - Springville

Sydney Baumgartner - Starmont

Sammy Ahrendsen - Alburnett

# **District 5:**

Alison Robu - Holy Trinity
Taylor Phillips - New London
Sophie Mallot - New London
Natalie Wilcox - Danville
Charlie Aicher - Highland
Greenlee Smock - Lynville-Sully
Maddie Hornbeck - Sigourney
Lily Schmidt - Sigourney

Coach of the Year - Greg Lerdal - New London

# <u>2A</u>

#### District 1:

Laura Beltman- Unity Christian Kerri Kroeze- Unity Christian Emily Hulshof- West Sioux Grace Bauder- West Lyon Lydia Grond- Boyden Hull

Coach of the Year - Jeff Hoogeveen- West Lyon

#### District 2:

Kylie Carey- Van Meter London Wille- Van Meter Shae Bernhardt- Van Meter Madeline Lewis- Treynor Brooklyn Currin- Treynor

Coach of the Year - Mike Linde- Van Meter

### District 3:

Kaitlyn Rahfeldt- Roland-Story Mckenna Carlson- Roland-Story Miranda Deppe- South Hamilton Ellie Erickson- Roland-Story Grace Butler- Okoboji

Coach of the Year - Larry Ammerman- Roland-Story

## **District 4:**

Molly Fereday- Columbus Catholic Emily Clark- Waukon Halle Haack- Hudson Mia Strub- Waukon Alexis Harris- Jesup

Coach of the Year - Kathy McMillian- Waukon

### **District 5:**

Ellie Phillips- Williamsburg Teagan Schaefer- Williamsburg Aly Harned- West Liberty Savanah Sexton- West Branch Alli Nash- Tipton

Coach of the Year - Todd Subbert- Williamsburg

# <u>3A</u>

District 1: Bishop Heelan, Carroll, Denison, Gilbert, LeMars, MOC-Floyd Valley, Nevada, Sergeant Bluff-Luton, Spencer, Sioux City, Storm Lake

Eden Lohrbach

Laura Sweeney

Carroll

Grace Pettitt

Carroll

Macie Underwood

Danielle Hurt

Eden Bruner

Ashlynn Sporrer

Gilbert

Nevada

Coach of the Year - Grant Walker Gilbert

District 2: ADM, Atlantic, Ballard, Bondurant-Farrar, Carlisle, Clarke, Creston, Glenwood, North Polk, Perry, Saydel, Winterset

Rylie Driskell
Jaya West
Winterset
Natalie Drake
Winterset
Lillie Peterson
Monica Thomas
Emma Mellencamp
Maria Groumoutis
Creston
Creston

Coach of the Year - Dana Brown ADM

District 3: Centerville, Fairfield, Keokuk, Knoxville, Lisbon, Mt. Pleasant, Pella, Washington

Ellie Liechty Mt. Pleasant Kiki Bruner Washington Anna Nacos Washington Josie Tanner Washington Natalie Ames Keokuk

Coach of the Year - Leonard Krull Washington

District 4: Benton Community, Central DeWitt, Clear Creek-Amana, Davenport Assumption, Marion, Monticello, Solon, South Tama, Vinton-Shellsburg, Wahlert-Catholic, Xavier

Kaitlin Hotchkiss Xavier
Drucilla Kramer Monticello

Katelyn Vaassen Wahlert-Catholic
Anna Kalb Wahlert-Catholic
Ava Kalb Wahlert-Catholic

Coach of the Year - Dan Mulligan Wahlert-Catholic

District 5: Algona, Center Point-Urbana, Charles City, Clear Lake, Crestwood, Decorah, Hampton-Dumont, Humboldt, Independence, Waverly-Shell Rock, Webster City, West Delaware

Meghan DeLong Clear Lake
Rebecca DeLong Clear Lake

Brenna Bodensteiner Waverly-Shell Rock

Sarah Mitchell Charles City
Nora Carlson Humboldt
Delaney Martin Independence
Ella Koloc West Delaware
Kati Casady Webster City

Coach of the Year - Brett Mather West Delaware

# <u>4A</u>

District 1: Dallas Center-Grimes, Dowling Catholic, Johnston, Lewis Central, Sioux City East, Sioux City North, West Des Moines Valley

Paige Hoffman West Des Moines Valley SaffireSayre West Des Moines Valley Hallie Yates West Des Moines Valley

Avery Beller Sioux City North

Elizabeth Zimmerman Johnston

Kaylin Petrak Dallas Center-Grimes

Coach of the Year - Kelli Moore West Des Moines Valley

District 2: Ames, Ankeny, Ankeny Centennial, Des Moines Roosevelt, Indianola, Marshalltown, Urbandale, Waukee

Amber Henson Marshalltown

Jaci WebbAnkenyHannah PettitWaukeeMegan RiessellmanAmesKinzey JohnstonIndianola

Coach of the Year - Lucas Johnson Marshalltown

District 3: Bettendorf, Cedar Rapids Prairie, Des Moines East, Iowa City West, Muscatine, Newton, Norwalk, Ottumwa, Southeast Polk

Shannyn Vogler
Rylee Heyford
Newton
Rylin Davidson
Rylie Kruse
Leigha Pacha
Settendorf
Newton
SE Polk
SE Polk
IC West

Lucy Schmid IC West

Coach of the Year - Robbie Furne Bettendorf

District 4: Clinton, Davenport Central, Davenport North, Davenport West, Dubuque Hempstead, Iowa City High, Iowa City Liberty, Linn-Mar, North Scott, Pleasant Valley

Tatum Depuydt Linn-Mar

Isabella Pettersen Iowa City Liberty
Addie Berg Dubuque Hempstead
Morgan Hawkins Dubuque Hempstead
Erika Halmbara Placant Valley

Erika Holmberg Pleasant Valley
Neely Maurus Iowa City Liberty
Maura Peters Pleasant Valley

Coach of the Year - Mike Nedelcoff Pleasant Valley

District 5: Cedar Falls, Cedar Rapids Jefferson, Cedar Rapids Kennedy, Cedar Rapids Washington, Dubuque Senior, Fort Dodge, Mason City, Waterloo West, Western Dubuque

McKenna Stackis Western Dubuque Hannah Fangmann Western Dubuque

Amara Lytle Cedar Falls

Emma Sory Cedar Rapids Washington

Chase Doland Waterloo West
Marley Richter Cedar Falls

Coach of the Year - Amy Haldeman Western Dubuque