



# 1A All-State Teams

## GIRLS

First Team	Trelyn White	Bishop Heelan	Junior	Forward
	Ella Klusman	St. Albert, Council Bluffs	Senior	Forward
	Jenna Roberts	Des Moines Christian	Senior	Forward
	Eleanor Coughlin	St. Albert, Council Bluffs	Freshman	Midfield
	Morgan Crees	Panorama, Panora	Sophomore	Forward
	Tieler Hull	Underwood	Junior	Forward
	Dru Dorsey	Assumption, Davenport	Junior	Forward
	Claudia Lavariega	Bishop Heelan	Junior	Defense
	Alayna Akers	Denver	Junior	Defense
	Aubrey Thompson	Nevada	Junior	Forward
	Miranda Tyler	Dike-New Hartford	Senior	Goalkeeper
Second Team	Lily Krohn	St. Albert, Council Bluffs	Senior	Defense
	Josie Lewis	Treynor	Senior	Defense
	Savannah Schneider	Hudson	Senior	Forward
	Isabella Schisel	Garner-Hayfield /Ventura	Sophomore	Midfield
	Gabby Sueppel	Regina Catholic, IC	Senior	Defense
	Sophia Pothoven	Des Moines Christian	Senior	Defense
	Alyssa Harberts	Denver	Junior	Midfield
	Eden Moore	Van Meter	Senior	Forward
	Cierra Pudenz	Kuemper Catholic, Carroll	Sophomore	Forward
	Quincey Schneckloth	Tri-Center, Neola	Junior	Forward
	Tori Schroeder	Denver	Senior	Goalkeeper
Honorable Mention	Sophie Sheffield	St. Albert, Council Bluffs	Senior	
	Avery Honan	Underwood	Junior	
	Avery Anderson	Nevada	Junior	
	Apiyo Harberts	Western Christian, Hull	Senior	
	Cassidy Cunningham	Tri-Center, Neola	Senior	
	Chloe Breitbach	Anamosa	Senior	
	Emily Bowe	Center Point-Urbana	Junior	
	Mia Waddle	Panorama, Panora	Senior	
	Taylor Pyle	Gilbert	Junior	
	Hope Naber	Beckman Catholic, Dyersville	Senior	
	Aubrey Schwieso	Harlan Community	Junior	
	Sarah Thatcher	Gilbert	Senior	



# 2A All-State Teams

## GIRLS

First Team	Reese Hilsenbeck	North Scott, Eldridge	Senior	Forward
	Anaka Ott	Waverly-Shell Rock	Sophomore	Forward
	Eno Ituk	Iowa City, Liberty	Senior	Defense
	Katelyn Eggena	Waverly-Shell Rock	Senior	Goalkeeper
	Macie Herting	Xavier Cedar Rapids	Sophomore	Forward
	Kylie Knief	Dallas Center-Grimes	Senior	Midfield
	Reese Treblicock	Norwalk	Senior	Defense
	Abby Bell	North Polk	Senior	Midfield
	Makena Kramer	Council Bluffs Thomas Jefferson	Junior	Midfield
	Helen Kirk	ADM	Senior	Midfield
	Abby Warner	Pella	Senior	Forward
	Ava Scott	Glenwood	Senior	Defense
	Hannah Renz	Dallas Center-Grimes	Senior	Defense
Second Team	Addison Hoben	Spencer	Junior	Forward
	Rilyn Breinholt	Iowa City, Liberty	Junior	Midfield
	Maleigh Olmstead	Xavier, Cedar Rapids	Junior	Defense
	Kennadi Thiessen	North Scott, Eldridge	Junior	Midfield
	Camryn Hosick	Council Bluffs Thomas Jefferson	Junior	Goalkeeper
	Callie Stanley	Iowa City, Liberty	Junior	Defense
	Neela Williamson	Dallas Center-Grimes	Junior	Defense
	Addison Ollendike	North Polk	Junior	Defense
	Taryn Gant	Council Bluffs Thomas Jefferson	Senior	Defense
	Irelynn White	Lewis Central	Freshman	Forward
	Olivia Cyr	Dallas Center-Grimes	Senior	Forward
	Jada Grove	ADM	Junior	Forward
	Anna Larson	Norwalk	Senior	Midfield
Honorable Mention	Jaylynn Floyd	Glenwood	Junior	
	Makenzie Stephens	Lewis Central	Senior	
	Addie Ott	Waverly-Shell Rock	Sophomore	
	Ava Croft	North Polk	Senior	
	Kaylee Koudelka	North Polk	Senior	
	Olivia Boyle	Winterset	Senior	
	Addison Lange	Independence	Junior	
	Amerie Hall	Marion	Junior	
	Demi Pane	Council Bluffs Jefferson	Junior	
	Faith Weber	Glenwood	Senior	
	Sam Chandler	Denison-Schleswig	Junior	



# 3A All-State Teams

## GIRLS

First Team	Allison Macke	Ankeny	Junior	Midfield
	Ava Martin	Ankeny Centennial	Junior	Forward
	Carson Bohonek	Bettendorf	Junior	Forward
	Ella Anliker	Valley WDM	Senior	Forward
	Isabella Balsley	Johnston	Senior	Forward
	Josie Jones	Waukee Northwest	Junior	Midfield
	Taylor Mulligan	Urbandale	Senior	Defense
	Morgan Russman	Pleasant Valley	Senior	Forward
	Emma Gott	Ankeny	Senior	Forward
	Maclayne Menzel	Iowa City High	Senior	Defense
	Karma McMorris	Mason City	Junior	Forward
	Victoria Spahn	Waukee Northwest	Senior	Goalkeeper
	Lauren Nidey	Waukee	Junior	Goalkeeper
Second Team	Elena Kapparos	Dubuque Hempstead	Senior	Forward
	Mia-Garza-Trejo	Ottumwa	Senior	Midfield
	Madison Mercil	Cedar Rapids Jefferson	Senior	Goalkeeper
	Peyton Markham	Bettendorf	Senior	Midfield
	Sophie Loeffler	Ankeny	Junior	Defense
	Elan Litt	Valley WDM	Senior	Defense
	Zoe Zylstra	Cedar Falls	Junior	Forward
	Maddison Balashaitis	Ankeny Centennial	Junior	Defense
	Jordan Martens	Bettendorf	Senior	Defense
	Riley Sweetland	Bettendorf	Sophomore	Goalkeeper
	Abi Roberts	Linn-Mar	Junior	Forward
	Ava Hall	Valley WDM	Junior	Midfield
Honorable Mention	Serene Hamzeh	Iowa City West	Senior	
	Samantha Eltjes	Waukee Northwest	Senior	
	Olivia Rotich	Valley WDM	Freshman	
	Emma Krambeck	Roosevelt	Senior	
	Ella Ubben	Cedar Falls	Senior	
	Dylan Moeller	Davenport Central	Senior	
	Carissa Hersom	Southeast Polk	Senior	
	Brandi Vu	Johnston	Senior	
	Bria Martell	Pleasant Valley	Junior	