



1A All-State Teams

GIRLS

First Team	Becca DuFour	Columbus Catholic	Senior	Goalkeeper
	Abby Schuett	Tri Center	Senior	Defense
	Amelia Klenk	Hudson	Sophomore	Defense
	Ella Tracy	Marquette Catholic, Bellevue	Senior	Defense
	Ashlie Meyer	Vinton-Shellsburg	Senior	Midfield
	Grace Hennessy	Denver	Senior	Midfield
	Ella Klusman	St. Albert	Junior	Midfield
	Lauryn Peck	Bishop Heelan	Senior	Midfield
	Sydney Lynch	Gilbert	Senior	Forward
	Eden Moore	Van Meter	Junior	Forward
	Joslyn Terpstra	Pella Christian	Senior	Forward
	Savannah Schneider	Hudson	Junior	Forward
	Trelyn White	Bishop Heelan	Sophomore	Forward
Second Team	Sophie Sheffield	St. Albert	Junior	Defense
	Avery Honan	Underwood	Sophomore	Defense
	Hallie Levi	Van Meter	Senior	Defense
	Ava Johnson	Gilbert	Senior	Forward
	Lily Krohn	St. Albert	Junior	Forward
	Mia Waddle	Panorama	Junior	Midfield
	Sami Webster	Des Moines Christian	Senior	Midfield
	Lola Paluson	Underwood	Sophomore	Midfield
	Trista Schmidt	Beckman Catholic, Dyersville	Senior	Midfield
	Grace Gaarde	Regina Catholic, IC	Senior	Midfield
	Avery Anderson	Nevada	Sophomore	Goalkeeper
	Dur Dorsey	Assumption, Davenport	Sophomore	Defense
	Georgia Paulson	Underwood	Junior	Defense
Honorable Mention	Maren Miller	Des Moines Christian	Senior	
	Lindsey Meyer	Panorama, Panora	Senior	
	Lauren LeFleur	Bishop Heelan	Senior	
	Chloe Breitbach	Amamosa	Junior	
	Morgan Crees	Panorama, Panora	Freshman	
	Nikayla Youngblut	Columbus Catholic, Waterloo	Senior	
	Aubrey Schwieso	Harlan	Sophomore	
	Cate Mayhall	Kuemper Catholic	Senior	
	Amara Jones	Mid-Prarie, Wellman	Senior	
	Camille Landphair	Dike-New Hartford	Senior	
	Kali Aldrich	Grundy Center	Freshman	
	Lexi Gehrke	Denver	Senior	
	Abby Davis	Vinton-Shellsburg	Senior	



2A All-State Teams

GIRLS

First Team	Lexi Ward	North Scott, Eldridge	Senior	Defense
	Kendall Knisley	North Scott, Eldridge	Senior	Midfield
	Reese Trebilcock	Norwalk	Junior	Defense
	Elena Bartak	Dallas Center-Grimes	Senior	Defense
	Kylie Knief	Dallas Center-Grimes	Junior	Midfield
	Anna Stromberg	Waverly-Shell Rock	Senior	Forward
	Katelyn Eggena	Waverly-Shell Rock	Junior	Goalkeeper
	Nora Dougherty	Glenwood	Senior	Forward
	Abby Warner	Pella	Junior	Forward
	Helen Kirk	ADM	Junior	Midfield
	Makena Kramer	Council Bluffs, Jefferson	Sophomore	Midfield
	Abby Bell	North Polk	Junior	Midfield
	Addison Hoben	Spencer	Sophomore	Midfield
	Gracie Hays	Lewis Central	Senior	Midfield
	Julianne Hill	Notre Dame, Burlington	Junior	Midfield
Second Team	Kenzie Hodge	Norwalk	Junior	Defense
	Lindsey Overmann	Waverly-Shell Rock	Senior	Defense
	Alli Seegers	Waverly-Shell Rock	Senior	Midfield
	Maleigh Olmstead	Xavier, Cedar Rapids	Sophomore	Defense
	Molly Bergstrom	North Polk	Senior	Defense
	Easten Miller	Independence	Junior	Forward
	Jada Jensen	Atlantic	Senior	Forward
	Quinn Grubbs	Atlantic	Senior	Midfield
	Zoe Wittkop	LeMars	Sophomore	Forward
	Haylee Erickson	Lewis Central	Junior	Forward
	Olivia Cyr	Dallas Center-Grimes	Junior	Forward
	Maya Fritz	Dallas Center-Grimes	Senior	Goalkeeper
	Jada Grove	ADM	Sophomore	Forward
	Haley Van Houweling	Pella	Senior	Goalkeeper
	Rilyn Breinholt	Iowa City, Liberty	Sophomore	Midfield



3A All-State Teams

GIRLS

First Team	Emma Hampton	Johnston	Senior	Defense
	Zoey Mahoney	Waukee Northwest	Senior	Defense
	Ana Spaine	Valley, WDM	Senior	Defense
	Athena Sheets	Linn-Mar	Senior	Forward
	Morgan Russman	Pleasant Valley	Junior	Forward
	Natalie Gallagher	Waukee Northwest	Senior	Forward
	Victoria Spahn	Waukee Northwest	Junior	Goalkeeper
	Rachel Hansen	Valley, WDM	Junior	Midfield
	Macy Davis	Waukee Northwest	Senior	Defense
	Carson Bohanek	Bettendorf	Sophomore	Forward
	Karma McMorris	Mason City	Sophomore	Forward
	Alanna Pennington	Ankeny Centennial	Senior	Midfield
	Jasmine Moser	Ankeny	Senior	Goalkeeper
Second Team	Reeqan Hess	Prairie, Cedar Rapids	Senior	Forward
	Abi Roberts	Linn-Mar	Sophomore	Forward
	Hayley Setrum	Linn-Mar	Senior	Defense
	Jenna Pitz	Ankeny	Senior	Defense
	Taylor Mulligan	Urbandale	Junior	Defense
	Isabella Balsley	Johnston	Junior	Forward
	Lauren Nidey	Waukee	Sophomore	Goalkeeper
	Ella Ubben	Cedar Falls	Junior	Midfield
	Mia Garza-Trejo	Ottumwa	Junior	Midfield
	Liberty Bates	Council Bluffs, Lincoln	Junior	Forward
	Cady Compton	Ankeny Centennial	Senior	Forward
	Alli Macke	Ankeny	Sophomore	Midfield
	Jasmine Martinez Rangel	Council Bluffs, Lincoln	Senior	Midfield