

2023 All District Teams

5A West

Anna Sash	Ankeny Centennial	12
Annalise Grant	Dowling Catholic	11
Asialin Powell	Des Moines Roosevelt	12
Ava Helming	Johnston	12
Ava Wille	Ankeny	12
Baileigh Carlsen	Ankeny	11
Camdyn Crouse	Ottumwa	11
Chloe Jones	Waukee Northwest	12
Delaney Miller	Ankeny Centennial	11
Ella Rogers	Dowling Catholic	11
Finley McAndrew	Valley West Des Moines	12
Jaeden Pratt	Ankeny Centennial	11
Josie Pundt	Johnston	12
Kamryn Scheib	Ankeny	11
Kamryn Vogt	Waukee Northwest	12
Mackenzie Dean	Dowling Catholic	12
Molly Romano	Council Bluffs Abraham Lincoln	12
Reagan Hanfelt	Ankeny	11

District Coach of the Year: Liz Baethke, Ankeny

5A East

Addi Wright	Dubuque Hempstead	11
Anni Wedgbury	Cedar Falls	10
Asta Hildebrand	Iowa City Liberty	11
Brylee Seaman	Musca tine	12
Brynn Bakula	Cedar Falls	10
Cambel Drapeau	Dubuque Senior	10
Claire Ernst	Iowa City City High	12
Edie Miller	Iowa City Liberty	9
Grace Hannam	Cedar Falls	11
Isabelle Kremer	Pleasant Valley	10
Jada Smith	Waterloo West	11
Kate Passmore	Linn Mar	11
Melae' Lacy	Iowa City West	12
Molly Albrecht	Pleasant Valley	12
Paige Paup	Cedar Falls	12
Stella Smith	Pleasant Valley	11

District Coach of the Year: Matthew Johnson, Cedar Falls

4A West

Addison Hoben	Spencer	11
Addison Kleis	Heelan	11
Adison Holt	Lewis Central	12
Allison Koontz	Glenwood	11
Anna Strohmeier	Lewis Central	12
Ashlyne Havermann	Lewis Central	12
Bre VanDenTop	Sergeant Bluff	10
Brooke Larsen	Lewis Central	11
Charley Hernandez	Glenwood	11
Haylee Erickson	Lewis Central	12
Maddie Lafleur	Heelan	11
Madelyn Roenfeld	Lewis Central	11
Maliyah Hacker	Heelan	11
Margo Schuiteman	Sioux Center	11
Zoie Carda	Glenwood	12

District Coach of the Year: Mike Bond, Lewis Central

4A Central

Addy Janssen	Dallas Center-Grimes	12
Aspen Nelson	Indianola	11
Brittany Bacorn	Knoxville	12
Camryn Overton	Indianola	11
Grace Dehmer	Norwalk	12
Kadance Ahn	Newton	12
Kaylee Koudelka	North Polk	12
Katie Scheckel	Pella	10
Madi Nemmers	North Polk	12
Madison Siefken	ADM	12
Marissa Gerleman	ADM	12
Noelle Sutcliffe	Norwalk	12
Tori Runyan	Indianola	11

District Coach of the Year: Trevor Irwin, ADM

4A East

Abbey Hayes	North Scott	11
Annalise Buxton	Burlington	11
Averie Lower	Clear Creek Amana	10
Bliss Beck	Clear Creek Amana	12
Carlee Webber	Marion	11
Hailey Wulfekuhle	Western Dubuque	12
Kaci Johnson	North Scott	12
Keely Collins	Charles City	12
Libby Fandel	Xavier	11
Makenna Altgilbers	Keokuk	12
Meg Berkland	Clear Creek Amana	12
Michaela Goad	Marion	12
Molly Garrison	Xavier	12
Natalee Hartman	Marion	12
Sydney Skarich	North Scott	12

District Coach of the Year: Jackie Clubb, Clear Creek Amana

3A Northeast

Audry Tschiggfrie	Wahlert Catholic	11
Avery Knoop	Union La Porte City	11
Brooke Krogmann	West Delaware	11
Chloe Meester	Mount Vernon	11
Grace Erwin	Solon	11
Gracie Klima	Union La Porte City	12
Jayden Kuper	Monticello	11
Julia Johnson	Vinton-Shellsburg	12
Marissa Cahoy	New Hampton	12
Paige Schurbon	Mount Vernon	11
Piper Nelson	Benton Community	12
Reise Neuhaus	Anamosa	11
Sophie Sander	Anamosa	10
Sydney Huber	Mount Vernon	11
Sydney Maue	Center Point-Urbana	11

District Coach of the Year: Maggie Willems, Mount Vernon

3A Central

Aubryee Showalter	Hampton-Dumont-CAL	11
Avery Evertsen	West Marshall	11
Bethany Warren	Forest City	11
Emma Anderson	Forest City	12
Finley Schelhaas	Des Moines Christian	12
Gabby Lombardi	Des Moines Christian	12
Hadley Hardersen	Des Moines Christian	11
Indy Johnson	Clarion-Goldfield-Dows	11
Jalyn Hovenga	Forest City	12
Jenna Scharper	Osage	11
Kamryn Lande	Roland Story	11
Kaylee Stalder	Greene County	12
Najolie Price	Algona	12
Sydney Brandmeyer	Des Moines Christian	11
Xada Johnson	Clear Lake	12

District Coach of the Year: Matt Thompson-Des Moines Christian

3A Southeast

Avary Colander	Tipton	12
Dakota Mitchell	Mid-Prairie	11
Ellah Derr	Assumption, Davenport	10
Ellie Schubert	Assumption, Davenport	11
Gaby Morales	West Liberty	11
Haedyn Rebelsky	Van Meter	11
Haley Steffener	Mediapolis	12
Harper Pacha	Mid-Prairie	10
Jovi Evans	Mid-Prairie	10
Leighton Messinger	Washington	10
Maggie Johnson	Assumption, Davenport	12
Paycee Sorgenfrey	Tipton	10
Sophie Buysse	West Liberty	11
Taylor Jones	Central Lee	10
Victoria Henry	Clarke	12

District Coach of the Year: Sherry Evans, Mid-Prairie

3A West

Ava Anderson	Cherokee, Washington	12
Evy Knoblock	West Lyon, Inwood	12
Haley Nissen	Estherville Lincoln Central	11
Haley Wielenga	Western Christian	12
Hayley Kuperus	Unity Christian	12
Jada Timmerman	Cherokee, Washington	12
Jadyn Hofmeyer	Unity Christian	11
Jerzey Knight	Clarinda	11
Jordyn Aeschliman	West Lyon, Inwood	11
Keana Wynja	Western Christian	12
Laney Wolfswinkel	Cherokee, Washington	11
Maya Immeker	MOC-Floyd Valley	12
Merced Ramirez	Red Oak	12
Shayna VanDyken	Western Christian	12
Tierney Huss	MOC-Floyd Valley	11

District Coach of the Year: Tara Lugar, Cherokee, Washington

2A Southeast

Addy Happel	Lisbon	12
Ava Czarnecki	Lisbon	12
Carli Cline	West Burlington	11
Emily Coleman	West Branch	12
Ivy Davison	Van Buren	12
Kate Shafer	EBF	11
Katelynn Toft	Durant	11
Kiley Devery	Regina Iowa City	10
Kinsey Drake	Wilton	11
Maddy Falco	West Branch	11
Mady Hamelton	West Burlington	11
Molly Shafer	EBF	11
Reese Naeve	Regina Iowa City	10
Sydney Wagner	Regina Iowa City	12
Taryn Havener	West Burlington	12
Teagan Humphrey	Bellevue	12

District Coach of the Year: Gladys Genskow, EBF

Class 2A Northwest

Addisen Ehlers	East Sac County	11
Ashlyn Kovarna	Hinton	12
Avery Burgad	Hinton	12
Bailey Boeve	Hinton	10
Brenna McAlister	South Central Calhoun	11
Carlene Hicklin	Hinton	12
Cassie Skinner	Westwood Sloan	12
Frannie Glynn	Kuemper Catholic	12
Gabrielle Freissen	Hinton	12
Jenna Vonnahme	Pocahontas Area	12
Kaci Peter	Kuemper Catholic	12
Kate Vondrak	East Sac County	12
Kaylie Simons	Kuemper Catholic	10
Kirsten Grevengood	Rock Valley	12
Maggie Bloom	Alta-Aurelia	12
Makenna Meyer	East Sac County	12
McKenna Metzger	Central Lyon Rock Rapids	12
Rowan Jensen	Ridge View	12
Shae Dutler	Ridge View	12
Sydney Blackmore	Ridge View	11

District Coach(s) of the Year: Kate Ortegren and Robin Mohr, Hinton

2A Central

Abby Teske	South Hardin	11
Adasyn Lamb	Belmond Klemme	11
Annika Van Dyke	Pella Christian	12
Ava Paige	South Hardin	11
Ava Salvo	South Hardin	11
Chloe Husimann	Pella Christian	11
Danika Park	Pleasantville	12
Isabelle Noland	Columbus Catholic	12
Morgan Bradley	Columbus Catholic	12
Lainey Murphy	Grandview Christian	12
Mersadez Richter	ACGC	12
Shaylee Aguilera	Belmond Klemme	11
Stella Largent	ACGC	9

District Coach of the Year: Suzy Teske and John Teske, South Hardin

Class 2A Northeast

Abby Jensen	Dike-New Hartford	10
Alexa Buhman	Sumner-Fredericksburg	10
Alexie Hogan	Dyersville Beckman	11
Amelia Klenk	Hudson	12
Anna Curley	Wapsie Valley	12
Avery Jones	Wapsie Valley	11
Carlie Willis	Grundy Center	12
Channing Johnson	Denver	10
Dottie Byars	Lake Mills	12
Elaina Hildebrandt	Denver	12
Ellery Luhring	Grundy Center	12
Isabelle Elliott	Sumner-Fredericksburg	12
Jadyn Petersen	Dike-New Hartford	12
Jessica Gergen	Denver	12
Katelyn Schmitt	Dyersville Beckman	11
Kinsey Mohwinkle	Aplington-Parkersburg	12
Lucy Lebo	Grundy Center	12
Maryn Bixby	Dike-New Hartford	12
Payton Petersen	Dike-New Hartford	12
Peyton Klooster	Aplington-Parkersburg	11
Taylor Buhr	Wapsie Valley	10

District Coach of the Year: Diane Harms, Dike-New Hartford

2A Southwest

Alizabeth Jacobsen	Underwood	12
Alyse Petersen	Underwood	11
Ashlynn Hodges	Shenandoah	11
Aubree James	Treynor	12
Avilyn Killpack	Tri Center	11
Brooklyn Lange	Missouri Valley	12
Delaney Goshorn	AHSTW	12
Ella Tiarks	Treynor	12
Haley Swanson	Treynor	12
Mikenzie Brewer	Tri Center	12
Nora Konz	Treynor	10

District Coach of the Year: Kelsey Muxfeldt, AHSTW

1A Southwest

Addie Hocker	Audubon	12
Ayla Richardson	Riverside	11
Bella Gute	Fremont-Mills	11
Carolina Arcia	Griswold	12
Ellie Monahan	St. Albert	11
Elyssa Amdor	Riverside	12
Eva Steffenson	CAM	12
Evelyn Stoakes	East Mills	11
Gabbie Greiman	Griswold	11
Gabi Jacods	Sidney	10
Georgie Bohnet	St. Albert	12
Harlow Miller	Audubon	10
Jessica O'Day	Boyer Valley	12
Kyla Hart	Stanton	11
Lauren Johnson	Stanton	11
Lauren Malone	Boyer Valley	12
Mattie Mielsen	Audubon	12
Mia Goodman	East Mills	12
Sadie Cox	Lenox	11
Tiela Janssen	Glidden-Ralston	12

District Coach Of The Year: Connie Viner, East Mills

1A South Central

Anna Weathers	Ankeny Christian Academy	11
Annika Shanks	Mormon Trail Garden	12
Ava Oberender	Martensdale St. Mary's	11
Avery Staver	East Union	10
Carley Craighead	Ankeny Christian Academy	11
Emaleigh Pierschbacher	Lamoni	12
Gracie Peck	Seymour	12
Izze Moore	Wayne	11
Jessica Lillig	Southeast Warren	10
Jillian French	Twin Cedars	12
Lexi Clendenen	Southeast Warren	10
Lily Conry	Earlham	12
Katie Quick	Ankeny Christian Academy	11
Macey Nehring	Ankeny Christian Academy	11
Morgan Fincham	Ankeny Christian	10
Morgan Keller	Murray	12
Olivia Power	Seymour	12
Reise Gjerde	Ankeny Christian Academy	11
Sydney Forkner	Mormon Trail	11

District Coach of the Year: Michele Quick, Ankeny Christian Academy

1A Southeast

Amiya Smallwood	Sigourney	12
Anna Bendlage	Holy Trinity Catholic	11
Audrie Gipple	Winfield-Mt. Union	12
Aurey Meeker	Winfield-Mt. Union	12
Avianna West	Burlington Notre Dame	12
Ema Roberts	HLV	11
Emily Hemphill	Wapello	12
Isabella Roorda	Montezuma	12
Jacey Reineke	Belle Plaine	12
Janessa Blomme	Belle Plaine	12
Kenna Furnald	Danville	12
Lauren Krieger	Burlington Notre Dame	12
Mary Kate Bendlage	Holy Trinity Catholic	12
Natalie Randolph	Holy Trinity Catholic	12
Presley Myers	Holy Trinity Catholic	12
Sophie Malott	New London	12
Taryn Stephens	Burlington Notre Dame	12
Teagan Snaadt	Holy Trinity Catholic	11

District Coach of The Year: Melissa Freesmeier, Holy Trinity Catholic

1A North Central

Addison Schares	Don Bosco	11
Alexis Even	Don Bosco	12
Ashlyn Bechler	North Iowa Buffalo Center	11
Aspen Falk	Saint Ansgar	12
Daisy Fettkether	Dunkerton	10
Emilee Blasberg	Tripoli	12
Emily Naughton	Don Bosco	12
Isabel Bernard	Tripoli	11
Kendall Thompson	Janesville	12
Kennedi McGarvey	Don Bosco	11
Kinsey Anderson	Saint Ansgar	12
Lindsay Kruse	Saint Ansgar	10
Natalie Lobeck	Tripoli	12
Reagan Wheeler	Waterloo Christian	12
Sasha Hess	St. Edmond Fort Dodge	11
Tayah Pollock	Janesville	9
Trevyn Smith	AGWSR	11
Zoey Barnes	Janesville	11

District Coach of the Year: Jenni Schares, Don Bosco

1A Northwest

Addie Law	River Valley Correctionville	11
Alaina Goettsch	River Valley Correctionville	11
Aurora Goebel	Gehlen Catholic	11
Claire Schroeder	St. Mary's, Remsen	12
Clara Hoegh	Boyden-Hull	11
Dennie Boogerd	Boyden-Hull	11
Elsie Hoegh	Boyden-Hull	9
Kierra Jungers	Newell-Fonda	12
Kierstin Montag	West Bend-Mallard	12
Kinzee Hinders	Newell-Fonda	11
Lindsay Haken	George Little Rock	10
Madelyn Vis	Trinity Christian	11
Mya Bunkers	St. Mary's, Remsen	12
Myah Dausel	River Valley Correctionville	11
Whitney Jensen	St. Mary's, Remsen	12

District Coach of the Year: Justine Draayer, Boyden-Hull

1A Northeast

Addison Hochstetler	North Tama	10
Audrie Helmrichs	Edgewood-Colesburg	12
Bailee Weber	Central City	12
Brooklyn Biddle	Calamus-Wheatland	11
Callie Swanson	BCLUW	12
Campbell Kirby	Edgewood-Colesburg	12
Coletta Wade	Central City	12
Emily Boeckmann	Calamus-Wheatland	12
Grace Farnsworth	BCLUW	10
Hannah March	Springville	12
Isabel Hallett	North Tama	12
Isabelle Whitson	Central City	12
Kailey Larsen	Gladbrook-Reinbeck	9
Keelie Curtis	Starmont	12
Kennedy Brant	Gladbrook-Reinbeck	10
Kruiz Ewoldt	North Tama	10
Lilee Boriskey	Edgewood-Colesburg	10
Macie Lupkes	Central City	10
Marin Gaul	Edgewood-Colesburg	12
Rowan Jacobi	Springville	10
Sydney Anderson	BCLUW	12

District Coach of the Year: Dana Koprenm, Edgewood-Colesburg