

IGCA ALL-DISTRICT TEAMS

2022-2023

Class 1A

Northeast

<u>Athlete</u>	<u>School</u>
Kamryn Kurt	North Linn
Audrie Helmrichs	Edgewood-Colesburg
Macy Boge	North Linn
Delaney Scherf	Central Elkader
Molly Boge	North Linn
Kahlie Hill	Calamus-Wheatland
Rowan Jacobi	Springville
Bailee Weber	Central City
Emily Boeckmann	Calamus-Wheatland
Elise Kilburg	Marquette Catholic

Coach of the Year: Brian Wheatley, North Linn

Northwest

<u>Athlete</u>	<u>School</u>
Mckenna Sievers	Newell-Fonda
Mary Walker	Newell-Fonda
Whitney Jensen	Remsen St. Mary's
Sydney Doeschot	Kingsley-Pierson
Mya Bunkers	Remsen St. Mary's
Kierra Jungers	Newell-Fonda
Jaeden Ferris	Westwood
Ashlyn Davis	Westwood
Payton Reimers	Harris Lake Park
Mallory Leerar	West Hancock Britt
Brenna Johnson	Westwood

Coach of the Year: Nicole Goodwin, Kingsley-Pierson

North Central

<u>Athlete</u>	<u>School</u>
Audi Crooks	Bishop Garrigan
Molly Joyce	Bishop Garrigan
Emma Martinek	West Fork
Joy Beran	Riceville
Erica Hogue	Collins-Maxwell
Madison Hillman	Saint Ansgar
Nakia Ollivierre	AGWSR
Abbie Capesius	Bishop Garrigan
Leah Weaver	West Fork
Tillotti Fair	Riceville

Coach of the Year: Brandon Schwabb, Bishop Garrigan

Southeast

<u>Athlete</u>	<u>School</u>
Kennedy Axmear	English Valleys
Sarah Burton	Highland
Mary Kate Bendlage	Holy Trinity
Lydia Kriegel	Iowa Valley
Greenlee Smock	Lynnville-Sully
Mia Boulton	Montezuma
Breckyn Schilling	North Mahaska
Carly Goodwin	Sigourney
Ellah Kissell	WACO
Bradie Buffington	Winfield-Mt. Union

Coach of the Year: Janel Burgess, Montezuma

South

<u>Athlete</u>	<u>School</u>
Taylor Lumbard	Diagonal
Brynnly German	Martensdale St. Marys
Emily Williams	East Mills
Saide Cox	Lenox
Alivia Ruble	Southeast Warren
Jenna Stephens	Stanton
Jayda Chew	Murray
Taylor Henson	Lamoni
Addison Wadle	Melcher Dallas
Mia Shanks	Mormon Trail

Coach of the Year: Tim Baker, Martensdale St. Marys

West Central

<u>Athlete</u>	<u>School</u>
Shay Burmeister	Exira-EHK
Quinn Grubbs	Exira-EHK
Eva Steffensen	CAM
Paige Klocke	Glidden-Ralston
Missy Evezic	St. Albert
Charlie Pryor	Woodbine
Breeley Clayburg	Coon Rapids-Bayard
Nicole Sherer	Woodbine
Lily Krohn	St. Albert
Kara Hohertz	Earlham

Co-Coaches of the Year:

Tom Petersen, Exira-EHK

Ryan Coenen, Woodbine

Class 2A

Northeast

<u>Athlete</u>	<u>School</u>
Grace Hennessy	Denver
Payton Petersen	Dike-New Hartford
Jadyn Petersen	Dike-New Hartford
Laney Pilcher	Jesup
Ellary Knock	Dike-New Hartford
Brooklyn Love	Hudson
Ellen Waller	Aplington-Parkersburg
Morgan Neuroth	East Marshall
Laynee Hogan	East Buchanan
Carlie Willis	Grundy Center
Hallee Feaker	South Hamilton Jewell
Kendall Riherd	Aplington-Parkersburg
Coach of the Year: Bruce Dall, Dike-New Hartford	

Northwest

<u>Athlete</u>	<u>School</u>
Addison Klosterbuer	Central Lyon-Rock Rapids
Desta Hoogendoorn	Central Lyon-Rock Rapids
Madison Brouwer	Sibley-Ocheyedan
Bailey Boeve	Hinton
Riley Batta	South Central Calhoun
Kora Alesch	MMCRU
Morgan Christian	Sioux Central Sioux Rapids
Olivia Sturgis	Manson Northwest Webster
Madison Stowater	Ridgeview
Marissa Ackerman	Sibley-Ocheyedan
Akaysa Duitscher	Pocahontas Area
Brielle Engelmann	Alta-Aurelia
Coach of the Year: Heather Grafig, Central Lyon-Rock Rapids	

Southeast

<u>Athlete</u>	<u>School</u>
Ka'Lynn DeShaw	Bellevue
Payton Bush	Mediapolis
Morgan Miller	Iowa City Regina
Alli Clark	Iowa City Regina
Molly Roling	Cascade Western Dubuque
Alyssa Lux	Cascade Western Dubuque
Whitney Klyn	Eddyville-Blakesburg-Fremont
Ally Olmstead	Alburnett
Isabelle DeLong	Durant
Abbey Bence	West Burlington
Reese Osterhaus	Beckman Catholic Dyersville
Kalesia DeShaw	Bellevue
Coach of the Year: Michael Sconsa, Cascade Western Dubuque	

SouthwestAthlete

Lindsey Davis
Tyme Boettcher
Jaidyn Sellers
Josie McCuddin
Clara Teigland
Tegan Streit
Mya Moss
Izzy Eisbach
Delaney Goshorn
Kelly DeMeulenaere
Aliyah Humphrey
Alizabeth Jacobsen

School

Nodaway Valley
Panorama Panora
Panorama Panora
I-35 Truro
Treynor
Mount Ayr
Logan Magnolia
Nodaway Valley
AHSTW
Grandview Christian
Underwood
Underwood

Coach of the Year: Kylee Boettcher, Panorama Panora

Class 3A

Northeast

<u>Athlete</u>	<u>School</u>
Jenna Twedt	Benton
Carlee Rochford	New Hampton
Katy Reyerson	West Marshall
Jayden Kuper	Monticello
Ella Sharar	Iowa Falls-Alden
Claudia Aschenbrenner	Osage
Claire Lucken	Dubuque Wahlert
Lexie Lane	Clarion-Goldfield-Dows
Alyssa Griffith	Vinton-Shellsburg
Bella Borgos	West Marshall

Coach of the Year: Jeff Zittergruen, Benton

Northwest

<u>Athlete</u>	<u>School</u>
Kenna Mongan	Cherokee Washington
Haylee Stokes	Estherville Lincoln Central
Jordyn Stokes	Estherville Lincoln Central
Gracie Shoonhoven	Unity Christian
Emily TerWee	West Lyon Inwood
Willow Bleeker	Sioux Center
Gianna Klarenbeek	West Lyon Inwood
Xada Johnson	Clear Lake
Jordan Mayland	Clear Lake
Laney Wolfswinkel	Cherokee

Coach of the Year: Don Martindale, Estherville Lincoln Central

Southeast

<u>Athlete</u>	<u>School</u>
Callie Levin	Solon
Kelsey Joens	West Liberty
Rachel George	Centerville
Lilly See	Mount Vernon
Maddy Nigey	Assumption Davenport
Amara Jones	Mid-Prairie Wellman
Finley Hall	West Liberty
Makayla Morrison	Central Lee Donnellson
Hailey Miller	Solon
Ava Schubert	Assumption Davenport
Carly Rich	Williamsburg

Coach of the Year: Jamie Smith, Solon

Southwest

Athlete	<u>School</u>
Paytn Harter	Atlantic
McKenzie Snook	Chariton
Haidyn Hull	Grinnell
Ali Henry	Clarke (Osceola)
Erica Rust	Harlan Community
Aubrey Schwieso	Harlan Community
Kaitlyn Mumm	Des Moines Christian
Lynnae Green	Shenandoah
Jada Jensen	Atlantic
Maren Miller	Des Moines Christian

Coach of the Year: Dan Vargason, Atlantic

Class 4A

Central

<u>Athlete</u>	<u>School</u>
Emma Miner	DCG
Alliyah Thompson	Ballard
Makayla Boatman	North Polk
Abby Tuttle	North Polk
Nicole Storck	ADM
Finley Fitzgerald	DCG
Emily Naughton	Indianola
Chesney Steenhoek	Bondurant-Farrar
Bailey Birmingham	Norwalk
Vanessa Bickford	DCG

Coach of the Year: Clint Albertson, North Polk

Northeast

<u>Athlete</u>	<u>School</u>
Bryar Duwe	Decorah
Yazmeen Whitsitt	Decorah
Ella Bockenstedt	Marion
Katelyn Eggena	WSR
Libby Fandel	Xavier
Kyla Mason	Xavier
Brooke Krogmann	Manchester West Delaware
Morgan Mann	Humboldt
Brenna Bodensteiner	WSR
Reggi Spotts	Mason City
Aubrey Kroymann	Maquoketa

Coach of the Year: Shannon Quandahl, Decorah

Southeast

<u>Athlete</u>	<u>School</u>
Kylie Tauke	Pella
Andrea Lopreato	Mount Pleasant
Isabelle Noring	Carlisle
Emma Dunkin	Knoxville
Camille Kruse	Fort Madison
Mylee Stiefel	Burlington
Lauren Walker	Central DeWitt
Bliss Beck	Clear Creek Amana
Lauren Golinghorst	North Scott
Ava Locklear	Clear Creek Amana

Coach of the Year: Matthew Ritchhart, Knoxville

WestAthlete

Jenna Hopp

Doryn Paup

Brooklyn Stanley

Payton Hardy

Lucy Scott

Jena Young

Metta Skov

Kenley Meis

Jada Newberg

Jada Piercy

School

Glenwood

Creston

Bishop Heelan

Sergeant Bluff-Luton

Lewis Central

Winterset

LeMars

Bishop Heelan

Bishop Heelan

Spencer

Coach of the Year: Darron Koolstra, Heelan

Class 5A

East

Athlete

Jasmine Barney
Divine Bourrage
Taylor Brunson
Journey Houston
Zoe Kennedy
Grace Knutson
Reagan Pagniano
Augie Palmer
Lillie Petersen
Halli Poock
Kaliyah Sain
Emma Slings
Meena Tate
Halle Vice
Sahara Williams

School

Iowa City Liberty
Davenport North
Linn-Mar Marion
Davenport North
Linn-Mar
Cedar Falls
Pleasant Valley
Iowa City City High
Bettendorf
Waterloo West
Cedar Rapids Kennedy
Cedar Rapids Jefferson
Iowa City West
Pleasant Valley
Waterloo West

Coaches of the Year: Jennifer Goetz, Pleasant Valley

West

Athlete

Alyssa Bartlett
Makenna Clark
Brooklin Dailey
Alex Flattery
Savannah Gage
Kirsten Hauck
Arianna Jackson
Elise Jaeger
Amani Jenkins
Carlee Julius
Jenica Lewis
Sadie Maas
Trishella Miller
Jenna Pitz
Jaeden Pratt
Aaliyah Riley
Aili Tanke
Ava Zediker

School

Southeast Polk
Ankeny Centennial
Southeast Polk
Sioux City East
Ankeny
Waukee
Des Moines Roosevelt
Valley
Des Moines North
Des Moines Lincoln
Johnston
Waukee Northwest
Sioux City East
Ankeny
Ankeny Centennial
Johnston
Johnston
Dowling

Coach of the Year: Kristin Meyer, Dowling Catholic