

2010 Iowa Girls' Coaches Association All-District Teams

1A

Southeast

Carissa Nelson	Harmony
Kaysee Grogan	New London
Anna Sweeting	Highland
Rebecca Nelson	Danville
Courtney Burr	Lone Tree
Acacia LaRue	North Mahaska
Caitlin Bisinger	Midland
Courtney Mills	Harmony
Tara Van Rees	Lynnville-Sully
Emily Warwick	English Valleys

COY L.E. Moore

North Mahaska

South

Kadie Subbert	Stanton
Joscelyn Coleman	Essex
Aimee Osborne	Sidney
MacKenzie Morrison	Martensdale St Mary's
Lindsay Hoehns	Twin Cedars
Becca Pennington	Mt. Ayr
Amber Quick	Lamoni
Kaylee Stansberry	Moulton-Udell
Sam Norris	Martensdale St Mary's
Tessa Mullen	Corning

COY Jed Alexander

Martensdale St Mary's

North Central

Lindsey Bruns	Cal Latimer
Carly Christiansen	Cal Latimer
Morgan Hansen	Southeast Webster-Grand
Kate Hartman	Northwood-Kensett
Carly Jacobs	North Butler
Brenna Lantz	Rockwell City-Lytton
Olivia Olson	Mason City-Newman
Kalli Richardson	Northeast Hamilton
Rebekah Rolling	North Sentral Kossuth

COY Brandon Frohwein

Northeast Hamilton

West Central

Hallie Christofferson
Ann Walker
Tayler Geer
Melissa Greve
Katie Dentlinger
Ashley West
Emily Horstman
Ashli Dunham
Malorie Gilley
Katie VanderLinden

Exira
Exira
Treyner
Ar-We-Va
Coon Rapids Bayard
Orient Macksburg
Des Moines Christian
Boyer Valley
East Greene
Des Moines Christian

COY Tom Petersen

Exira

Northeast
Shantel Lehman
Tara Grey
Allison Rottinghaus
Megan Gilbert
Tanya Hendrickson
Shelbie Beatty
Sara Schutte
Kelcie Borman
Tamber Thoma

Valley
GMG
Don Bosco
Tripoli
Central City
East Buchanan
Postville
Preston
Bellevue Marquette

COY Holly Mohs

Valley

Northwest
Jordan Harris
Meghan Glawe
Jordan Henningsen
Jessie Timmins
Karly Groon
Megan Sanders
Susan Kies
Kati Steffen
Tasha Neilson
Emma Krier
Erica Dreckman

Akron-Westfield
Aurelia
Alta
LeMars Gehlen Catholic
Akron-Westfield
Armstrong-Ringsted
Newell-Fonda
Woodbury Central
Graettinger-Terril
Remsen St. Marys
Marcus Meridan-Cleghorn

COY Dick Jungers

Newell-Fonda

2A

West Central
Elly Arganbright

Panorama

Maggie Marnin	West Central Valley-Stuart
Karen Hutson	Logan-Magnolia
Mykel Brannan	Audubon
Kelsey Eischeid	Kuemper Catholic
Cassie Gehling	Kuemper Catholic
Ashely Hagedor	IKM-Manning
Brittini Obermeier	Audubon
Kaylee Blake	IKM-Manning
Kaitlin Rosenbeck	Guthrie Center

COY Derek Sonderland	Audubon
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South Central	South Hamilton
Katie Gustafson	Roland Story
Maddie Oliver	North Polk
Megan Howard	PCM
Taylor Van Roekel	North Polk
Marissa Madson	PCM
Shelby Houseman	Albia
Kenzie Wynn	Roland Story
Jenna Morris	Pleasantville
Konner Gordon	Pella Christian
Jasmin Schelhaas	

COY Mike Frisk	Roland-Story
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Southeast	Iowa City Regina
Ali Browning	Sigourney
Carolyn Holm	Solon
Hailee Michel	Tipton
Katelyn DeWulf	Mt. Vernon
Liz Skotowski	Iowa City Regina
Kylee Homewood	Durant
Shelby Paustian	Wilton
Carlee Grunder	Louisa-Muscatine
Amanda Steahr	Central Lee
Krista Hammer	

COY Bob Kintzel	Mt. Vernon
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Northwest	Central Lyon
Abbie Ackerman	Sibley Ocheyedan
Jessica Ackerman	Western Christian
Kayla Gesink	Manson NW Webster
Morgan Markert	

Danelle Miedema
Jessie Pauley
Mika Rodewald
Brooke Scharn
Mackenzie Small
Ashley Zobel

Sibley Ocheyeden
OABCIG
Manson NW Webster
Sioux Central
Hinton
OABCIG

COY Patrick Miller

OABCIG

Northeast
Amanda Frost
Ashtyn Dixon
Chelsey Lamker
Holly Hosch
Erica Hintgen
Kelley Klein
Amber Meyer
Alli Matthias
Emily Schweer
Abbie Wooten

Denver
Camanche
MFL MarMac
Cascade
Wapsie Valley
Jesup
Cascade
Wapsie Valley
Denver
Maquoketa Valley

COY Justin Davie

Wapsie Valley

North Central
Alison Nagel
Lacey Flugge
Kelsey Kolb
Raelee Sullivan
Megan Pieters
Lindy Pins
Dana Christensen
Morgan Ruter
Kaitlyn Bartel
Kelsey Enslin

St. Edmond, Fort Dodge
Nashua-Plainfield
Clarion-Goldfield
Osage
AGWSR
Lake Mills
Belmond-Klemme
West Hancock
Central Springs
AGWSR

COY Scott Messerly

St. Edmond, Fort Dodge

3A

Southeast
Morgan Paige
Alyson Spinas-Valinas
Cassey Sobaski
Lindsey Smith
Jen Keitel
Taylor Shull

Marion
Davenport Assumption
Washington
Central DeWitt
Central DeWitt
Mt Pleasant

Mackenzie Bigbee
Brittany Fish
Allison Emrich
Shelsey Stanley

Williamsburg
Marion
Vinton Shellsburg
Keokuk

COY Phil Long

Washington

South Central
Sam Abens
Jordan Gronewold
Kaylee Mehrhoff
Ashton Yossi
Shelby Messerschmitt
Alex Abens
Kelsey Fynhardt
Sabrina Hargis
Katie Plantz
Olivia Starceвич

Knoxville
Carlisle
Centerville
Dallas Center Grimes
Winterset
Knoxville
Pella
Bondurant
South Tama
Centerville

COY Mike Levenhagen

DCG

North Central
Natalie Hackbarth
Kirsten Lipps
Katelyn Seely
Laura TerHark
Chandra Hampton
Kristine Smith
Abby Lasher
Maddie Forsyth
Jessica Nichols
Taylor Greenfield

Algona
Algona
Algona
Algona
Hampton-Dumont
Webster City
Charles City
Charles City
Perry
Ballard-Huxley

COY: Brad Sudol

Algona

West

Carli Tritz
Millie Niggeling
Kayla Krohnke
Morgan Lucy
Jacie White
Cassidy Breon
Melissa Wiig
Ally Mahrt

Heelan
Heelan
Denison
Glenwood
Harlan
SB-L
SB-L
Spencer

Slone Masters
Cassie Meylor

Storm Lake
Storm Lake

COY – Tony Vis

NE

Kayla Sanborn
Ashley Kovarik
Mollie Sir
Jessica Stika
Moran Lonning
Claire Till
Alex Jipson
Lauren Bauer
Mary Halvorson
Rachel Drees

Anamosa
Crestwood
Crestwood
Crestwood
Decorah
Dubuque Wahlert
Oelwein
Union
Waukon
Western Dubuque

COY Gene Klinge

Waukon

4A

SE

Virginia Johnson
Amber Harrington
Mackenzie Reed
Stacy Clark
Melissa Dunleavy
Megan Hayes
Lindsey Jipp
Courtney Fritz
Peyton Strawser
Colleen Ryan

Iowa City High
Davenport North
Iowa City West
Pleasant Valley
Bettendorf
Bettendorf
Pleasant Valley
Iowa City West
Pleasant Valley
Clinton

COY Craig Clark

Pleasant Valley

Central

Rheanna Egli
Madeline Manning
Markisha Wright
Shrona Butts
Emily Parker
Riley Norman
Hannah Beeler
Meredith Zimmerman

Ankeny
Ankeny
DM East
DM East
Johnston
DM Roosevelt
Indianola
Urbandale

Kelsey Nickerson
Nateiga Cameron

Ottumwa
Lincoln

COY Sam Powell

Des Moines East

NE

Kiah Stokes
Jade Rogers
Laura Johnson
Colleen Bouchard
Jadyn Spencer
Alex Jacobson
Tia Dawson
Kayla Klopfenstein
D. J. Norman
Brittney Steffeny

Linn Mar
Kennedy
Cedar Falls
Xavier
West Waterloo
Cr Jefferson
CR Washington
Linn Mar
Linn Mar
Cr Jefferson

COY Mike Brandt

Linn Mar

NW

Kionna Kellogg
Ellen Hansen
Kyley Simmons
Jadda Buckley
Kiersten Orton
Megan Hogg
Brittini Donaldson
Josee Jansen
Summer Gordon
Lucy Montgomery

Ames
Ames
Lewis Central, CB
Mason City
Waukee
Waukee
SC North
SC North
SC West
WDM Valley

COY Chris Guess

Waukee

2010 COY

1A

South	Jed Alexander	MSt Mary's
North Central	Brandon Frohwein	Northeast Hamilton
West Central	Tom Petersen	Exira
NE	Holly Mohs	Valley
NW	Dick Jungers	Newell Fonda
SE	L.E. Moore	North Mahaska

2A

NC	Scott Messerly	St. Edmond, Ft. Dodge
NE	Justin Davie	Wapsie Valley
SC	Mike Frisk	Roland-Story
WC	Derek Sonderland	Audubon
SE	Bob Kintzel	Mt. Vernon
NW	Patrick Miller	OABCIG

3A

SE	Phil Long	Washington
NE	Gene Klinge	Waukon
South Central	Mike Levenhagen	Dallas Center – Grimes
North Central	Brad Sudol	Algona
West	Tony Vis	Harlan

4A

NE	Mike Brandt	Linn Mar
NW	Chris Guess	Waukee
SE	Craig Clark	Pleasant Valley
Central	Sam Powell	Des Moines East