

3A West

Name	School	Year
Maci Overmohle	Kuemper Catholic	12
Jazlin DeHaan	MOC-Floyd Valley	10
Emma Loveall	Spirit Lake	11
Jadeyn Schutt	MOC-Floyd Valley	12
Chloe Johnson	Red Oak	11
Payton Ahrenstorff	Spirit Lake	12
Mary Margaret Borer	Sheldon	12
Kealey Anderson	Shenandoah	12
Alyssa Mulder	Sioux Center	12
Aimee Adams	Kuemper Catholic	12
Kara Peter	Kuemper Catholic	11
Sophie Walker	Red Oak	11
District Coach of the Year	Keith Stickrod	Kuemper Catholic

3A SE

Mya Merschman	Central Lee	10
Kylie Welsh	Davenport Assumption	11
Hanna Nissen	Camanche	12
Sommer Daniels	Tipton	11
Madilynn Parson	Camanche	12
Macy Akers	West Liberty	12
Karly Berkland	Williamsburg	12
Macy Daufeldt	West Liberty	9
Sydney Marlow	West Burlington	10
Amanda Smith	Tipton	12
Lea Nelson	Davenport Assumption	12
Abbey Griffin	Albia	11
District Coach of the Year:	Amy Calonder	Tipton

3A NE

Grace Martensen	Benton	12
Sharon Goodman	Crestwood	11
Emily Kono	CPU	11
Kate Shannon	Columbus Catholic	12
Rory Light	Mt. Vernon	12
Belle Weber	Union	10
Delaney McSweeney	CPU	12
Avery Kroll	Columbus Catholic	11
Lauren Frerichs	New Hampton	12
Jordan Kuper	Monticello	11
Morgan Hussman	CPU	12
Rachel Rinken	New Hampton	11

Coach of the Year Jessica Geerts New Hampton

3A Central

Grace Renaud	Iowa Falls-Alden	12
Grace Juhl	Iowa Falls-Alden	12
Kourtney Chambers	Osage	12
Kelsey Koch	Forest City	12
Alayna Bakke	Des Moines Christian	12
Rylie Olson	Osage	12
MaKayla Geise	Roland-Story	12
Sydney Midlang	Osage	12
Morgan Middleton	Clarion-Goldfield-Dows	10
Danielle Johnson	Osage	10
Abbey Holmes	Algona	11
Jori Hajek	Humboldt	10
District Coach of the Year	Andie Olson	Osage