

3A 1st Team

| Name | School | Grade |
|---------------------|-------------------------------|--------------|
| Jena Lawrence | Albia | 12 |
| Alex Beard | Albia | 12 |
| Kameryn Etherington | Algona | 12 |
| Ellie Tallman | Anamosa | 12 |
| Anna Wohlers | Assumption Catholic Davenport | 11 |
| Olivia Engler | Atlantic | 11 |
| Alyse Harvey | Benton Community | 11 |
| Brooke Zylstra | Boyden Hull - Rock Valley | 12 |
| Tarah Wehde | Camanche | 12 |
| Claire Mathews | Centerville | 11 |
| Sara Keeler | Creston | 12 |
| Laken Lienhard | Crestwood Cresco | 12 |
| Ellie Jacobson | Humboldt | 12 |
| Kendal Clark | Humboldt | 11 |
| Carlie Thompson | Humboldt | 12 |
| Jenna Sprague | Mount Vernon | 10 |
| Hannah Foster | North Polk Alleman | 11 |
| Lauren Summers | West Burlington | 9 |
| Haylee Lehman | West Liberty | 12 |
| Austyn Crees | West Liberty | 12 |
| Peyton Driscoll | Williamsburg | 9 |
| Jill Holub | Williamsburg | 12 |

Coach of the Year: Adam Berte - Williamsburg

3A 2nd Team

| Name | School | Grade |
|-----------------|-------------------------------|--------------|
| Grace Lubben | Anamosa | 11 |
| Lauren Loken | Assumption Catholic Davenport | 10 |
| Olivia Wardlow | Assumption Catholic Davenport | 11 |
| Madison Botos | Atlantic | 11 |
| Kiana Fjeldheim | Bishop Heelan | 12 |
| Lizzy Blum | Boyden Hull - Rock Valley | 12 |
| Emma Bolton | Clarke Osceola | 11 |
| Sara Faber | Clear Lake | 12 |
| Gracie Hagle | Creston | 10 |
| Tatum Dunlavy | Estherville | 8 |
| Mady Lange | Humboldt | 12 |
| Carlin Smith | MOC - Floyd Valley | 10 |
| Nicole Sullivan | Mount Vernon | 12 |
| Nadia Telecky | Mount Vernon | 10 |
| Sydney Anderson | North Polk Alleman | 11 |
| Ellie Owen | North Polk Alleman | 12 |
| Riley Johannes | PCM Monroe | 9 |
| Chloe Johnson | Red Oak | 12 |
| Reagan Faber | Roland-Story Story City | 9 |
| Hilary Wilson | Solon | 9 |
| Logan Kelley | West Burlington | 8 |
| Aubray Walters | Williamsburg | 12 |

3A 3rd Team

| Name | School | Grade |
|---------------------|------------------------------|--------------|
| Danica Workman | Albia | 11 |
| Lillian Etherington | Algona | 9 |
| Emily Watters | Anamosa | 9 |
| Kalli Minger | Anamosa | 12 |
| Emma Townsley | Benton Community | 8 |
| Angel Shaw | Bishop Heelan | 9 |
| Ysaballa Berja | Centerville | 11 |
| Kaliegh Friend | Des Moines Christian | 9 |
| Madysen Wade | Eddyville-Blakesburg-Fremont | 12 |
| Emalee Davis | Eddyville-Blakesburg-Fremont | 11 |
| Allie Jo Zieser | Independence | 12 |
| Kenzie Fischels | Independence | 12 |
| Delanie Niemyer | MOC Floyd-Valley | 12 |
| Maia Bentley | Mount Vernon | 10 |
| Addi Vorm | Nevada | 11 |
| Nichole Gilbert | Shenandoah | 12 |
| Dana Den Herder | Sioux Center | 12 |
| Karli Olsen | Spirit Lake | 12 |
| Sophia Kreutner | Vinton-Shellsburg | 9 |
| Annika Headington | Waukon | 11 |
| Reagan Engberg | West Burlington | 10 |
| Rena Schaper | West Marshall State Center | 12 |