

3A East All-District First Team

Forwards

Abi Roberts (Linn-Mar)
Avery Horner (Bettendorf)
Claire Brown (Iowa City High)
Lanie Weikert (Muscatine)
Morgan Russman (PV)
Mya Jansen (Muscatine)

Midfielders

Camryn Woods (PV)
Ella Ubben (Cedar Falls)
Janelle Minor (CR Kennedy)
Sofia Bush (Linn-Mar)
Sophia Thomas (Muscatine)

Defenders

Addy Kerkhoff (PV)
Ella Kemp (Cedar Falls)
Grace Bode (Muscatine)
Katie Callahan (Linn-Mar)

Goalie

Addie Ford (Davenport Central)

3A East All-District Second Team

Forwards

Carson Bohonek (Bettendorf)
Cassie White (CR Kennedy)
Elena Kapparos (Dubuque Hempstead)
Kenadee Showalter (Iowa City West)

Midfielders

Ava Bell (Iowa City High)
Claire Rankin (Waterloo)
Isabella Steiner (Davenport North)
McKenna Friedman (Linn-Mar)
Peyton Markham (Bettendorf)

Defenders

Delaney Speth (Bettendorf)
Emma Friedman (Linn-Mar)
Jillian Kellum (Cedar Falls)
Kaitlyn Holmes (Muscatine)
Maclayne Menzel (Iowa City High)
Mya Witt (Iowa City High)
Riley Markham (Bettendorf)
Sophia Lewis (PV)

Goalies

Alena Litzel (Cedar Falls)
Libby Kamp (PV)
Sarah Cassady (Iowa City High)

3A East District Coach of the Year

Alex Place (Cedar Falls)

3A West All-District First Team

Forwards

Anna VanWyngarden (WDM Valley)
Ella Anliker (Dowling)
Hanna Shimmer (CBAL)
Natalie Gallagher (Waukee Northwest)

Midfielders

Alanna Pennington (Ankeny Centennial)
Avery Galloway (WDM Valley)
Kennedy Macke (Ankeny)
Zoey Mahoney (Waukee Northwest)

Defenders

Ana Spaine (WDM Valley)
Bella Leon (SC West)
Brookelyn Buttolph (WDM Valley)
Courtney Kovacs (Ankeny Centennial)
Eden Gibson (Ankeny)
Macy Davis (Waukee Northwest)
Paige Bracker (CBAL)

Goalie

Jasmine Moser (Ankeny)

3A West All-District Second Team

Forwards

America Munguia (DM East)
Annaliese Miller (Indianola)
Averi Porter (Ankeny Centennial)
Brissa Valadez (DM Lincoln)
Cady Compton (Ankeny Centennial)
Emma Hampton (Johnston)
Emma Smallcomb (SC West)
Isadora Castaneda (SC East)
Lexi Smith (CBTJ)
Liberty Bates (CBAL)
Maria Long (Urbandale)
Reggi Spotts (Mason City)
Sarah Fleming (DM Roosevelt)

Midfielders

Alexandra Flattery (SC East)
Alli Macke (Ankeny)
Annie McDevitt (Waukee Northwest)
Daniela Raya (SC West)
Isabel Andreotti (Ames)
Jazmin Martinez Rangel (CBAL)
Julia Moore (Dowling)
Karma McMorris (Mason City)
Nevaeh James (SC East)
Rita Danner (Waukee)
Shay Polson (Johnston)
Sydney Rexius (SC North)
Taylor Mulligan (Urbandale)

Defenders

Allie McKoy (Waukee)
Cami Graves (SC East)
Grace Smith (DM Roosevelt)
Josie Patton (Dowling)
Lillian Cote (SC East)
Riley Anderson (Urbandale)
Sayli Simms (DM Lincoln)
Trinity Minor (CBTJ)

Goalies

Camryn Hosick (CBTJ)
Eneyda Vazquez (SC West)
Kate Bergan (Ankeny Centennial)
Lydia Anderson (WDM Valley)
Meredith Downs (Johnston)

3A West District Coach of the Year

Rob Chapman (WDM Valley)

2A East All-District First Team

Forwards

Anna Stromberg (WSR)
Brielle Bastian (Xavier)
Grace Heddens (IC Liberty)
Mary Clare Bean (Xavier)
Reese Hilsenbeck (North Scott)

Midfielders

Kendall Knisley (North Scott)
Macy Smith (WSR)
Maia Bentley (Mt Vernon-Lisbon)
Mary Kate Moeder (Xavier)
Rilyn Breinholt (IC Liberty)

Defenders

Alli Seegers (WSR)
Annika Behrends (WSR)
Avery Plathe (Mt Vernon-Lisbon)
Eden Campbell (Xavier)
Lexi Ward (North Scott)
Maya Marquardt (IC Liberty)

Goalie

Sam Harvey (IC Liberty)

2A East All-District Second Team

Forwards

Brianna Maerz (Keokuk)
Elly Manning (Mt Pleasant)
Julianna Hill (Burlington Notre Dame)
Sydney Lynch (Gilbert)

Midfielders

Emma Grace Hartman (Central DeWitt)
Kaitlyn LaLonde (Burlington Notre Dame)
Morgan Aikey (WSR)

Defenders

Amelia Dugger (Decorah)
Bella Warm (North Scott)
Juliana Hill (Burlington Notre Dame)
Mary Kate Bendlage (Ft Madison)
Sophie Beltz (CR Washington)

Goalies

Anna Peckosh (CR Washington)
Ava Rashid (Burlington Notre Dame)
Grace Bachelder (Decorah)
Kaitlyn Eggena (WSR)
Natalie Knepper (North Scott)

2A East District Coach of the Year

Jenna Hindman (Mt Vernon-Lisbon)

2A Central All-District First Team

Forwards

Abby Warner (Pella)
Avery Korsching (DCG)
Ellie De Costa (Bondurant-Farrar)
JoJo Bice (Norwalk)

Midfielders

Anneka Stoltzfus (Pella)
Brynn Cazett (Newton)
Kylie Knief (DCG)
Makenna West (Bondurant-Farrar)
Reagan Teut (Norwalk)

Defenders

Grace Tollefson (Central Iowa United)
Hannah Kehoe (Norwalk)
Hannah Renz (DCG)
Kourtnei Daniel (Bondurant-Farrar)

Goalie

Mia Miller (Bondurant-Farrar)

2A Central All-District Second Team

Forwards

Audrey Rausch (Newton)
Easten Miller (Independence)
Logan Kleese (DM Hoover)
Maddie Shade (CCA)

Midfielders

Anna Vander Waal (Pella)
Emily Dooley (Marion)
Eva Plathe (CCA)

Defenders

Eliza Van Zee (Pella)
Gracie Schwartz (Marion)
Katie Clark (Independence)
Mia Warner (Pella)
Morgan Peterson (Newton)
Payton Meyer (Bondurant-Farrar)
Reagan Holtorf (Norwalk)

Goalies

Aurora Nehring (Newton)
Haley Van Houweling (Pella)
Lindsay Beyer (Independence)
Maya Fritz (DCG)

2A Central District Coach of the Year

Dan James (Dallas Center-Grimes)

2A West All-District First Team

Forwards

Alexa Johnson (Spencer)
Brooke Lowe (Ballard)
Hana Daoudi (Lewis Central)
Jada Jensen (Atlantic)
Madisson Watts (Carlisle)
Nora Dougherty (Glenwood)

Midfielders

Addison Hoben (Spencer)
Ainsley Erzen (Carlisle)
Aubrey Guyer (Atlantic)
Ava Scott (Glenwood)
Whitlee Auen (Denison-Schleswig)

Defenders

Della Wiseman (Winterset/Earlham)
Lauren Case (ADM)
Lauren Roenfeldt (Glenwood)
Maleah Komsie (Carlisle)

Goalie

Grace Nightser (Glenwood)

2A West All-District Second Team

Forwards

Alex Putney (Winterset/Earlham)
Emersyn Walsh (Carroll)
Gracie Hays (Lewis Central)
Jada Grove (ADM)

Midfielders

Claire Landmesser (Ballard)
Darci Wiseman (Winterset/Earlham)
Tessa Erzen (Carlisle)

Defenders

Aliza Edwards (Spencer)
Kadence Lisk (Carlisle)
Kyra Hawn (Denison-Schleswig)
Mary Perkins (Carroll)
Morgan Catron (Ballard)
Quinn Grubbs (Atlantic)

Goalies

Dani Person (ADM)
Jayden Kirsch (Carroll)
Leah Olinger (Carlisle)

2A West District Coach of the Year

John Hansel (Spencer)

1A Northeast All-District First Team

Forwards

Camille Landphair (DNH)
Emily Bowe (Center Point-Urbana)
Grace Gaarde (IC Regina)
Grace Sutton (Vinton-Shellsburg)
Jade Jackson (Assumption)
Nikayla Youngblut (Waterloo Columbus)
Savannah Schneider (Hudson)

Midfielders

Abby Davis (Vinton-Shellsburg)
Gracen Ruggles (Assumption)
Morgan Link (Solon)
Sophia Hoffman (DNH)
Spurlock Kailey (Center Point- Urbana)

Defenders

Greta Regenwether (Hudson)
Klair Hiem (Denver)
Maddie Daily (Center Point-Urbana)
Nataly Bahns (Assumption)

Goalie

Becca DuFour (Waterloo Columbus)

1A Northeast All-District Second Team

Forwards

Cenady Soenksen (NE GL/Prince of Peace)
Dru Dorsey (Assumption)
Ella Hiatt (Hudson)
Mahayla Olson (GR-GC)
Rose McAtee (Solon)
Savannah Stout (CV Christian)

Midfielders

Adrianna Gallen (Waterloo Columbus)
Ashlie Meyer (Vinton-Shellsburg)
Grace Hennessy (Denver)
Lexi Gehrke (Denver)
Molly Grote (Union)
Saffron McNamara (IC Regina)
Sophia Schneider (Hudson)

Defenders

Alex Locke (Solon)
Anaka Hosch (Maquoketa)
Bree Swenson (Vinton-Shellsburg)
Finley Hall (West Liberty)
Katie Clark (GR-GC)
Lexie Fager (DNH)
Madelyn Greve (IC Regina)
Maria Milliman (Solon)
Maya Lapan-Islas (Vinton-Shellsburg)
Olivia Surma (Waterloo Columbus)
Sydney Lorang (West Delaware)

Goalies

Alex Paisley (Solon)
Alyssa Griffith (Vinton-Shellsburg)
Dawsen Dorsey (Assumption)
Iva Senio (West Branch)
Miranda Tyler (DNH)

1A Northeast District Coach of the Year

Kevin Schmidt (Center Point-Urbana)

1A Southeast All-District First Team

Forwards

Eden Moore (Van Meter)
Greta Rothe (Washington)
Jenna Roberts (DM Christian)
Mayzi Weig (Nevada)

Midfielders

Isabel Garcia (DM Christian)
Sami Webster (DM Christian)
Tessa Borwick (Nevada)

Defenders

Clare Kelly (Van Meter)
Emma Strottman (Nevada)
Joslyn Helgens (DM Christian)
Megan McGuire (DM Christian)

Goalie

Maren Miller (DM Christian)

1A Southeast All-District Second Team

Forwards

Addy Brumble (Central Lee)
Esther Hughes (Mid-Prairie)
Giselle Marcelino (Washington)
Mickey Stephens (Centerville)
Payton Bush (Mediapolis)

Midfielders

Aubrey Boyd (Central Lee)
Janae Baker (Knoxville)
Joslyn Terpstra (Pella Christian)
Mary Kelly (Van Meter)
Mia Waddle (Panorama)

Defenders

Avery Hazen (WCV/NV)
Bella Munoz (WCV/NV)
Juvixsa Valdez (Columbus/Winfield-Mt Union)

Goalie

Maddie Dunham (Nevada)

1A Southeast District Coach of the Year

Dan Webster (DM Christian)

1A West All-District First Team

Forwards

Clara Teigland (Treynor)
Ella Klusman (CBSA)
Georgia Paulson (Underwood)
Miranda Ring (Tri-Center)
Raegen Wicks (Harlan)

Midfielders

Jada Newburgh (Bishop Heelan)
Lily Krohn (CBSA)
Mariah Nolting (Logan-Magnolia)
Marissa Ring (Tri-Center)
Sadie Schaaf (Treynor)

Defenders

Anna Helton (CBSA)
Gracie Rooney (Bishop Heelan)
Laura Wurdemen (Tri-Center)
Lola Paulson (Underwood)

Goalie

Preslie Arbaugh (Tri-Center)

1A West All-District Second Team

Forwards

Ali Hess (Garner-Hayfield/Ventura)
Aubrey Deshaw (MOC- Floyd Valley)
Ava McIntyre (Humboldt)
Brooke Daughenbaugh (Tri-Center)
Eden Brooklyn (Clear Lake)
Sierra Neilsen (Western Christian)
Trellyn White (Bishop Heelan)
Zoe Heim (Logan-Magnolia)

Midfielders

Ava Brensal (Underwood)
Ella Nielson (Clear Lake)
Hailey Triplet (West Sioux)
Hannah Hulstein (MOC- Floyd Valley)
Katelyn Knoll (Garner-Hayfield/Ventura)
Kendra Kuck (Underwood)
Kenya Prescott (Kuemper Catholic)
Tieler Hull (Underwood)

Defenders

Claire Bleeker (Western Christian)
Claire Schmitz (Harlan)
Elizabeth De los Santos (Bishop Heelan)
Ella Olson (Humboldt)
Josie Davidson (Treynor)
Kristina Miller (Clear Lake)
Mallory Rieken (Hampton-Dumont-CAL)
Olivia Fausnaugh (Clear Lake)
Sophie Messerschmidt (Missouri Valley)

Goalies

Chloe Frank (Garner-Hayfield/Ventura)
Lauren Lafleur (Bishop Heelan)
Madison Eherens (Underwood)
Rylie Visser (Unity Christian)
Shauna Salker (West Sioux)

1A West District Coach of the Year

Tyler L. Nelson (Underwood)