

3A All-State First Team

Forwards

Anna Van Wyngarden (WDM Valley)

Avery Horner (Bettendorf)

Hanna Shimmer (CBAL)

Morgan Russman (PV)

Midfielders

Alanna Pennington (Ankeny Centennial)

Avery Galloway (WDM Valley)

Kennedy Macke (Ankeny)

Sofia Bush (Linn-Mar)

Sophia Thomas (Muscatine)

Defenders

Addy Kerkhoff (PV)

Ana Spaine (WDM Valley)

Brookelyn Buttolph (WDM Valley)

Courtney Kovacs (Ankeny Centennial)

Eden Gibson (Ankeny)

Grace Bode (Muscatine)

Katie Callahan (Linn-Mar)

Paige Bracker (CBAL)

Goalie

Jasmine Moser (Ankeny)

3A All-State Second Team

Forwards

Abi Roberts (Linn-Mar)

Averi Porter (Ankeny Centennial)

Brissa Valadez (DM Lincoln)

Cady Compton (Ankeny Centennial)

Claire Brown (Iowa City High)

Ella Anliker (Dowling)

Lanie Weikert (Muscatine)

Mya Jansen (Muscatine)

Natalie Gallagher (Waukee Northwest)

Sarah Fleming (DM Roosevelt)

Midfielders

Camryn Woods (PV)

Ella Ubben (Cedar Falls)

Janelle Minor (CR Kennedy)

Zoey Mahoney (Waukee Northwest)

Defenders

Bella Leon (SC West)

Ella Kemp (Cedar Falls)

Lexy Mayo (CBAL)

Macy Davis (Waukee Northwest)

Goalie

Addie Ford (Davenport Central)

Kate Bergan (Ankeny Centennial)

3A State Coach of the Year

Robbie Miller (CBAL)

2A All-State First Team

Forwards

Alexa Johnson (Spencer)
Anna Stromberg (Waverly-Shell Rock)
Avery Korsching (Dallas Center-Grimes)
Brielle Bastian (Xavier)
Ellie De Costa (Bondurant-Farrar)
Hana Daoudi (Lewis Central)
Jojo Bice (Norwalk)
Madisson Watts (Carlisle)

Midfielders

Kendall Knisley (North Scott)
Kylie Knief (Dallas Center-Grimes)
Macy Smith (Waverly-Shell Rock)
Maia Bentley (Mt Vernon-Lisbon)
Mary Kate Moeder (Xavier)

Defenders

Eden Campbell (Xavier)
Hannah Renz (Dallas Center-Grimes)
Lexi Ward (North Scott)
Maleah Kompsie (Carlisle)

Goalie

Sam Harvey (IC Liberty)

2A All-State Second Team

Forwards

Abby Warner (Pella)
Brooke Lowe (Ballard)
Grace Heddens (IC Liberty)
Jada Jensen (Atlantic)
Mary Clare Bean (Xavier)
Nora Dougherty (Glenwood)
Reese Hilsenbeck (North Scott)

Midfielders

Addison Hoben (Spencer)
Ainsley Erzen (Carlisle)
Anneka Stoltzfus (Pella)
Aubrey Guyer (Atlantic)
Ava Scott (Glenwood)
Brynn Cazett (Newton)
Makenna West (Bondurant-Farrar)
Morgan Aikey (Waverly-Shell Rock)
Reagan Teut (Norwalk)
Rilyn Breinholt (IC Liberty)
Whitlee Auen (Denison-Schleswig)

Defenders

Alli Seegers (Waverly-Shell Rock)
Annika Behrends (Waverly-Shell Rock)
Avery Plathe (Mt Vernon-Lisbon)
Della Wiseman (Winterset/Earlham)
Elana Bartak (Dallas Center-Grimes)
Grace Tollefson (CIU)
Hannah Kehoe (Norwalk)
Kourtnei Daniel (Bondurant-Farrar)
Lauren Case (ADM)
Lauren Roenfeldt (Glenwood)
Lisa Overmann (Waverly-Shell Rock)
Maya Marquardt (IC Liberty)

Goalies

Grace Nightser (Glenwood)
Maya Fritz (Dallas Center-Grimes)
Mia Miller (Bondurant-Farrar)

2A State Coach of the Year

Dan James (Dallas Center-Grimes)

1A All-State First Team

Forwards

Camille Landphair (DNH)
Eden Moore (Van Meter)
Emily Bowe (Center Point-Urbana)
Grace Gaarde (IC Regina)
Jade Jackson (Assumption)
Jenna Roberts (DM Christian)
Miranda Ring (Tri-Center)

Midfielders

Gracen Ruggles (Assumption)
Isabel Garcia (DM Christian)
Lily Krohn (CBSA)
Marissa Ring (Tri-Center)
Sami Webster (DM Christian)

Defenders

Emma Strottman (Nevada)
Laura Wurdemen (Tri-Center)
Lola Paulson (Underwood)
Maddie Daily (Center Point-Urbana)
Natalie Bahns (Assumption)

Goalie

Becca DuFour (Waterloo Columbus)

1A All-State Second Team

Forwards

Clara Teigland (Treydor)
Ella Klusman (CBSA)
Georgia Paulson (Underwood)
Grace Sutton (Vinton-Shellsburg)
Greta Rothe (Washington)
Mayzi Weig (Nevada)
Nikayla Youngblut (Waterloo Columbus)
Raegen Wicks (Harlan)
Savannah Schneider (Hudson)
Tieler Hull (Underwood)

Midfielders

Abby Davis (Vinton-Shellsburg)
Jada Newburgh (Bishop Heelan)
Mariah Nolting (Logan-Magnolia)
Morgan Link (Solon)
Raegan Ward (Underwood)
Sadie Schaaf (Treydor)
Sophia Hoffman (DNH)
Spurlock Kailey (Center Point- Urbana)
Tessa Borwick (Nevada)

Defenders

Anna Helton (CBSA)
Clare Kelly (Van Meter)
Gracie Rooney (Bishop Heelan)
Greta Regenwether (Hudson)
Joslyn Helgens (DM Christian)
Klair Hiem (Denver)
Megan McGuire (DM Christian)
Morgan Jennings (Assumption)

Goalie

Maddie Dunham (Nevada)
Maren Miller (DM Christian)
Preslie Arbaugh (Tri-Center)

1A State Coach of the Year

Dan Webster (DM Christian)