



### 3A Southeast District

<u>Name</u>	<u>School</u>	<u>Grade</u>
Hannah Isley	Albia	11
Peyton Parker	Union Community, LaPorte City	12
Macy Akers	West Liberty	10
Vanessa Bakley	Clarke	12
Sydnee Redman	Clarke	12
Jena Lawrence	Albia	9
Lexi Riggall	Centerville	12
BaileaYahnke	Davis County	10
Kaitlin Holschlag	Union Community, LaPorte City	12
Abby Sweet	Centerville	11
Daryn Nowlin	Central Decatur, Leon	12
Alex Beard	Albia	9
Makenna Davis	West Burlington	10

District Coach of the Year:    Lindsay Diehl                      Clarke

### 3A Northwest District

<u>Name</u>	<u>School</u>	<u>Grade</u>
Ally Anderson	Atlantic	11
Kaitlyn Van Der Zwaag	Boyden-Hull/Rock Valley	11
Jessica Harald	Sioux Center	12
Kelsey Kannenberg	Spirit Lake	11
Sammy Blum	Boyden-Hull/Rock Valley	12
Cassie Van Beek	Boyden-Hull/Rock Valley	12
Alexis Handel	Atlantic	11
Lindsay Williams	Cherokee, Washington	11
Shayla Post	Sioux Center	11
Kalee Peter	Kuemper Catholic, Carroll	11
Baylee Newell	Atlantic	10
Kamryn Buntrock	Red Oak	10
Kayla Venner	Kuemper Catholic, Carroll	10
Gabby Heckard	Estherville Lincoln Central	12
Payton Ahrenstorff	Spirit Lake	10
Logan Hughes	Shenandoah	10
Chloe Johnson	Red Oak	9

District Coach of the Year: Sara Friedrichsen      Boyden-Hull/Rock Valley

### 3A Central District

<u>Name</u>	<u>School</u>	<u>Grade</u>
Ellie Jacobson	Humboldt	9
Avery Terwilliger	Humboldt	12
Jayci Vos	PCM	12
Kallie Malloy	West Marshall	12
Julia Merfeld	Clear Lake	9
Lauren Keane	Iowa Falls-Alden	12
Megan Carey	Greene County + Paton Churdan	10
Rebecca Rimathe	North Polk	12
Anneliese Barton	Saydel	12
Brooke Snyder	West Marshall	11
Mady Lange	Humboldt	9
Kayla Jennings	PCM	12
Hailey Louw	Roland Story	11
Lyndsay Bianchi	Saydel	12
Emma Hjelle	Algona	11
Brooke Fonley	Algona	11
Kodie Hoskey	East Marshall	9
Cassy Miller	Hampton-Dumont	12

District Coach of the Year: Doug VanPelt Humboldt