

MRAC GIRLS BASKETBALL HISTORY

Regular Season Champions

YEAR	SCHOOL	RECORD	COACH
2000-01	Sioux City East	10-0	Dan Pomeranke
2001-02	Sioux City North	9-1	Kirk Walker
2002-03	Abraham Lincoln	10-0	Chuck May
2003-04	Sioux City North	9-1	Kirk Walker
2004-05	Sioux City North	9-1	Kirk Walker
2005-06	Sioux City North	10-0	Kirk Walker
2006-07	Sioux City North	10-0	Kirk Walker
2007-08	Sioux City Heelan	10-0	Doug Moody
2008-09	Sioux City North	10-0	Kirk Walker
2009-10	Sioux City Heelan	10-0	Darron Koolstra
2010-11	Sioux City North	11-1	Kirk Walker
	Sergeant Bluff-Luton	11-1	Miranda (Boekhout) Riediger
2011-12	Sioux City Heelan	12-0	Darron Koolstra
2012-13	Sioux City Heelan	12-0	Darron Koolstra
2013-14	Sioux City Heelan	11-1	Darron Koolstra
2014-15	Sioux City Heelan	12-0	Darron Koolstra
2015-16	Sioux City West	12-0	Betsy Boetger
2016-17	Sergeant Bluff-Luton	10-2	Miranda Riediger
2017-18	Sergeant Bluff-Luton	9-3	Miranda Riediger
	Bishop Heelan	9-3	Darron Koolstra
2018-19	Bishop Heelan	8-4	Darron Koolstra
	Sioux City East	8-4	Brian Drent
2019-20	Bishop Heelan	12-2	Darron Koolstra
2020-21	Sioux City East	13-1	Brian Drent
2021-22	Bishop Heelan	13-1	Darron Koolstra
2022-23	Bishop Heelan	13-1	Darron Koolstra
2023-24	Bishop Heelan	13-1	Darron Koolstra
2024-25	Bishop Heelan	14-0	Darron Koolstra
2025-26	Bishop Heelan	14-0	Darron Koolstra



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<u>2000-01</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2007-08</u>	<u>CONF</u>	<u>OVERALL</u>	North	2-10	3-19
**East	10-0	23-2	**Heelan (SC)	10-0	25-2	Thomas Jefferson	0-12	1-21
Heelan	7-3	12-10	**North	8-2	20-5			
Abraham Lincoln	6-4	15-8	East	6-4	16-8	2014-15	CONF	OVERALL
North	5-5	13-8	Abraham Lincoln	3-7	10-12	**Heelan	12-0	21-4
West	1-9	2-19	West	1-9	3-19	West	9-3	13-9
Thomas Jefferson	1-9	4-18	Thomas Jefferson	1-9	4-18	East	8-4	11-13
						Sergeant Bluff-Luton	7-5	10-12
2001-02	CONF	OVERALL	2008-09	CONF	OVERALL	North	3-9	6-15
**North	9-1	19-4	**North (SC)	10-0	25-1	Abraham Lincoln	3-9	4-19
Abraham Lincoln	8-2	16-6	**Heelan	8-2	20-5	Thomas Jefferson	0-12	2-20
East	6-4	13-8	East	5-5	11-12			
Heelan	5-5	12-11	West	4-6	6-14	2015-16	CONF	OVERALL
West	1-9	4-17	Thomas Jefferson	3-7	6-18	West	12-0	18-5
Thomas Jefferson	1-9	8-12	Abraham Lincoln	0-10	1-22	Heelan	9-3	12-11
						Sergeant Bluff-Luton	9-3	13-9
2002-03	CONF	OVERALL	2009-10	CONF	OVERALL	North	5-7	5-15
**Abraham Lincoln	10-0	22-2	**Heelan (SC)	10-0	26-1	East	4-8	5-18
North	6-4	16-7	North	8-2	15-8	Abraham Lincoln	3-9	6-17
West	5-5	12-9	East	5-5	9-14	Thomas Jefferson	0-12	2-20
Heelan	5-5	13-9	Abraham Lincoln	4-6	10-12			
East	4-6	12-11	West	3-7	6-15	2016-17	CONF	OVERALL
Thomas Jefferson	0-10	6-16	Thomas Jefferson	0-10	0-22	Sergeant Bluff-Luton	10-2	14-9
						Heelan	9-3	13-10
2003-04	CONF	OVERALL	2010-11	CONF	OVERALL	West	9-3	11-10
North	9-1	13-8	North	11-1	17-6	Abraham Lincoln	5-7	11-12
East	8-2	15-8	**Sergeant Bluff-Luton	11-1	23-3	North	5-7	5-13
Abraham Lincoln	6-4	13-10	Heelan	8-4	15-9	East	4-8	8-16
West	4-6	6-16	East	5-7	8-15	Thomas Jefferson	0-12	4-18
Heelan	2-8	6-16	Abraham Lincoln	5-7	12-12			
Thomas Jefferson	1-9	6-16	West	1-11	4-18	2017-18	CONF	OVERALL
			Thomas Jefferson	1-11	3-19	Sergeant Bluff-Luton	9-3	14-9
2004-05	CONF	OVERALL	2011-12	CONF	OVERALL	Heelan	9-3	14-9
North	9-1	16-6	**Heelan	12-0	24-2	West	8-4	16-7
East	8-2	18-5	Sergeant Bluff-Luton	10-2	16-7	Abraham Lincoln	7-5	13-9
West	6-4	12-10	West	7-5	11-12	Thomas Jefferson	6-6	14-9
Heelan	5-5	13-8	East	6-6	8-15	East	3-9	3-18
Abraham Lincoln	1-9	2-20	Abraham Lincoln	5-7	9-13	North	0-12	1-21
Thomas Jefferson	1-9	8-15	North	2-10	4-18			
			Thomas Jefferson	0-12	0-21	2018-19	CONF	OVERALL
2005-06	CONF	OVERALL	2012-13	CONF	OVERALL	**Heelan	8-4	19-6
**North	10-0	22-2	**Heelan	12-0	21-4	East	8-4	14-9
Heelan	6-4	15-10	Abraham Lincoln	9-3	16-8	Thomas Jefferson	7-5	12-10
East	5-5	10-13	West	9-3	18-5	Abraham Lincoln	6-5	12-10
West	5-5	11-11	Sergeant Bluff-Luton	5-7	9-13	Sergeant Bluff-Luton	6-6	11-11
Thomas Jefferson	3-7	9-13	East	5-7	9-14	West	6-6	10-14
Abraham Lincoln	1-9	7-16	North	2-10	2-20	North	0-11	0-21
			Thomas Jefferson	0-12	0-22			
2006-07	CONF	OVERALL	2013-14	CONF	OVERALL	2019-20	CONF	OVERALL
**North (SC)	10-0	25-2	**Heelan	11-1	20-4	**Heelan (SC)	12-2	22-4
**Heelan	7-2	19-4	West	10-2	15-7	Abraham Lincoln	11-3	16-7
East	5-5	10-12	Sergeant Bluff-Luton	7-5	13-9	**East	10-4	16-8
Thomas Jefferson	4-5	11-10	Abraham Lincoln	7-5	10-13	Sergeant Bluff-Luton	8-6	13-9
Abraham Lincoln	3-6	7-14	East	5-7	8-16	Le Mars	6-8	13-10
West	0-9	0-21				West	6-8	11-12
						Thomas Jefferson	3-11	7-15
						North	0-14	2-20

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<u>2020-21</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2023-24</u>	<u>CONF</u>	<u>OVERALL</u>	**State qualifier (SC) – State Champs
East	13-1	18-5	**Heelan	13-1	23-2	
Heelan	10-4	17-6	Le Mars	12-2	18-4	
Sergeant Bluff-Luton	10-4	13-9	East	11-3	18-6	
Le Mars	9-5	14-9	West	8-6	12-11	
Abraham Lincoln	8-6	10-11	Abraham Lincoln	6-8	9-13	
West	4-10	5-16	North	3-11	5-17	
Thomas Jefferson	1-13	2-20	Sergeant Bluff-Luton	3-11	3-18	
North	1-13	1-21	Thomas Jefferson	0-14	1-21	
<u>2021-22</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2024-25</u>	<u>CONF</u>	<u>OVERALL</u>	
**Heelan	13-1	23-3	**Heelan	14-0	21-3	
**Sergeant Bluff-Luton	11-3	20-5	East	11-3	15-7	
East	10-4	15-8	West	10-4	15-7	
Le Mars	7-7	10-13	Abraham Lincoln	8-6	10-12	
Abraham Lincoln	6-8	10-12	Le Mars	6-8	8-15	
West	6-8	9-13	Sergeant Bluff-Luton	5-9	6-16	
North	3-11	5-17	North	2-12	2-18	
Thomas Jefferson	0-14	1-21	Thomas Jefferson	0-14	0-21	
<u>2022-23</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2025-26</u>	<u>CONF</u>	<u>OVERALL</u>	
**Heelan	13-1	23-3	**Heelan	14-0	24-1	
East	12-2	17-5	East	12-2	17-6	
Sergeant Bluff-Luton	8-6	13-10	Abraham Lincoln	10-4	12-10	
Le Mars	8-6	13-10	Sergeant Bluff-Luton	8-6	11-11	
Abraham Lincoln	7-7	12-10	Le Mars	6-8	9-14	
West	6-8	11-13	North	4-10	6-17	
North	2-12	4-18	West	2-12	2-18	
Thomas Jefferson	0-14	2-20	Thomas Jefferson	0-14	0-23	

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All-Conference

2001

FIRST TEAM

Shannon Christiansen, Heelan; Megan Cloud, East; Karen Daniels, Heelan; Beth Rohlena, North; Stacia Swanson, East; Elisha Turek, Abraham Lincoln.

SECOND TEAM

Brittany Carper, East; Erin Dohrmann, North; Michelle Glanz, Abraham Lincoln; Laura Morehead, East; Jamie Perkins, Thomas Jefferson; Krista Schoenfish, North.

HONORABLE MENTION

Jenny Bouwer, East; Ali Karpuk, Heelan; Jacinta Ojinnaka, North; Shanna Cook, North; Molly Prosser, West; Amanda Reddish, Abraham Lincoln; Tina Bonacci, Thomas Jefferson.

2002

FIRST TEAM

Erin Dohrmann, North; Christi Huigens, Heelan; Betsy Ingenthron, East; Brooke Niles, Heelan; Krista Schoenfish, North; Elisha Turek, Abraham Lincoln.

SECOND TEAM

Kristi Benson, East; Sadie Brown, West; Shanna Cook, North; Ashley Freeman, Abraham Lincoln; Dani Gass, East; Jamie Perkins, Thomas Jefferson.

HONORABLE MENTION

Ashley Cleveland, East; Karla Block, Heelan; Erin Glidden, North; Megan Postema, North; Niya Branch, West; Sammi Fetch, Abraham Lincoln; Sara Kernes, Abraham Lincoln; Angie Bergantzel, Thomas Jefferson.

2003

FIRST TEAM

Erin Dohrmann, North; Dani Gass, East; Betsy Ingenthron, East; Brooke Niles, Heelan; Michelle Ridenour, Abraham Lincoln; Elisa Turek, Abraham Lincoln.

SECOND TEAM

Sadie Brown, West; Prairie Gordon, West; Amanda Heithoff, Abraham Lincoln; Jessica Lalk, Abraham Lincoln; Betsy Reynolds, East; Jessica Quade, North.

HONORABLE MENTION

Laura Gehling, Heelan; Claire Goins, Heelan; Maggie Kukuk, North; Kelsey Johnikin, West; Sammi Fetch, Abraham Lincoln; Jessica Regan, Abraham Lincoln; Sarah Walck, Thomas Jefferson.

2004

FIRST TEAM

Sammi Fetch, Abraham Lincoln; Dani Gass, East; Kelsey Johnikin, West; Jordan Johnson, East; Connie Walding, North; Tanaeya Worden, North.

SECOND TEAM

Kali Angerman, East; Claire Goins, Heelan; Karin Hotchkiss, Heelan; Jenna Kalin, North; Cat Nelson, North; Jessica Regan, Abraham Lincoln.

HONORABLE MENTION

Shannon Reynolds, East; Kayla Larson, East; Mackenzie Harris, Heelan; Megan Walding, Heelan; Alicia Robinson, North; Jenna Hebert, West; Callie Roan, West; Erin Kellar, Abraham Lincoln; Megan Petratis, Abraham Lincoln; Kara Vallinch, Thomas Jefferson; Sarah Walck, Thomas Jefferson.

2005

FIRST TEAM

Dani Gass, East; Kelsey Johnikin, West; Jenna Kalin, North; Michaelle Lund, Heelan; Brianna Paulsen, East; Tanaeya Worden, North.

SECOND TEAM

Sadie Brown, West; Claire Goins, Heelan; Jacqui Kalin, North; Cat Nelson, North; Courtney Stark, West; Jen Swotek, Thomas Jefferson.

HONORABLE MENTION

Shannon Reynolds, East; Kali Angerman, East; Alisha Wheat, East; Karin Hotchkiss, Heelan; Connie Walding, North; Katelyn Witt, Abraham Lincoln; Stephanie Gnap, Abraham Lincoln; Val Robinson, Thomas Jefferson; Ashtyn Neil, Thomas Jefferson.

2006

FIRST TEAM

Kelsey Johnikin, West; Jacqui Kalin, North; Michelle Lund, Heelan; Cat Nelson, North; Katie Vondrak, Heelan; Tanaeya Worden, North.

SECOND TEAM

Steph Evans, West; Brianna Paulsen, East; Sarah Milner, Abraham Lincoln; Kathleen Reynolds, East; Val Robinson, Thomas Jefferson; Jen Swotek, Thomas Jefferson.

HONORABLE MENTION

Jessica Pomeranke, East; Wendy Hofmeyer, East; Connie Walding, North; Steph Robinson, North; Domanika Harris, West; Katrina Mosey, West.

2007

FIRST TEAM

Likeisha Dotson, North; Wendy Hofmeyer, East; Jacqui Kalin, North; Michelle Lund, Hee-

lan; Millie Niggeling, Heelan; Tanaeya Worden, North.

SECOND TEAM

Sarah Jane Bowden, North; Steph Evans, West; Courtney McCarthy, Heelan; Sarah Milner, Abraham Lincoln; Jen Swotek, Thomas Jefferson; Katie Vondrak, Heelan.

HONORABLE MENTION

Jalyssa Ceasar, North; Lauren Nugent, East; Kathleen Reynolds, East; Brittany Ridenour, Abraham Lincoln; Steph Robinson, East; Ashley Vanderloo, East.

2008

FIRST TEAM

Jalyssa Ceasar, North; Michelle Lund, Heelan; Millie Niggeling, Heelan; Kathleen Reynolds, East; Steph Robinson, North; Carli Tritz, Heelan.

SECOND TEAM

Sarah Jane Bowden, North; Erica Denney, North; Courtney McCarthy, Heelan; Emily McCarthy, East; Lauren Nugent, East; Laura Sales, Abraham Lincoln.

HONORABLE MENTION

Brittany Ridenour, Abraham Lincoln; Lindsay Sorenson, Abraham Lincoln; Erica Whaley, Thomas Jefferson; Anna Lambrecht, West; Nicole Engle, West; Ashlie Stokes, North; Chelsie Stokes, North; Brittini Donaldson, North; Ashley Vanderloo, East.

2009

FIRST TEAM

Jalyssa Ceasar, North; Erica Denney, North; Brittini Donaldson, North; Brianna Mozer, East; Millie Niggeling, Heelan; Carli Tritz, Heelan.

SECOND TEAM

Summer Gordon, West; Josee Jansen, North; Chelsie Stokes, North; Ashley Vanderloo, East; Jordan Gilenwater, Abraham Lincoln; Maggie Vondrak, Heelan.

2010

FIRST TEAM

Brittini Donaldson, North; Summer Gordon, West; Josee Jansen, North; Brittney Mozer, East; Millie Niggeling, Heelan; Carli Tritz, Heelan;

SECOND TEAM

Abby Axthlem, North; Kari Ceasar, North; Jordan Gilenwater, Abraham Lincoln; Amanda Hoffman, Heelan; Maggie Vondrak, Heelan.

2011

FIRST TEAM

Cassidy Breon, Sergeant Bluff-Luton; Brittini

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Donaldson, North; Jordan Gilenwater, Abraham Lincoln; Summer Gordon, North; Paige O'Neal, Sergeant Bluff-Luton; Betsy Thomas, Sergeant Bluff-Luton.

SECOND TEAM

Brittney Mozer, East; Natalie Vondrak, Heelan; Madison Yohe, Heelan; Josee Jansen, North; Ashlie Stokes, North; Tanya Meyer, West.

HONORABLE MENTION

Melissa Mounts, East; Reyna Mikulicz, East; Payton Pry, East; MaKayla Augustine, Heelan; Megan McCarthy, Heelan; Emily Wisecup, Sergeant Bluff-Luton; Taylor Powers, Abraham Lincoln; Amanda Coffelt, Thomas Jefferson.

2012

FIRST TEAM

MaKayla Augustine, Heelan; Cassidy Broen, Sergeant Bluff-Luton; Tanya Meyer, West; Betsy Thomas, Sergeant Bluff-Luton; Natalie Vondrak, Heelan; Madison Yohe, Heelan.

SECOND TEAM

Delaney Bolten, Abraham Lincoln; Natalie Engle, West; Alex Fuller, Heelan; Cassie Geopfert, East; Tara Schwaderer, East; Emily Wisecup, Sergeant Bluff-Luton.

2013

FIRST TEAM

MaKayla Augustine, Heelan; Delaney Bolten, Abraham Lincoln; Jenna Bork, Heelan; Megan McCarthy, Heelan; Tanya Meyer, West; Tara Schwaderer, East.

SECOND TEAM

Samantha Birkes, West; Cassie Geopfert, West; Taylor Koolstra, Heelan; Miles Ludwigs, Sergeant Bluff-Luton; Lauren Meeker, Abraham Lincoln; Amber Schubert, Sergeant Bluff-Luton.

2014

FIRST TEAM

Delaney Bolten, Abraham Lincoln; Jenna Bork, Heelan; Sidney Hildahl, East; Tanya Meyer, West; Miles Ludwigs, Sergeant Bluff-Luton; Megan Todd, Heelan.

SECOND TEAM

Samantha Birkes, West; Shauna Folchert, North; Allysen Fuller, East; Cassie Geopfert, West; Amber Schubert, Sergeant Bluff-Luton; Hanna Vanderloo, East.

2015

FIRST TEAM

Tristan Beaulieu, Heelan; Samantha Birkes, West; Shauna Folchert, North; Sidney Hildahl, East; Amber Schubert, Sergeant Bluff-Luton; Megan Todd, Heelan.

SECOND TEAM

Taylor Beaulieu, Heelan; Allysen Fuller, East; Grace Hanno, Heelan; Rachel Knutson-Kobold, West; Hanna Vanderloo, East; Madison Wegner, Sergeant Bluff-Luton.

2016

FIRST TEAM

Grace Hanno, Heelan; Claire Jones, Abraham Lincoln; Rachel Knutson-Kobold, West; Anna Lucas, Sergeant Bluff-Luton; Maycen Schueth, North; Rylie Zyzda, East.

SECOND TEAM

Amanda Gors, West; Jayda Graham, North; Madi Jensen, West; Bri Moore, West; Abby Nissen, Sergeant Bluff-Luton; Lexie Stolen, Heelan.

2017

FIRST TEAM

Taylor Copple, East; Jayda Graham, North; Claire Jones, Abraham Lincoln; Bri Moore, West; Lexie Stolen, Heelan; Abby Wisecup, Sergeant Bluff-Luton.

SECOND TEAM

Kylee Chrisensen, Sergeant Bluff-Luton; Ellie Cropley, Heelan; Carly Knutson-Kobold, West; Anna Lucas, Sergeant Bluff-Luton; Maycen Schueth, Heelan; Ella Skinner, Heelan.

2018

FIRST TEAM

Kenzie Foley, Sergeant Bluff-Luton; Carly Knutson-Kobold, West; Anna Lucas, Sergeant Bluff-Luton; Katelyn Stanley, Heelan; LaTeah Willie, Thomas Jefferson; Abby Wisecup, Sergeant Bluff-Luton.

SECOND TEAM

Hallie Dicus, West; Hailee Enoch, North; Kennedy McCloy, East; Cailey Schaa, Abraham Lincoln; Maycen Schueth, Heelan; Ella Skinner, Heelan.

2019

FIRST TEAM

Nyamer Diew, East; Kenzie Foley, Sergeant Bluff-Luton; Ella Skinner, Heelan; Allison Schubert, Thomas Jefferson; Katelyn Stanley, Heelan; Abby Wisecup, Sergeant Bluff-Luton.

SECOND TEAM

Bricelyn Comstock, West; Hailee Enoch, North; Kennedy McCloy, East; Jillian Shanks, Abraham Lincoln; Lucy Turner, Abraham Lincoln; LaTeah Willie, Thomas Jefferson.

2020

FIRST TEAM

Nyamer Diew, East; Kenzie Foley, Sergeant Bluff-Luton; Kennedy McCloy, East, Ella Skinner, Heelan; Katelyn Stanley, Heelan; Julia Wagoner, Abraham Lincoln

SECOND TEAM

Amber Aesoph, Heelan, Jaelynn Dreckman, Le Mars, Allison Schubert Thomas Jefferson, Jillian Shanks, Abraham Lincoln, Lucy Turner, Abraham Lincoln, Andrea Vazquez, West.

2021

FIRST TEAM

Kayla Benson, East; Kylie Dreckman, Le Mars; Payton Hardy, Sergeant Bluff-Luton; Kenley Meis, Heelan; Emma Salker, Sergeant Bluff-Luton; Jillian Shanks, Abraham Lincoln.

SECOND TEAM

Sarah Brown, Le Mars; Megan Callahan, East; Taylor Drent, East; Baylie Girres, Abraham Lincoln; Maddie Hinkel, Sergeant Bluff-Luton; Lauryn Peck, Heelan.

2022

FIRST TEAM

Alex Flattery, East; Baylie Girres, Abraham Lincoln; Payton Hardy, Sergeant Bluff-Luton; Kenley Meis, Bishop Heelan; Emma Salker, Sergeant Bluff-Luton; Brooklyn Stanley, Bishop Heelan.

SECOND TEAM

Kayla Benson, East; Sarah Brown, Le Mars; Taylor Drent, East; Maddie Hinkel, Sergeant Bluff-Luton; Lily Juhnke, West; Lauryn Peck, Bishop Heelan.

2023

FIRST TEAM

Kiah Davis, West; Alex Flattery, East; Payton Hardy, Sergeant Bluff-Luton; Trishelle Miller, East; Metta Skov, Le Mars; Brooklyn Stanley, Bishop Heelan.

SECOND TEAM

Sarah Brown, Le Mars; Vera Grom, West; Kenley Meis, Bishop Heelan; Jada Newberg, Bishop Heelan; Emily Pomernackas, Abraham Lincoln; Sydnee Rexius, North.

2024

FIRST TEAM

Alex Flattery, East; Melina Snoozy, Bishop Heelan; Jaylyn Marienau, Le Mars; Vera Grom, West; Abby Lee, Bishop Heelan; Brooklyn Stanley, Bishop Heelan.

SECOND TEAM

Hudsyn Ranschau, East; Trishelle Miller, East; Sarah Brown, Le Mars; Zoe Wittkop, Le Mars; Kiah Davis, West; Hannah Burge, West.

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2025

FIRST TEAM

Trishelle Miller, Heelan; Melina Snoozy, Heelan; Jaelyn Marienau, Le Mars; Vera Groom, West; Abby Lee, Heelan; Addie Naughton, Abraham Lincoln.

SECOND TEAM

Brinley Winklepleck, East; Kiki Demke, East; Hutson Rau, Abraham Lincoln; Trinity Whitefeather, Sergeant Bluff-Luton; Jaylee Jackson, East; Hannah Burge, West.

2026

FIRST TEAM

Trishelle Miller, Heelan; Melina Snoozy, Heelan; Addie Naughton, Abraham Lincoln; Bre VanDenTop, Sergeant Bluff-Luton; Ella Otten, Heelan; Isabella Schaap, Sergeant Bluff-Luton.

SECOND TEAM

Kennedy Reynolds, East; Colby Carroll, Heelan; Madi Prevail, North; Grace Westhoff, Le Mars; Tori Hansen, Abraham Lincoln; Lynasia Wooten, East.