

MRAC VOLLEYBALL HISTORY

Regular Season Champions

YEAR	SCHOOL	RECORD	COACH
2000	Sioux City Heelan	5-0	Lori Schaal
2001	Sioux City Heelan	5-0	Lori Schaal
2002	Sioux City Heelan	5-0	Lori Schaal
2003	Sioux City Heelan	5-0	Gabe Baumann
2004	Sioux City Heelan	5-0	Gabe Baumann
2005	Sioux City Heelan	5-0	Gabe Baumann
2006	Sioux City Heelan	5-0	Julie Jansen
2007	C.B. Abraham Lincoln	5-0	Yvonne Carson
2008	Sioux City Heelan	5-0	Lori Slight
2009	Sioux City Heelan	5-0	Lori Slight
2010	Sioux City Heelan	6-0	Mary Miller
2011	Sioux City Heelan	6-0	Mary Miller
2012	Sioux City Heelan	6-0	Mary Miller
2013	C.B. Abraham Lincoln	6-0	Brittany Ridenour
2014	C.B. Abraham Lincoln	6-0	Brittany Ridenour
2015	Sergeant Bluff-Luton	6-0	Renee Winkel
2016	Bishop Heelan	6-0	Mary Miller
2017	Sergeant Bluff-Luton	6-0	Renee Winkel
2018	Sergeant Bluff-Luton	6-0	Renee Winkel
2019	Sergeant Bluff-Luton	7-0	Renee Winkel
2020	Sergeant Bluff-Luton	6-1	Renee Winkel
	Sioux City East	6-1	Tunisia May
2021	Sergeant Bluff-Luton	7-0	Renee Winkel
2022	Sioux City East	7-0	Ashley Vanderstouwe
2023	Sioux City East	7-0	Ashley Vanderstouwe
2024	Bishop Heelan	7-0	Lauren Boatman
2025	Sergeant Bluff-Luton	7-0	Renee Winkel



MRAC VOLLEYBALL HISTORY

Tournament Champions

YEAR	CHAMPION	RUNNER-UP	SCORE	COACH
2000	Sioux City Heelan	Abraham Lincoln	8-15, 13-15, 15-8, 15-7, 15-8	Lori Schaal
2001	Sioux City Heelan	Abraham Lincoln	17-15, 15-4, 15-10	Lori Schaal
2002	Abraham Lincoln	Sioux City Heelan	21-13, 17-21, 21-18	Chuck May
2003	Sioux City Heelan	Sioux City North	25-23, 25-16, 25-15	Gabe Baumann
2004	Sioux City Heelan	Sioux City North	25-9, 25-12, 25-16	Gabe Baumann
2005	Sioux City Heelan	Abraham Lincoln	25-18, 25-15, 25-13	Gabe Baumann
2006	Sioux City Heelan	Abraham Lincoln	25-11, 20-25, 25-13, 25-15	Julie Jansen
2007	Sioux City Heelan	Abraham Lincoln	25-18, 25-18, 25-23	Lori Slight
2008	Sioux City Heelan	Sioux City East	17-25, 25-16, 25-20, 25-14	Lori Slight
2009	Sioux City Heelan	Abraham Lincoln	24-23, 24-12, 22-25, 26-24	Lori Slight
2010	Sioux City East	Sioux City Heelan	25-21, 16-25, 18-25, 25-14, 15-6	Kim Mounts
2011	Sioux City Heelan	Sioux City East	23-25, 25-11, 25-17, 25-15	Mary Miller
2012	Sioux City Heelan	Sergeant Bluff-Luton	25-18, 25-21, 25-18	Mary Miller
2013	Sioux City Heelan	Sioux City East	25-13, 25-11, 20-25, 25-14	Mary Miller
2014	Abraham Lincoln	Sergeant Bluff-Luton	25-15, 25-15, 13-25, 25-20	Brittany Ridenour
2015	Sergeant Bluff-Luton	Sioux City East	25-19, 25-17, 25-18	Renee Winkel
2016	Bishop Heelan	Sioux City East	25-16, 25-21, 25-15	Mary Miller
2017	Sergeant Bluff-Luton	Bishop Heelan	23-25, 25-19, 25-22, 26-24	Renee Winkel



MRAC VOLLEYBALL HISTORY

<u>2000</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	43-4	**Abraham Lincoln	5-0	36-13	Abraham Lincoln	6-0	38-12
Abraham Lincoln	4-1	30-15	**Heelan (SC)	4-1	39-16	Heelan	5-1	32-20
East	3-2	9-19-5	North	3-2	24-18	Sergeant Bluff-Luton	3-3	21-17
North	2-3	12-17-4	East	2-3	15-25	East	3-3	19-24
Thomas Jefferson	1-4	18-16	West	1-4	6-27	North	3-3	18-26
West	0-5	3-32-1	Thomas Jefferson	0-5	8-24	Thomas Jefferson	1-5	13-21
						West	0-6	3-28
<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	43-6-4	**Heelan	4-1	40-12	**Abraham Lincoln	6-0	40-14
**Abraham Lincoln	4-1	39-9	Abraham Lincoln	3-2	30-23	**Heelan	5-1	31-14
North	3-2	16-12-4	North	3-2	21-17	Sergeant Bluff-Luton	4-2	23-21
East	2-3	10-19-2	East	3-2	23-18	East	3-3	24-18
Thomas Jefferson	1-4	14-10	Thomas Jefferson	1-4	8-28	North	1-5	5-37
West	0-5	2-24	West	0-5	2-30	Thomas Jefferson	1-5	15-21
						West	1-5	3-27
<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	36-12-6	**Heelan	5-0	52-6	**Sergeant Bluff-Luton	6-0	35-12
Abraham Lincoln	4-1	34-10-3	**Abraham Lincoln	4-1	37-12	**Heelan	5-1	31-14
East	3-2	19-11-4	East	3-2	27-17	East	4-2	30-11
North	1-4	11-18-5	North	2-3	20-18	Abraham Lincoln	3-3	11-36
West	1-4	12-18-2	Thomas Jefferson	1-4	12-26	Thomas Jefferson	2-4	14-23
Thomas Jefferson	0-5	6-22-0	West	0-5	2-22	West	1-5	5-26
						North	0-6	6-37
<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	42-11	**Heelan	6-0	46-10	*Heelan	6-0	35-9
North	3-2	20-12	East	5-1	29-16	Sergeant Bluff-Luton	5-1	29-15
Abraham Lincoln	3-2	16-29	North	4-2	26-15	East	4-2	27-15
Thomas Jefferson	2-3	24-23	**Abraham Lincoln	3-3	29-21	North	3-3	14-29
East	2-3	12-23	Sergeant Bluff-Luton	2-4	20-19	Abraham Lincoln	2-4	14-29
West	0-5	9-23	West	1-5	4-22	Thomas Jefferson	1-5	13-26
			Thomas Jefferson	0-6	7-28	West	0-6	3-24
<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	49-7	**Heelan	6-0	46-12	**Sergeant Bluff-Luton	6-0	42-4
**North	4-1	31-8	East	5-1	25-21	**Heelan	5-1	33-11
East	3-2	20-21	**Abraham Lincoln	4-2	25-22	Abraham Lincoln	4-2	23-23
Thomas Jefferson	2-3	14-23	North	3-3	18-21	North	3-3	19-23
Abraham Lincoln	1-4	10-32	Sergeant Bluff-Luton	2-4	13-22	East	2-4	17-28
West	0-5	8-24	Thomas Jefferson	1-5	12-23	Thomas Jefferson	1-5	20-19
			West	0-6	4-23	West	0-6	4-30
<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	49-7	**Heelan	6-0	34-10	**Sergeant Bluff-Luton	6-0	35-7
North	3-2	17-22	Abraham Lincoln	5-1	31-17	Abraham Lincoln	5-1	31-10
Abraham Lincoln	3-2	21-20	Sergeant Bluff-Luton	4-2	22-17	Heelan	4-2	24-13
East	2-3	21-19	East	3-3	13-27	East	3-3	20-21
Thomas Jefferson	2-3	14-22	North	2-4	22-24	North	2-4	15-23
West	0-5	9-20	Thomas Jefferson	1-5	14-23	Thomas Jefferson	1-5	17-18
			West	0-6	3-24	West	0-6	1-29
<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>						
**Heelan (SC)	5-0	48-8						
Abraham Lincoln	4-1	30-18						
North	3-2	22-17						
East	2-3	16-27						
Thomas Jefferson	1-4	5-29						
West	0-5	5-23						

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<u>2019</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2022</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2025</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton (SC)	7-0	37-3	East	7-0	22-14	**Sergeant Bluff-Luton	7-0	19-13
**Abraham Lincoln	6-1	38-4	North	6-1	22-15	East	6-1	20-15
East	5-2	25-15	**Heelan	5-2	24-15	North	5-2	14-17
Le Mars	4-3	19-19	Abraham Lincoln	4-3	23-18	Heelan	4-3	25-17
Heelan	2-5	9-25	Sergeant Bluff-Luton	2-5	7-22	Abraham Lincoln	3-4	9-28
North	2-5	14-24	West	2-5	16-10	Le Mars	2-5	6-30
Thomas Jefferson	2-5	14-20	Le Mars	2-5	7-28	West	1-6	1-23
West	0-7	4-25	Thomas Jefferson	0-7	2-22	Thomas Jefferson	0-7	4-24

<u>2020</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2023</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton	6-1	23-7	East	7-0	23-13
East	6-1	22-7	Abraham Lincoln	6-1	22-20
Abraham Lincoln	5-2	11-17	Heelan	5-2	28-15
North	4-3	19-14	North	4-3	16-15
Heelan	4-3	12-18	Sergeant Bluff-Luton	3-4	12-21
Le Mars	2-5	10-15	West	2-5	14-12
West	1-6	6-14	Le Mars	1-6	12-24
Thomas Jefferson	0-7	5-16	Thomas Jefferson	0-7	6-21

**State qualifier
(SC) – State Champs

<u>2021</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2024</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton	7-0	31-7	**Heelan (SC)	7-0	44-3
East	6-1	28-11	**Sergeant Bluff-Luton	6-1	22-14
North	5-2	22-18	Abraham Lincoln	4-3	13-24
**Heelan	4-3	20-17	North	4-3	7-26
Abraham Lincoln	3-4	17-25	East	4-3	21-16
West	2-5	12-13	Le Mars	2-5	12-23
Le Mars	1-6	7-28	West	1-6	3-21
Thomas Jefferson	0-7	2-29	Thomas Jefferson	0-7	4-27

MRAC VOLLEYBALL HISTORY

All-Conference

2000

FIRST TEAM

Kim Edwards, Bishop Heelan; Michelle West, Bishop Heelan; Jamie Perkins, Thomas Jefferson; Karen Daniels, Bishop Heelan; Ashley Freeman, Abraham Lincoln; Megan Cloud, East; Bethany Spilde, Abraham Lincoln; Teresa Stevens, Bishop Heelan.

SECOND TEAM

Christi Huigens, Bishop Heelan; Krista Schoenfish, North; Stacia Swanson, East; Erin Glidden, North; Addie Plummer, Abraham Lincoln; Jen Kernaghan, North; Andrea Crane, Thomas Jefferson; Jessica Lalk, Abraham Lincoln.

HONORABLE MENTION

Janay Raim, Thomas Jefferson; Megan Tuttle, East; Michelle Siefker, West; Brianne Neville, West.

2001

FIRST TEAM

Kim Edwards, Bishop Heelan; Karen Daniels, Bishop Heelan; Christi Huigens, Bishop Heelan; B.J. Rohlena, North; Ashley Freeman, Abraham Lincoln; Bethany Spilde, Abraham Lincoln; Jamie Perkins, Thomas Jefferson.

SECOND TEAM

Kristi Benson, East; Megan Hinds, North; Erin Glidden, North; Krista Schoenfish, North; Jessica Lalk, Abraham Lincoln; Minette Ridenour, Abraham Lincoln; Andrea Crane, Thomas Jefferson.

HONORABLE MENTION

Megan Tuttle, East; Tiffany Stanton, East; Ashley Vogt, Bishop Heelan; Katie Ritland, Bishop Heelan; Maggie Kukuk, North; Jen Kernaghan, North; Laura Shanafelt, West; Brianne Neville, West; Addie Plummer, Abraham Lincoln; Kelli Cooney, Abraham Lincoln; Janay Raim, Thomas Jefferson; Sarah Byers, Thomas Jefferson.

2002

FIRST TEAM

Megan Hinds, Bishop Heelan; Ashley Vogt, Bishop Heelan; Laura Shanafelt, West; B.J. Rohlena, North; Laura Tomes, East; Minette Ridenour, Abraham Lincoln; Jessica Lalk, Abraham Lincoln.

SECOND TEAM

Megan Tuttle, East; Catie Deman, Bishop Heelan; Jenni Jones, Bishop Heelan; Cara DeStigter, North; Megan Harder, West; Chelsea Jarvis, Abraham Lincoln; Kelsey Kermoade, Thomas Jefferson.

HONORABLE MENTION

Betsy Ingenthron, East; Tiffany Stanton, East; Terri Berger, Bishop Heelan; Cassie Cheever, Bishop Heelan; Stacy Billiet, North; Holly Anderson, North; Kayla Anderson, West; Elisha Turek, Abraham Lincoln; Amber Yoder, Abraham Lincoln; Tara Stevens, Thomas Jefferson.

2003

FIRST TEAM

Terri Berger, Bishop Heelan; Cassie Cheever, Bishop Heelan; Cara DeStigter, North; Jenni Jones, Bishop Heelan; Megan Tuttle, East; Ashley Vogt, Bishop Heelan; Amber Yoder, Abraham Lincoln.

SECOND TEAM

Holly Anderson, North; Kali Angerman, East; Megan Freeman, Abraham Lincoln; Claire Goins, Bishop Heelan; Rebecca Hindman, Bishop Heelan; Jessica Regan, Abraham Lincoln; Laura Shanafelt, West.

HONORABLE MENTION

Jill Ferris, East; Jordan Johnson, East; Rachael Tritz, Bishop Heelan; Annie Twohig, Bishop Heelan; Audrey Ray, North; Kim Sanders, North; Kelsey Johnikin, West; Callie Roan, West; Dayna Jensen, Thomas Jefferson; Kara Vallinch, Thomas Jefferson.

2004

FIRST TEAM

Kali Angerman, East; Mary Bisenius, Bishop Heelan; Cara DeStigter, North; Claire Goins, Bishop Heelan; Rebecca Hindman, Bishop Heelan; Ashtyn Neill, Thomas Jefferson; Kim Sanders, North.

SECOND TEAM

Holly Anderson, North; Jenna Jansen, Bishop Heelan; Kelsey Johnikin, West; Brianna Paulsen, East; Audrey Ray, North; Meghan Smyser, Abraham Lincoln; Liz Sutherland, Bishop Heelan.

HONORABLE MENTION

Shannon Reynolds, East; Neisha Walters, East; Karin Hotchkiss, Bishop Heelan; Claire Scherle, Bishop Heelan; Britni Persinger, North; Karen Scaletta, North; Stephanie Evans, West; Callie Roan, West; Sara Fredrichsen, Thomas Jefferson; Jen Swotek, Thomas Jefferson; Brittany Ridenour, Abraham Lincoln; Katelyn Witt, Abraham Lincoln.

2005

FIRST TEAM

Jenna Jansen, Bishop Heelan; Shayli Meyer, Bishop Heelan; Brianna Paulsen, East; Emily Schneider, North; Liz Sutherland, Bishop Heelan; Andrea Tritz, Bishop Heelan; Brittany

Ridenour, Abraham Lincoln.

SECOND TEAM

Stephanie Evans, West; Natalie Grimberg, North; Hillary Hanno, Bishop Heelan; Kendra Knudson, North; Mindy Moody, Bishop Heelan; Ashtyn Neill, Thomas Jefferson; Megan Smyser, Abraham Lincoln.

HONORABLE MENTION

Neisha Walters, East; Allison Padomek, East; Kayla Karpuk, Bishop Heelan; Reyn Wilson, Bishop Heelan; Whitney Nielsen, North; Kelly Nash, North; Ashlee Andersen, West; Kelsey Johnikin, West; Jen Swotek, Thomas Jefferson; Stephanie Davids, Thomas Jefferson; Laura Sales, Abraham Lincoln; Sarah Milner, Abraham Lincoln.

2006

FIRST TEAM

Hillary Hanno, Bishop Heelan; Sarah Jane Bowden, North; Brittany Ridenour, Abraham Lincoln; Mindy Moody, Bishop Heelan; Megan Smyser, Abraham Lincoln; Baylee Strachen, North; Lindsey Bressman, Abraham Lincoln.

SECOND TEAM

Katie Vondrak, Bishop Heelan; Emily Schneider, North; Jen Jerdee, East; Jenna Jansen, Bishop Heelan; Laura Sales, Abraham Lincoln; Sara Fredrichsen, Thomas Jefferson; Dana Wilson, Bishop Heelan.

HONORABLE MENTION

Kaeli Austin, East; Allison Padomek, East; Kayla Karpuk, Bishop Heelan; Monica Iverson, Bishop Heelan; Taylor Culver, North; Sam Meis, North; Ashlee Andersen, West; Stephanie Evans, West; Jen Swotek, Thomas Jefferson; Shilo Stockton, Thomas Jefferson; Jordan Higgenbotten, Abraham Lincoln; Sarah Milner, Abraham Lincoln.

2007

FIRST TEAM

Kaeli Austin, East; Sarah Jane Bowden, North; Taylor Culver, North; Mindy Moody, Bishop Heelan; Brittany Ridenour, Abraham Lincoln; Megan Smyser, Abraham Lincoln; Laura Sales, Abraham Lincoln.

SECOND TEAM

Crystal Dierks, Abraham Lincoln; Monica Iverson, Bishop Heelan; Kayla Karpuk, Bishop Heelan; Emily McCarthy, East; Emily Olsen, Abraham Lincoln; Baylee Strachen, North; Chelsey Stotts, Thomas Jefferson.

HONORABLE MENTION

Melissa Mounts, East; Brianna Mozer, East; Carli Tritz, Bishop Heelan; Maggie Vondrak, Bishop Heelan; Brittni Donaldson, North;

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Audrey Erickson, North; Kendall Downs, West; Natalie Heisterkamp, West; Kylie Vallinch, Thomas Jefferson; Navannah Slezak, Thomas Jefferson; Sadie Fahn, Abraham Lincoln; Jodran Higgenbotten, Abraham Lincoln.

2008

FIRST TEAM

Carli Tritz, Bishop Heelan; Baylee Strachen, North; Brittni Donaldson, North; Kelsey Tweet, Bishop Heelan; Emily Olsen, Abraham Lincoln; Emily McCarthy, East; Sadie Fahn, Abraham Lincoln.

SECOND TEAM

Melissa Mounts, East; Leisa McClintock, Bishop Heelan; Aubrey Erickson, North; Chelsea Colpitts, Abraham Lincoln; Maggie Vondrak, Bishop Heelan; Julia VanderWilt, North; Taylor Michaelson, East.

HONORABLE MENTION

Erin Frank, East; Brianna Mozer, East; Jordan Johnson, Bishop Heelan; Natalie Vondrak, Bishop Heelan; Taylor Culver, North; Sam Noble, North; Anna Lambrecht, West; Kendall Downs, West; Natalie Storey, Abraham Lincoln; Maddie Whiteaker, Abraham Lincoln; Rachele Harrill, Thomas Jefferson; Jessica Flowers, Thomas Jefferson.

2009

FIRST TEAM

Carli Tritz, Bishop Heelan; Maggie Vondrak, Bishop Heelan; Leisa McClintock, Bishop Heelan; Britni Donaldson, North; Emily Olsen, Abraham Lincoln; Melissa Mounts, East; Maddie Whiteaker, Abraham Lincoln.

SECOND TEAM

Jordan Johnson, Bishop Heelan; Natalie Vondrak, Bishop Heelan; Erin Frank, East; Brittney Mozer, East; Morgan Bennett, North; Chelsea Colpitts, Abraham Lincoln; Rachele Harrill, Thomas Jefferson.

2010

FIRST TEAM

Britni Donaldson, North; Leisa McClintock, Bishop Heelan; Taylor Michaelson, East; Melissa Mounts, East; Sierra Nighswonger, Abraham Lincoln; Natalie Vondrak, Bishop Heelan; Katelyn Walsh, Bishop Heelan.

SECOND TEAM

Amy Frank, East; Abby Pollow, East; Megan McCarthy, Bishop Heelan; Kami Kletschke, North; Hannah Christensen, Abraham Lincoln; Caitlyn Glidden, North; Kaci Kistner, North.

2011

FIRST TEAM

Amy Frank, East; Abby Pollow, East; Natalie Vondrak, Bishop Heelan; Madeline Hanno, Bishop Heelan; Kami Kletschke, North; Hannah Christensen, Abraham Lincoln; Kelsey McCabe, Bishop Heelan.

SECOND TEAM

Tara Schwaderer, East; Megan McCarthy, Bishop Heelan; Krissy Neumann, Bishop Heelan; Christine Chesher, North; Michaela Kennedy, Abraham Lincoln; Dusty Olsen, Thomas Jefferson; Delaney Bolton, Abraham Lincoln.

HONORABLE MENTION

Ashley Myers, West; Allie Sweeney, Bishop Heelan; Kaci Kistner, North; Carly Williamson, Thomas Jefferson; Makayla Knight, Sergeant Bluff-Luton; Rilee Westphal, East; Lauren Meeker, Abraham Lincoln.

2012

FIRST TEAM

Lauren Brobst, Bishop Heelan; Kelsey Krohn, Sergeant Bluff-Luton; Lauren Meeker, Abraham Lincoln; Megan McCarthy, Bishop Heelan; Katelynn Poss, Bishop Heelan; Tara Schwaderer, East; Lauren Waite, Sergeant Bluff-Luton.

SECOND TEAM

Keisha Billings, North; Lauren Deiber, North; Taylor Ferguson, Bishop Heelan; Makayla Knight, Sergeant Bluff-Luton; Taylor Koolstra, Bishop Heelan; Olivia Leisinger, Abraham Lincoln; Molly O'Neill, West.

HONORABLE MENTION

Jordyn Anderson, East; Delaney Bolton, Abraham Lincoln; Haley Harrill, Thomas Jefferson; Madison Lee, North; Tanya Meyer, West; Kelsey Prescott, Sergeant Bluff-Luton; Rylee Rann, West.

2013

FIRST TEAM

Sam Bohnet, Abraham Lincoln; Delaney Bolton, Abraham Lincoln; Lauren Deiber, North; Bailee Gofta, Abraham Lincoln; Grace Hanno, Bishop Heelan; Victoria Krohn, Abraham Lincoln; Rachel Vondrak, Bishop Heelan; Lauren Waite, Sergeant Bluff-Luton.

SECOND TEAM

Keisha Billings, North; Brianna Eaton, Sergeant Bluff-Luton; Taylor Ferguson, Bishop Heelan; Caitlin Foley, East; Maci Heimsoth, East; Kelsey Krohn, Sergeant Bluff-Luton; Miles Ludwigs, Sergeant Bluff-Luton; Tanya Meyer, West.

HONORABLE MENTION

Jessica Becker, Sergeant Bluff-Luton; Jenna

Bork, Bishop Heelan; Rae Hattan, North; Kelsey Johnson, Abraham Lincoln; Jessica Molden, West; Rachel O'Neal, Thomas Jefferson; Tori Sykes, East.

2014

FIRST TEAM

Sam Bohnet, Abraham Lincoln; Lauren Colpitts, Abraham Lincoln; Taylor Ferguson, Bishop Heelan; Bailee Gofta, Abraham Lincoln; Kelsey Johnson, Abraham Lincoln; Brittni Olson, Sergeant Bluff-Luton; Kelsey Smith, East; Rachel Vondrak, Bishop Heelan.

SECOND TEAM

Hannah Hennings, Abraham Lincoln; Lexi Lapke, East; Kaitlyn Murphy, Abraham Lincoln; Rachel O'Neal, Thomas Jefferson; Yasmeen Rose, Bishop Heelan; Sydney Scholz, Sergeant Bluff-Luton; Amber Schubert, Sergeant Bluff-Luton; Chloe Wetzberger, Bishop Heelan.

2015

FIRST TEAM

Taylor Ferguson, Bishop Heelan; Kennedy Franko, East; Grace Hanno, Bishop Heelan; Lexi Lapke, East; Brittni Olson, Sergeant Bluff-Luton; Gabby Roe, East; Sydney Scholz, Sergeant Bluff-Luton; Merrin Van Velzen, Sergeant Bluff-Luton.

SECOND TEAM

Kylee Christensen, Sergeant Bluff-Luton; Allie Cooke, Bishop Heelan; Alexis Fetters, Thomas Jefferson; Aislynn Hamann, East; Madison Jensen, West; Anna Jochum, Sergeant Bluff-Luton; Deana Roth, Abraham Lincoln; Haley Steele, East.

2016

FIRST TEAM

Kylee Christensen, Sergeant Bluff-Luton; Allie Cooke, Bishop Heelan; Madison Harms, Sergeant Bluff-Luton; Kennedy Franko, East; Lexi Lapke, East; Samantha McCabe, Bishop Heelan; Merrin Van Velzen, Sergeant Bluff-Luton; Mary Volz, Bishop Heelan.

SECOND TEAM

Kylee Eickholt, North; Alexis Fetters, Thomas Jefferson; Kelsey Floerchinger, Abraham Lincoln; Jahni Heimsoth, East; Alex Hope, Bishop Heelan; Anna Jochum, Sergeant Bluff-Luton; Gracelyn Sales, Abraham Lincoln; Cailey Schaa, Abraham Lincoln.

HONORABLE MENTION

Cassie Briston, Abraham Lincoln; Deziree Aguilar, Thomas Jefferson; Amelia Duax, West; Grace McLoud, North; Kirstin Sykes, East; Maddie Uhl, Bishop Heelan; Lexie Baker,

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Sergeant Bluff-Luton.

2017

FIRST TEAM

Grace McLoud, North; Kylee Christensen, Sergeant Bluff-Luton; Madison Harms, Sergeant Bluff-Luton; Kenzie Foley, Sergeant Bluff-Luton; Samantha McCabe, Bishop Heelan; Nicole Jacobson, Bishop Heelan; Cailey Schaa, Abraham Lincoln; Allison Bermel, Bishop Heelan.

SECOND TEAM

Hailey Hoogers, North; Kylee Eickholt, North; Emma Harmelink, East; Lexi Sneller, Sergeant Bluff-Luton; Alex Hope, Bishop Heelan; Josey Starner, Thomas Jefferson; Elaina Bohnet, Abraham Lincoln; ShaAnn Beaman, Abraham Lincoln.

HONORABLE MENTION

Josi Gilbertson, North; Kirstin Sykes, East; Jada DeRocher, West; Abby Wisecup, Sergeant Bluff-Luton; Emma LaFleur, Bishop Heelan; Miranda Hennings, Abraham Lincoln; Erica Meyer, Thomas Jefferson,

2018

FIRST TEAM

Madison Harms, Sergeant Bluff-Luton; Kenzie Foley, Sergeant Bluff-Luton; Elle Sneller, Sergeant Bluff-Luton; Elaina Bohnet, Abraham Lincoln; Sam Christensen, Abraham Lincoln; Nicole Jacobson, Bishop Heelan; Kristen Sykes, East; Taylan Keefer, Abraham Lincoln.

SECOND TEAM

Maya Schmidt, Sergeant Bluff-Luton; Julia Wagoner, Abraham Lincoln; Emma LaFleur, Bishop Heelan; Emma Harmelink, East; Chloe Kramer, East; Kylee Eickholt, North; Hailey Hoogers, North; Mia Gamet, Sergeant Bluff-Luton.

HONORABLE MENTION

Abby Wisecup, Sergeant Bluff-Luton; Kayla Schielman, Abraham Lincoln; Taylor Wilshire, Bishop Heelan; Lineya Wells, East; Avery Beller, North; Victoria Stanfield, Thomas Jefferson, Bricelyn Comstock, West.

2019

FIRST TEAM

Kenzie Foley, Sergeant Bluff-Luton; Elaina Bohnet, Abraham Lincoln; Elle Sneller, Sergeant Bluff-Luton; Sam Christensen, Abraham Lincoln; Lineya Wells, East; Pypr Stoeffler, Le Mars; Riley Donahue, East; Taylan Keefer, Abraham Lincoln.

SECOND TEAM

Julia Wagoner, Abraham Lincoln; Jecenta Sargisson, Le Mars; Regina Rogers, Sergeant

Bluff-Luton; Brooke Haage, Le Mars; Kayla Schleitman, Abraham Lincoln; Emma Salker, Sergeant Bluff-Luton; Avery Nelson, Bishop Heelan; Chloe Kramer, East; Mia Gamet, Sergeant Bluff-Luton.

2020

FIRST TEAM

Lineya Wells, East; Kayla Schleifman, Abraham Lincoln; Pypr Stoeffler, Le Mars; Chloe Kramer, East; Emma Salker, Sergeant Bluff-Luton; Riley Donahue, East; Baylir Girres, Abraham Lincoln; Mia Gamet, Sergeant Bluff-Luton.

SECOND TEAM

Madison Craighead, North; Maddie Hinkel, Sergeant Bluff-Luton; Taylor Drent, East; Kylie Dreckman, Le Mars; Courtney Johnson, North; Joslyn Verzal, Heelan; Addy Mosier, Sergeant Bluff-Luton; Avery Beller, North.

HONORABLE MENTION

Jillian Shanks, Abraham Lincoln; Alivia VanOtterloo, Le Mars; Addie Harris, East; Olivia O'Brien, North; Holly Duax, West; Annesa Davenport, Heelan; Alivia Wolf, Sergeant Bluff-Luton; Chloe Alley, Thomas Jefferson.

2021

FIRST TEAM

Madison Craighead, North; Taylor Drent, East; Baylie Girres, Abraham Lincoln; Maddie Hinkel, Sergeant Bluff-Luton; Lauren LaFleur, Bishop Heelan; Alex Radcliffe, East; Emma Salker, Sergeant Bluff-Luton; Alivia Wolf, Sergeant Bluff-Luton.

SECOND TEAM

Maya Augustine, West; Azaria Green, Abraham Lincoln; Isabelle Lenz, Sergeant Bluff-Luton; Olivia Mentzer, East; Grace Nelson, Bishop Heelan; Molly Romano, Abraham Lincoln; Madalyn Welp, North; Avery Beller, North.

HONORABLE MENTION

Maliyah Hacker, Bishop Heelan; Jeena Carle, Abraham Lincoln; Braelynn Keesee, Thomas Jefferson; Sarah Brown, Le Mars; Addy Mosier, Sergeant Bluff-Luton; Lucy Mehlhaff, East; Sidney Chamberlain, North; Holly Duax, West.

2022

FIRST TEAM

Azaria Green, Abraham Lincoln; Molly Romano, Abraham Lincoln; Maliyah Hacker, Bishop Heelan; Olivia Mentzer, East; Alexa Trover, Sergeant Bluff-Luton; Ava Lloyd, North; Madalyn Welp, North; Sarah Brown, Le Mars.

SECOND TEAM

Hollie Peterson, East; Maya Augustine, West;

Lauren LaFleur, Bishop Heelan; Sydney Chamberlain, North; Mackenzie Crawford, East; Grace Nelson, Bishop Heelan; Jeena Carle, Abraham Lincoln; Carlee Jackson, East; Elen Pruet, Sergeant Bluff-Luton.

HONORABLE MENTION

Samara Alcaraz, Thomas Jefferson; Hannah Burge, West; Kiley Elgert, West; Stella Kuehl, North; Maddie LaFleur, Heelan; Holly McNaughton, Le Mars; Ashlyn Strohbeen, North; Payton Wright, Le Mars; Josi Clark, Abraham Lincoln; Ivy Mehlhaff, East; Kenley Meis, Heelan; Ireland Sitzmann, Le Mars; Aussie Obbink, Sergeant Bluff-Luton; Meredith Westra, East.

2023

FIRST TEAM

Molly Romano, Abraham Lincoln; Maliyah Hacker, Heelan; Mackenzie Crawford, East; Olivia Mentzer, East; Ava Lloyd, North; Sidney Chamberlain, North; Maddie LaFleur; Ivy Mehlhaff, East.

SECOND TEAM

Hollie Peterson, East; Hutson Rau, Abraham Lincoln; Bre VanDenTop, Sergeant Bluff-Luton; Ashlyn Draube, East; Hannah Burge, West; Stella Kuehl, North; Lydia Dix, Abraham Lincoln; Ashlyn Strohbeen, North; Sarah Brown, Le Mars.

HONORABLE MENTION

Kiley Elgert, West; Eliana Harris, East; Lexi Hurd, Le Mars; Addison Kleis, Heelan; Taylor Mackey, Le Mars; Holly McNaughton, Le Mars; Maggy Mehlhaff, East; Kelsi Nelson, Abraham Lincoln; Korbin Olorundami, West; Rylee Perrine, Thomas Jefferson; Aubrey Sandbothe, Abraham Lincoln; Melina Snoozy, Heelan; Julie Verzal, Heelan; Kamea Van Kealsbeek, Sergeant Bluff-Luton.

2024

FIRST TEAM

Maliyah Hacker, Bishop Heelan; Bre VanDenTop, Sergeant Bluff-Luton; Maddie LaFleur, Bishop Heelan; Hudson Rau, Abraham Lincoln; Hollie Peterson, East; Ava Lloyd, Bishop Heelan; Jaylee Jackson, East; Ireland Jackson, Bishop Heelan.

SECOND TEAM

Aubrey Sandbothe, Abraham Lincoln; Bailey Ball, Sergeant Bluff-Luton; Melina Snoozy, Bishop Heelan; Kinslee Walrod, North; Hannah Burge, West; Holly McNaughton, Le Mars; Addison Kleis, Bishop Heelan; Kaitlyn Hardie, Sergeant Bluff-Luton.

HONORABLE MENTION

Jaden Brower, North; Lydia Dix, Abraham Lin-

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coln; Preslie Girres, Abraham Lincoln; Kamryn Hamilton, Abraham Lincoln; Camryn Hosick, Thomas Jefferson; Mandy Jackson, East; Jayden Kniefel, Sergeant Bluff-Luton; Lily Kirby, Le Mars; Abby Lee, Bishop Heelan; Hayden Lovrien, North; Maggy Mehlhaff, East; Korbin Olorundami, West; Rylee Perrine, Thomas Jefferson; Ava Rief, Thomas Jefferson; Taylor Schueth, North; Abi Stevens, North; ZaRyah Van Buren, North; Lulu Vaul, West; Mia White, Bishop Heelan; Alexa Wurth, Le Mars.

2025

FIRST TEAM

Bre VaDenTop, Sergeant Bluff-Luton; Jaylee Jackson, East; Kinslee Walrod, North; Bailey Ball, Sergeant Bluff-Luton; Melina Snoozy, Bishop Heelan; Dara Mollet, Bishop Heelan; Jenna Birk, East; Ireland Jackson, Bishop Heelan.

SECOND TEAM

Jasmine Shields, Abraham Lincoln; ZaRyah Van Buren, North; Jocelyn Laws, East; Korbin Olorundami, North; Addeline Vondrak, West; Laila Mentzer, East; Adrienne Wall, North; Kaitlyn Hardie, Sergeant Bluff-Luton.

HONORABLE MENTION

Hayden Lovrien, North; Kenleigh Panowicz, Sergeant Bluff-Luton; Ofelia Rivera, West; Kamryn Hamilton, Abraham Lincoln; Mia White, Bishop Heelan; Brianna Bockelmann, Le Mars; Alivia Kerkman, Thomas Jefferson; Kenzie Niehus, Le Mars; Cierra Wieland, Thomas Jefferson; Monica Robles, East; Trinity Claussen, West; Savannah Mohling, Abraham Lincoln; Jaden Brower, North.