

# MRAC GIRLS SOCCER HISTORY

## Regular Season Champions

<b>YEAR</b>	<b>SCHOOL</b>	<b>RECORD</b>	<b>COACH</b>
2001	Sioux City Heelan	4-1	Shawn Mansfield
2002	Sioux City North	4-1	Steve Schaeffer
2003	C.B. Abraham Lincoln	5-0	Andy Ruff
2004	Sioux City West	4-1	Jen Gengler
2005	Sioux City East	4-1	John Dolphin
2006	Sioux City East	5-0	John Dolphin
2007	C.B. Thomas Jefferson	4-1	Mark Royer
	Sioux City North	4-1	Kalie Gaskill
2008	Sioux City North	5-0	Aaron Kolbo
2009	Sioux City North	4-1	Aaron Kolbo
	Sioux City Heelan	4-1	Shawn Mansfield
2010	Sioux City Heelan	5-0	Shawn Mansfield
2011	Sioux City Heelan	6-0	Shawn Mansfield
2012	Sioux City East	6-0	Ashley Hugel
2013	Sioux City Heelan	6-0	Shawn Mansfield
2014	Sioux City Heelan	6-0	Jared Bodammer
2015	Sioux City Heelan	6-0	Jared Bodammer
2016	Sioux City East	6-0	Tyler Mogensen
2017	Sioux City East	5-1	Tyler Mogensen
	C.B. Abraham Lincoln	5-1	Robbie Miller
2018	Sioux City East	5-1	Tyler Mogensen
	Sioux City Heelan	5-1	Clark Charlestin
2019	C.B. Abraham Lincoln	6-0	Robbie Miller
2020	SEASON CANCELED DUE TO COVID-19		
2021	C.B. Abraham Lincoln	6-0	Robbie Miller
2022	C.B. Abraham Lincoln	7-0	Robbie Miller
2023	Sioux City Heelan	7-0	Shawn Mansfield
2024	Sioux City Heelan	7-0	Shawn Mansfield
2025	Sioux City Heelan	7-0	Shawn Mansfield



# MRAC GIRLS SOCCER HISTORY

## 2000-01      CONF      OVERALL

**Heelan	4-1	15-6
North	4-1	16-3
West	3-2	9-9
Abraham Lincoln	3-2	
Thomas Jefferson	1-4	
East	0-5	7-11

## 2002      CONF      OVERALL

North	4-1	12-5
Heelan	3-2	12-4
West	3-2	9-6
East	2-3	8-9
Abraham Lincoln	2-3	8-4
Thomas Jefferson	0-5	

## 2003      CONF      OVERALL

Abraham Lincoln	5-0	11-4
**Heelan	4-1	17-3
**Thomas Jefferson	3-2	11-7
West	2-3	9-7
East	1-4	8-11
North	0-5	7-9

## 2004      CONF      OVERALL

West	4-1	14-4
East	3-2	11-6
**North	2-3	12-8
**Heelan	2-3	11-8
Abraham Lincoln	2-3	9-9
Thomas Jefferson	2-3	5-6

## 2005      CONF      OVERALL

East	4-1	16-2
**North	4-1	10-6
Thomas Jefferson	3-2	12-7
**Heelan	2-3	10-6
West	1-4	3-15*
Abraham Lincoln	0-5	2-13

\*West forfeits seven wins for using ineligible player

## 2006      CONF      OVERALL

**East	5-0	10-4-2
North	4-1	12-3
Thomas Jefferson	3-2	13-7
Heelan	2-3	11-6
West	1-4	5-12
Abraham Lincoln	0-5	2-13

## 2007      CONF      OVERALL

Thomas Jefferson	4-1	14-5
**North	4-1	13-3
East	3-2	11-4
**Heelan	3-2	15-5
Abraham Lincoln	1-4	6-11
West	0-5	1-12

## 2008      CONF      OVERALL

**North	5-0	12-1
**Heelan	4-1	13-4
Thomas Jefferson		8-9
East		7-7
Abraham Lincoln		
West	0-5	1-13

## 2009      CONF      OVERALL

**North	4-1	13-5
Heelan	4-1	18-2
East	3-2	7-10
Thomas Jefferson	2-3	11-9
Abraham Lincoln	2-3	4-11
West	0-5	4-11

## 2010      CONF      OVERALL

**Heelan	5-0	18-4
**North	4-1	14-5
East	2-3	5-10
Thomas Jefferson		8-9
Abraham Lincoln		
West		9-6

## 2011      CONF      OVERALL

**Heelan	6-0	14-5
**East	5-1	15-4
Abraham Lincoln	4-2	8-9
North	3-3	8-10
West	2-4	5-10
Thomas Jefferson	1-5	7-11
Sergeant Bluff-Luton	0-6	5-10

## 2012      CONF      OVERALL

**East	6-0	18-2
**Heelan	5-1	17-2
North	3-3	7-8
Thomas Jefferson	3-3	10-10
Abraham Lincoln	3-3	8-10
Sergeant Bluff-Luton	1-5	7-9
West	0-6	4-11

## 2013      CONF      OVERALL

**Heelan	6-0	17-1
**East	5-1	18-3
Thomas Jefferson	3-2	9-11
Abraham Lincoln	3-3	11-9
North	2-3	3-9
West	1-5	5-7
Sergeant Bluff-Luton	0-6	6-8

## 2014      CONF      OVERALL

**Heelan	6-0	19-2
East	5-1	15-4
Thomas Jefferson	4-2	12-7
Abraham Lincoln	3-3	12-6
West	2-4	7-10
Sergeant Bluff-Luton	1-5	7-7
North	0-6	2-9

## 2015      CONF      OVERALL

**Heelan (SC)	6-0	20-2
Abraham Lincoln	5-1	12-5
East	4-2	12-6
Thomas Jefferson	3-3	9-11
North	1-5	5-8
West	1-5	5-10
Sergeant Bluff-Luton	1-5	6-9

## 2016      CONF      OVERALL

**East	6-0	15-3
**Heelan	5-1	15-5
Abraham Lincoln	3-3	10-8
Thomas Jefferson	3-3	7-10
North	2-4	6-9
West	1-5	10-7
Sergeant Bluff-Luton	1-5	5-9

## 2017      CONF      OVERALL

East	5-1	13-6
Abraham Lincoln	5-1	15-5
Heelan	4-2	9-8
Thomas Jefferson	4-2	13-5
Sergeant Bluff-Luton	2-4	7-7
North	1-5	6-9
West	0-6	3-15

## 2018      CONF      OVERALL

East	5-1	11-6
**Heelan	5-1	13-8
**Abraham Lincoln	4-2	13-7
Thomas Jefferson	4-2	12-7
North	2-4	9-8
Sergeant Bluff-Luton	1-5	9-8
West	0-6	4-11

## 2019      CONF      OVERALL

**Abraham Lincoln	6-0	16-3
**Heelan	5-1	14-4
East	3-3	9-9
Thomas Jefferson	3-3	11-8
North	2-4	9-7
Sergeant Bluff-Luton	2-4	9-8
West	0-6	4-13

## 2020      CONF      OVERALL

SEASON CANCELED DUE TO COVID-19

# MRAC GIRLS SOCCER HISTORY

<b>2021</b>	<b>CONF</b>	<b>OVERALL</b>
**Abraham Lincoln	6-0	16-4
**Heelan	5-1	10-8
North	4-2	10-6
Thomas Jefferson	3-3	10-8
East	2-4	7-10
West	1-5	5-10
Sergeant Bluff-Luton	0-6	1-12

<b>2022</b>	<b>CONF</b>	<b>OVERALL</b>
**Abraham Lincoln	7-0	17-4
**Heelan	6-1	14-5
West	4-3	10-8
Thomas Jefferson	4-3	7-10
East	3-3	7-5
North	2-5	9-8
Le Mars	1-5	7-6
Sergeant Bluff-Luton	0-7	2-14

<b>2023</b>	<b>CONF</b>	<b>OVERALL</b>
**Heelan (SC)	7-0	18-3
Abraham Lincoln	6-1	13-6
East	5-2	7-6
North	4-3	8-10
Thomas Jefferson	3-4	10-10
West	2-5	7-9
Le Mars	1-6	7-11
Sergeant Bluff-Luton	1-6	3-13

<b>2024</b>	<b>CONF</b>	<b>OVERALL</b>
**Heelan	7-0	15-6
Thomas Jefferson	5-1	12-4
Abraham Lincoln	4-3	6-11
North	4-3	10-7
East	3-4	6-10
Le Mars	3-3	8-6
Sergeant Bluff-Luton	1-6	5-12
West	0-7	1-17

<b>2025</b>	<b>CONF</b>	<b>OVERALL</b>
**Heelan	7-0	18-3
East	5-1-1	10-6-2
North	4-2-1	8-6-3
Thomas Jefferson	3-2-2	9-5-2
Abraham Lincoln	3-4	5-11-2
West	2-4-1	6-10-2
Sergeant Bluff-Luton	1-5-1	4-8-2
Le Mars	0-7	1-15

\*\*State qualifier  
(SC) – State Champs

# MRAC GIRLS SOCCER HISTORY

## All-Conference

2001

### FIRST TEAM

Forward: Brooke Niles, Heelan; Maggie Kukuk, North; Tina Bonacci, Thomas Jefferson; Jacinta Ojinnaka, North.

Midfield: Molly Prosser, West; Michelle Glanz, Abraham Lincoln; Katie Kalafut, Heelan; Christi Huigens, Heelan.

Fullback: Kim Olson, East; Melissa Persaud, North; Niya Branch, West; Whitney Jensen, Thomas Jefferson.

Goalkeeper: Shannon Christiansen, Heelan.

2002

### FIRST TEAM

Forward: Brooke Niles, Heelan; Billie Berens, North; Maggie Kukuk, North; Sara Kernes, Abraham Lincoln.

Midfield: Valerie Bohls, Abraham Lincoln; Hillary Petrie, North; Megan Postema, North; Niya Branch, West.

Fullback: Kim Olson, East; Megan Flowers, Thomas Jefferson; Christi Huigens, Heelan; Marie Lucas, North.

Goalkeeper: Sarah Byers, Thomas Jefferson.

2003

### FIRST TEAM

Forward: Brooke Niles, Heelan; Ashley Cleveland, East; Jenny McArdle, West; Shannon Glanz, Abraham Lincoln.

Midfield: Niya Branch, West; Danielle Mendoza, Thomas Jefferson; Janay Raim, Thomas Jefferson; Callie Christensen, West.

Fullback: Megan Flowers, Thomas Jefferson; Sammi Fetch, Abraham Lincoln; Mary Williams, North; Rachael Tritz, Heelan.

Goalkeeper: Dawn Juon, Abraham Lincoln.

### HONORABLE MENTION

CBAL: Stephanie Clevenger, Kara Higgins, Stephanie Palser; Heelan: Angie Spartz, Andrea Tritz, Maureen Weber; East: Gina Flynn, Sara Fredericksen, Abbey Packard; North: Kelsey Gerch, Maggie Kukuk, Erin Shook; CBTJ: Elisha Blanchard, Kayla Jastorff, Krista Morrison; West: Molly Amman, Laura Lenhart, Emma Prosser.

2004

### FIRST TEAM

Forward: Ali Fauble, Abraham Lincoln; Jenny McArdle, West; Andrea Tritz, Heelan; Kelli Herman, East.

Midfield: Maggie Kukuk, North; Kara Vallinch,

Thomas Jefferson; Gina Flynn, East; Sammi Fetch, Abraham Lincoln.

Fullback: Emma Prosser, West; Rachael Tritz, Heelan; Dayna Jensen, Thomas Jefferson; Suzie Hsieh, North.

Goalkeeper: Laura Lenhart, West.

2005

### FIRST TEAM

Forward: Lindsey LeGree, East; Kelli Herman, East; Andrea Tritz, Heelan; Shilo Stockton, Thomas Jefferson.

Midfield: Lisa Maxey, Heelan; Val Robinson, Thomas Jefferson; Molly Lohry, North; Kelsey Gerch, North.

Fullback: Emma Prosser, West; Kacie Ogburn, East; Suzie Hsieh, North; Jordan Gillespie, Abraham Lincoln.

Goalkeeper: Laura Lenhart, West.

2006

### FIRST TEAM

Forward: Kelsey Gerch, North; Lindsey LeGree, East; Andrea Tritz, Heelan; Shilo Stockton, Thomas Jefferson.

Midfield: Alex Bonet, Abraham Lincoln; Val Robinson, Thomas Jefferson; Kelli Herman, East; Bridgette Niles, Heelan.

Fullback: Lisa Maxey, Heelan; Kacie Ogburn, East; Suzie Hsieh, North; Callie Roan, West.

Goalkeeper: Jenny Shadden, Thomas Jefferson.

2007

### FIRST TEAM

Forward: Kelli Herman, East; Sierra Hsieh, North; Alex Bonet, Abraham Lincoln; Shilo Stockton, Thomas Jefferson.

Midfield: Bridgette Niles, Heelan; Bridget Skaggs, Heelan; Sally Williams, North; Sarah Crary, West.

Fullback: Jessica Driver, Thomas Jefferson; Chelsie Stokes, North; Jenny Meyer, East; Jaclyn Clark, East.

Goalkeeper: Jamie Walling, Thomas Jefferson.

2008

### FIRST TEAM

Forward: Jamie Swotek, Thomas Jefferson; Ashlie Stokes, North; Carli Tritz, Heelan; Kelsey Reitmeier, North.

Midfield: Bridgette Niles, Heelan; Courtney Ruff, Thomas Jefferson; Sierra Hsieh, North; Alex Bonet, Abraham Lincoln.

Fullback: Tiffany Hicklin, Heelan; Chelsie Stokes, North; Jaclyn Clark, East; Brittney Schindler, North.

Goalkeeper: Brittney Mathison, West.

2009

### FIRST TEAM

Forward: Carli Tritz, Heelan; Jessica Jerkovich, Abraham Lincoln; Ashlie Stokes, North; Jamie Swotek, Thomas Jefferson.

Midfield: Taylor Hatting, North; Payton Pry, East; Kelsey Niles, Heelan; Courtney Ruff, Thomas Jefferson.

Fullback: Jaclyn Clark, East; Amanda Hoffman, Heelan; Tiffany Hicklin, Heelan; Rachele Harrill, Thomas Jefferson.

Goalkeeper: Taylor Culver, North.

### SECOND TEAM

East: Lizabeth Ochoa; CBAL: Tara Nelson, Jordan Kinney; CBTJ: Shalynn Durham; Heelan: Taylor Jennings; North: Haley Flickman, Cameron Oakley; West: Jackie Martinez, Vanessa Escobar, Katie Forneris, Alexis Peterson.

2010

### FIRST TEAM

Forward: Carli Tritz, Heelan; Abby Axthlem, North; Ashlie Stokes, North; Kristen Gobell, Heelan.

Midfield: Taylor Hatting, North; Payton Pry, East; Kelsey Niles, Heelan; Courtney Ruff, Thomas Jefferson.

Fullback: Amanda Hoffman, Heelan; Rhiannon Hains, North; Haley Dickman, North; Alex Tymkowicz, Heelan.

Goalkeeper: Dusty Olson, Thomas Jefferson.

### SECOND TEAM

Forward: Katie Forneris, West; Lizabeth Ochoa, East; Alison Arnold, Thomas Jefferson; Tara Nelson, Abraham Lincoln.

Midfield: Jackie Martinez, West; Crystal McElhose, East; Emily Arnold, Thomas Jefferson; Mariah Brown, Abraham Lincoln.

Fullback: Corrine Villim, East; Alexis Peterson, West; Tina Eliff, Thomas Jefferson; Danielle Peabody, Abraham Lincoln.

Goalkeeper: Ariel Wauhob, West.

2011

### FIRST TEAM

Forward: Kristen Gobell, Heelan; Ashlie Stokes, North; Lizabeth Ochoa, East; Sam Arnold, Thomas Jefferson.

Midfield: Payton Pry, East; Amy Samuelson, North; Alex Tymkowicz, Heelan; Crystal McElhose, East.

Fullback: Brooke Herbst, Heelan; Corrine Villim, East; Elizabeth Pritchard, North; Rachele Harrill, Thomas Jefferson.

Goalkeeper: Haley Nelson, Heelan.

# MRAC GIRLS SOCCER HISTORY

## SECOND TEAM

Forward: Katie Forneris, West; Harley Sayavong, North; Caitlin Foley, East; Delaney Bolton, Abraham Lincoln.

Midfield: McKayla Wessling, Heelan; Allison Arnold, Thomas Jefferson; Jackie Martinez, West; Karlee Hinrichsen, North.

Fullback: Carlee Oakley, North; Christina Hackbart, East; Amber Lingle, Heelan; Emily Wisecup, Sergeant Bluff-Luton.

Goalkeeper: Brittney Kleinhesselink, Sergeant Bluff-Luton.

## 2012

### FIRST TEAM

Forward: Sam Arnold, Thomas Jefferson; Delaney Bolton, Abraham Lincoln; Caitlin Foley, East; Sam Tymkowicz, Heelan.

Midfield: Mackinzie Bolton, Abraham Lincoln; Crystal McElhose, East; Amy Samuelson, North; McKayla Wessling, Heelan.

Fullback: Christina Hackbart, East; Brooke Herbst, Heelan; Christie Lanphier, Heelan; Danielle Peabody, Abraham Lincoln.

Goalkeeper: Haley Nelson, Heelan.

### SECOND TEAM

Forward: Karne Croston, Sergeant Bluff-Luton; Amy Grause, East; Loren Hemiller, Thomas Jefferson; Eliot Sayavong, East.

Midfield: Alison Arnold, Thomas Jefferson; Kylee Goodvin, East; Taylor Koolstra, Heelan; Jackie Martinez, West.

Fullback: Hannah Ingram, East; Amber Lingle, Heelan; Sarah Porter, West; Emily Wisecup, Sergeant Bluff-Luton.

Goalkeeper: Dusty Olson, Thomas Jefferson.

## 2013

### FIRST TEAM

Forward: Sam Arnold, Thomas Jefferson; Amy Grause, East; Caitlin Foley, East; Sam Tymkowicz, Heelan.

Midfield: Eliot Sayavong, East; Kylee Goodvin, East; Taylor Koolstra, Heelan; Rachel Vondrak, Heelan.

Fullback: Amber Lingle, Heelan; Brooke Herbst, Heelan; Christina Hackbart, East; Karlee Hinrichsen, North.

Goalkeeper: Deianira Felts, East.

### SECOND TEAM

Forward: Amanda Gors, West; Delaney Bolton, Abraham Lincoln; Karne Croston, Sergeant Bluff-Luton; Brooklyn Malchow, East.

Midfield: Ashley Jager, North; Rachell Connelly, Sergeant Bluff-Luton; Loren Hemiller, Thomas Jefferson; Chloe Wetzberger, Heelan.

Fullback: Haley Harrill, Thomas Jefferson; Taylor Throne, Sergeant Bluff-Luton; Jade Nelson, East; Karissa Smith, Heelan.

Goalkeeper: Haley Nelson, Heelan.

## 2014

### FIRST TEAM

Forward: Sam Arnold, Thomas Jefferson; Brooklyn Malchow, East; Sam Tymkowicz, Heelan; Lauren Bleeker, Heelan.

Midfield: Chloe Wetzberger, Heelan; Rachel Vondrak, Heelan; Eliot Sayavong, East; Caitlin Foley, East.

Fullback: Jade Nelson, East; Danielle Mefferd, Thomas Jefferson; Brooke Bleeker, Heelan; Amber Lingle, Heelan.

Goalkeeper: Amber Schubert, Sergeant Bluff-Luton.

### SECOND TEAM

Forward: Delaney Bolton, Abraham Lincoln; Amanda Gors, West; Fernanda Serna, West; Paige Noble, North.

Midfield: Loren Hemiller, Thomas Jefferson; Brooke Harold, Abraham Lincoln; Jessica Molden, West; Hannah Connelly, Sergeant Bluff-Luton.

Fullback: McKenna Bricker, East; Maggie Oberg, West; Jamie Wredt, Thomas Jefferson; Bre Waugh, Abraham Lincoln.

Goalkeeper: Tristan Beaulieu, Heelan.

## 2015

### FIRST TEAM

Forward: Paola Ochoa, East; Abby Groepper, Abraham Lincoln; Lauren Bleeker, Heelan; Jessica Brown, Heelan.

Midfield: Kylee Godvin, East; Sam Anderson, East; Chloe Wetzberger, Heelan; Rachel Vondrak, Heelan.

Fullback: Grace Hanno, Heelan; Taylor Beaulieu, Heelan; McKenna Bricker, East; Danielle Mefferd, Thomas Jefferson.

Goalkeeper: Tristan Beaulieu, Heelan

### SECOND TEAM

Forward: Tyra Conti, Thomas Jefferson; Fernanda Serna, West; Emma Gaes, Sergeant Bluff-Luton; Kali Ryan, East.

Midfield: Addison Poole, East; Loren Hemiller, Thomas Jefferson; Alexa Murphy, Abraham Lincoln; Hannah Connelly, Sergeant Bluff-Luton.

Fullback: Jessica Mulder, North; Paige Wohlers, Abraham Lincoln; Bre Waugh, Abraham Lincoln; Alisa Courey, North.

Goalkeeper: Libby Havenridge, Thomas Jefferson.

## 2016

### FIRST TEAM

Forward: Fernanda Serna, West; Elyse Huber, East; Paola Ochoa, East; Lexie Stolen, Heelan. Midfield: Amanda Gors, West; Addison Poole, East; Sam Anderson, East; Jensen Froelich, Heelan.

Fullback: Haleigh James, West; Jenna Courey, North; Jenna Dieatrick, Thomas Jefferson; Grace Hanno, Heelan.

Goalkeeper: Hannah Von Hagel, East.

### SECOND TEAM

Forward: Danielle Mefferd, Thomas Jefferson; Brooklyn Malchow, East; Rhea Greer, Heelan; Taylor Kelley, North.

Midfield: Josey Starner, Thomas Jefferson; Taylor Kelley, North; Sawyer, Elliff, Abraham Lincoln; Katie Glover, Heelan.

Fullback: Carissa Ver Steeg, East; Anna Graves, East; Kasey Nelson, East; Brooklin Froehlich, Heelan.

Goalkeeper: Rose Zacaris, West.

## 2017

### FIRST TEAM

Forward: Allee Downing, East; Sawyer Elliff, Thomas Jefferson; Paola Ochoa, East; Darby Thomas, Abraham Lincoln.

Midfield: McKenna Bricker, East; Taylor Kelley, North; Danielle Mefferd, Thomas Jefferson; Bre TenHulzen, Sergeant Bluff-Luton.

Fullback: Jenna Dieatrick, Thomas Jefferson; Brooklin Froehlich, Heelan; Anna Graves, East; Carissa Ver Steeg, East.

Goalkeeper: Hannah Von Hagel, East.

### SECOND TEAM

Forward: Hope Riche, Abraham Lincoln; Katelyn Stanley, Heelan; Josey Starner, Thomas Jefferson; Lexie Stolen, Heelan.

Midfield: Dayle Bleeker, Heelan; Brooke Harold, Abraham Lincoln; Emily Molden, West; Daphne Zimmerman, Sergeant Bluff-Luton.

Fullback: Natalie Arnold, Thomas Jefferson; Jenna Courey, North; Alexis Exley, Thomas Jefferson; Taren Newman, Abraham Lincoln. Goalkeeper: Rilee Filip, Abraham Lincoln.

## 2018

### FIRST TEAM

Forward: Allee Downing, East; Sawyer, Elliff, Thomas Jefferson; Brooklyn Huberty, Sergeant Bluff-Luton; Josey Starner, Thomas Jefferson. Midfield: Taylor Kelley, North; Mishaela Malchow, East; Paolo Ochoa, East; Julia Wagoner, Abraham Lincoln.

Fullback: Olivia Barnes, East; Abby Freeman, Sergeant Bluff-Luton; Brooklin Froehlich, Hee-

# MRAC GIRLS SOCCER HISTORY

lan; Morgan Gant, Thomas Jefferson.

Goalkeeper: Emily Von Hagel, East.

## **SECOND TEAM**

Forward: Ellie Gengler, Heelan; Katlyn Mulder, North; Darby Thomas, Abraham Lincoln; Abby Wisecup, Sergeant Bluff-Luton.

Midfield: Jenna Courey, North; Brooklyn Doo-hen, Heelan; Keit Garibay, East; Hope Riche, Abraham Lincoln.

Fullback: Amber Aesoph, Heelan; Josi Gilbertson, North; Taren Newman, Abraham Lincoln; Zoie Robinson, Sergeant Bluff-Luton.

Goalkeeper: Schuyler Ridder, Thomas Jefferson.

## **2019**

### **FIRST TEAM**

Forward: Ashley Aesoph, Heelan; Darby Thomas, Abraham Lincoln; Allee Downing, East; Brooklyn Huberty, Sergeant Bluff-Luton

Midfield: Julia Wagoner, Abraham Lincoln; Katelyn Stanley, Heelan; Mish Malchow, East; Sophie Benson, East.

Fullback: Brooklin Froehlich, Heelan; Olivia Barnes, East; Taren Newman, Abraham Lincoln; Alexis Exley, Thomas Jefferson.

Goalkeeper: Rilee Filip, Abraham Lincoln.

### **SECOND TEAM**

Forward: Ellie Gengler, Heelan; Abby Evers, Thomas Jefferson; Abby Wisecup, Sergeant Bluff-Luton; Mia Norton, North.

Midfield: Ashlyn Peck, Heelan; Jordan Trover, Sergeant Bluff-Luton; Maria Martinez, Abraham Lincoln; Allison Schubert, Thomas Jefferson.

Fullback: Dayle Bleeker, Heelan; Natalie Arnold, Thomas Jefferson; Morgan Gant, Thomas Jefferson; Amber Aesoph, Heelan.

Goalkeeper: Mary Kate Fitzsimmons, Heelan.

## **2020**

Season canceled

## **2021**

### **FIRST TEAM**

Forward: Hannah Schimmer, Abraham Lincoln; Emma Smallcomb, West; Hannah Belt, Thomas Jefferson; Ellie Barber, Heelan; Liberty Bates, Abraham Lincoln; Ellie Gengler, Heelan.

Midfield: Maggie Gundersen, Thomas Jefferson; Naveah James, East; Abby Evers, Thomas Jefferson; Brianna Marchand, North.

Fullback: Paige Bracker, Abraham Lincoln; Bella Leon, West; Lillian Cote, East; Maddie Kelley, North.

Goalkeeper: Sedrena Phillips, North.

### **SECOND TEAM**

Forward: Alex Flattery East; Alicia Cortez,

North; Lexi Smith, Thomas Jefferson.

Midfield: Lauren Peck, Heelan; Piper McGuire, Abraham Lincoln; Gabby Rivera, West Zoie Robinson, East.

Fullback: Maddie Gengler, Heelan; Cyann Rankin, Thomas Jefferson; Grace Mahaney, Heelan; Lexy Mayo, Abraham Lincoln.

Goalkeeper: Mary Kate Fitzsimmons, Heelan.

## **2022**

### **FIRST TEAM**

Forward; Trelyn White, Heelan; Emma Smallcomb, West; Hanna Schimmer, Abraham Lincoln; Alex Flattery, East.

Midfield: Bella Leon, West; Navaeh James, East; Dani Rodriguez, Sergeant Bluff-Luton; Lauryn Peck, Heelan; Jazmin Martinez Rangel, Abraham Lincoln.

Fullback: Liz de los Santos, Heelan; Paige Bracker, Abraham Lincoln; Lily Cole, East; Alondra Zermena, West.

Goalkeeper: Camryn Hosick, Thomas Jefferson

### **SECOND TEAM**

Forward: Liberty Bates, Abraham Lincoln; Mia Conley, Heelan; Adriel Schultzen, West; Lexi Smith, Thomas Jefferson.

Midfield: Gracie Rooney, Heelan; Daniela Raya, West; Zoe Wittkop, Le Mars.

Fullback: Trinity Minor, Thomas Jefferson; Cami Graves, East; Kailynn Thiele, North; Lexy Mayo, Abraham Lincoln

Goalkeeper: Eneyda Vasquez, West.

## **2023**

### **FIRST TEAM**

Forward: Trelyn White, Bishop Heelan; Jaida Douch, West; Liberty Bates, Abraham Lincoln; Jada Newberg, Bishop Heelan.

Midfield: Lauryn Peck, Bishop Heelan; Jazmin Martinez Rangel, Abraham Lincoln; Alli Smith, Abraham Lincoln; Brooklyn Stanley, Bishop Heelan.

Defender: Maddie Gengler, Bishop Heelan;

Liz De los Santos, Bishop Heelan; Trista Baker, Abraham Lincoln; Marin Frazee, Bishop Heelan.

Goalkeeper: Lauren LaFleur, Bishop Heelan.

### **SECOND TEAM**

Forward: Alex Flattery, East; Zoe Wittkop, Le Mars; Makena Kramer, Thomas Jefferson; Aubree McCumber, Abraham Lincoln.

Midfield: Emily Vargas, West; Reese Bleeker, Bishop Heelan; Jenna Pane, Thomas Jefferson; Grace Strong, Thomas Jefferson; Mallory Schroeder, East.

Defender: Trinity Minor, Thomas Jefferson;

Jordyn Wilson, East; Megan Elam, Abraham Lincoln; Lexy Mayo, Abraham Lincoln.

Goalkeeper: Savanna Vanderwerf, Abraham Lincoln.

## **2024**

### **FIRST TEAM**

Forward: Zoe Wittkop, Le Mars; Demi Pane, Thomas Jefferson; Trelyn White, Bishop Heelan; Taelin Minor, Thomas Jefferson.

Midfield: Makenna Kramer, Thomas Jefferson; Alli Smith, Abraham Lincoln; Brooklyn Stanley, Bishop Heelan; Kendra Berglund, Sergeant Bluff-Luton.

Fullback: Kailynn Thiele, North; Lexy Mayo, Abraham Lincoln; Claudia Lavariega, Bishop Heelan; Addisen Nordgren, East.

Goalkeeper: Camryn Hosick, Thomas Jefferson.

### **SECOND TEAM**

Forward: Jaida Douch, Bishop Heelan; Alli Baumbach, Abraham Lincoln; Chloe Cross, North; Isabella Schaap, Sergeant Bluff-Luton.

Midfield: Reese Bleeker, Bishop Heelan; Grace Jensen, North; Stella Kuehl, North; Vanessa Ramierz, Thomas Jefferson.

Fullback: Jordyn Wilson, East; Cora Eekhoff, Sergeant Bluff-Luton; Kylie Gengler, Bishop Heelan; Taryn Gant, Thomas Jefferson.

Goalkeeper: Allie Loftus, North.

## **2025**

### **FIRST TEAM**

Forward: Aliana Nloasco, East; Jaida Douch, Bishop Heelan; Trelyn White, Bishop Heelan; Ava Peters, West.

Midfield: Jordyn Wilson, East; Demi Pane, Thomas Jefferson; Reese Bleeker, Bishop Heelan; Grace Jensen, North.

Fullback: Jasmine Aguilar, East; Kylie Gengler, Bishop Heelan; Claudia Lavariega, Bishop Heelan; Olympia Rodriguez, North.

Goalkeeper: Abby Lee, Bishop Heelan

### **SECOND TEAM**

Forward: Danika Bricker, East; Makenna Kramer, Thomas Jefferson; Morgan Beamon, North; Aubree McCumber, Abraham Lincoln.

Midfield: Maddie LaFleur, Bishop Heelan; Kati Podraza, Abraham Lincoln; Daniela Raya, West; Emily Vargas, Bishop Heelan.

Fullback: Cadie Alter, East; Addison Cohrs, Abraham Lincoln; Kaylee Driggers, Thomas Jefferson; Lauryn Gwenapp, Thomas Jefferson.

Goalkeeper: Allie Loftus, North.