

MRAC GIRLS TENNIS HISTORY

Tournament Champions

YEAR	CHAMPION	RUNNER-UP	SCORE	COACH
2001	Sioux City Heelan	Sioux City East	26	Linda Guy
2002	Sioux City Heelan	Sioux City North	27	Linda Guy
2003	Sioux City Heelan	Thomas Jefferson	26	Linda Guy
2004	Sioux City Heelan	Sioux City North	22	Linda Guy
2005	Sioux City North	East, Heelan	21	Bob Dible
2006	Sioux City North	Thomas Jefferson	26	Bob Dible
2007	Sioux City North	Thomas Jefferson	30	Bob Dible
2008	Sioux City North		22	Bob Dible
	Thomas Jefferson		22	Matt Connor
2009	Sioux City North	Sioux City West	22	Bob Dible
2010	Sioux City Heelan	Thomas Jefferson	24	Joan Moore
2011	Abraham Lincoln	Sioux City North	19	
2012	Sioux City North	Sioux City Heelan	28	Bob Dible
2013	Sioux City North	Sioux City Heelan	28	Bob Dible
2014	Sioux City North	Abraham Lincoln	30	Bob Dible
2015	Sioux City North	Abraham Lincoln	30	Bob Dible
2016	Abraham Lincoln	Sioux City North	25	Bryan Pregon
2017	Abraham Lincoln	Sioux City North	25	Bryan Pregon
2018	Abraham Lincoln	Sioux City North	26	Bryan Pregon
2019	Sioux City East	Thomas Jefferson	26	Dan Pomeranke
2020	SEASON CANCELED DUE TO COVID-19			
2021	Abraham Lincoln	Thomas Jefferson	37	Bryan Pregon
2022	Abraham Lincoln	Sioux City North	37	Bryan Pregon
2023	Sioux City North	Abraham Lincoln	30	Bob Dible
2024	Sioux City Heelan	Sergeant Bluff-Luton	48	Eric Blom
2025 S	Sergeant Bluff-Luton	Sioux City Heelan	28	Julie Pomeranke
2025 F	Sergeant Bluff-Luton	Abraham Lincoln	31	Julie Pomeranke



MRAC GIRLS TENNIS HISTORY

Tournament

2001 SCORE

Heelan	26
East	20
North	18
Abraham Lincoln	12
Thomas Jefferson	8
West	6

INDIVIDUAL CHAMPIONS

No. 1 singles – Kayla Tott, Heelan
No. 2 singles – Stacia Swanson, East
No. 1 doubles – Jenni Rigggenberg-Lauren Shook, North
No. 2 doubles – Kelsey Gaskill-Mariah Grupp, North

2002 SCORE

Heelan	27
North	18
Thomas Jefferson	16
Abraham Lincoln	15
East	11
West	3

INDIVIDUAL CHAMPIONS

No. 1 singles – Kara Mathey, Heelan
No. 2 singles – Jenny Twidwell, Heelan
No. 1 doubles – Jessica Lalk-Minette Ridenour, Abraham Lincoln
No. 2 doubles – Ashley Custer-Allison McCuddin, North

2003 SCORE

Heelan	26
Thomas Jefferson	20
North	19
Abraham Lincoln	12
West	8
East	5

INDIVIDUAL CHAMPIONS

No. 1 singles – Na Wongsukkasern, Thomas Jefferson
No. 2 singles – Jenny Twidwell, Heelan
No. 1 doubles – Madison Davis-Allison McCuddin, North & Jessica Lalk-Minette Ridenour, Abraham Lincoln
No. 2 doubles – Kaitlyn Meyer-Kristy Calvert, Heelan

2004 SCORE

Heelan	22
North	18
East	17
Thomas Jefferson	13
West	11
Abraham Lincoln	9

INDIVIDUAL CHAMPIONS

No. 1 singles – Madison Davis, North
No. 2 singles – Jenny Twidwell, Heelan
No. 1 doubles – Laura Gildemeister-Kristin Koebel, East
No. 2 doubles – Hoda Sana-Jessica Erickson, North

2005 SCORE

North	21
East	21
Heelan	21
West	10
Abraham Lincoln	9
Thomas Jefferson	8

INDIVIDUAL CHAMPIONS

No. 1 singles – Regan Roat, North
No. 2 singles – Brittany Hiers, Thomas Jefferson
No. 1 doubles – Jenny Twidwell-Ann Wetz, Heelan
No. 2 doubles – Hoda Sana-Jessica Erickson, North

2006 SCORE

North	26
Thomas Jefferson	25
Abraham Lincoln	16
Heelan	11
East	10
West	2

INDIVIDUAL CHAMPIONS

No. 1 singles – Jessica Erickson, North
No. 2 singles – Brittany Hiers, Thomas Jefferson
No. 1 doubles – Lacie Dietz-Stephanie Wade, Thomas Jefferson
No. 2 doubles – Samantha Meis-Sara Bennett, North

2007 SCORE

North	30
Thomas Jefferson	19
Abraham Lincoln	14
West	13
Heelan	8
East	6

INDIVIDUAL CHAMPIONS

No. 1 singles – Audrey Erickson, North
No. 2 singles – Katherine Merritt, North
No. 1 doubles – Samantha Meis-Sara Bennett, North
No. 2 doubles – Andrea Uhl-Kacie Jensen, North

2008 SCORE

North	22
Thomas Jefferson	22
West	18
Abraham Lincoln	16
Heelan	6
East	6

INDIVIDUAL CHAMPIONS

No. 1 singles – Crystal Dierkx, Abraham Lincoln
No. 2 singles – Sara Bennett, North
No. 1 doubles – Kaylea Williams-Chelsey Stotts, Thomas Jefferson
No. 2 doubles – Jenn Gieselman-Kacie Jensen, North

2009 SCORE

North	22
West	20
Thomas Jefferson	19
Heelan	18
Abraham Lincoln	10
East	1

INDIVIDUAL CHAMPIONS

No. 1 singles – Madison Warder, West
No. 2 singles – Alexis Gerheart, West
No. 1 doubles – Michelle Davids-Kara Neumann, Thomas Jefferson
No. 2 doubles – Katy Youngblade-Elizabeth Heffernan, Heelan

2010 SCORE

Heelan	24
Thomas Jefferson	20
Abraham Lincoln	17
North	15
West	10
East	4

INDIVIDUAL CHAMPIONS

No. 1 singles – Madison Warder, West
No. 2 singles – Sam Dailey, Heelan
No. 1 doubles – Michelle Davids-Kara Neumann, TJ
No. 2 doubles – Maggie McDevitt-Cassie Stanek, Heelan

2011 SCORE

Abraham Lincoln	19
North	18
Thomas Jefferson	17
Heelan	15
East	13
West	4

INDIVIDUAL CHAMPIONS

No. 1 singles – Cassie Stanek, Heelan

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No. 2 singles – Eva Soria, West
 No. 1 doubles – Amber Michael-Emily Koontz,
 Abraham Lincoln
 No. 2 doubles – Abby Berenstein-Alexa Wolfe,
 North

<u>2012</u>	<u>SCORE</u>
North	28
Heelan	24
Abraham Lincoln	14
Thomas Jefferson	13
East	9
West	0

INDIVIDUAL CHAMPIONS

No. 1 singles – Cassie Stanek, Heelan
 No. 2 singles – Rae Hattan, North
 No. 1 doubles – Abby Berenstein-Alexa Wolfe,
 North
 No. 2 doubles – Brooke Longtin-Kamryn
 Klutschke, North

<u>2013</u>	<u>SCORE</u>
North	28
Heelan	24
Abraham Lincoln	19
Thomas Jefferson	13
West	3
East	3

INDIVIDUAL CHAMPIONS

No. 1 singles – Cassie Stanek, Heelan
 No. 2 singles – Rae Hattan, North
 No. 1 doubles – Abby Berenstein-Alexa Wolfe,
 North
 No. 2 doubles – Brooke Longtin-Trina Swan-
 son, North

<u>2014</u>	<u>SCORE</u>
North	30
Abraham Lincoln	19
Thomas Jefferson	15
Heelan	15
East	7
West	4

INDIVIDUAL CHAMPIONS

No. 1 singles – Becca Aleynik, North
 No. 2 singles – Rae Hattan, North
 No. 1 doubles – Trina Swanson-Gayle Hattan,
 North
 No. 2 doubles – Megan Jensen-MoNique
 Baker, North

<u>2015</u>	<u>SCORE</u>
North	30
Thomas Jefferson	

Abraham Lincoln
 Heelan
 East
 West

INDIVIDUAL CHAMPIONS

No. 1 singles – Becca Aleynik, North
 No. 2 singles – MoNique Baker, North
 No. 1 doubles – Trina Swanson-Kari Swanson,
 North
 No. 2 doubles – Gayle Hattan-Anna Marie
 Dotzler, North

<u>2016</u>	<u>SCORE</u>
Abraham Lincoln	25
North	23
Heelan	19
Thomas Jefferson	12
East	11
West	0

INDIVIDUAL CHAMPIONS

No. 1 singles – Trina Swanson, North
 No. 2 singles – Beth Olson, Thomas Jefferson
 No. 1 doubles – Sydney Schilling-Claire Wilder,
 Abraham Lincoln
 No. 2 doubles – Juliana Keane-Mary Volz,
 Heelan

<u>2017</u>	<u>SCORE</u>
Abraham Lincoln	25
North	23
Heelan	20
Thomas Jefferson	9
East	8
West	5

INDIVIDUAL CHAMPIONS

No. 1 singles – Claire Wilder, Abraham Lincoln
 No. 2 singles – Jessica Dix, Abraham Lincoln
 No. 1 doubles – Abby McCarthy-Emma Liewer,
 Bishop Heelan
 No. 2 doubles – Kay Anne Bryant-Maddy
 Sapienza, CBAL

<u>2018</u>	<u>SCORE</u>
Abraham Lincoln	26
North	24
Thomas Jefferson	16
East	12
Heelan	6
West	6

INDIVIDUAL CHAMPIONS

No. 1 singles – Claire Wilder, Abraham Lincoln
 No. 2 singles – Schilling, Abraham Lincoln
 No. 1 doubles – Swanson/Nguyen, North
 No. 2 doubles – Sneller/Sneller, East

<u>2019</u>	<u>SCORE</u>
East	26
Thomas Jefferson	19
North	15
Heelan	12
Abraham Lincoln	9
West	8

INDIVIDUAL CHAMPIONS

No. 1 singles – Kate Parry, Heelan
 No. 2 singles – Alissa Schubert, TJ
 No. 1 doubles – Alyssa Sitzman/Elle Sneller,
 East
 No. 2 doubles – Kate Vermilyea/Makenna
 Stulich, East

2020

Canceled

<u>2021</u>	<u>SCORE</u>
Abraham Lincoln	37
Thomas Jefferson	22
North	20
East	18
Heelan	13
Le Mars	12
Sergeant Bluff-Luton	9
West	0

INDIVIDUAL PLACERS

Singles - 1) Harper Sneed, Abraham Lincoln;
 2) Chloe Alley, Thomas Jefferson; 3) Anna
 Mass, North; 4) Chloe Best, Heelan.
 Doubles - 1) Carle/Maisel, Abraham Lincoln; 2)
 I. Mehlhaff/L. Mehlhaff, East; 3) Christensen/
 Nave, Thomas Jefferson; 4) TenHulzen/Hays,
 East.

<u>2022</u>	<u>SCORE</u>
Abraham Lincoln	37
North	26
East	20
Sergeant Bluff-Luton	19
Le Mars	13
Heelan	8
Thomas Jefferson	6
West	2

INDIVIDUAL PLACERS

Singles - 1) Jenna Carle, Abraham Lincoln; 2)
 Sophia Guntren; 3) Grace Hodge, North; 4)
 Faith TenHulzen, East.
 Doubles - 1) Kylie Hansen/Savannah Maisel,
 Abraham Lincoln; 2) Ivy Mehlhaff/Lucy Mehl-
 haff, East; 3) Madalyn Welp/Kacie Maynard,
 North; 4) Megan Beecher/Ella Conley, North.

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2023 SCORE

North	30
Abraham Lincoln	27
East	20
Le Mars	16
Heelan	16
Sergeant Bluff-Luton	11
Thomas Jefferson	6
West	5

INDIVIDUAL PLACERS

Singles - 1) Jenna Carle, Abraham Lincoln; 2) Payton Wright, Le Mars; 3) Jaden Brower, North; 4) Ellania Pick, Le Mars
 Doubles - 1) Grace Hodge/Sophie Langin, North; 2) Gracie Bruening/Taryn Dobbs, East; 3) Ella Boes/Kylie Hansen, Abraham Lincoln; 4) Olivia Delarosa/Brooke Hanson, Sergeant Bluff-Luton.

2024 SCORE

Heelan	48
Sergeant Bluff-Luton	21
Thomas Jefferson	13
North	12
East	12
Le Mars	11
West	8

Abraham Lincoln 6

INDIVIDUAL PLACERS

Singles - 1) Maria Ernesti, Heelan; 2) Carley Rooney, Sergeant Bluff-Luton; 3) Junie Roach, West; 4) Ellania Pick, Le Mars.
 Doubles - 1) Ava Moravek/Julie Verzal, Heelan; 2) Lilly Friis/Aila Friis, Heelan; 3) Jaden Brower/Grace Hodge, North; 4) Cara Ronk/Rylee Perrine, Thomas Jefferson.

2025 SPRING AT NORTH SCORE

**Sergeant Bluff-Luton	28
Bishop Heelan	25
Abraham Lincoln	19
Le Mars	18
East	12
North	12
Thomas Jefferson	10
West	7

INDIVIDUAL PLACERS

Singles - 1) Tori Hansen, Abraham Lincoln; 2) Jaden Brower, North; 3) Camryn Glass, Sergeant Bluff-Luton; 4) Faith Kranz, East.
 Doubles - 1) Maria Ernesti/Kate Kelly, Heelan; 2) Stella Britton/Brooke Hanson, Sergeant Bluff-Luton; 3) Haley Feldman/Alexa Wurth, Le Mars; 4) Olivia Winter/Lily Guntren, Sergeant Bluff-Luton.

2025 FALL AT NORTH SCORE

Sergeant Bluff-Luton	31
Abraham Lincoln	24
Bishop Heelan	22
North	18
East	15
Le Mars	9
West	8
Thomas Jefferson	4

INDIVIDUAL PLACERS

Singles - 1) Camryn Glass, Sergeant Bluff-Luton; 2) Jaden Brower, North; 3) Aila Friis, Heelan; 4) Faith Kranz, East.
 Doubles - 1) Eliot Powers/Tori Hansen, Abraham Lincoln; 2) Stella Britton/Carley Rooney, Sergeant Bluff-Luton; 3) Maria Ernesti/Kate Kelly, Heelan; 4) Rylee Callendar/Junie Roach, West.

**State Team Qualifier