

5A First Team			5A Second Team			5A Third Team		
Name	School	Grade	Name	School	Grade	Name	School	Grade
Kensington Arringdale	Ankeny	12	Lauren Sandholm	Ankeny Centennial	11	Mya Geffre	Ames	11
Jordyn Kennedy	Ankeny Centennial	12	Emma Woltz	Bettendorf	12	Avery Nelson	Ankeny	12
Kori Lincicum	Ankeny Centennial	12	Lexi Trueg	Cedar Falls	12	Mylie Hatfield	Ankeny Centennial	12
Mady Ott	Ankeny Centennial	12	Dylan Amling	Cedar Rapids Kennedy	10	Ava Rigdon	Bettendorf	10
Peyton Spiegel	Ankeny Centennial	10	Addison Lyddon	Dallas Center Grimes	12	Adalyn Thorstenson	Cedar Rapids Kennedy	10
Lily Knutson	Cedar Rapids Kennedy	12	Tessa Jones	Dallas Center Grimes	11	Jenah Gray	Dallas Center Grimes	11
Addie Abens	Dallas Center Grimes	11	Grace Bell	Des Moines Roosevelt	12	Kylie Matejski	Dowling	12
Clara Page	Des Moines Roosevelt	11	Grace Nagel	Dowling	12	Annie Hefel	Dubuque Senior	12
Abby Johnson	Dowling	12	Mallory Tomkins	Dubuque Hempstead	12	Lilah Ettema	Dubuque Senior	10
Sophia Gratton	Dubuque Hempstead	11	Ava Tague	Iowa City Liberty	12	Alexa Guyer	Indianola	11
Molly Carlson	Iowa City High	12	Brynna Gander	Linn Mar	10	Maeve Obermueller	Iowa City High	11
Piper Johnson	Prairie	12	Mia Molina	Muscatine	12	Kelsey Kaut	Iowa City Liberty	12
Jadyn Woods	Southeast Polk	12	Skylar Peterson	Muscatine	12	Grayce Reiners	Johnston	12
Tatum Johnson	Urbandale	12	Caysen Thompson	Ottumwa	12	Hayden Koutny	Linn Mar	12
Kari Rose	Valley	12	Maggie Bowman	Pleasant Valley	11	Ruby Stagg	Pleasant Valley	10
Maddison Zlomke	Valley	11	Lyla Canny	Prairie	12	Joslyn Vogt	Sioux City North	12
Francesca Dehl	Waterloo West	12	Halle Clark	Southeast Polk	11	London Roe	Valley	9
Sophie Goerish	Waukee	12	Karter Price	Southeast Polk	11	Ella Daniel	Waukee	12
Sophia Schlader	Waukee Northwest	10	Jaden Van Pelt	Waukee	12	Elsa Kopriva	Waukee	10
Alayna Schulte	Waukee Northwest	12	Kenley Sanger	Waukee Northwest	11	Addy Schoepske	Waterloo West	12
Coach of the Year	Brett Delaney, Ankeny Centennial							