

All-Substate Teams (Boys)

1A	Sub-state - 1 (Yates)			1A	Sub-state - 2 (Wilkinson)		
	Name	School	Grade		Name	School	Grade
1	Keaton Bonderson	Gehlen Catholic	10	1	Angelo Winkel	Bishop Garrigan	12
2	Dallas Kluender	Woodbury Central	11	2	Wiley Sherbrune	Janesville	11
3	Carter DeRocher	Gehlen Catholic	11	3	Dashawn Linnen	Lake Mills	12
4	Carter Sievers	Newell-Fonda	10	4	Kayden Ames	West Fork	12
5	Garrett Trapp	River Valley	12	5	Caleb Bacon	Lake Mills	12
6	Lance Berends	HMS	10	6	Austin Bienemann	Nashua-Plainfield	12
7	Jaxon Bunkers	Remsen St. Mary's	10	7	Douglas Taylor	Mason City Newman Catholic	10
8	Jake Wallin	South O'Brien	10	8	Kyle Schaff	Bishop Garrigan	12
COY	Mike Langel	Gehlen Catholic		COY	Kyle Menke	Lake Mills	
1A	Sub-state - 3 (Kuntz)			1A	Sub-state - 4 (Spielbauer)		
	Name	School	Grade		Name	School	Grade
1	Parker Rochford	Ed-Co	12	1	Kaleb Cornilsen	Easton Valley	12
2	Gunner Meyer	Wapsie Valley	11	2	Alex Koppes	Springville	12
3	William Kiburis	Gladbrook-Reinbeck	10	3	Maddox Griffin	Wapello	11
4	Kobe Risse	Wapsie Valley	12	4	Carson Michels	Marquette Catholic	12
5	Dalton Dibert	Kee High	11	5	Blaise Porter	New London	10
6	Casey Gardner	Dunkerton	10	6	Dasean Mingo	Prince of Peace	12
7	Jacob Herold	South Winn	12	7	Vasin Thurman	Holy Trinity Catholic	12
8	Kalvin Langreck	Turkey Valley	12	8	Kaden Schnede	Calumus-Wheatland	12
COY	Todd Kuntz	Justin Olind	Dunkerton Ed-Co	COY			
1A	Sub-state - 5 (Hilmer)			1A	Sub-state - 6 (Dengler)		
	Name	School	Grade		Name	School	Grade
1	Austin Hilmer	North Linn	11	1	Trey Shearer	Montezuma	12
2	Tate Haughenbury	North Linn	10	2	Cole Watts	Montezuma	12
3	Brody Ward	Iowa Valley	11	3	Carson Brown	Moravia	12
4	Ben DeMeulenaere	Belle Plaine	11	4	Jaixen Frost	Mount Ayr	10
5	Taurice Grant	Meskwaki Settlement	12	5	Luke Hammen	Keota	12
6	Eli Ours	Hillcrest Academy	12	6	Eddie Burgess	Montezuma	11
7	Hunter Caves	Alburnett	12	7	Carson Sprouse	Keota	12
8	Kaden Hall	English Valleys	11	8	Nash Smith	North Mahaska	10
COY	Mike Hilmer	North Linn		COY	Derrick Dengler	Montezuma	
1A	Sub-state - 7 (Newton)			1A	Sub-state - 8 (Newton)		
	Name	School	Grade		Name	School	Grade
1	Trey Baker	Martensdale-St Mary's	12	1	Manny Hammonds	Grandview Christian	11
2	Leyton Nelson	Tri-Center	12	2	Sam Rallis	St. Albert, Council Bluffs	12
3	Jack Franey	Martensdale-St Mary's	12	3	Sage Evans	West Harrison	10
4	TJ Harkins	Earlham	12	4	Layne Pryor	Woodbine	12
5	Ethan Alfors	Tri-Center	12	5	Tre Melby	Logan-Magnolia	12
6	Toby Bower	Nodaway Valley	12	6	Gavin Reineke	Boyer Valley	12
7	Grady Jeppesen	Riverside	9	7	Gabe Peterson	Madrid	12
8	Mason Crouse	East Mills	10	8	Jonny Gatto	Grandview Christian	12
COY	Chad Harder	Tri-Center		COY	Rowdy Evans	West Harrison	

All-Substate Teams (Boys)

2A	Sub-state - 1 (Francis)			2A	Sub-state - 2 (Maassen)		
	Name	School	Grade		Name	School	Grade
1	Cooper DeJean	OABCIG	12	1	Creighton Morisch	Spirit Lake	12
2	Tanner Te Slaa	Boyden-Hull	11	2	Ty Van Essen	Western Christian	11
3	Camden Schroeder	East Sac	12	3	Lucas Lorenzen	Okoboji	11
4	Marcus Kelderman	Boyden-Hull	12	4	Zach Lutmer	Central Lyon	10
5	Clayton Bosma	Unity Christian	12	5	Landyn Van Kekerix	Rock Valley	11
6	Bo Clausen	Ridge View	12	6	Vance Katzfey	Spirit Lake	11
7	Claeb Holmes	Hinton	11	7	Cade Rohwer	Alta-Aurelia	12
8	Will Luger	Cherokee	11	8	Carter Brouwer	Sibley-Ocheyedan	12
COY				COY	Paul Brown	Spirit Lake	
2A	Sub-state - 3 (Kern)			2A	Sub-state - 4 (Brindle)		
	Name	School	Grade		Name	School	Grade
1	Kyler Matthias	Denver	Sr	1	Creed Welch	Waukon	Sr.
2	Bryce Phelps	Denver	Sr	2	Jeff Bowie	West Branch	Sr.
3	Noah Miller	Forest City	Sr	3	Carson Lienau	Jesup	Jr.
4	Owen Thomas	Aplington-Parkersburg	Sr	4	Mason White	Beckman	Sr.
5	Isaac Besh	Denver	Sr	5	Judd Swanton	Northeast Gooselake	Sr.
6	Eric Bobinet	Osage	Sr	6	Jacob King	Oelwein	Sr.
7	Jayden Mackie	Aplington-Parkersburg	Jr	7	Simon Palmer	West Branch	Sr.
8	Carter Gallagher	Columbus Catholic	Jr	8	Kole Johnson	North Fayette-Valley	Sr.
COY	Kyle Matthias	Denver		COY	Jason Kern	West Branch	
2A	Sub-state - 5 (Davis)			2A	Sub-state - 6 (Alexander)		
	Name	School	Grade		Name	School	Grade
1	Zach Erwin	Camanche	11	1	Blake Chance	Albia	12
2	Carter Harmsen	Mid-Prairie	11	2	Adam Witty	DMC	11
3	Jordan Lawrence	Camanche	12	3	Eric Mulder	Pella Christian	11
4	Caden Kirkman	Wilton	10	4	Grant Veenstra	DMC	12
5	Brady Miliikin	Pekin	12	5	Ben Loverude	DMC	12
6	Marvion Jackson	West Burlington	12	6	Drew Chance	Albia	10
7	Aiden Rath	Mid-Prairie	12	7	Mason Scheve	Pleasantville	11
8	Brock Long	Pekin	12	8	Ethan Davis	EBF	11
COY	Josh Davis	Camanche		COY	Kevin Archer	Albia	
2A	Sub-state - 7 (Thomas)			2A	Sub-state - 8 (Smeins)		
	Name	School	Grade		Name	School	Grade
1	Karson Sharar	Iowa Falls- Alden	12	1	Sid Schaaf	Treynor	12
2	Sam Skaar	Roland Story	12	2	Raydden Grobe	AHSTW	11
2	Landen Sullivan	DNH	12	3	Tim Zimmerman	Treynor	12
4	Brennan Holder	South Central Calhoun	12	4	Chris Schreck	Van Meter	11
5	AJ Wegener	DNH	12	5	Brayden Lund	AHSTW	10
6	Dane Fuller	DNH	12	6	Eli Kading	ACGW	12
7	Cole Corey	South Central Calhoun	12	7	Matthew Boothe	Central Decatur	11
8	Carter Swope	Hudson	12	8	Kyle Sternberg	AHSTW	10
COY	Greg Moore	DNH		COY	Scott Rucker	Treynor	
					GG Harris	AHSTW	

All-Substate Teams (Boys)

3A	Sub-state - 1 (Betz)				3A	Sub-state - 2 (Betz)			
	Name	School	Grade			Name	School	Grade	
	1	Jake Layman	Sergeant Bluff-Luton	Sr		1	Andrew Formanek	Clear Lake	Sr
	2	Majok Majouk	Sergeant Bluff-Luton	Sr		2	Karter Petzenhauser	Spencer	Jr
	3	Spencer Mackey	LeMars	Sr		3	Carson Toebe	Clear Lake	So
	4	Alec Dreckman	LeMars	Sr		4	Noah Nelson	Algona	Sr
	5	Kaleb Booth	Carroll	Jr		5	Will Larson	Estherville Lincoln Central	Sr
	6	Tory Feldman	Carroll	Sr		6	Owen Larson	Estherville Lincoln Central	Fr
	7	Ayden Klein	MOC	So		7	Tyler McKinney	Webster City	So
COY	Adam Vanderschaaf	Sergeant Bluff-Luton			COY	Jeremey Ainley	Clear Lake		
3A	Sub-state - 3 (Carlson)				3A	Sub-state - 4 (Roberts)			
	Name	School	Grade			Name	School	Grade	
	1	Dlyan Johnson	Western Dubuque	12		1	Justin Recker	Monticello	12
	2	Reid Wiley	Cresco, Crestwood	12		2	Kyle Kelley	West Delaware	12
	3	Garrett Baumhover	Western Dubuque	12		3	David Bluder	Solon	12
	4	Charlie Robinson	Decorah	12		4	Caiden Atienza	Maquoketa	12
	5	Caleb Burks	Waverly-Shell Rock	12		5	Henry Bloom	Central DeWitt	12
	6	JJ Ritter	Charles City	12		6	Trey Johannes	Center Point-Urbana	12
	7	Nathan Donovan	Dubuque Wahlert	12		7	Luke Lambert	Monticello	12
COY	Lynn McCormick	Crestwood			COY	Tim Lambert	Monticello		
3A	Sub-state - 5 (Roberts)				3A	Sub-state - 6 (Schulte)			
	Name	School	Grade			Name	School	Grade	
	1	Emarion Ellis	Assumption	12		1	Grant Nelson	Pella	12
	2	Keaton Kutcher	Mount Vernon	12		2	Karl Miller	Pella	12
	3	Jayden Meeker	Mount Vernon	12		3	Chritian Withrow	CCA	12
	4	Dayton Davis	Fort Madison	11		4	Kieren Nichols	Knoxville	12
	5	Max Wheaton	Fairfield	10		5	Adam Mattes	Newton	11
	6	Dewon Trent	Mount Pleasant	11		6	AJ Wilkins	Grinnell	12
	7	Brayson Laube	Marion	10		7	Ethan Patterson	Washington	10
COY	Matt Fitzpatrick	Assumption			COY	Derek Schulte	Pella		
3A	Sub-state - 7 (Nelson)				3A	Sub-state - 8 (Nelson)			
	Name	School	Grade			Name	School	Grade	
	1	Connor Drew	Ballard	12		1	Ryan Blum	Glenwood	12
	2	Ashton Hermann	Ballard	11		2	Luke Rankin	Dallas Center-Grimes	12
	3	Colby Collison	Bondurant-Farrar	10		3	Cole Glasgow	Dallas Center-Grimes	11
	4	Jevin Sullivan	North Polk	11		4	Skyler Handlos	Atlantic	12
	5	Levi Gurwell	Winterset	11		5	Connor Frame	Harlan	11
	6	Mason Murphy	Ballard	12		6	Colby Burg	Creston	12
	7	Dawson Forgy	Winterset	11		7	Jack Cooley	Clarke	9
COY	Jeff Schertz	Ballard			COY	Joel Rankin	Dallas Center-Grimes		

All-Substate Teams (Girls)

1A	Region - 1 (Sonius)			1A	Region - 2 (Schwab)		
	Name	School	Grade		Name	School	Grade
1	Audi Crooks	Bishop Garrigan	10	1	Macy Sievers	Newell Fonda	11
2	Molly Joyce	Bishop Garrigan	10	2	Baily Sievers	Newell Fonda	12
3	Alyssa Hames	AGWSR	12	3	Maggie Walker	Newell Fonda	12
4	Kaylyn Meyers	Bishop Garrigan	12	4	Aleah Hermensen	Audubon	11
5	Allison Engle	BCLUW	11	5	Ella Larsen	Newell Fonda	12
6	Kealan Curley	Newman Catholic	12	6	Eva Steffenson	CAM	9
7	Cheyenne Behrends	Clarksville	12	7	Jaci Christiansen	Audubon	11
8	Grace Finger	AGWSR	11	8	Josie Hartman	Southeast Warren	11
COY	Brandon Schwab	Bishop Garrigan		COY	Joe Wollum	CAM	
1A	Region - 3 (Wiley)			1A	Region - 4 (Wiley)		
	Name	School	Grade		Name	School	Grade
1	Ali Hoffert	Turkey Valley	12	1	McKenzie Goodwin	Kingsley-Pierson	11
2	Hali Anderson	St. Ansgar	12	2	Allie Petry	St. Albert	12
3	Reagan Mudderman	Kee High	11	3	Brooklyn Beery	Kingsley-Pierson	12
4	Sara Reid	Central City	11	4	Izzy Weldon	Fremony-Mills	9
5	Lauren Donlea	East Buchanan	11	5	Makenna Shepard	St. Albert	12
6	Gracie Urbatsch	St. Ansgar	12	6	Avery Dowling	Sidney	10
7	Breanna Hackman	Nashua-Plainfield	11	7	Delaney Iseminger	Kingsley-Pierson	12
8	Delaney Scherf	Central	10	8	Abbi Bailey	Kingsley-Pierson	12
COY	Scott Cakerice	St. Ansgar		COY	Nicole Goodwin	Kingsley-Pierson	
1A	Region - 5 (Wachs)			1A	Region - 6 (Rowlands)		
	Name	School	Grade		Name	School	Grade
1	Lauren Wilson	Springville	11	1	Reagan Franzen	Collins-Maxwell	12th
2	Farah Nelson	Winfield-Mt. Union	12	2	Elise Boulton	Montezuma	12th
3	Bradie Buffington	Winfield-Mt. Union	10	3	Layla Hargis	North Mahaska	11th
4	Katy Stephens	Burlington Notre Dame	11	4	Dylan Holland	Montezuma	12th
5	Kyndal Townsley	Winfield-Mt. Union	12	5	Cally Gibbs	Lynville-Sully	12th
6	Megan Harrell	Burlington Notre Dame	11	6	Addie Schilling	North Mahaska	11th
7	Morgan Nachazel	Springville	11	7	Sydney Lane	Grandview Christian	12th
8	Alison Boeckmann	Calamus-Wheatland	12	8	Ellie Tuhn	Baxter	11th
COY	Mitch Wachs	Winfield-Mt. Union		COY	Janel Burgess	Montezuma	
1A	Region - 7 (Streit)			1A	Region - 8 (Rowlands)		
	Name	School	Grade		Name	School	Grade
1	Emily Dreckman	MMCRU	11	1	Macy Emgarten	Exira-EHK	11
2	Addy Johnson	Westwood	9	2	Quinn Grubbs	Exira-EHK	10
3	Natalie Nielsen	Akron-Westfield	11	3	T.J. Stoakes	Lenox	12
4	Danika Demers	Storm Lake St. Marys	11	4	Jenna Stephens	Stanton	10
5	Taylor Harpenau	MMCRU	11	5	Cassidy Nelson	Lenox	12
6	Ellie Hilbrands	MMCRU	11	6	Emily Jones	Wayne	11
7	Jaeden Ferris	Westwood	10	7	Mollie Rasmussen	Exira-EHK	11
8	Rachel Langel	Gehlen Catholic	12	8	Kaylee Weber	Sigourney	12
COY	Gillian Letsche	MMCRU		COY	Tom Peterson	Exira-EHK	

All-Substate Teams (Girls)

Region - 1 (Eckenrod)				2A	Region - 2 (Maske)		
	Name	School	Grade		Name	School	Grade
1	Ella Imler	Maquoketa Valley	12	1	Bailey Reding	Grundy Center	11
2	Morgan Brandt	Sumner-Fredericksburg	11	2	Lainy Thoren	Grundy Center	11
3	Riley Moreland	MFL Mar-Mac	11	3	Zoie Vaught	Van Meter	11
4	Kennedy Arens	Beckman Catholic	12	4	Malorie Mckinney	Pleasantville	11
5	Emmerson Whittenbaugh	Maquoketa Valley	12	5	Reese Johnson	Denver	11
6	Amanda Treptow	Jesup	11	6	Grace Hennessy	Denver	10
7	Ally Hoffman	Cascade	11	7			
COY	Scot Moenck	Maquoketa Valley		COY	Matt Lindeman	Grundy Center	
2A	Region - 3 (O'Brien)			2A	Region - 4 (Wheatley)		
	Name	School	Grade		Name	School	Grade
1	Isabel Manning	Van Buren	12	1	Ellie Ware	North Linn	12
2	Sasha Koenig	West Branch	12	2	Kelsey Drake	Wilton	11
3	Hallie Mohr	Mediapolis	11	3	Kamryn Kurt	North Linn	9
4	Annie Gahan	Iowa City Regina	12	4	Ali Vesely	Waterloo Columbus	12
5	Kylee Sanders	Louisa-Muscatine	12	5	Teresa Paulsen	Bellevue	12
6	Allison Van Gorp	Pella Christian	12	6	Jessica Carolan	Hudson	12
7	Delaynie Luneckas	West Branch	11	7	Megan Neighbor	Albumett	12
COY	Jared Tylee	West Branch		COY	Brian Wheatley	North Linn	
2A	Region - 5 (Wheatley)			2A	Region - 6 (Wheatley)		
	Name	School	Grade		Name	School	Grade
1	Maddax DeVault	Nodaway Valley	11	1	Rachel Leerar	West Hancock	12
2	Kailey Jones	AHSTW	12	2	Payton Peterson	Dike-New Hartford	9
3	Riley Batta	South Central Calhoun	12	3	Kennedy Kelly	West Hancock	11
4	Claire Denning	AHSTW	12	4	Ellary Knock	Dike-New Hartford	10
5	Alexa Ahrenholz	IKM Manning	12	5	Sophia Hoffman	Dike-New Hartford	11
6	Lindsey Davis	Nodaway Valley	9	6	Emma Martinek	West Fork	10
7	Claire Harris	AHSTW	12	7	Ellie Etjen	Aplington Parkerburg	11
COY	Brian Eisbach	Nodaway Valley		COY	Bruce Dall	Dike-New Hartford	
2A	Region - 7 (Streit)			2A	Region - 8 (Sonderland)		
	Name	School	Grade		Name	School	Grade
1	Hayden Heimansen	Central Lyon	12	1	Mallory McCall	West Monona	12
2	Abby Heemstra	Rock Valley	12	2	Hannah Dau	South O'Brien	12
3	Madison Brouwer	Sibley-Ocheydan	10	3	Kendra Kuck	Underwood	11
4	Lexi VanKekerix	Rock Valley	12	4	Madison Stowater	Ridge View	9
5	Abbie Schany	Emmetsburg	12	5	Emma Vohs	Ridge View	11
6	Akaysa Duitscher	Pocahontas Area	10	6	Brielle Engelmann	Alta-Aurelia	10
7	Bria Wasmund	Sibley-Ocheydan	10	7	Anna Coffee	Hinton	11
COY	Heather Grafing	Central Lyon		COY	Jazmyn Flynn	Underwood	

All-Substate Teams (Girls)

3A Region - 1 (Eckenrod)				3A Region - 2 (Maske)			
	Name	School	Grade		Name	School	Grade
1	Peyton Beckman	Panorama	11	1	Grace Schoonhoven	Unity Christian	10
2	Haley Rasmussen	Atlantic	12	2	Janie Schoonhoven	Unity Christian	12
3	JaMae Nichols	Cherokee	12	3	Jaydan Nitchals	ELC	11
4	Teagan Slaughter	Cherokee	12	4	Kendal Clark	Humboldt	12
5	Alexis Pingel	Cherokee	11	5	Kaitlyn Tendal	ELC	11
6	Ava Wolf	Shenandoah	11	6	Shae Dillavou	Forest City	11
COY	Brandon Slaughter	Cherokee		COY	Jay Schuiteman	Unity Christian	COY
3A Region - 3 (O'Brien)				3A Region - 4 (Kremer)			
	Name	School	Grade		Name	School	Grade
1	Reagan Barkema	Roland-Story	11	1	Jaden Ainley	Clear Lake	11th
2	Maggie Wilkins	Knoxville	12	2	Katy Reyerson	West Marshall	10th
3	Moriah Prewitt	Des Moines Christian	12	3	Charlotte Wetjen	Williamsburg	12th
4	Reece Johnson	Roland-Story	11	4	Lauren Meader	Hampton-Dumont	11th
5	Sydney Mosinski	Nevada	12	5	Jenny Wibholm	Iowa Falls-Alden	12th
6	Megan Miller	Des Moines Christian	12	6	Ella Sharar	Iowa Falls-Alden	9th
COY	Justin Morton	Roland-Story		COY	Rich Haisman	Vinton	
3A Region - 5 (Wachs)				3A Region - 6 (Wachs)			
	Name	School	Grade		Name	School	Grade
1	Dani Johnson	Osage	12	1	Brooklyn Meyer	West Lyon	11
2	Carlee Rochford	New Hampton	10	2	Lauryn Peck	Bishop Heelan	10
3	Ellie Bobinet	Osage	12	3	Kennedy Kramer	West Lyon	11
4	Hope McDonald	New Hampton	12	4	Carly Murphy	OABCIG	12
5	Britain Ferrie	Crestwood	10	5	Kenley Meis	Bishop Heelan	10
6	Malayna Kiel	Oelwein	11	6			
COY	Chad Erickson	Osage		COY	Ryan Brassler	West Lyon	
3A Region - 7 (O'Brien)				3A Region - 8 (Kremer)			
	Name	School	Grade		Name	School	Grade
1	Ryley Goebel	Center Point-Urbana	11	1	Mya Merschman	Central Lee	12th
2	Callie Levin	Solon	9	2	Sydney Marlow	West Burlington	12th
3	Gabrielle Guilford	Monticello	12	3	Claire Mathews	Centerville	12th
4	Kaia Holtkamp	Solon	11	4	Finley Hall	West Liberty	11th
5	Tenley Cavanagh	Maquoketa	11	5	Macy Daufeldt	West Liberty	11th
6	Rachel Bierman	Tipton	12	6	Mickey Stephens	Centerville	11th
COY	Philip Klett	Center Point-Urbana		COY	John Vandenberg Nic Belloma	West Burlington Centerville	

All-Substate Teams (Girls)

4A Region - 1 (Drent)				4A Region - 2 (Klaassen)			
	Name	School	Grade		Name	School	Grade
1	Elle Scarborough	Glenwood	12	1	Lucy Schaffer	North Polk	10
2	Jenna Hopp	Glenwood	10	2	Jenna Twedt	Benton Comm	10
3	Madison Camden	Glenwood	11	3	Molly Ihle	Ballard	12
4	Emma Salker	SBL	11	4	MaKayla Boatman	North Polk	10
5	Payton Hardy	SBL	10	5	Jada Williams	Mason City	11
6	Kennedy Lein	Carrol	12	6	Brooke Loewe	Ballard	11
COY	Brian Rasmussen	Glenwood		COY	Kelly Anderson	Ballard	
4A Region - 3 (Manderscheid)				4A Region - 4 (Klaassen)			
	Name	School	Grade		Name	School	Grade
1	Kelsey Fields	Creston	Sr	1	Makayla Farnum	North Scott	9
2	Jocelyn Bice	Norwalk	Jr	2	Samantha Scott	North Scott	12
3	Emma Miner	Dallas Center-Grimes	So	3	Ashley Fountain	North Scott	12
4	Bren Moritz	Norwalk	Sr	4	Danielle Breen	Fairfield	11
5	Julia Reis	Dallas Center-Grimes	Sr	5	Hannah Simpson	Fairfield	11
6	Sam Dunphy	Creston	Sr	6	Delaney Breen	Fairfield	11
COY	Adam Jones	Dallas Center-Grimes		COY	TJ Case	North Scott	
4A Region - 5 (Potts)				4A Region - 6 (Potts)			
	Name	School	Grade		Name	School	Grade
1	Calia Clubb	CCA	11	1	Abbie Draper	Waverly	12
2	Taylor Veach	Dewitt	11	2	Emma Donovan	Wahlert	10
3	Allie Meadows	Dewitt	11	3	Bryar Duwe	Decorah	10
4	Makenzie Cooley	Clinton	12	4	Lexi Turner	Xavier	10
5	Sadie Struchen	Marion	11	5	Carson Koerperich	Western Dubuque	9
6	Ella Van Weelden	Marion	12	6	Allie Kutsch	Wahlert	12
COY	Chad Specht	Dewitt		COY	Kris Spiegler	Wahlert	
4A Region - 7 (Mayer)				4A Region - 8 (Drent)			
	Name	School	Grade		Name	School	Grade
1	Ava Hawthorn	Gilbert	11	1	Paige Anderson	Denison	12
2	Katelyn Lappe	Bondurant-Farrar	11	2	Hannah Neeman	Denison	12
3	Ivey Schmidt	Grinnell	11	3	Emma Dighton	Boone	12
4	Jena Young	Winterset	10	4	Allison Piercy	Spencer	11
5	Avery Fried	Bondurant-Farrar	12	5	Jada Piercy	Spencer	11
6	Emma Bulman	Gilbert	12	6	Claire Schmitz	Harlan	11
COY	Ben Anderson	Bondurant-Farrar		COY	Zach Klaassen	Harlan	

All-Substate Teams (Girls)

5A	Region - 1 (Mayer)			5A	Region - 2 (Lilly)		
	Name	School	Grade		Name	School	Grade
1	Kate Dinnebier	Waukee	12	1	Jaday Gyamfi	Johnston	11
2	Regan Bartholomew	Waukee	11	2	Lauren Blake	Indianola	11
3	Carolyn Waite	Ames	12	3	Kendall Clatt	Indianola	12
4	Ashley Iiams	Ames	12	4	Aili Tanke	Johnston	9
5	Megan Eamey	Waukee	12	5	Anna Gossling	Johnston	11
COY	Chris Guess	Waukee		COY	Chad Lilek	Johnston	
5A	Region - 3 (Manderscheid)			5A	Region - 4 (Lilly)		
	Name	School	Grade		Name	School	Grade
1	Halli Pooock	Waterloo West	So	1	Grace Larkins	SE Polk	12
2	Sahara Williams	Waterloo West	So	2	Brooklin Dailey	SE Polk	12
3	Kelsey Joens	Iowa City High	So	3	Kayla Bensen	Sioux City East	11
4	Eviyon Richardson	Iowa City High	Jr	4	Taylor Drent	Sioux City East	11
5	Ella Cook	Iowa City High	Sr	5			
COY	Anthony Pappas	Waterloo West		COY	Tracy Dailey	SE Polk	
5A	Region - 5 (Sanderson)			5A	Region - 6 (Sanderson)		
	Name	School	Grade		Name	School	Grade
1				1	Audrey Koch	Iowa City West	12
2				2	Matayia Tellis	Iowa City West	12
3				3	Bella Sims	Davenport North	12
4				4	Hattie Aanestad	Bettendorf	10
5				5	Halle Vice	Pleasant Valley	10
COY				COY	BJ Mayer	Iowa City West	
5A	Region - 7 (Mayer)			5A	Region - 8 (Drent)		
	Name	School	Grade		Name	School	Grade
1	Anaya Barney	Cedar Falls	12	1	Hannah Stuelke	CR Washington	11
2	Meredith Rieker	WDM Valley	11	2	Lexi Boles	Dowling	12
3	Sophie Barrett	CR Kennedy	12	3	Sydney Mitvalsky	CR Washington	12
4	Sarah Albaugh	Cedar Falls	11	4	Hailey Cooper	CR Prairie	12
5	Jasmine Barney	Cedar Falls	10	5	Emma Gipple	Dowling	11
COY	Gregg Groen	Cedar Falls		COY	Kristin Meyer	Dowling	

Coach of the Year (Boys)

1A - substates	Name	School		2A - substates	Name	School
1	Mike Langel	Gehlen Catholic		1		
2	Kyle Menke	Lake Mills		2	Paul Brown	Spirit Lake
3	Justin Olind	Co		3	Kyle Matthias	Denver
4				4	Jason Kern	West Branch
5	Mike Hilmer	North Linn		5	Josh Davis	Camanche
6	Derrick Dengler	Montezuma		6	Kevin Archer	Albia
7	Chad Harder	Tri-Center		7	Greg Moore	DNH
8	Rowdy Evans	West Harrison		8	Scott Rucker	Treynor
3A - substates	Name	School		4A - substates	Name	School
1	Adam Vanderschaaf	Sergeant Bluff-Luton		1	Jason Isaacson	CBAL
2	Jeremy Ainley	Clear Lake		2	Vance Downs	Ames
3	Lynn McCormick	Crestwood		3	Jon McKowen - Brian Frick	CR Kennedy - Johnston
4	Tim Lambert	Monticello		4	Ryan Schultz	Cedar Falls
5	Matt Fitzpatrick	Assumption		5	Curt Deutsch-Wendell Eimers-John Windham	Hempstead-Senior-Muscatine
6	Derek Schulte	Pella		6	Steve Hillman	Pleasant Valley
7	Jeff Schertz	Ballard		7	BJ Windhorst	Valley
8	Joel Rankin	Dallas Center-Grimes		8	Justin Ohl	Waukee

Coach of the Year (Girls)

1A - Regions	Name	School	2A - Regions	Name	School
1	Brandon Schwab	Bishop Garrigan	1	Scot Moenck	Maquoketa Valley
2	Joe Wollum	CAM	2	Matt Lindeman	Grundy Center
3	Scott Cakerice	St. Ansgar	3	Jared Tylee	West Branch
4	Nicole Goodwin	Kingsley-Pierson	4	Brian Wheatley	North Linn
5	Mitch Wachs	Winfield-Mt. Union	5	Brian Eisbach	Nodaway Valley
6	Janel Burgess	Montezuma	6	Bruce Dall	Dike-New Hartford
7	Gillian Letsche	MMCRU	7	Heather Grafing	Central Lyon
8	Tom Peterson	Exira-EHK	8	Jazmyn Flynn	Underwood
3A - Regions	Name	School	4A - Regions	Name	School
1	Brandon Slaughter	Cherokee	1	Brian Rasmussen	Glenwood
2	Jay Schuiteman	Unity Christian	2	Kelly Anderson	Ballard
3	Justin Morton	Roland-Story	3	Adam Jones	Dallas Center-Grimes
4	Rich Haisman	Vinton	4	TJ Case	North Scott
5	Chad Erickson	Dike-New Hartford	5	Chad Specht	Dewitt
6	Ryan Brasser	West Lyon	6	Kris Spiegler	Wahlert
7	Philip Klett	Center Point-Urbana	7	Ben Anderson	Bondurant-Farrar
8	John Vandenberg Nic Belloma	West Burlington Centerville	8	Zach Klaassen	Harlan
5A - Regions	Name	School			
1	Chris Guess	Waukee			
2	Chad Lilek	Johnston			
3	Anthony Pappas	Waterloo West			
4	Tracy Dailey	SE Polk			
5					
6	BJ Mayer	Iowa City West			
7	Gregg Groen	Cedar Falls			
8	Kristin Meyer	Dowling			