

2020 Gehlen Jays

Season Summary



"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." – Andrew Carnegie

2020 - Gehlen Catholic Volleyball Roster

Varsity Squad

| # | Name | Height | Position | Grade |
|------|--------------------|--------|------------------|-------|
| 1 | Abby Ruhland | 5'3" | Backrow | 12 |
| 2 | Tiffany Woerdehoff | 5'3" | Backrow | 12 |
| 3 | Rylee Schnepf | 5'7" | Outside Hitter | 11 |
| 4 | Lauren Heying | 5'7" | Rightside Hitter | 11 |
| 5/16 | Alyssa Kolbeck | 5'6" | Libero/OH | 11 |
| 6 | Jasmine Lubben | 5'4" | Backrow | 10 |
| 7 | Larissa Sitzmann | 5'11" | Outside Hitter | 11 |
| 8 | Cadence Goebel | 5'7" | Setter | 10 |
| 9 | Sophie Ruden | 5'5" | Setter | 10 |
| 10 | Tessa Ellensohn | 5'7" | Outside Hitter | 10 |
| 11 | Rachel Langel | 6'0" | Middle Hitter | 12 |
| 12 | Miyah Whitehead | 5'11" | Middle Hitter | 10 |
| 13 | Corra Yockey | 5'11" | Middle Hitter | 10 |
| 14 | Jayden Barthole | 5'6" | Outside Hitter | 10 |
| 15 | Olivia Bunkers | 5'8" | Outside Hitter | 11 |

B & C Squads

| # | Name | Grade |
|----|------------------|-------|
| 9 | Sophie Ruden | 10 |
| 10 | Tessa Ellensohn | 10 |
| 13 | Corra Yockey | 10 |
| 14 | Jayden Barthole | 10 |
| 15 | Olivia Bunkers | 11 |
| 17 | Makenzi Alesch | 10 |
| 18 | Emily Steffes | 11 |
| 21 | Josie Scheitler | 10 |
| 22 | Lynsey Reuter | 9 |
| 23 | Aspen Mosher | 9 |
| 24 | Ava Weiland | 9 |
| 25 | Linh Tran | 10 |
| 27 | Zoe Vacura | 9 |
| 28 | Larissa Pohlen | 9 |
| 29 | Ellen Hunt | 9 |
| 30 | McKenna Sitzmann | 9 |
| 31 | Jacqueline Munoz | 11 |
| 33 | Nevaeh Hodgson | 9 |



| | |
|----------------|-----------------------------------|
| Nickname: | Jays |
| Colors: | Green & Gold |
| Head Coach: | Mike Meyer |
| Asst. Coaches: | Kathy Neary Amber Schilmoeller |
| Manager: | Brynn Wendt |
| Principal: | Jeff Alesch |
| A.D.: | Kirk Kronaizl |

2020 MATCH RESULTS

INSTITUTION: Gehlen Catholic (LeMars, IA)

CONFERENCE / CLASS: War Eagle / 1A

| Date | H/A/N | Opponent | Match W-L | Game Scores | Cumulative Record | Opponent Class & Highest Ranking |
|--|-------|-------------------------|--------------|-----------------------------------|----------------------|-------------------------------------|
| Sheldon Tournament | | | | | | |
| 8/27 | N | Kingsley-Pierson | L | 21-12, 21-23, 8-15 | 0-1 | 1A |
| 8/27 | N | Western Christian | L | 16-21, 21-19, 6-15 | 0-2 | 2A #1 |
| 8/27 | N | Spirit Lake | W | 22-20, 21-18 | 1-2 | 3A |
| 9/1 | H | *Remsen St. Mary's | W | 25-11, 25-15, 25-9 | 2-2 | 1A |
| 9/8 | A | *MMCRU | W | 20-25, 25-15, 28-16, 25-18 | 3-2 | 1A |
| 9/10 | H | *Hartley-Melvin-Sanborn | W | 25-12, 25-13, 25-17 | 4-2 | 1A |
| Le Mars Community Tournament | | | | | | |
| 9/12 | A | LeMars Community | W | 26-24, 22-25, 15-10 | 5-2 | 4A |
| 9/12 | N | Sioux City North | L | 17-25, 25-21, 19-21 | 5-3 | 5A |
| 9/12 | N | Sergeant Bluff-Luton | L | 16-25, 15-25 | 5-4 | 4A #1 |
| 9/15 | A | *Unity Christian | L | 28-30, 18-25, 17-25 | 5-5 | 3A #4 |
| CYO Tournament | | | | | | |
| 9/20 | H | Algona Garrigan | W | 21-9, 21-14 | 6-5 | 1A |
| 9/20 | H | Kuemper Catholic | W | 20-22, 21-18, 17-15 | 7-5 | 3A #10 |
| 9/20 | H | Storm Lake St. Mary's | W | 21-13, 21-9 | 8-5 | 1A |
| 9/20 | H | Remsen St. Mary's | W | 21-9, 21-10 | 9-5 | 1A |
| 9/20 | H | Bishop Heelan | W | 14-21, 21-16, 15-12 | 10-5 | 3A |
| 9/22 | A | *South O'Brien | W | 25-18, 25-17, 25-18 | 11-5 | 2A |
| Hartley-Melvin-Sanborn Tournament | | | | | | |
| 9/26 | N | Sioux City West | W | 21-12, 21-10 | 12-5 | 5A |
| 9/26 | A | Hartley-Melvin-Sanborn | W | 21-5, 21-8 | 13-5 | 1A |
| 9/26 | N | Okoboji | W | 21-7, 21-8 | 14-5 | 3A |
| 9/26 | N | South O'Brien | W | 21-15, 21-7 | 15-5 | 2A |
| 9/26 | N | Newell-Fonda | W | 22-20, 21-14 | 16-5 | 1A #6 |
| 9/29 | H | *Akron-Westfield | W | 25-18, 25-10, 25-18 | 17-5 | 1A |
| 10/1 | A | *Trinity Christian | W | 25-14, 25-11, 25-21 | 18-5 | 1A |
| 10/8 | A | *West Sioux | W | 25-7, 25-22, 25-15 | 19-5 | 2A |
| 10/13 | H | *Hinton | W | 25-14, 25-12, 25-18 | 20-5 | 2A |
| 10/15 | H | *Harris-Lake Park | W | 25-15, 25-11, 25-10 | 21-5 | 1A |
| Regional Tournament | | | | | | |
| 10/21 | H | George-Little Rock | W | 25-14, 25-5, 25-8 | 22-5 | 1A |
| 10/26 | H | Akron-Westfield | W | 25-23, 25-5, 25-21 | 23-5 | 1A |
| 10/28 | N | MMCRU | W | 23-25, 25-17, 25-14, 25-15 | 24-5 | 1A |
| State Tournament | | | | | | |
| 11/3 | N | New London | W | 25-19, 13-25, 25-18, 14-25, 15-12 | 25-5 | 1A #3 |
| 11/4 | N | Burlington Notre Dame | L | 19-25, 18-25, 20-25 | 25-6 | 1A #14 |

*War Eagle Conference match



2020 Final Varsity Statistics

| Athlete | Sets | Kills | Kill Err | Attack Attempts | Kill Eff | Kills per Set | Serve Success | Serves | Serve Eff | Aces | Aces per Set |
|-----------------------|------|-------|----------|-----------------|----------|---------------|---------------|--------|-----------|------|--------------|
| Abby Ruhland SR | 77 | 0 | 0 | 2 | 0.000 | 0.00 | 226 | 244 | 0.926 | 36 | 0.47 |
| Tiffany Woerdehoff SR | 87 | 2 | 4 | 11 | -.182 | 0.02 | 71 | 78 | 0.910 | 4 | 0.05 |
| Rylee Schnepf JR | 79 | 163 | 52 | 417 | 0.266 | 2.06 | 225 | 235 | 0.957 | 33 | 0.42 |
| Lauren Heying JR | 87 | 188 | 67 | 413 | 0.293 | 2.16 | 65 | 76 | 0.855 | 7 | 0.08 |
| Jasmine Lubben SO | 87 | 1 | 1 | 13 | 0.000 | 0.01 | 282 | 297 | 0.949 | 48 | 0.55 |
| Larissa Sitzmann JR | 82 | 189 | 103 | 474 | 0.181 | 2.31 | 67 | 79 | 0.848 | 9 | 0.11 |
| Cadence Goebel SO | 71 | 35 | 8 | 75 | 0.360 | 0.49 | 168 | 183 | 0.918 | 13 | 0.18 |
| Sophie Ruden SO | 19 | 2 | 0 | 4 | 0.500 | 0.11 | 30 | 35 | 0.857 | 2 | 0.11 |
| Tessa Ellensohn SO | 1 | | | 1 | 0.000 | 0.00 | 2 | 2 | 1.000 | 0 | 0.00 |
| Rachel Langel SR | 87 | 212 | 54 | 474 | 0.333 | 2.44 | 2 | 3 | 0.667 | 1 | 0.01 |
| Miyah Whitehead SO | 79 | 114 | 43 | 284 | 0.250 | 1.44 | 293 | 317 | 0.924 | 44 | 0.56 |
| Corra Yockey SO | 12 | 7 | 1 | 15 | 0.400 | 0.58 | 0 | 1 | 0.000 | 0 | 0.00 |
| Jayden Barthole SO | 28 | 31 | 9 | 84 | 0.262 | 1.11 | 55 | 62 | 0.887 | 7 | 0.25 |
| Oliva Bunkers JR | 2 | 0 | 0 | 1 | 0.000 | 0.00 | 2 | 2 | 1.000 | 1 | 0.50 |
| Alyssa Kolbeck JR | 73 | 16 | 9 | 74 | 0.095 | 0.22 | 212 | 237 | 0.895 | 28 | 0.38 |

| Team | Record | Sets | Kills | Kill Err | Attack Attempts | Kill Eff | Kills per Set | Serve Success | Serves | Serve Eff | Aces | Aces per Set |
|-----------------|--------|------|-------|----------|-----------------|----------|---------------|---------------|--------|-----------|------|--------------|
| Gehlen Catholic | 25 - 6 | 87 | 960 | 351 | 2342 | .260 | 11.04 | 1700 | 1851 | 0.918 | 233 | 2.68 |

| Athlete | Sets | Assists | Assists per Set | Digs | Digs per Set | Block Assists | Blocks Solo | Blocks Total | Blocks per Set |
|-----------------------|------|---------|-----------------|------|--------------|---------------|-------------|--------------|----------------|
| Abby Ruhland SR | 77 | 12 | 0.16 | 183 | 2.38 | 0 | 0 | 0 | 0.00 |
| Tiffany Woerdehoff SR | 87 | 4 | 0.05 | 190 | 2.18 | 0 | 0 | 0 | 0.00 |
| Rylee Schnepf JR | 79 | 4 | 0.05 | 58 | 0.73 | 17 | 4 | 21 | 0.27 |
| Lauren Heying JR | 87 | 39 | 0.45 | 56 | 0.64 | 41 | 10 | 51 | 0.59 |
| Jasmine Lubben SO | 87 | 5 | 0.06 | 195 | 2.24 | 0 | 0 | 0 | 0.00 |
| Larissa Sitzmann JR | 82 | 3 | 0.04 | 30 | 0.37 | 19 | 2 | 21 | 0.26 |
| Cadence Goebel SO | 82 | 648 | 7.90 | 166 | 2.02 | 12 | 1 | 13 | 0.16 |
| Sophie Ruden SO | 19 | 128 | 6.64 | 22 | 1.16 | 3 | 0 | 3 | 0.16 |
| Tessa Ellensohn SO | 1 | 0 | 0.00 | 3 | 3.00 | 0 | 0 | 0 | 0.00 |
| Rachel Langel SR | 87 | 18 | 0.21 | 13 | 0.15 | 39 | 7 | 46 | 0.53 |
| Miyah Whitehead SO | 79 | 19 | 0.24 | 91 | 1.15 | 49 | 6 | 55 | 0.70 |
| Corra Yockey SO | 12 | 0 | 0.00 | 0 | 0.00 | 5 | 1 | 6 | 0.50 |
| Jayden Barthole SO | 28 | 0 | 0.00 | 16 | 0.57 | 3 | 0 | 3 | 0.11 |
| Olivia Bunkers JR | 2 | 0 | 0.00 | 4 | 2.00 | 0 | 0 | 0 | 0.00 |
| Alyssa Kolbeck JR | 73 | 11 | 0.15 | 300 | 4.11 | 0 | 0 | 0 | 0.00 |

| Team | Record | Sets | Assists | Assists per Set | Digs | Digs per Set | Block Assists | Blocks Solo | Blocks Total | Blocks per Set |
|-----------------|--------|------|---------|-----------------|------|--------------|---------------|-------------|--------------|----------------|
| Gehlen Catholic | 25 - 6 | 87 | 891 | 10.24 | 1327 | 15.25 | 188 | 31 | 219 | 2.52 |

Team Match Statistical Highs – 2020

Team Match Season Highs

| | | |
|---------------------------|---|---|
| Most Aces | – | 17 vs. Harris-Lake Park, Oct. 15, (3 games) 16 vs. Akron-Westfield, Sept. 29 (3 games) 15 vs. West Sioux, Oct. 8 (3 games) 12 vs. Storm Lake St. Mary's, Sept. 20 (2 games) vs. Hartley-Melvin-Sanborn, Sept. 26 (2 games) vs. George-Little Rock, Oct. 21 (3 games) 10 vs. Remsen St. Mary's, Sept. 1 (3 games) |
| Most Assists | – | 55 vs. New London, Nov. 3 (5 games) 47 vs. MMCRU, Oct. 28 (4 games) 42 vs. MMCRU, Sept. 8 (4 games) vs. Trinity Christian, Oct. 1 (3 games) 41 vs. Akron-Westfield, Oct. 26 (3 games) 40 vs. Harris-Lake Park, Oct. 15, (3 games) vs. George-Little Rock, Oct. 21 (3 games) 39 vs. Remsen St. Mary's, Sept. 1 (3 games) |
| Most Kills | – | 58 vs. New London, Nov. 3 (5 games) 53 vs. MMCRU, Oct. 28 (4 games) 47 vs. Trinity Christian, Oct. 1 (3 games) 44 vs. George-Little Rock, Oct. 21 (3 games) 43 vs. Akron-Westfield, Oct. 26 (3 games) 41 vs. Remsen St. Mary's, Sept. 1 (3 games) vs. MMCRU, Sept. 8 (4 games) vs. Harris-Lake Park, Oct. 15, (3 games) |
| Most Blocks | – | 22 vs. MMCRU, Sept. 8 (4 games) 16 vs. MMCRU, Oct. 28 (4 games) 15 vs. Akron-Westfield, Sept. 29 (3 games) 13 vs. Kingsley-Pierson, Aug. 27 (3 games) 10 vs. Sioux City North, Sept. 12 (3 games) vs. Bishop Garrigan, Sept. 20 (2 games) vs. Trinity Christian, Oct. 1 (3 games) |
| Most Digs | – | 109 vs. New London, Nov. 3 (5 games) 79 vs. MMCRU, Sept. 8 (4 games) 71 vs. MMCRU, Oct. 28 (4 games) 62 vs. Akron-Westfield, Oct. 26 (3 games) 61 vs. Harris-Lake Park, Oct. 15, (3 games) 60 vs. Unity Christian, Sept. 15 (3 games) 58 vs. Hinton, Oct. 13 (3 games) 57 vs. Kuemper Catholic, Sept. 20 (3 games) 52 vs. Trinity Christian, Oct. 1 (3 games) 49 vs. South O'Brien, Sept. 22 (3 games) 48 vs. Burlington Notre Dame, Nov. 4 (3 games) 47 vs. Lemars Community, Sept. 12 (3 games) 46 vs. Sioux City North, Sept. 12 (3 games) |
| *Highest Hitting % | – | .615 vs. Okoboji, Sept. 26 (2 games) .514 vs. Hartley-Melvin-Sanborn, Sept. 26 (2 games) .438 vs. George-Little Rock, Oct. 21 (3 games) .430 vs. Harris-Lake Park, Oct. 15, (3 games) .419 vs. South O'Brien, Sept. 26 (2 games) .404 vs. Remsen St. Mary's, Sept. 1 (3 games) .400 vs. Remsen St. Mary's, Sept. 20 (2 games) .395 vs. Sioux City West, Sept. 26 (2 games) |
| Best Serving % | – | 98.6% vs. Akron-Westfield, Oct. 26 (3 games) 97.5% vs. Bishop Garrigan, Sept. 20 (2 games) 97.3% vs. Akron-Westfield, Sept. 29 (3 games) 96.7% vs. Sioux City North, Sept. 12 (3 games) 95.9% vs. Remsen St. Mary's, Sept. 1 (3 games) |



*Hitting Efficiency = Kills – Errors ÷ Attempts

Individual Match Statistical Highs – 2020

Individual Match Season Highs

| | | |
|--------------------------------------|---|--|
| Most Aces | – | 7 Jasmine Lubben vs. Akron-Westfield, Sept. 29 (3 games) 6 Jasmine Lubben vs. West Sioux, Oct. 8 (3 games) 5 Jasmine Lubben vs. MMCRU, Sept. 8 (4 games) Jayden Barthole vs. Sioux City North, Sept. 12 (3 games) Miyah Whitehead vs. Harris-Lake Park, Oct. 15, (3 games) |
| Most Assists | – | 47 Cadence Goebel vs. New London, Nov. 3 (5 games) 40 Cadence Goebel vs. MMCRU, Oct. 28 (4 games) 38 Cadence Goebel vs. Akron-Westfield, Oct. 26 (3 games) 37 Cadence Goebel vs. MMCRU, Sept. 8 (4 games) vs. Trinity Christian, Oct. 1 (3 games) vs. Harris-Lake Park, Oct. 15, (3 games) |
| Most Kills | – | 19 Rachel Langel vs. Akron-Westfield, Oct. 26 (3 games) 15 Rachel Langel vs. Harris-Lake Park, Oct. 15, (3 games) Rachel Langel vs. New London, Nov. 3 (5 games) 14 Larissa Sitzmann vs. Remsen St. Mary's, Sept. 1 (3 games) vs. Kuemper Catholic, Sept. 20 (3 games) Lauren Heying vs. Hinton, Oct. 13 (3 games) 13 Larissa Sitzmann vs. MMCRU, Sept. 8 (4 games) Rachel Langel vs. Trinity Christian, Oct. 1 (3 games) Rylee Schnepf vs. West Sioux, Oct. 8 (3 games) 12 Rachel Langel vs. MMCRU, Sept. 8 (4 games) Larissa Sitzmann vs. Trinity Christian, Oct. 1 (3 games) vs. George-Little Rock, Oct. 21 (3 games) Miyah Whitehead vs. MMCRU, Oct. 28 (4 games) |
| Most Blocks | – | 8 Miyah Whitehead vs. MMCRU, Oct. 28 (4 games) 7 Lauren Heying vs. MMCRU, Sept. 8 (4 games) 6 Rachel Langel vs. MMCRU, Sept. 8 (4 games) Miyah Whitehead vs. Akron-Westfield, Sept. 29 (3 games) 5 Corra Yockey vs. MMCRU, Sept. 8 (4 games) Lauren Heying vs. MMCRU, Oct. 28 (4 games) |
| Most Digs | – | 22 Abby Ruhland vs. New London, Nov. 3 (5 games) Alyssa Kolbeck vs. New London, Nov. 3 (5 games) 20 Cadence Goebel vs. New London, Nov. 3 (5 games) 19 Alyssa Kolbeck vs. Trinity Christian, Oct. 1 (3 games) 18 Alyssa Kolbeck vs. MMCRU, Sept. 8 (4 games) 16 Alyssa Kolbeck vs. Remsen St. Mary's, Sept. 1 (3 games) vs. South O'Brien, Sept. 22 (3 games) vs. Hinton, Oct. 13 (3 games) vs. Harris-Lake Park, Oct. 15, (3 games) Abby Ruhland vs. MMCRU, Oct. 28 (4 games) 15 Jasmine Lubben vs. MMCRU, Sept. 8 (4 games) vs. Hinton, Oct. 13 (3 games) Alyssa Kolbeck vs. MMCRU, Oct. 28 (4 games) |
| Highest Hitting % | – | .818 Rachel Langel vs. Hartley-Melvin-Sanborn, Sept. 26 (2 games) .733 Rachel Langel vs. George-Little Rock, Oct. 21 (3 games) .700 Rachel Langel vs. Harris-Lake Park, Oct. 15, (3 games) .650 Larissa Sitzmann vs. Remsen St. Mary's, Sept. 1 (3 games) .600 Lauren Heying vs. Sergeant Bluff-Luton, Sept. 12 (2 games) Rachel Langel vs. Akron-Westfield, Oct. 26 (3 games) .579 Rylee Schnepf vs. West Sioux, Oct. 8 (3 games) .550 Rachel Langel vs. Trinity Christian, Oct. 1 (3 games) .545 Lauren Heying vs. Sioux City North, Sept. 12 (3 games) |
| Most Errorless Serve Attempts | – | 22 Jasmine Lubben vs. Remsen St. Mary's, Sept. 1 (3 games) 17 Miyah Whitehead vs. Lemars Community, Sept. 12 (3 games) Abby Ruhland vs. New London, Nov. 3 (5 games) 16 Abby Ruhland vs. MMCRU, Sept. 8 (4 games) Jasmine Lubben vs. Akron-Westfield, Sept. 29 (3 games) Miyah Whitehead vs. Akron-Westfield, Sept. 29 (3 games) Rylee Schnepf vs. Akron-Westfield, Oct. 26 (3 games) |



Final IGHSAU Volleyball Rankings - 2020

Final Class 1A Rankings

| Team | Final Record |
|---------------------------|--------------|
| 1. Janesville | 25-4 |
| 2. Wapsie Valley | 17-7 |
| 3. Gehlen Catholic | 21-5 |
| 4. Gladbrook-Reinbeck | 29-2 |
| 5. Southeast Warren | 23-0 |
| 6. Newell-Fonda | 25-3 |
| 7. Springville | 24-4 |
| 8. Holy Trinity Catholic | 25-9 |
| 9. Saint Ansgar | 19-4 |
| 10. Lisbon | 24-4 |
| 11. New London | 19-7 |
| 12. Coon Rapids-Bayard | 15-3 |
| 13. North Butler | 21-5 |
| 14. Burlington Notre Dame | 13-5 |
| 15. East Mills | 22-2 |

Final Class 4A Rankings

| Team | Final Record |
|-------------------------|--------------|
| 1. Cedar Rapids Xavier | 21-6 |
| 2. Waverly-Shell Rock | 37-8 |
| 3. North Scott | 20-4 |
| 4. Glenwood | 30-2 |
| 5. Western Dubuque | 22-10 |
| 6. Sergeant Bluff-Luton | 21-6 |
| 7. Marion | 20-11 |
| 8. West Delaware | 26-11 |
| 9. Clear Creek-Amana | 25-6 |
| 10. Gilbert | 24-9 |
| 11. Clinton | 17-12 |
| 12. Lewis Central | 17-6 |
| 13. Carroll | 22-10 |
| 14. Pella | 22-11 |
| 15. Oskaloosa | 20-7 |

Final Class 2A Rankings

| Team | Final Record |
|---------------------------|--------------|
| 1. Western Christian | 29-9 |
| 2. Wilton | 29-3 |
| 3. Dike-New Hartford | 26-4 |
| 4. Boyden-Hull | 21-7 |
| 5. East Sac County | 21-0 |
| 6. Denver | 30-5 |
| 7. Sumner-Fredericksburg | 24-7 |
| 8. Beckman Catholic | 28-9 |
| 9. Underwood | 24-5 |
| 10. Hudson | 26-7 |
| 11. Van Meter | 16-3 |
| 12. Columbus Catholic | 18-15 |
| 13. Jesup | 15-12 |
| 14. West Branch | 18-12 |
| 15. Aplington-Parkersburg | 16-11 |

Final Class 5A Rankings

| Team | Final Record |
|---------------------------|--------------|
| 1. Dowling Catholic | 19-2 |
| 2. Ankeny | 18-2 |
| 3. Pleasant Valley | 18-1 |
| 4. West Des Moines Valley | 17-6 |
| 5. Iowa City Liberty | 20-2 |
| 6. Cedar Falls | 25-5 |
| 7. Ankeny Centennial | 14-9 |
| 8. Dubuque Hempstead | 18-5 |
| 9. Urbandale | 10-7 |
| 10. Sioux City East | 21-6 |
| 11. Dubuque Senior | 17-9 |
| 12. Johnston | 18-14 |
| 13. Des Moines Roosevelt | 7-4 |
| 14. Bettendorf | 11-6 |
| 15. Cedar Rapids Prairie | 18-14 |

Final Class 3A Rankings

| Team | Final Record |
|---------------------------|--------------|
| 1. Osage | 28-2 |
| 2. Clarion-Goldfield-Dows | 24-2 |
| 3. Mount Vernon | 27-6 |
| 4. Davenport Assumption | 19-2 |
| 5. Unity Christian | 20-5 |
| 6. MOC-Floyd Valley | 22-4 |
| 7. Union | 29-9 |
| 8. West Liberty | 24-6 |
| 9. Red Oak | 27-4 |
| 10. Humboldt | 30-3 |
| 11. Kuemper Catholic | 20-10 |
| 12. Roland-Story | 22-7 |
| 13. Independence | 23-7 |
| 14. Sioux Center | 21-11 |
| 15. Forest City | 18-9 |



2020 War Eagle Conference Volleyball Honor Teams

First Team All War Eagle Conference

| | | |
|-----------------------|------------------------|-----------|
| Jaylen Bork | MMCRU | 12 |
| Emma Byker | Unity Christian | 11 |
| Anna Coffee | Hinton | 11 |
| Lauren Heying | Gehlen Catholic | 11 |
| Ellie Hilbrands | MMCRU | 11 |
| Brittany Johnson | Remsen St. Mary's | 12 |
| Alyssa Kolbeck | Gehlen Catholic | 11 |
| Ashlyn Kovarna | Hinton | 9 |
| Rachel Langel | Gehlen Catholic | 12 |
| Natalie Nielsen | Akron-Westfield | 11 |
| Gracie Schoonhoven | Unity Christian | 10 |
| Janie Schoonhoven | Unity Christian | 12 |
| Willa Sickelka | South O'Brien | 11 |

Second Team All War Eagle Conference

| | | |
|----------------------|------------------------|-----------|
| Jenna Bouma | Unity Christian | 11 |
| Paityn Brummel | Trinity Christian | 10 |
| Alexis Delperdang | Remsen St. Mary's | 12 |
| Tessa Gunderson | Harris-Lake Park | 11 |
| Taylor Harpenau | MMCRU | 11 |
| Aubie Hartman | Akron-Westfield | 11 |
| Annika Jenness | South O'Brien | 11 |
| Taya Mason | H-M-S | 12 |
| Rylee Schnepf | Gehlen Catholic | 11 |
| Sara Schoenrock | Hinton | 11 |
| Avery Van Maanen | Trinity Christian | 10 |
| Megan Waterman | West Sioux | 12 |

Honorable Mention All War Eagle Conference

| | | |
|-----------------------|------------------------|-----------|
| Kenna Bauer | South O'Brien | 11 |
| Cadence Goebel | Gehlen Catholic | 10 |
| Emily Hulshof | West Sioux | 12 |
| Zella Ingham | Harris-Lake Park | 11 |
| Jasmine Lux | H-M-S | 11 |
| Carly Ortmann | Remsen St. Mary's | 12 |
| Molly Reuter | MMCRU | 12 |
| Ana Sandbulte | Unity Christian | 12 |
| Belle Schiermeyer | Trinity Christian | 11 |
| Molly Vondrak | Akron-Westfield | 12 |

2020 War Eagle Standings Conference Overall

| | | |
|---------------------------|------------|-------------|
| 1. Unity Christian | 10-0 | 23-6 |
| 2. Gehlen Catholic | 9-1 | 25-6 |
| 3. Hinton | 7-3 | 9-14 |
| MMCRU | 7-3 | 22-6 |
| 5. Akron-Westfield | 6-4 | 13-8 |
| 6. Remsen St. Mary's | 5-5 | 13-13 |
| 7. Trinity Christian | 4-6 | 8-12 |
| 8. South O'Brien | 3-7 | 11-14 |
| 9. Harris-Lake Park | 2-8 | 5-18 |
| 10. West Sioux | 1-9 | 2-15 |
| H-M-S | 1-9 | 6-16 |

2020 IGCA ALL-DISTRICT TEAMS

1A Northwest

| Player Name | School | Year |
|-----------------------|--------------------------------|-----------|
| Rachel Langel | Gehlen Catholic, LeMars | 12 |
| Ella Larsen | Newell-Fonda | 12 |
| Abbi Bailey | Kingsley-Pierson | 12 |
| Jaylen Bork | MMCRU | 12 |
| Macy Sievers | Newell-Fonda | 11 |
| Natalie Nielsen | Akron-Westfield | 11 |
| McKenzie Goodwin | Kingsley-Pierson | 11 |
| Lauren Heying | Gehlen Catholic, LeMars | 11 |
| Hayden Dunne | Kingsley-Pierson | 12 |
| Alyssa Kolbeck | Gehlen Catholic, LeMars | 11 |
| Taylor Harpenau | MMCRU | 11 |
| Ellie Hilbrands | MMCRU | 11 |
| Emma DeStigter | Woodbury Central Merville | 12 |
| Payton Doenhoefer | Siouxland Christian | 11 |
| Cadence Goebel | Gehlen Catholic, LeMars | 10 |
| Shelby Skinner | Westwood Sloan | 12 |
| Lindsie Graff | Woodbury Central Merville | 12 |
| Anna Bellcock | Newell-Fonda | 11 |

District Coach of the Year: Marilyn Murra, Newell-Fonda

1A Southwest

| Player Name | School | Year |
|------------------|--------------------|------|
| Allie Petry | St Albert | 12 |
| Tara Peterson | Stanton | 12 |
| Lauren Williams | St Albert | 11 |
| Rachel Drake | East Mills | 12 |
| Emily Williams | East Mills | 10 |
| Paige Smith | Sidney | 12 |
| Kenna Howard | Fremont Mills | 12 |
| Gretchen Wallace | Glidden-Ralston | 12 |
| TJ Stoaks | Lenox | 12 |
| Miah Urban | East Mills | 10 |
| Brook Adams | Stanton | 12 |
| Taylor Bower | CAM | 12 |
| Marleigh Johnson | Stanton | 10 |
| Jenna Stephens | Stanton | 10 |
| Isabelle Inman | Southwest Valley | 12 |
| Jadeyn Smith | Ar-We-Va Westside | 12 |
| Anna Kelley | Griswold | 11 |
| Chloe Parkis | Coon Rapids Bayard | 12 |

District Coach of the Year: Angie Lantz, St Albert

1A Northeast

| Player Name | School | Year |
|--------------------|-----------------------------|------|
| Lydia Imbrogno | Wapsie Valley Fairbank | 11 |
| Saari Kuehl | Gladbrook-Reinbeck | 12 |
| Kalvyn Rosengarten | Wapsie Valley | 10 |
| Sydney Matthias | Wapsie Valley | 10 |
| Lizzie Garber | BCLUW | 12 |
| Emma McClintock | Gladbrook-Reinbeck | 10 |
| Hannah Knight | Wapsie Valley | 10 |
| Kelsey Hansel | Edgewood-Colesburg | 11 |
| Nia Howard | Springville | 10 |
| Eden Wilson | BCLUW | 11 |
| Anna Blount | Prince of Peace | 12 |
| Lauren Wilson | Springville | 11 |
| Ava Wyatt | Gladbrook-Reinbeck | 10 |
| Ali Hoffert | Turkey Valley Jackson Junc. | 12 |
| Alexia Hansen | North Tama | 12 |
| Bryleigh Rouse | West Central Maynard | 12 |
| Allison Engle | BCLUW | 11 |
| Jadyn Rausch | North Tama | 10 |
| Emma Jones | Wapsie Valley | 10 |
| Megan Cooley | Gladbrook-Reinbeck | 10 |
| Annie Hoffman | Edgewood-Colesburg | 11 |
| Savannah Nealman | Springville | 11 |

District Coach of the Year: Heather Robinson, Wapsie Valley

1A North Central

| Player Name | School | Year |
|--------------------|-----------------|------|
| Gabby Gergen | Janesville | 12 |
| Hali Anderson | Saint Ansgar | 12 |
| Jenna Brown | Don Bosco | 12 |
| Pyper McCarville | Janesville | 11 |
| Naomi Hovenga | Janesville | 12 |
| Audi Crooks | Bishop Garrigan | 10 |
| Mallory Mueller | Tripoli | 10 |
| Brooklyn Hackbart | Saint Ansgar | 12 |
| Brynn Smith | AGWSR | 10 |
| Brooke Trees | North Butler | 12 |
| Marra Fitzgerald | Janesville | 12 |
| Madison Clipperton | North Butler | 12 |
| Taylor Sperflage | AGWSR | 12 |
| Chloe Kiene | Janesville | 12 |
| Mackenzie Bengen | Janesville | 12 |
| Macey Tisue | Dunkerton | 12 |
| Gracie Urbatsch | Saint Ansgar | 12 |

District Coach of the Year: Tyler Johnson, Saint Ansgar

1A South Central

| Player Name | School | Year |
|-------------------|----------------------|------|
| Elise Robertson | Collins Maxwell | 12 |
| Abby Martin | Lamoni | 11 |
| Brooklynn Page | Southeast Warren | 12 |
| Jaden Smith | Iowa Valley | 11 |
| Kenzie Smith | Melcher Dallas | 12 |
| Skylar Watsabaugh | Mormon Trail | 12 |
| Riley Enfield | Melcher Dallas | 12 |
| Ali Mokenhaupt | Twin Cedars | 12 |
| Kynser Reed | Melcher Dallas | 12 |
| Dylan Murphy | Seymour | 11 |
| Alivia Ruble | Southeast Warren | 10 |
| Danielle Hoyle | Paton Churdan | 12 |
| Karlee Knode | Grand View Christian | 12 |
| Kinzee Eggers | Murray | 12 |
| Madi McKay | North Mahaska | 12 |
| Twila Barber | Murray | 12 |
| Carly Maedel | Lamoni | 12 |
| Kaylee Bauer | Southeast Warren | 12 |
| Josie Hartman | Southeast Warren | 11 |
| Madison Beck | Ankeny Christian | 10 |
| Reese Potter | Lamoni | 11 |

District Coach of the Year: Jodi Clendenen, Southeast Warren

1A Southeast

| Player Name | School | Year |
|---------------------|-----------------------|------|
| Gabby Deery | Burlington Notre Dame | 10 |
| Kassi Randolph | Holy Trinity | 11 |
| Aubri Garnsey | WACO | 12 |
| Katie Stephens | Burlington Notre Dame | 11 |
| Morgan Graber | WACO | 12 |
| Keaura Williams | New London | 10 |
| Claire Pothitakis | Holy Trinity | 12 |
| Jenna Buffington | Winfield Mount Union | 12 |
| Peyton Robinson | Lisbon | 10 |
| Maria Rauenbuehler | Holy Trinity | 12 |
| Sofie Reighard | New London | 12 |
| Kyndal Townsley | Winfield Mount Union | 12 |
| Kyra Linken | New London | 12 |
| Grace Coble | WACO | 10 |
| Kayla Jack | HLV | 12 |
| Kali Nelson | Lisbon | 10 |
| Alliyah Christensen | New London | 10 |

District Coach of the Year: Maureen Heath, New London

2020 IGCA ALL-DISTRICT TEAMS

2A Northwest

| Player Name | School | Year |
|---|-------------------|------|
| Stella Winterfeld | Western Christian | 10 |
| Sienna Moss | Western Christian | 12 |
| Jewel Bergstrom | Boyden-Hull | 11 |
| Jaylin Van Dyken | Western Christian | 11 |
| Sarah Boogerd | Boyden-Hull | 11 |
| Bailey Wollesen | East Sac County | 12 |
| Macy Verhoef | Boyden-Hull | 11 |
| Brianna Boeckman | East Sac County | 12 |
| Abby VerBurg | Western Christian | 10 |
| Marissa Pottebaum | Boyden-Hull | 11 |
| Morgan Todd | RidgeView | 11 |
| Hayden Heimensen | Central Lyon | 12 |
| Macy McAllister | Emmetsburg | 12 |
| Madison Vis | Western Christian | 11 |
| Anna Coffee | Hinton | 11 |
| Shea Lockin | Alta-Aurelia | 11 |
| Ashlyn Kovarna | Hinton | 9 |
| Coach of the Year: Justine Draayer, Boyden-Hull | | |

2A Southeast

| Player Name | School | Year |
|--|--------------------|------|
| Ella Caffery | Wilton | 11 |
| Kelsey Drake | Wilton | 11 |
| Carly Puffer | Wilton | 11 |
| Kylee Sanders | Louisa-Muscatine | 12 |
| Annie Gahan | Regina, Iowa City | 12 |
| Josie Wolter | Mediapolis | 12 |
| Nicki Henson | West Branch | 12 |
| Isabel Manning | Van Buren County | 12 |
| Emma Milder | Columbus Community | 12 |
| Lexi Klinkkammer | West Branch | 11 |
| McKenna Hohenadel | Louisa-Muscatine | 11 |
| Lexie Peak | West Branch | 12 |
| Brooklyn Bullard | Durant | 12 |
| District Coach of the Year: Brenda Grunder, Wilton | | |

2A Northeast

| Player Name | School | Year |
|---|-----------------------|------|
| Ashlynn Kuhn | Hudson | 12 |
| Payton Petersen | Dike-New Hartford | 9 |
| Abby Hamann | Grundy Center | 12 |
| Morgan Brandt | Sumner-Fredericksburg | 11 |
| Kayla Knowles | Denver | 10 |
| Madelyn Norton | Dike-New Hartford | 10 |
| Reese Johnson | Denver | 11 |
| Kiersten Schmitt | Dyersville Beckman | 11 |
| Emerson Whittenbaugh | Maquoketa Valley | 12 |
| Isabelle Elliott | Sumner-Fredericksburg | 9 |
| Lexie Fager | Dike-New Hartford | 11 |
| Olivia Hogan | Dyersville Beckman | 11 |
| Kylie Greenfield | Lake Mills | 12 |
| Allison Bonnette | Denver | 11 |
| Jadyn Petersen | Dike-New Hartford | 9 |
| Macy Hiemes | Starmont | 11 |
| Lainy Thoren | Grundy Center | 11 |
| Caelor Wymore | Jesup | 10 |
| Ali Vesely | Waterloo Columbus | 12 |
| Brooke Denniston | Cascade | 12 |
| District Coach of the Year- Jamie Johnson, Denver | | |

2A Southwest

| Player Name | School | Year |
|---|-------------------|------|
| Macy Vanfossan | Underwood | 12 |
| Peyton Cook | Underwood | 12 |
| Presley Pogge | Tri-Center, Neola | 12 |
| Zoe Rus | Underwood | 12 |
| Miranda Ring | Tri-Center, Neola | 12 |
| Corinne Bond | Nodaway Valley | 12 |
| Ella Myler | Missouri Valley | 10 |
| Stella Umphreys | Treynor | 12 |
| Ava Hilts | Missouri Valley | 10 |
| Maddie Lewis | Treynor | 11 |
| District Coach of the Year: Paula Carmen, Underwood | | |

3A West

| Player Name | School | Year |
|---|----------------------|------|
| Jazlin De Haan | MOC-Floyd Valley | 12 |
| Lexi Johnson | Red Oak | 11 |
| Payten Lode | Sheldon | 11 |
| Reagan Jansen | Sioux Center | 10 |
| Emma Byker | Unity Christian | 11 |
| Grace Anderson | Cherokee, Washington | 12 |
| Chloe DeVries | Red Oak | 12 |
| Miah Bleeker | Sioux Center | 12 |
| Gracie Schoonhoven | Unity Christian | 10 |
| Kiernan Groendyke | MOC-Floyd Valley | 12 |
| Abbey Jones | Red Oak | 12 |
| Brooklyn Grady | Sheldon | 12 |
| Ashlyn Badding | Kuemper Catholic | 10 |
| Kiersten Fisher | Southeast Valley | 12 |
| Alyssa Derby | Atlantic | 12 |
| District Coach of the Year: Angie Montgomery, Red Oak | | |

4A West

| Player Name | School | Year |
|---|----------------------|------|
| Elle Scarborough | Glenwood | 12 |
| Mia Gamet | Sergeant Bluff-Luton | 12 |
| Madisyn Havermann | Lewis Central | 12 |
| Emma Salker | Sergeant Bluff-Luton | 11 |
| Thea Rotto | Gilbert | 12 |
| Lauren Carter | Winterset | 11 |
| Grace Boles | Glenwood | 12 |
| Maddie Hinkel | Sergeant Bluff-Luton | 11 |
| Josie Ayala | Carroll | 11 |
| Brynlee Arnold | Glenwood | 11 |
| Ella Collison | Carroll | 12 |
| Nessa Johnson | Gilbert | 12 |
| Kinsie Zinnel | Boone | 12 |
| Pypr Stoeffler | LeMars | 12 |
| Ashley Hall | Harlan | 12 |
| Coach of the Year: Renee Winkel, Sergeant Bluff-Luton | | |



2020 IGCA All-State Teams

Class 1A

Player of the Year: Allie Petry, St. Alberts Council Bluffs

Coach of the Year: Paula Kelley, Gladbrook-Reinbeck

1A 1st Team

| Name | School | Year |
|----------------------|--------------------------------|-----------|
| Lydia Imbrogno | Wapsie Valley | 11 |
| Saari Kuehl | Gladbrook-Reinbeck | 12 |
| Allie Petry | St. Alberts Council Bluffs | 12 |
| Gabby Gergen | Janesville | 12 |
| Rachel Langel | Gehlen Catholic, LeMars | 12 |
| Gabby Deery | Burlington Notre Dame | 10 |
| Katie Stephens | Burlington Notre Dame | 11 |

1A 2nd Team

| Name | School | Year |
|--------------------|--------------------|------|
| Pyper McCarville | Janesville | 11 |
| Ella Larsen | Newell-Fonda | 12 |
| Emma McClintock | Gladbrook-Reinbeck | 10 |
| Tara Peterson | Stanton | 12 |
| Jaylen Bork | MMCRU | 12 |
| Kassi Randolph | Holy Trinity | 11 |
| Kalvyn Rosengarten | Wapsie Valley | 10 |

1A 3rd Team

| Name | School | Year |
|-------------------|----------------------------|------|
| Claire Pothitakis | Holy Trinity | 12 |
| Nia Howard | Springville | 10 |
| Rachel Drake | East Mills | 12 |
| Sydney Matthias | Wapsie Valley | 10 |
| Lauren Williams | St. Alberts Council Bluffs | 11 |
| Jenna Brown | Don Bosco Gilbertville | 12 |
| Nichola Phillippe | Belle Plaine | 12 |

1A Honorable Mention

| Name | School | Year |
|----------------------|--------------------------------|-----------|
| Megan Cooley | Gladbrook-Reinbeck | 10 |
| Lauren Heying | Gehlen Catholic, LeMars | 11 |
| Brooke Trees | North Butler Green | 12 |
| Naomi Hovenga | Janesville | 12 |
| Lizzie Garber | BCLUW | 12 |
| Macy Sievers | Newell-Fonda | 11 |
| Mallory Mueller | Tripoli | 10 |
| Morgan Graber | WACO Wayland | 12 |
| Mandy Chizek | Belle Plaine | 10 |
| Emily Williams | East Mills | 10 |
| Abbi Bailey | Kingsley-Pierson | 12 |
| Josie Hartman | Southeast Warren | 11 |
| Keaura Williams | New London | 10 |

Elite Team All State

| | | |
|------------------|-------------------------|----|
| Phyona Schrader | Ankney | 12 |
| Danielle Johnson | Osage | 12 |
| Morgan Middleton | Clarion Goldfield Dows | 12 |
| Pagie Kisley | Osage | 12 |
| Kora Ruff | Pleasant Valley | 11 |
| Hayden Kubik | Valley, West Des Moines | 11 |
| Cassiday Hartman | Iowa City Liberty | 10 |
| Payton Petersen | Dike New Hartford | 9 |

Class 2A

Player of the Year: Payton Petersen, Dike-New Hartford

Coach of the Year: Diane Harms, Dike-New Hartford

2A 1st Team

| Name | School | Year |
|------------------|-----------------------|------|
| Payton Petersen | Dike-New Hartford | 9 |
| Ashlynn Kuhn | Hudson | 12 |
| Kelsey Drake | Wilton | 11 |
| Kayla Knowles | Denver | 10 |
| Morgan Brandt | Sumner-Fredericksburg | 11 |
| Jadyn Petersen | Dike-New Hartford | 9 |
| Kiersten Schmitt | Beckman Catholic | 11 |

2A 2nd Team

| Name | School | Year |
|-------------------|-------------------|------|
| Abby Hamann | Grundy Center | 12 |
| Reese Johnson | Denver | 11 |
| Jaidyn Teske | South Hardin | 11 |
| Jewel Bergstrom | Boyden-Hull | 11 |
| Stella Winterfeld | Western Christian | 10 |
| Macy Vanfossan | Underwood | 12 |
| Madelyn Norton | Dike-New Hartford | 10 |

2A 3rd Team

| Name | School | Year |
|----------------------|-----------------------|------|
| Chloe Largent | ACGC | 11 |
| Norah Matt | Van Meter | 12 |
| Isabelle Elliott | Sumner-Fredericksburg | 9 |
| Allison Bonnette | Denver | 11 |
| Jayin VanDyken | Western Christian | 11 |
| Carly Puffer | Wilton | 11 |
| Emerson Whittenbaugh | Maquoketa Valley | 12 |

2A Honorable Mention

| Name | School | Year |
|-------------------|-------------------|------|
| Ella Caffrey | Wilton | 11 |
| Sienna Moss | Western Christian | 12 |
| Lexie Fager | Dike-New Hartford | 11 |
| Abby VerBurg | Western Christian | 10 |
| Sara Hansen | Hudson | 12 |
| Olivia Hogan | Beckman Catholic | 11 |
| Ellie Anderson | South Hardin | 10 |
| Marissa Pottebaum | Boyden-Hull | 11 |
| Sarah Boogerd | Boyden-Hull | 11 |
| Brianna Boeckman | East Sac County | 12 |
| Josie Wolter | Mediapolis | 12 |
| Abby Matt | Van Meter | 10 |
| Kylie Greenfield | Lake Mills | 12 |
| Avey Amelse | Pella Christian | 11 |

Class 3A

Player of the Year: Danielle Johnson, Osage

Coach of the Year: Maggie Willems, Mount Vernon

3A 1st Team

| Name | School | Year |
|------------------|------------------------|------|
| Danielle Johnson | Osage | 12 |
| Morgan Middleton | Clarion Goldfield Dows | 12 |
| Paige Kisley | Osage | 12 |
| Lauren Schrock | Mount Vernon | 12 |
| Ava Schubert | Davenport Assumption | 10 |
| Belle Weber | Union- La Porte City | 12 |
| Ellie Bobinet | Osage | 12 |

2020 IGCA All-State Teams

3A 2nd Team

| Name | School | Year |
|----------------|------------------------|------|
| Sydney Dennis | Mount Vernon | 12 |
| Lexi Johnson | Red Oak | 11 |
| Jori Hajek | Humboldt | 12 |
| Allie Driscoll | Union - La Porte City | 12 |
| Macy Daufeldt | West Liberty | 11 |
| Jazlin DeHaan | MOC- Floyd Valley | 12 |
| Jadyn Jondle | Clarion Goldfield Dows | 12 |

3A 3rd Team

| Name | School | Year |
|--------------------|----------------------|------|
| Gracie Schoonhoven | Unity Christian | 10 |
| Alysen Dexter | Des Moines Christian | 12 |
| Camryn Ellyson | Mount Vernon | 12 |
| Martha Pace | West Liberty | 12 |
| Emma Schubert | Davenport Assumption | 12 |
| Reese Martin | Independence | 12 |
| Reagan Jansen | Sioux Center | 10 |

3A Honorable Mention

| Name | School | Year |
|--------------------|------------------------|------|
| Meredith Street | Osage | 11 |
| Abbey Jones | Red Oak | 12 |
| Payten Lode | Sheldon | 11 |
| Sydney Marlow | West Burlington | 12 |
| Madison Geise | Roland-Story | 11 |
| Mya Merschman | Central Lee Donnellson | 12 |
| Deni McDaniel | Humboldt | 12 |
| Annabelle Costello | Davenport Assumption | 10 |
| Jenny Wibholm | Iowa Falls-Alden | 12 |

Class 4A

Player of the Year: Jazmine Yamilkoski, Cedar Rapids, Xavier

Coach of the Year: Austin Filer, Cedar Rapids, Xavier

4A 1st Team

| Name | School | Year |
|--------------------|--------------------------|------|
| Jazmine Yamilkoski | Cedar Rapids, Xavier | 12 |
| Eve Magill | Cedar Rapids, Xavier | 12 |
| Mia Gamet | Sergeant Bluff-Luton | 12 |
| Elle Scarborough | Glenwood | 12 |
| Avery Beckett | Waverly-Shell Rock | 11 |
| Ella Koloc | West Delaware | 11 |
| Elyse Winter | Cedar Rapids, Xavier | 12 |
| Meg Besler | Epworth, Western Dubuque | 12 |

4A 2nd Team

| Name | School | Year |
|-----------------|--------------------------|------|
| Thea Rotto | Gilbert | 12 |
| Maya Karl | Cedar Rapids, Xavier | 11 |
| Madison Maahs | Epworth, Western Dubuque | 11 |
| Grace Mikota | Dallas Center Grimes | 12 |
| Faith DeRonde | Oskaloosa | 11 |
| Emma Salker | Sergeant Bluff-Luton | 11 |
| Ava Hauser | West Delaware | 12 |
| Ella McLaughlin | North Scott Elsdridge | 11 |
| Lauren Carter | Winterset | 11 |

4A Honorable Mention

| Name | School | Year |
|-------------------|--------------------------|------|
| Meredith Bahl | Epworth, Western Dubuque | 11 |
| Nessa Johnson | Gilbert | 12 |
| Carlee Smith | West Delaware | 11 |
| Trinity Zika | Marion | 12 |
| Katy Garrison | Cedar Rapids, Xavier | 12 |
| Calia Clubb | Clear Creek Amana | 11 |
| Kinsie Zinnel | Boone | 12 |
| Avery Van Hook | Marion | 10 |
| Pypr Stoeffler | LeMars | 12 |
| Sophie Sedgwick | Waverly-Shell Rock | 11 |
| Brynlee Arnold | Glenwood | 11 |
| Madisyn Havermann | Lewis Central | 12 |
| Bailey Van Voorst | Pella | 11 |
| Haylee Hidlebaugh | Dallas Center Grimes | 12 |
| Grace Boles | Glenwood | 12 |
| Grace Graham | North Scott | 11 |

Class 5A

Player of the Year: Phyona Schrader, Ankeny

Coach of the Year: Randy Dolson, Iowa City, Liberty

5A 1st Team

| Name | School | Year |
|-----------------|-------------------------|------|
| Phyona Schrader | Ankeny | 12 |
| Hayden Kubik | Valley, West Des Moines | 11 |
| Cassidy Hartman | Iowa City, Liberty | 10 |
| Ava Reynolds | Ankeny | 11 |
| Kora Ruff | Pleasant Valley | 11 |
| McKenna Scheib | Ankeny | 12 |
| Corinne Meier | Dubuque, Hempstead | 12 |
| Anna Flynn | Dowling Catholic | 12 |

5A 2nd Team

| Name | School | Year |
|------------------|--------------------|------|
| Lauren Havlik | Dowling Catholic | 12 |
| Alivia Bronner | Cedar Falls | 11 |
| Emmy Wedgbury | Cedar Falls | 12 |
| Layanna Green | Waukee | 12 |
| Sophia Painovich | Dowling Catholic | 12 |
| Lily Dykstra | Urbandale | 10 |
| Emily Wood | Pleasant Valley | 12 |
| Shelby Kimm | Iowa City, Liberty | 10 |

5A Honorable Mention

| Name | School | Year |
|--------------------|-------------------------|------|
| Olivia Nahas | Dowling Catholic | 12 |
| Chloe Cline | Pleasant Valley | 10 |
| Ella Becker | Ankeny Centennial | 11 |
| Kayla Schleifman | CB Abraham Lincoln | 12 |
| Izzy Kronenberg | Dowling Catholic | 12 |
| Monica Mirembe | Ankeny Centennial | 11 |
| Olivia Lombardi | Valley, West Des Moines | 10 |
| Payton Lombardi | Valley, West Des Moines | 12 |
| Lineya Wells | Sioux City, East | 12 |
| Sahara Williams | Waterloo, West | 10 |
| Chloe Kramer | Sioux City, East | 12 |
| Livia Thomsen | Pleasant Valley | 11 |
| Dasha Svitasev | Johnston | 11 |
| Allison Feigenbaum | Linn-Mar, Marion | 12 |
| Haley Hested | Iowa City, Liberty | 12 |

All-Review Team (Selected by NW Iowa Review)

First Team

| | |
|--------------------|-------------------|
| Stella Winterfeld | Western Christian |
| Jazlin De Haan | M-OC/FV |
| Payten Lode | Sheldon |
| Jaylin Van Dyken | Western Christian |
| Gracie Schoonhoven | Unity Christian |
| Sarah Boogerd | Boyden-Hull |

Second Team

| | |
|----------------------|------------------------|
| Reagan Jansen | Sioux Center |
| Rachel Langel | Gehlen Catholic |
| Marissa Pottebaum | Boyden-Hull |
| Emma Byker | Unity Christian |
| Madison Vis | Western Christian |
| Jewel Bergstrom | Boyden-Hull |

Third Team

| | |
|----------------------|------------------------|
| Janie Schoonhoven | Unity Christian |
| Sienna Moss | Western Christian |
| Miah Bleeker | Sioux Center |
| Lauren Heying | Gehlen Catholic |
| Kiernan Groendyke | MOC-FV |
| Brooklyn Grady | Sheldon |



2020 Volleyball Academic All State

| Player | School | Player | School |
|--------------------|---------------------------|----------------------|--------------------------|
| Reese Coffman | ACGC | Megan Shannahan | English Valleys |
| EmmaKay McClain | ACGC | Lauren Kraemer | Fairfield |
| Audrey Stowe | ACGC | Kennedy Baker | Forest City |
| Olivia Van Meter | ACGC | Alyson Walker | Forest City |
| Hailey Wilken | Akron-Westfield | Ellie Caylor | Forest City |
| Tori Nemesio | Akron-Westfield | Kylee Cashman | Fort Madison |
| McKenna Henrich | Akron- Westfield | Lauren Bailey | Fort Madison |
| Rachel Rosacker | Ames | Nadia Boeding | Fort Madison |
| Bridget Cameron | Ar-We-Va, Westside | Lauren King | Fort Madison |
| Jadeyn Smith | Ar-We-Va, Westside | Kendall Beebe | Fort Madison |
| Maris Cameron | Ar-We-Va, Westside | Rachel Langel | Gehlen Catholic |
| Hannah Kraus | Ar-We-Va, Westside | Abby Ruhland | Gehlen Catholic |
| Lizzie Garber | BCLUW | Thea Rotto | Gilbert |
| Skye Teckenburg | BCLUW | Taylor Grinley | Gilbert |
| Macie Sefrit | Bedford | Emma Mostek | Gilbert |
| Victoria Lewis | Boone | Erin Bathie | Gilbert |
| Alison Boeckmann | Calamus-Wheatland | Saari Kuehl | Gladbrook-Reinbeck |
| Anne Tulley | Calamus-Wheatland | Paige Creswell | Gladbrook-Reinbeck |
| Gabi Hammer | Carroll | Maia McLean | Gladbrook-Reinbeck |
| Laura Sweeney | Carroll | Grace Boles | Glenwood |
| Sydney Weber | Cascade - Western Dubuque | Kelly Embray | Glenwood |
| Emmy Wedgbury | Cedar Falls | Kaitlyn Kriegel | Grinnell |
| Ryen Ludeman | Cedar Falls | Lauren Bolte | Grinnell |
| Renee Wilhelm | Cedar Rapids Jefferson | Haylee Pennock | Griswold |
| Rhiana Briney | Cedar Rapids Jefferson | Elle Westhoff | Hampton-Dumont CAL |
| Alexandra Andersen | Cedar Rapids Kennedy | Emma Aalbers | Hampton-Dumont CAL |
| Allison Hubbell | Cedar Rapids Kennedy | Lauren Andersen | Harlan |
| Amber Pinter | Cedar Rapids Kennedy | Jocelyn Cheek | Harlan |
| Grace Techau | Cedar Rapids Kennedy | Ashley Hall | Harlan |
| Ella Casey | Center Point-Urbana | Jandy Petersen | Harlan |
| Katie Droste | Center Point-Urbana | Grace Wegner | Harlan |
| Nicole Lutz | Center Point-Urbana | Kayla Cerny | Highland |
| Lyndsey Dale | Central Decatur | Sydney George | Hinton |
| Carlee Hamilton | Central Decatur | Emily Zaugg | Humboldt |
| Danielle Stock | Charles City | Kailee Dettmann | Humboldt |
| Toni Maloy | Charles City | Kaylee Shaner | Humboldt |
| Grace Anderson | Cherokee Washington | Lily Groat | Humboldt |
| Meredith Lovell | Cherokee Washington | Jayda Hofer | Humboldt |
| JeMae Nichols | Cherokee Washington | Lauren Danner | IKM-Manning |
| Reagan Franzen | Collins-Maxwell | Avery Howe | Indianola |
| Isabelle Wood | Dallas Center Grimes | Kira Matthias | Indianola |
| Grace Mikota | Dallas Center Grimes | Alia Vanderhoef | Iowa City, City High |
| Anna Quijas | Davenport Assumption | Anna Knoche | Iowa City, City High |
| Mia Quijas | Davenport Assumption | Hannah Fast | Iowa City, City High |
| Catherine Roe | Davenport Assumption | Gracie Gingerich | Iowa City Liberty |
| Claire Smith | Davenport Assumption | Addison Schmierer | Iowa City Liberty |
| Abigail Milburn | Decorah | Hannah Vogts | Iowa City Liberty |
| Emma Johnson | Decorah | Lauren England | Johnston |
| Emma Nierengarten | Decorah | Rachel Kruse | Johnston |
| Hannah Neemann | Denison | Jennifer Larson | Johnston |
| Jordyn Foelske | Denver | Kylie Dreckman | Le Mars |
| Malea Neuroth | Dike-New Hartford | Alivia Van Otterloo | Le Mars |
| Erica Becker | Don Bosco, Gilbertville | TJ Stoaks | Lenox |
| Alaney Kuecker | Don Bosco, Gilbertville | Jordan England | Lenox |
| Anna Flynn | Dowling Catholic | Lauren Christensen | Lenox |
| Tori DeVoogd | Dowling Catholic | Skye Bartlett | Lenox |
| Peyton Dueling | Dowling Catholic | Emma Casebolt | Linn-Mar |
| Lauren Havlik | Dowling Catholic | Allison Feigenbaum | Linn-Mar |
| Ellie Hurley | Dowling Catholic | Mia Frese | Linn-Mar |
| Sophia Painovich | Dowling Catholic | Lauren Gorsich | Linn-Mar |
| Emma Scheck | Dowling Catholic | Leah Gorsich | Linn-Mar |
| Anna Gipple | Dowling Catholic | Amaya Maakestad | Linn-Mar |
| Corinne Meier | Dubuque Hempstead | Kiah Kilburg | Lisbon |
| Leah Moeller | Dubuque Hempstead | Isabella Roberts | Lisbon |
| Becca Breitbach | Dubuque Hempstead | Ashley Christians | Logan-Magnolia |
| Maria Suarez | Dubuque Hempstead | Ashlyn Doiel | Logan-Magnolia |
| Maddlyn Klemme | Easton Valley | Emme Lake | Logan-Magnolia |
| Liviah Johnson | Easton Valley | Emilie Thompson | Logan-Magnolia |
| Keeya Kunde | Easton Valley | Korinne Jansen | Lynnville-Sully |
| Fariza Espiridon | Easton Valley | Cayler Noun Harder | Lynnville-Sully |
| Bailey Wollesen | East Sac County | Cally Gibbs | Lynnville-Sully |
| Olivia Welsh | Edgewood-Colesburg | Jaden Brand | Lynnville-Sully |
| Hannah Marsh | English Valleys | Alexis Wood | Manson Northwest Webster |

2020 Volleyball Academic All State

| Player | School | Player | School |
|----------------------|------------------------------|----------------------|-----------------------|
| Delaney Marine | Manson Northwest Webster | Hope Arends | Sioux Center |
| Natalie Pearson | Manson Northwest Webster | Jacie VanderWaal | Sioux Center |
| Emerson Whittenbaugh | Maquoketa Valley | Jacey Van Ravenswaay | Sioux Center |
| Ella Imler | Maquoketa Valley | Dalayna Bruggman | Sioux Central |
| Maddie Steffen | Marion | Jenna Jessen | Sioux Central |
| Lauren Swanger | Marion | Taylor Krager | Sioux Central |
| Ella Van Weelden | Marion | Cora Frohwein | South Hardin |
| Mikayla Glovik | Marion | Madison Kriener | South Winneshiek |
| Ellie O'Brien | Marquette Catholic, Bellevue | Megan Pearson | Springville |
| Ashton Camper | Mason City | Lexi McKinney | Springville |
| Emma Hollander | Mason City | Tara Peterson | Stanton |
| Natalie Shipman | Mason City | Nicole Vorhies | Stanton |
| Tiegan Barkema | Mason City | Ariana Elsdon | Storm Lake St. Mary's |
| Josie Wolter | Mediapolis | Carly Ortmann | St. Mary's, Remsen |
| MacKenzy Ruff | MFL MarMac | Brittany Johnson | St. Mary's, Remsen |
| Kayden Gillitzer | MFL MarMac | Ellie Behrens | Union, La Porte City |
| Anna Stoddard | MFL MarMac | Allie Driscoll | Union, La Porte City |
| Dakota Einerwold | MOC-Floyd Valley | Belle Weber | Union, La Porte City |
| Kiernan Groendyke | MOC-Floyd Valley | Katie Carver | Urbandale |
| Taryn Nothem | MOC-Floyd Valley | Lily Burkhead | Urbandale |
| Aubree Fairley | Monticello | Isabel Manning | Van Buren County |
| Allison Barnhart | Monticello | Chelsey Huff | Van Buren County |
| Aubrey Gibson | Nevada | Kayln Tuttle | Van Buren County |
| Ellie Gray | Nevada | Brooklyn Cormier | Van Buren County |
| Madison McGaffin | Nevada | Holly Spees | Van Buren County |
| Hannah Thomsen | Nevada | Ella Jirak | Van Buren County |
| Kyra Linkin | New London | Josie Durlinger | Van Meter |
| Meg Callaghan | Newton | Norah Matt | Van Meter |
| Kate Callaghan | Newton | Sidney Nelson | Van Meter |
| Jerrica McGuire | Newton | Josie Durlinger | Van Meter |
| Tess Brunsmann | Newton | Morgan Graber | WACO |
| Kayli Greer | Newton | Kaylee Shelman | WACO |
| Alexis Shike | Nodaway Valley | Molly McLaughlin | WACO |
| Beth Lamp | Northeast - Goose Lake | Lindsey Roth | WACO |
| Clarissa Jacobsen | Northeast - Goose Lake | Ellie Miles | WACO |
| Sierra Wegener | Northeast - Goose Lake | Grace Ealey | Wapello |
| Ellie Ware | North Linn, Troy Mills | Gracie Gustison | Wapello |
| Emma Ries | North Linn, Troy Mills | Erin Hemphill | Wapello |
| McKenzie Hunter | Norwalk | Grace Imbrogno | Wapsie Valley |
| Ainsley Dodd | Osage | Mia Strub | Waukon |
| Paige Kisley | Osage | Delaney Nagel | Waukon |
| Victoria Schwarting | Osage | Betsy Anderson | Waukon |
| Elizabeth Brouwer | Pella Christian | Hailey Fahey | Waukon |
| Morgan Heinen | Pella Christian | Faith Anderson | Webster City |
| Isabella Nath | Perry | Alexis Nichols | Webster City |
| Jasmine Shriver | Perry | Marlee Squires | West Central |
| Quinn Whiton | Perry | Martha Pace | West Liberty |
| Paige Berst | Pleasant Valley | Isabel Morrison | West Liberty |
| Julia Houghton | Pleasant Valley | Averi Goodale | West Liberty |
| Bailey Rima | Prairie. Cedar Rapids | Abby Tanchinh | West Liberty |
| Haley Ikeda | Prairie. Cedar Rapids | Janey Gingerich | West Liberty |
| Mackenna Matson | Prairie. Cedar Rapids | Kathryn Breja | West Marshall |
| Chloe O'Brien | Prairie. Cedar Rapids | Delaney Nichols | West Marshall |
| Olivia Schmitz | Prairie. Cedar Rapids | Sarah Pierce | West Marshall |
| Natalie Bennett | Prairie. Cedar Rapids | Shelby Skinner | Westwood, Sloan |
| Chloe DeVries | Red Oak | Briley Pike | Westwood, Sloan |
| Hannah Grieme | Ridge View | Holly Holtz | Westwood, Sloan |
| Mikayla Kolpin | Ridge View | Savanna Busch | Williamsburg |
| Anya Kistenmacher | Ridge View | Erin Francis | Williamsburg |
| Autumn Henkel | Ridge View | Rylee Beardsworth | Xavier |
| Megan Greenfield | Roland-Story | | |
| Danielle Grady | Roland-Story | | |
| Jadyn Nelson | Roland-Story | | |
| Ava Charlson | Roland-Story | | |
| Madison Martindale | Roland-Story | | |
| Hali Anderson` | Saint Ansgar | | |
| Kira Baldus | Saint Ansgar | | |
| Lauren Bork | Saint Ansgar | | |
| Brooklyn Hackbart | Saint Ansgar | | |
| Gracie Urbatsch | Saint Ansgar | | |
| Abbey Roth | Sibley-Ocheyedan | | |
| Sidney Morse | Sigourney | | |
| Miah Bleeker | Sioux Center | | |

2020 Class 1A State Volleyball Tournament

Tuesday, November 3, Class 1A First Round

Top Bracket

5:30 p.m. - #8 Council Bluffs St. Albert 25-25-18-26, #1 Janesville 20-18-25-24

8:00 p.m. - #4 Gladbrook-Reinbeck 25-25-25, #5 Springville 9-24-11

Bottom Bracket

8:00 p.m. - #3 Gehlen Catholic 25-13-25-15-15, #6 New London 19-25-18-25-12

#2 Wapsie Valley forfeits to #7 Burlington Notre Dame due to COVID-19

Wednesday, November 4 - Class 1A Semifinals

8:00 p.m. - Gladbrook-Reinbeck 25-25-25, Council Bluffs St. Albert 20-23-17

8:00 p.m. - Burlington Notre Dame 25-25-25, Gehlen Catholic 19-18-20

Thursday, November 5 - Class 1A State Championship

8:00 p.m. - Burlington Notre Dame 25-21-25-25, Gladbrook-Reinbeck 20-25-18-25

Class 1A All-Tournament Team

Josie Bentz, Burlington Notre Dame

Cadence Goebel, Gehlen Catholic

Gabby Gergen, Janesville

Katy Stephens, Burlington Notre Dame (Captain)

Ava Wyatt, Gladbrook-Reinbeck

Allie Petry, Council Bluffs St. Albert

Saari Kuehl, Gladbrook-Reinbeck

Another Trip to Cedar Rapids!



Congrats Cadence!



2020 Gehlen Jays Volleyball Honors Page

Letterwinners: Rachel Langel Rylee Schnepf Jasmine Lubben
Abby Ruhland Larissa Sitzmann Sophie Ruden
Tiffany Woerdehoff Jayden Barthole Miyah Whitehead
Lauren Heying Cadence Goebel Corra Yockey
Alyssa Kolbeck

Team Captain: Rachel Langel
Teammate Award: Olivia Bunkers
Dedication Award: Cadence Goebel
Most Improved: Lauren Heying
Most Valuable: Cadence Goebel

War Eagle All - Conference Teams

Honorable Mention: Cadence Goebel
Second Team: Rylee Schnepf
First Team: Lauren Heying, Alyssa Kolbeck, Rachel Langel

Other Honor Teams

CYO All-Tournament: Alyssa Kolbeck, Rylee Schnepf, Larissa Sitzmann
IAGCA All-NW District: Cadence Goebel, Lauren Heying, Alyssa Kolbeck, Rachel Langel
Class 1A All-Tournament: Cadence Goebel

IAGCA Class 1A All-State: 1st Team: Rachel Langel Honorable Mention: Lauren Heying

IGCA Academic All-State: Rachel Langel & Abby Ruhland

All NW IA Review: 2nd Team: Rachel Langel 3rd Team: Lauren Heying

All NW IA S.C. Journal:

School Records Set: 1) 20 consecutive wins, 2) 11.04 kills/set, 3) 10.24 assists/set
4) CYO Tournament Champions (first time since 1992)