

2021 Gehlen Jays

Season Summary



"Four Requirements for Success! 1) Faith 2) Gratitude 3) Just One More! 4) Be In The Moment!"

2021 - Gehlen Catholic Volleyball Roster

Varsity Squad

#	Name	Height	Position	Grade
1	Sophie Ruden	5'5"	Setter/Backrow	11
2	Kenzi Alesch	5'3"	Backrow	11
4	Lauren Heying	5'8"	Rightside Hitter	12
5	Rylee Schnepf	5'7"	Outside Hitter	12
6	Jasmine Lubben	5'4"	Backrow	11
7	Larissa Sitzmann	5'11"	Outside Hitter	12
8	Cadence Goebel	5'8"	Setter	11
9	Aurora Goebel	5'9"	Middle Hitter	9
10	Tessa Ellensohn	5'7"	Outside Hitter	11
11	Jayden Barthole	5'6"	Outside Hitter	11
12	Miyah Whitehead	5'11"	Middle Hitter	11
13	Corra Yockey	5'11"	Middle Hitter	11
14	Ellen Hunt	5'4"	Setter	10
15	Olivia Bunkers	5'8"	Rightside Hitter	12
16	Alyssa Kolbeck	5'5"	Libero	12
18	Lynsey Reuter	5'5"	Middle Hitter	10
20	Larissa Pohlen	5'4"	Backrow	10

B & C Squads

#	Name	Grade
1	Sophie Ruden	11
2	Kenzi Alesch	11
4	Aspen Mosher	10
7	Lynsey Reuter	10
8	Zoe Vacura	10
9	Aurora Goebel	9
10	Tessa Ellensohn	11
11	Jayden Barthole	11
13	Corra Yockey	11
14	Ellen Hunt	10
15	Larissa Pohlen	10
20	Madison DeRocher	9
21	Emerson Schmidt	9
22	Elizabeth Arens	9
23	Addison Konz	9
24	Ella Scheitler	9
25	Rysaiah Sitzmann	9
26	Jocelyn Roder	9
27	Haley Lubben	9
28	Kate Bonderson	9
30	Keira Kallsen	9
31	Haley Gries	9



Nickname:	Jays
Colors:	Green & Gold
Head Coach:	Mike Meyer
Asst. Coaches:	Kathy Neary Amber Schilmoeller
Manager:	none
Principal:	Jeff Alesch
A.D.:	Kirk Kronaizl

2021 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						
8/26	N	Spirit Lake	W	21-12, 21-18	1-0	3A
8/26	N	Western Christian, Hull	L	11-21, 21-17, 7-15	1-1	2A #3
8/26	N	Cherokee	W	21-17, 21-18	2-1	3A #14
8/31	A	*Hartley-Melvin-Sanborn	W	25-4, 25-13, 25-6	3-1	2A
9/7	H	*Unity Christian	L	22-25, 15-25, 19-25	3-2	3A #3
9/9	H	*South O'Brien	W	25-19, 25-16, 25-13	4-2	1A
LCHS Tournament						
9/11	N	Dakota Valley, SD	L	20-22, 12-21	4-3	2A #3
9/11	N	Hinton	L	18-21, 19-21	4-4	2A #14
9/11	A	Le Mars Community	W	21-14, 21-18	5-4	4A
9/11	N	Sheldon	L	14-21, 19-21	5-5	3A #3
9/14	A	*Akron-Westfield	W	20-25, 25-23, 25-14, 25-16	6-5	1A
CYO Tournament						
9/19	N	Storm Lake St. Mary	W	21-12, 21-12	7-5	1A
9/19	N	Carroll Kuemper	W	15-21, 21-19, 15-9	8-5	2A #7
9/19	N	Bishop Garrigan	W	21-8, 21-19	9-5	1A
9/19	A	Bishop Heelan, SC	W	21-16, 21-15	10-5	4A
9/19	N	St. Edmond's, Fort Dodge	W	21-13, 21-14	11-5	1A
9/21	H	*West Sioux	W	25-16, 25-12, 25-20	12-5	2A
Hartley-Melvin-Sanborn Tournament						
9/25	N	Sioux City West	W	21-11, 21-17	13-5	5A
9/25	A	Hartley-Melvin-Sanborn	W	21-6, 21-4	14-5	2A
9/25	N	Okoboji	W	21-8, 21-8	15-5	3A
9/25	N	Rock Valley	W	21-9, 21-12	16-5	3A
9/25	N	Newell-Fonda	W	21-15, 21-19	17-5	1A #6
9/28	A	*Renssen St. Mary's	W	25-21, 25-16, 25-17	18-5	1A
9/30	H	*Trinity Christian	W	25-13, 25-14, 25-12	19-5	1A
10/7	H	*MMC/RU	W	25-16, 25-17, 19-25, 25-18	20-5	1A #11
10/12	A	*Hinton	W	25-17, 25-21, 24-26, 25-18	21-5	2A #14
10/14	A	*Harris-Lake Park	W	25-13, 25-9, 25-9	22-5	1A
Regional Tournament						
10/20	H	Trinity Christian	W	25-6, 25-4, 25-14	23-5	1A
10/25	H	MMC/RU	W	25-18, 25-23, 25-11	24-5	1A #11
10/27	N	Akron-Westfield	W	25-14, 25-21, 24-26, 20-25, 15-8	25-5	1A
State Tournament						
11/2	N	North Tama	L	26-24, 18-25, 22-25, 25-22, 11-15	25-6	1A #11

*War Eagle Conference match



2021 Final Varsity Statistics

Athlete	Sets	Kills	Kill Err	Attack Attempts	Kill Eff	Kills per Set	Serve Success	Serves	Serve Eff	Aces	Aces per Set
Sophie Ruden – JR	42	1	2	6	-.167	0.02	24	24	1.000	2	0.05
Lauren Heying – SR	85	177	64	464	.244	2.08	296	330	.897	28	0.33
Rylee Schnepf – SR	82	108	57	400	.128	1.32	308	325	.948	34	0.42
Jasmine Lubben – JR	85	0	0	1	.000	0.00	301	319	.944	32	0.38
Larissa Sitzmann – SR	66	141	78	389	.162	2.14	3	5	.600	1	0.02
Cadence Goebel – JR	85	103	17	236	.364	1.21	266	291	.914	52	0.61
Aurora Goebel – FR	83	61	41	169	.118	0.74	7	9	.778	1	0.01
Tessa Ellensohn – JR	4	2	0	12	.167	0.50	1	1	1.000	0	0.00
Jayden Barthole – JR	29	30	29	109	.009	1.04	2	2	1.000	0	0.00
Miyah Whitehead – JR	82	162	59	394	.261	1.98	232	255	.910	33	0.40
Olivia Bunkers – SR	20	12	3	26	.346	0.60	6	6	1.000	0	0.00
Alyssa Kolbeck – SR	85	28	17	100	.110	1.18	182	216	.843	33	0.39

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	85	825	367	2306	.199	9.71	1628	1783	0.913	216	

Athlete	Sets	Assists	Assists per Set	Digs	Digs per Set	Block Assists	Blocks Solo	Blocks Total	Blocks per Set
Sophie Ruden – JR	42	6	0.14	66	1.57	0	1	1	0.02
Lauren Heying – SR	85	51	.060	227	2.67	28	6	34	0.40
Rylee Schnepf – SR	82	9	0.11	69	0.84	6	3	9	0.11
Jasmine Lubben – JR	85	15	0.18	197	2.32	0	0	0	0.00
Larissa Sitzmann – SR	66	14	0.21	23	0.35	13	7	20	0.30
Cadence Goebel – JR	85	597	7.02	227	2.67	42	8	50	0.59
Aurora Goebel – FR	83	11	0.13	34	0.41	26	5	31	0.37
Tessa Ellensohn – JR	4	1	0.25	1	0.25	0	0	0	0.00
Jayden Barthole – JR	29	0	0.00	13	0.45	5	0	5	0.17
Miyah Whitehead – JR	82	26	0.32	149	1.82	61	15	76	0.93
Olivia Bunkers – SR	20	6	0.30	5	0.25	2	0	2	0.10
Alyssa Kolbeck – SR	85	21	0.25	324	3.81	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	85	757	8.91	1335	15.71	183	45	228	2.68

Team Match Statistical Highs – 2021

Team Match Season Highs

Most Aces	–	22 vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) 17 vs. Akron-Westfield, Oct. 27 (5 games) 16 vs. MMCRU, Oct. 7, (4 games) 13 vs. Trinity Christian, Oct. 20 (3 games) 11 vs. Hartley-Melvin-Sanborn, Sept. 25 (2 games) 10 vs. Harris-Lake Park, Oct. 14 (3 games)
Most Assists	–	56 vs. Akron-Westfield, Sept. 14 (4 games) 51 vs. Hinton, Oct. 12 (4 games) 45 vs. North Tama, Nov. 2 (5 games) 43 vs. Akron-Westfield, Oct. 27 (5 games) 42 vs. Remsen St. Mary's, Sept. 28 (3 games) 39 vs. MMCRU, Oct. 7, (4 games) 38 vs. Trinity Christian, Sept. 30 (3 games) 33 vs. West Sioux, Sept. 21 (3 games) vs. MMCRU, Oct. 25, (3 games) 31 vs. Trinity Christian, Oct. 20 (3 games)
Most Kills	–	61 vs. Akron-Westfield, Sept. 14 (4 games) 53 vs. Hinton, Oct. 12 (4 games) 51 vs. Akron-Westfield, Oct. 27 (5 games) 50 vs. North Tama, Nov. 2 (5 games) 44 vs. Remsen St. Mary's, Sept. 28 (3 games) 43 vs. Trinity Christian, Sept. 30 (3 games) 41 vs. MMCRU, Oct. 7, (4 games)
Most Blocks	–	22 vs. North Tama, Nov. 2 (5 games) 18 vs. Akron-Westfield, Oct. 27 (5 games) 16 vs. Newell-Fonda, Sept. 25 (2 games) 15 vs. Unity Christian, Sept. 7 (3 games) 12 vs. Kuemper Catholic, Sept. 19 (3 games) 11 vs. Akron-Westfield, Sept. 14 (4 games) 10 vs. South O'Brien, Sept. 9 (3 games) vs. Harris-Lake Park, Oct. 14 (3 games) vs. Trinity Christian, Oct. 20 (3 games)
Most Digs	–	106 vs. Akron-Westfield, Oct. 27 (5 games) 98 vs. Hinton, Oct. 12 (4 games) 86 vs. Akron-Westfield, Sept. 14 (4 games) 76 vs. North Tama, Nov. 2 (5 games) 75 vs. MMCRU, Oct. 7, (4 games) 60 vs. Remsen St. Mary's, Sept. 28 (3 games) 54 vs. Unity Christian, Sept. 7 (3 games) vs. MMCRU, Oct. 25, (3 games) 51 vs. Hinton, Sept. 11 (2 games) 50 vs. Trinity Christian, Sept. 30 (3 games)
*Highest Hitting %	–	.447 vs. Bishop Garrigan, Sept. 19 (2 games) .429 vs. Rock Valley, Sept 25 (2 games) .387 vs. Trinity Christian, Oct. 20 (3 games) .380 vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) .375 vs. Hartley-Melvin-Sanborn, Sept. 25 (2 games) .347 vs. Trinity Christian, Sept. 30 (3 games) .342 vs. MMCRU, Oct. 25, (3 games)
Best Serving %	–	99.0% vs. North Tama, Nov. 2 (5 games) 97.6% vs. Hartley-Melvin-Sanborn, Sept. 25 (2 games) vs. Okoboji, Sept. 25 (2 games) 95.8% vs. Remsen St. Mary's, Sept. 28 (3 games) 95.0% vs. Bishop Heelan, Sept. 19 (2 games) vs. Newell-Fonda, Sept. 25 (2 games) 94.8% vs. Hinton, Oct. 12 (4 games) 94.7% vs. Hartley-Melvin-Sanborn, Aug.31 (3 games)



*Hitting Efficiency = Kills – Errors ÷ Attempts

Individual Match Statistical Highs – 2021

Individual Match Season Highs

Most Aces	–	9 Miyah Whitehead vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) 7 Cadence Goebel vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) Alyssa Kolbeck vs. MMCRU, Oct. 7, (4 games) 5 Rylee Schnepf vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) Jasmine Lubben vs. Harris-Lake Park, Oct. 14 (3 games)
Most Assists	–	45 Cadence Goebel vs. Akron-Westfield, Sept. 14 (4 games) 40 Cadence Goebel vs. Hinton, Oct. 12 (4 games) 38 Cadence Goebel vs. Remsen St. Mary's, Sept. 28 (3 games) 35 Cadence Goebel vs. Akron-Westfield, Oct. 27 (5 games)
Most Kills	–	15 Larissa Sitzmann vs. Akron-Westfield, Sept. 14 (4 games) Miyah Whitehead vs. Hinton, Oct. 12 (4 games) 14 Larissa Sitzmann vs. North Tama, Nov. 2 (5 games) 13 Lauren Heying vs. Harris-Lake Park, Oct. 14 (3 games) Lauren Heying vs. Akron-Westfield, Oct. 27 (5 games) 12 Larissa Sitzmann vs. Hinton, Oct. 12 (4 games) Miyah Whitehead vs. Trinity Christian, Oct. 20 (3 games) 11 Lauren Heying vs. Akron-Westfield, Sept. 14 (4 games) Miyah Whitehead vs. Akron-Westfield, Sept. 14 (4 games) Larissa Sitzmann vs. Remsen St. Mary's, Sept. 28 (3 games) Lauren Heying vs. Remsen St. Mary's, Sept. 28 (3 games) Miyah Whitehead vs. MMCRU, Oct. 7, (4 games) Miyah Whitehead vs. North Tama, Nov. 2 (5 games) 10 Lauren Heying vs. Hinton, Oct. 12 (4 games) Miyah Whitehead vs. MMCRU, Oct. 25, (3 games) Larissa Sitzmann vs. Akron-Westfield, Oct. 27 (5 games)
Most Blocks	–	7 Cadence Goebel vs. North Tama, Nov. 2 (5 games) 6 Miyah Whitehead vs. Newell-Fonda, Sept. 25 (2 games) Miyah Whitehead vs. North Tama, Nov. 2 (5 games) 5 Miyah Whitehead vs. Unity Christian, Sept. 7 (3 games) Cadence Goebel vs. Harris-Lake Park, Oct. 14 (3 games) Miyah Whitehead vs. Akron-Westfield, Oct. 27 (5 games)
Most Digs	–	32 Alyssa Kolbeck vs. Hinton, Oct. 12 (4 games) 28 Cadence Goebel vs. Akron-Westfield, Oct. 27 (5 games) 26 Alyssa Kolbeck vs. Akron-Westfield, Oct. 27 (5 games) 22 Alyssa Kolbeck vs. Akron-Westfield, Sept. 14 (4 games) 20 Alyssa Kolbeck vs. MMCRU, Oct. 7, (4 games) Cadence Goebel vs. North Tama, Nov. 2 (5 games) 18 Lauren Heying vs. Akron-Westfield, Sept. 14 (4 games) Cadence Goebel vs. MMCRU, Oct. 7, (4 games) 16 Alyssa Kolbeck vs. South O'Brien, Sept. 9 (3 games) Cadence Goebel vs. Akron-Westfield, Sept. 14 (4 games) Jasmine Lubben vs. Remsen St. Mary's, Sept. 28 (3 games) Jasmine Lubben vs. Hinton, Oct. 12 (4 games)
Highest Hitting % (minimum 10 attempts)	–	.667 Lauren Heying vs. MMCRU, Oct. 25, (3 games) .632 Lauren Heying vs. Harris-Lake Park, Oct. 14 (3 games) .550 Miyah Whitehead vs. Trinity Christian, Oct. 20 (3 games) .538 Lauren Heying vs. Trinity Christian, Sept. 30 (3 games) .500 Miyah Whitehead vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) Larissa Sitzmann vs. Trinity Christian, Sept. 30 (3 games) Miyah Whitehead vs. Hinton, Oct. 12 (4 games)
Most Errorless Serve Attempts	–	25 Jasmine Lubben vs. Harris-Lake Park, Oct. 14 (3 games) Cadence Goebel vs. North Tama, Nov. 2 (5 games) 22 Miyah Whitehead vs. Hartley-Melvin-Sanborn, Aug.31 (3 games) 20 Rylee Schnepf vs. Remsen St. Mary's, Sept. 28 (3 games) 19 Rylee Schnepf vs. North Tama, Nov. 2 (5 games) 18 Sophie Ruden vs. Harris-Lake Park, Oct. 14 (3 games) Lauren Heying vs. North Tama, Nov. 2 (5 games) 17 Rylee Schnepf vs. South O'Brien, Sept. 9 (3 games) Cadence Goebel vs. MMCRU, Oct. 25, (3 games) 16 Rylee Schnepf vs. Akron-Westfield, Oct. 27 (5 games) Jasmine Lubben vs. North Tama, Nov. 2 (5 games)



Final IGHSAU Volleyball Rankings - 2021

Final Class 1A Rankings

Team	Final Record
1. Burlington Notre Dame	32-8
2. Gehlen Catholic	22-5
3. Springville	30-4
4. Lisbon	34-6
5. Holy Trinity Catholic	29-10
6. Ankeny Christian	30-3
7. Newell-Fonda	26-3
8. Council Bluffs St. Albert	17-12
9. Dunkerton	25-6
10. Janesville	21-15
11. Gladbrook-Reinbeck	25-13
12. North Tama	26-10
13. New London	24-13
14. Tri-Center	23-10
15. AGWSR	18-16

Final Class 2A Rankings

Team	Final Record
1. Dike-New Hartford	48-1
2. Wilton	33-2
3. Western Christian	35-5
4. Boyden-Hull	25-5
5. Sumner-Fredericksburg	32-6
6. Denver	33-7
7. Beckman Catholic	30-11
8. Wapsie Valley	23-11
9. Osage	25-9
10. South Hardin	33-5
11. Kuemper Catholic	24-10
12. Treynor	26-7
13. Ridge View	27-7
14. Hinton	19-7
15. Grundy Center	27-15

Final Class 3A Rankings

Team	Final Record
1. Davenport Assumption	31-4
2. West Delaware	37-5
3. Sheldon	24-5
4. West Liberty	34-4
5. Mount Vernon	31-12
6. Sergeant Bluff-Luton	27-6
7. Unity Christian	25-4
8. Des Moines Christian	33-6
9. Sioux Center	23-8
10. West Burlington	28-3
11. Eddyville-Blakesburg-Fremont	29-4
12. Roland-Story	28-7
13. Red Oak	27-9
14. Cherokee	22-11
15. Independence	27-12

Final Class 4A Rankings

Team	Final Record
1. Western Dubuque	29-3
2. North Scott	28-4
3. Waverly-Shell Rock	40-7
4. Xavier	27-4
5. Marion	34-8
6. Oskaloosa	29-4
7. Pella	28-9
8. Bondurant-Farrar	30-7
9. North Polk	25-10
10. Glenwood	36-7
11. Clear Creek-Amana	27-11
12. Decorah	27-6
13. Indianola	25-14
14. Benton Community	23-14
15. Humboldt	28-6

Final Class 5A Rankings

Team	Final Record
1. Iowa City Liberty	32-4
2. Pleasant Valley	28-4
3. Ankeny	37-5
4. Cedar Falls	28-8
5. Dowling Catholic	25-12
6. Urbandale	31-8
7. Ankeny Centennial	28-9
8. West Des Moines Valley	23-14
9. Cedar Rapids Kennedy	23-10
10. Johnston	25-11
11. Cedar Rapids Prairie	21-13
12. Sioux City East	27-10
13. Iowa City High	19-14
14. Iowa City West	15-16
15. Bettendorf	16-13



2021 CYO Champions!

2021 War Eagle Conference Volleyball Honor Teams

First Team All War Eagle Conference

Mya Bunkers	Remsen St. Mary's	10
Jenna Bouma	Unity Christian	12
Emma Byker	Unity Christian	12
Anna Coffee	Hinton	12
Emily Dreckman	MMCRU	12
Cadence Goebel	Gehlen Catholic	11
Lauren Heying	Gehlen Catholic	12
Alyssa Kolbeck	Gehlen Catholic	12
Ashlyn Kovarna	Hinton	10
Natalie Nielsen	Akron-Westfield	12
Lauryn Saathoff	Akron-Westfield	11
Gracie Schoonhoven	Unity Christian	11

Second Team All War Eagle Conference

Kenna Bauer	South O'Brien	12
Gabbie Friessen	Hinton	10
Taylor Harpenau	MMCRU	12
Aubie Hartman	Akron-Westfield	12
Ellie Hilbrands	MMCRU	12
Jamie Kooima	Trinity Christian	11
Jasmine Lux	H-M-S	12
Sara Schoenrock	Hinton	12
Claire Schroeder	Remsen St. Mary's	10
Tyra Schuiteman	Unity Christian	11
Willa Sickelka	South O'Brien	12
Hailey Triplet	West Sioux	12
Avery Van Maanen	Trinity Christian	11
Miyah Whitehead	Gehlen Catholic	11

Honorable Mention All War Eagle Conference

Dacey Driesen	Unity Christian	12
Jasmine Lubben	Gehlen Catholic	11
Chloee Colt	Akron-Westfield	12
Whitney Jensen	Remsen St. Mary's	10
Riley Draper	South O'Brien	12
Belle Schiermeyer	Trinity Christian	12
Brenna Reinking	West Sioux	12
Kailey Pearson	H-M-S	12
Hailey Cody	Harris-Lake Park	12

2021 War Eagle Standings Conference Overall

1. Unity Christian	10-0	28-5
2. Gehlen Catholic	9-1	25-6
3. Hinton	8-2	20-8
4. Akron-Westfield	7-3	18-8
5. MMCRU	6-4	16-11
6. Remsen St. Mary's	5-5	16-11
7. South O'Brien	4-6	8-17
8. Trinity Christian	3-7	9-15
9. West Sioux	2-8	6-18
10. Hartley-Melvin-Sanborn	1-9	2-17
11. Harris-Lake Park	0-10	0-26

2021 IAGCA ALL-DISTRICT TEAMS

1A Northwest

Player Name	School	Year
Addy Johnson	Westwood	10
Alyssa Kolbeck	Gehlen Catholic	12
Anna Bellcock	Newell-Fonda	12
Cadence Goebel	Gehlen Catholic	11
Cora Shull	Westwood	12
Ellie Hibbrands	MMCRU	12
Emily Dreckman	MMCRU	12
Lauren Heying	Gehlen Catholic	12
Lauren Saathoff	Akron-Westfield	11
Macy Sievers	Newell-Fonda	12
Maddie Thomas	River Valley	11
Mary Walker	Newell-Fonda	11
Mckenzie Goodwin	Kingsley-Pierson	12
Miyah Whitehead	Gehlen Catholic	11
Natalie Nielsen	Akron-Westfield	12
Payton Doehoefer	Siouxland Christian	12
Taylor Harpenau	MMCRU	12

NW District Coach of the Year: **Mike Meyer, Gehlen Catholic**

1A Northeast

Player Name	School	Year
Abby Squires	West Central	11
Allison Engle	BCLUW	12
Ava Wyatt	Gladbrook-Reinbeck	11
Chloe Van Etten	North Linn	12
Dana Carlson	Easton Valley	12
Eden Wilson	BCLUW	12
Emma McClintock	Gladbrook-Reinbeck	11
Grace Matus	Springville	12
Hannah Vriezen	Cedar Valley Christian	12
Jadyn Rausch	North Tama	11
Josie Weber	Turkey Valley	12
Kaitlyn Kuhl	Easton Valley	12
Kelsey Hansel	Edgewood-Colesburg	12
Kennady Breitfelder	Springville	11
Lauren Wilson	Springville	12
Lilly Isenhour	Prince of Peace	12
Megan Cooley	Gladbrook-Reinbeck	11
Nia Howard	Springville	11
Sara Reid	Central City	12
Shae Ewoldt	North Tama	11

NE District Coach of the Year: Claude Howard, Springville

1A Southeast

Player Name	School	Year
Allyah Christensen	New London	12
Anna Sobczak	Holy Trinity Catholic	12
Ava Czamecki	Lisbon	10
Bradie Buffington	Winfield-Mt. Union	11
Ella Kissel	Waco	11
Emma Nye	New London	11
Gabby Deery	Burlington, Notre Dame	11
Grace Coble	Waco	11
Jenna Bentz	Burlington, Notre Dame	12
Josie Bentz	Burlington, Notre Dame	12
Kali Nelson	Lisbon	11
Kassi Randolph	Holy Trinity Catholic	12
Keetyn Townsley	Winfield-Mt. Union	11
Lindsey Massner	Wapello	12
Mandy Chizek	Belle Plaine	11
Natalie Burden	New London	12
Natalie Randolph	Holy Trinity Catholic	10
Peyton Robinson	Lisbon	11
Shanae Wetering	Montezuma	12

SE District Coach of the Year: Mike Davis, Burlington Notre Dame

1A Southwest

Player Name	School	Year
Allison Narmi	St. Albert	12
Anna Kelley	Griswold	12
Avery Dowling	Sidney	11
Emily Hutt	Sidney	11
Emily Williams	East Mills	11
Eva Steffensen	CAM	10
Izzy Bluml	Riverside	12
Jenna Stephens	Stanton	11
Kaden Payne	Sidney	11
Kaelyn Driskell	Fremont Mills	12
Lauren Williams	St. Albert	12
Leah Cooper	Boyer Valley	12
Marissa Ring	Tri-Center	12
Marleigh Johnson	Stanton	11
Miah Urban	East Mills	11
Mikenzie Brewer	Tri-Center	10
Miranda Ring	Tri-Center	12
Tatum Carlson	Tri-Center	12
Veronica Andrusyshyn	Riverside	11
Whitney Kuhlman	Woodbine	12

SW District Coach of the Year: Amy Wingert, Tri-Center

1A North Central

Player Name	School	Year
Audi Crooks	Bishop Garrigan	11
Brynn Smith	AGWSR	11
Caelor Yoder	Don Bosco	11
Hanna Fettkether	Dunkerton	11
Hope Hovenga	Janesville	11
Jaci Woods	Saint Ansgar	12
Kamryn Umthum	Janesville	12
Kennedy Schwiesow	Saint Ansgar	12
Leah Kramersmeier	North Iowa	12
Maeson Wolff	Dunkerton	11
Mallory Mueller	Tripoli	11
Mallory Tissue	Dunkerton	11
Peyton Rygel	Dunkerton	11
Pyper McCarville	Janesville	12
Reagan Wheeler	Waterloo Christian	10
Trevyn Smith	AGWSR	9

NC District Coach of the Year: Brittany Weidman, Dunkerton

1A South Central

Player Name	School	Year
Abby Martin	Lamoni	12
Alivia Ruble	Southeast Warren	11
Anna Weathers	Ankeny Christian Academy	9
Cameron Martin	Lamoni	12
Carley Craighead	Ankeny Christian Academy	9
Jaden Smith	Iowa Valley	12
Jillian French	Twin Cedars	10
Josie Hartman	Southeast Warren	12
Katie Quick	Ankeny Christian Academy	9
Kaylee Bauer	Southeast Warren	12
Kelly DeMeulenaere	Grandview Christian	11
Kylie Hoben	Grandview Christian	11
Maddie Stewart	Mount Ayr	12
Reese Potter	Lamoni	12
Rylee Dunkin	Twin Cedars	11

SC District Coach of the Year: Michele Quick, Ankeny Christian Academy

2021 IAGCA ALL-DISTRICT TEAMS

2A Northwest

Player Name	School	Year
Abby VerBurg	Western Christian	11
Anna Coffee	Hinton	12
Anna Longhenry	North Union	12
Ashlyn Badding	Kuemper Catholic	11
Ashlyn Kovarna	Hinton	10
Ellie Woelber	Boyden-Hull	12
Emma Vohs	Ridge View	12
Emma Westphal	Western Christian	12
Jaylin Van Dyken	Western Christian	12
Jewel Bergstrom	Boyden-Hull	12
Kate Vondrak	East Sac	10
Marissa Pottebaum	Boyden-Hull	12
Ranae Van Voorst	Rock Valley	12
Riley Batta	South Central Calhoun	11
Sarah Boogerd	Boyden-Hull	12
Shea Lockin	Alta-Aurelia	12
Stella Winterfeld	Western Christian	11

NW District Coach of the Year: Justine Draayer, Boyden-Hull

2A Southeast

Player Name	School	Year
Alexa Garvin	Wilton	12
Alli Dillon	Regina Catholic	12
Aubrie Pruess	North Cedar	12
Caitlin Jensen	North Cedar	11
Carly Puffer	Wilton	12
Delaynie Luneckas	West Branch	12
Ella Caffery	Wilton	12
Haley Steffener	Mediapolis	10
Hanna Wagenbach	Mediapolis	10
Kelsey Drake	Wilton	12
Lexi Klinkkammer	West Branch	12
Lily Simpson	Regina Catholic	12
McKenna Hohenadel	Louisa-Muscatine	12

SE District Coach of the Year: Brenda Grunder, Wilton

2A Northeast

Player Name	School	Year
Alivea Harms	Central Springs	12
Alivia Lange	Sumner-Fredericksburg	11
Allison Bonnette	Denver	12
Bobbi Thomas	Jesup	12
Carlie Willis	Grundy Center	10
Claudia Aschenbrenner	Osage	11
Ellery Luhning	Grundy Center	10
Isabelle Elliott	Sumner-Fredericksburg	10
Jadyn Petersen	Dike-New Hartford	10
Kaebre Sullivan	Osage	12
Kayla Knowles	Denver	11
Kiersten Schmitt	Beckman Catholic	12
Leah Moen	Lake Mills	12
Lexie Fager	Dike-New Hartford	12
Lydia Imbrogno	Wapsie Valley	12
Macy Hieme	Starmont	12
Madelyn Norton	Dike-New Hartford	11
Meredith Street	Osage	12
Morgan Brandt	Sumner-Fredericksburg	12
Olivia Hogan	Beckman Catholic	12
Payton Petersen	Dike-New Hartford	10
Reese Johnson	Denver	12
Sydney Matthias	Wapsie Valley	11

NE District Coach of the Year: Tori Sorensen, Sumner-Fredericksburg

2A Southwest

Player Name	School	Year
Alizabeth Jacobsen	Underwood	10
Ella Myler	Missouri Valley	11
Emma Flathers	Treynor	12
Leslie Morales-Foote	Underwood	12
Maddux DeVault	Nodaway Valley	12
Madeline Lewis	Treynor	12
Maya Contreraz	Missouri Valley	11
Natalie Hagadon	AHSTW	12
Ruby Nolting	Logan Magnolia	12
Ryanne Mullen	Southwest Valley	11

SW District Coach of the Year: Elizabeth Stein, Underwood

2A Central

Player Name	School	Year
Chloe Largent	AC/GC	12
Abby Matt	Van Meter	11
Jaidyn Teske	South Hardin	12
Darby Nixon	Woodward-Granger	12
Emma Salvo	South Hardin	12
Ellie Anderson	South Hardin	11
Riley Doud	Earlham	12
Sarah Gritters	Pella Christian	12
Kyra Lester	Colfax-Mingo	12
Adi Adreon	Pleasantville	12

Central District Coach(es) of the Year: John/Suzu Teske, South Hardin

3A West

Player Name	School	Year
Brooke Smith	Spirit Lake	12
Camille Zwiefel	Cherokee, Washington	12
Claire Johnson	Sheldon	11
Emma Byker	Unity Christian	12
Emma Salker	Sergeant Bluff-Luton	12
Gracie Schoonhoven	Unity Christian	11
Lexi Johnson	Red Oak	12
Liz Carbaugh	Red Oak	12
Maci Higgins	Spirit Lake	12
Maddie Hinkel	Sergeant Bluff-Luton	12
Payten Lode	Sheldon	12
Reagan Jansen	Sioux Center	11
Willow Bleeker	Sioux Center	11
Zavyr Metzger	West Lyon	12
Zophi Hendricks	Harlan	12

West District Coach of the Year: Heather Keizer, Sheldon

4A West

Player Name	School	Year
Abby Greder	Gilbert	11
Addie Thompson	Humboldt	11
Alayna Finucan	Webster City	12
Allison Piercy	Spencer	12
Anna Strohmeier	Lewis Central	11
Brynlee Arnold	Glenwood	12
Charlie Hernandez	Glenwood	9
Grace Nelson	Bishop Heelan	11
Josie Ayala	Carroll	12
Lauren Carter	Winterset	12
Lauren LaFleur	Bishop Heelan	11
Lauren Roenfeldt	Glenwood	12
Maddie Bergman	Lewis Central	11
Marissa Gerleman	ADM	10
Marissa Kaufman	Humboldt	12

West District Coach of the Year: Mike Bond, Lewis Central

2021 IGCA All-State Teams

Class 1A

Player of the Year: Gabby Deery, Burlington, Notre Dame

Coach of the Year: Claude Howard, Springville

1A 1st Team

Name	School	Year
Emily Dreckman	MMCRU	12
Gabby Deery	Burlington, Notre Dame	11
Jadyn Rausch	North Tama	11
Jenna Bentz	Burlington, Notre Dame	12
Kassi Randolph	Holy Trinity Catholic	12
Lauren Williams	St. Albert	12
Nia Howard	Springville	11
Pyper McCarville	Janesville	12

1A 2nd Team

Name	School	Year
Cadence Goebel	Gehlen Catholic	11
Grace Matus	Springville	12
Josie Bentz	Burlington, Notre Dame	12
Macy Seivers	Newell-Fonda	12
Megan Cooley	Gladbrook-Reinbeck	11
Miranda Ring	Tri-Center	12
Natalie Randolph	Holy Trinity Catholic	10
Peyton Robinson	Lisbon	11

1A 3rd Team

Name	School	Year
Anna Sobczak	Holy Trinity Catholic	12
Ava Wyatt	Gladbrook-Reinbeck	11
Katie Quick	Ankeny Christian Academy	9
Kelsey Hansel	Edgewood-Colesburg	12
Lauren Heying	Gehlen Catholic	12
Mallory Tisue	Dunkerton	11
Natalie Burden	New London	12
Shae Ewoldt	North Tama	11

1A Honorable Mention

Name	School	Year
Abby Martin	Lamoni	12
Alivia Ruble	Southeast Warren	11
Brynn Smith	AGWSR	11
Chloe VanEtten	North Linn	12
Eden Wilson	BCLUW	12
Emily Williams	East Mills	11
Emma McClintock	Gladbrook-Reinbeck	11
Emma Nye	New London	11
Josie Hartman	Southeast Warren	12
Kali Nelson	Lisbon	11
Lauren Wilson	Springville	12
Maeson Wolff	Dunkerton	11
Mallory Mueller	Tripoli	11
Miyah Whitehead	Gehlen Catholic	11
Natalie Nielsen	Akron-Westfield	12
Tatum Carlson	Tri-Center	12

Elite Team All State

Macy Daufeldt - POY	West Liberty	12
Payton Petersen - POY	Dike-New Hartford	10
Lily Dykstra	Urbandale	11
Faith DeRonde	Oskaloosa	12
Hayden Kubik	Valley, West Des Moines	12
Kiersten Schmitt	Beckman Catholic	12
Kora Ruff	Pleasant Valley	12
Cassidy Hartman	Iowa City Liberty	11
Morgan Brandt	Sumner-Fredericksburg	12

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
Carly Puffer	Wilton	12
Jadyn Petersen	Dike-New Hartford	10
Kelsey Drake	Wilton	12
Kiersten Schmitt	Beckman Catholic	12
Madelyn Norton	Dike-New Hartford	11
Morgan Brandt	Sumner-Fredericksburg	12
Payton Petersen	Dike-New Hartford	10
Stella Winterfeld	Western Christian	11

2A 2nd Team

Name	School	Year
Chloe Largent	AC/GC	12
Ella Caffery	Wilton	12
Isabelle Elliott	Sumner-Fredericksburg	10
Jaidyn Teske	South Hardin	12
Jaylin Van Dyken	Western Christian	12
Lydia Imbrogno	Wapsie Valley	12
Marissa Pottebaum	Boyden-Hull	12
Reese Johnson	Denver	12

2A 3rd Team

Name	School	Year
Abby Matt	Van Meter	11
Abby VerBurg	Western Christian	11
Claudia Aschenbrenner	Osage	11
Emma Flathers	Treynor	12
Jewel Bergstrom	Boyden-Hull	12
Kayla Knowles	Denver	11
Meredith Street	Osage	12
Olivia Hogan	Beckman Catholic	12

2A Honorable Mention

Name	School	Year
Alizabeth Jacobsen	Underwood	10
Allison Bonnette	Denver	12
Ashlyn Badding	Kuemper Catholic	11
Darby Nixon	Woodward-Granger	12
Emma Salvo	South Hardin	12
Lexi Klinkkammer	West Branch	12
Lexie Fager	Dike-New Hartford	12
Lily Simpson	Regina Catholic	12
Riley Batta	South Central Calhoun	11
Sarah Gritters	Pella Christian	12
Shea Lockin	Alta-Aurelia	12
Sydney Matthias	Wapsie Valley	11

Class 3A

Player of the Year: Macy Daufeldt, West Liberty

Coach of the Year: Brett Mather, West Delaware

3A 1st Team

Name	School	Year
Ella Koloc	West Delaware	12
Emma Salker	Sergeant Bluff-Luton	12
Gabby Lombardi	Des Moines Christian	10
Gracie Schoonhoven	Unity Christian	11
Macy Daufeldt	West Liberty	12
Madeleine Miller	Mount Vernon	11
Molly Shafer	Eddyville-Blakesburg-Fremont	9

2021 IGCA All-State Teams

3A 2nd Team

Name	School	Year
Alivia Schulte	West Delaware	12
Ava Schubert	Davenport Assumption	11
Brianna Gartner	Davenport Assumption	12
Lexi Johnson	Red Oak	12
Maddie Hinkel	Sergeant Bluff-Luton	12
Olivia Lombardi	Des Moines Christian	11
Payten Lode	Sheldon	12

3A 3rd Team

Name	School	Year
Brooklyn Buysee	West Liberty	11
Carlee Smith	West Delaware	12
Chloe Meester	Mount Vernon	9
Emma Cross	Des Moines Christian	12
Kate Shafer	Eddyville-Blakesburg-Fremont	9
Monica Morales	West Liberty	11
Reagan Jansen	Sioux Center	11

3A Honorable Mention

Name	School	Year
Aubrey Gates	Union, La Porte City	11
Berlin Troendle	Waukon	11
Carly Rolf	Assumption	12
Claire Johnson	Sheldon	11
Dakota Whitman	Independence	11
Katy Reyerson	West Marshall	11
Madison Geise	Roland Story	12
Maren Miller	Des Moines Christian	11
Marissa Cahoy	New Hampton	10
Sophia Armstrong	West Burlington	11

Class 4A

Player of the Year: Faith DeRonde, Oskaloosa
 Coach of the Year: Megan Scherrman, Epworth, Western Dubuque

4A 1st Team

Name	School	Year
Avery Beckett	Waverly-Shell Rock	12
Avery Van Hook	Marion	11
Brynlee Arnold	Glenwood	12
Faith DeRonde	Oskaloosa	12
Madison Maahs	Epworth, Western Dubuque	12
Maya Karl	Cedar Rapids, Xavier	12
Meredith Bahl	Epworth, Western Dubuque	12
Sophie Sedwick	Waverly-Shell Rock	12

4A 2nd Team

Name	School	Year
Avery Amelse	Pella	12
Bailey Van Voorst	Pella	12
Ella McLaughlin	North Scott	12
Grace Embretson	Benton Community	12
Lauren Carter	Winterset	12
Libby Lansing	Epworth, Western Dubuque	11
Maddie Harris	Epworth, Western Dubuque	12
Riley Jonker	Cedar Rapids, Xavier	12

4A Honorable Mention

Name	School	Year
Alyssa Tegeler	Benton Community	12
Annika Behrends	Waverly-Shell Rock	12
Bliss Beck	Clear Creek-Amana	10
Calia Clubb	Clear Creek-Amana	12
Elise Mehaffy	Marion	12
Ella Meyer	Epworth, Western Dubuque	11
Kendall Anderson	Bondurant-Farrar	12
Lauren Blakde	Indianola	12
Lauren LaFleur	Bishop Heelan	11
Peyton Johnson	Marion	11

Class 5A

Player of the Year: Kora Ruff, Pleasant Valley
 Coach of the Year: Amber Hall, Pleasant Valley

5A 1st Team

Name	School	Year
Alivia Bronner	Cedar Falls	12
Ava Reynolds	Ankeny	12
Cassidy Hartman	Iowa City, Liberty	11
Halle Vice	Pleasant Valley	11
Hayden Kubik	Valley, West Des Moines	12
Kora Ruff	Pleasant Valley	12
Lily Dykstra	Urbandale	11
Shelby Kimm	Iowa City Liberty	11

5A 2nd Team

Name	School	Year
Annalise Grant	Dowling Catholic	9
Chloe Cline	Pleasant Valley	11
Dasha Svitashv	Johnston	12
Gabbie Schroeder	Iowa City Liberty	12
Katie Remmert	Cedar Falls	11
Livia Thomsen	Pleasant Valley	12
Molly Romano	Council Bluffs Lincoln	10
Nohea Mahi	Cedar Falls	11

5A Honorable Mention

Name	School	Year
Allie Barlow	Cedar Rapids Jefferson	11
Aowyn Schrader	Ankeny	10
Arra Cottrell	Pleasant Valley	12
Lexi Stephens	Ankeny	12
Mackenzie Dean	Dowling Catholic	10
Molly Joyner	Cedar Rapids Kennedy	12
Molly Trachta	Johnston	11
Monica Mirembe	Ankeny Centennial	12
Samantha Schroeder	Dowling Catholic	12

Northwest Iowa Review Teams

1st Team

Stella Winterfeld	HWC	11	Gracie Schoonhoven	UC	11
Reagan Jansen	SC	11	Jaylin Van Dyken	WC	12
Payten Lode	Sheldon	12	Jewel Bergstrom	BH	12

2nd Team

Abby Verburg	HWC	11	Marissa Pottebaum	BH	12
Claire Johnson	Sheldon	11	Emma Byker	UC	12
Alyssa Kolbeck	Gehlen	12	Tyra Schuiteman	UC	11

3rd Team

Willow Bleeker	SC	11	Sarah Boogerd	BH	12
Cadence Goebel	Gehlen	11	Zavyr Metzger	WL	12
Lauren Heying	Gehlen	12	Lydia Van Key	HWC	12

2021 Class 1A State Volleyball Tournament

Tuesday, November 2,

Class 1A First Round

Top Bracket

6:00 p.m. - Court 1: #1 Burlington Notre Dame 23-25-25-25, #8 Tri-Center 25-17-20-14

8:00 p.m. - Court 1: #4 Holy Trinity Catholic 23-25-25-20-15, #5 Janesville 25-21-22-25-8

Bottom Bracket

6:00 p.m. - Court 2: #7 North Tama 24-25-25-22-15, #2 Gehlen Catholic 26-18-22-25-11

8:00 p.m. - Court 2: #3 Springville 25-25-24-25, #6 Gladbrook-Reinbeck 23-23-25-16

Wednesday, November 4 - Class 1A Semifinals

6:00 p.m. - Court 1: Burlington Notre Dame 26-26-27 Holy Trinity Catholic 24-26-27

6:00 p.m. - Court 2: Springville 25-25-25, North Tama 10-12-17

Thursday, November 5 - Class 1A State Championship

7:00 p.m. - Burlington Notre Dame 21-25-25-25, Springville 25-16-21-20

Class 1A All-Tournament Team

Josie Bentz, Burlington Notre Dame

Natalie Randolph, Holy Trinity Catholic

Jenna Bentz, Burlington Notre Dame

Gabby Deery, Burlington Notre Dame (Captain)

Lauren Wilson, Springville

Jaydn Rausch, North Tama

Nia Howard, Springville



Another Trip to Cedar Rapids!

2021 Gehlen Jays Volleyball Honors Page

Letterwinners: Olivia Bunkers Larissa Sitzmann Sophie Ruden
Lauren Heying Jayden Barthole Miyah Whitehead
Alyssa Kolbeck Cadence Goebel Aurora Goebel
Rylee Schnepf Jasmine Lubben

Team Captain: Lauren Heying & Alyssa Kolbeck

Teammate Award: Olivia Bunkers

Dedication Award: Cadence Goebel

Most Improved: Sophie Ruden

Most Valuable: Cadence Goebel

War Eagle All-Conference Teams

Honorable Mention: Jasmine Lubben

Second Team: Miyah Whitehead

First Team: Cadence Goebel, Lauren Heying, Alyssa Kolbeck

Other Honor Teams

CYO All-Tournament: Cadence Goebel, Lauren Heying, Alyssa Kolbeck

IAGCA All-NW District: Cadence Goebel, Lauren Heying, Alyssa Kolbeck, Miyah Whitehead

IAGCA Class 1A All-State: 2nd Team: Cadence Goebel 3rd Team: Lauren Heying
Honorable Mention: Miyah Whitehead

All NW IA Review: 2nd Team: Alyssa Kolbeck 3rd Team: Cadence Goebel & Lauren Heying

Other Records/Highlights:

14th State Tournament Appearance - 5th consecutive
First ever back-to-back CYO Tournament Championships
20 Consecutive Wins (ties school record)
61 Kills vs. Akron-Westfield (Sept. 15) school record in a match
Cadence Goebel - 1000 Career Assists, 3rd Place Career Assists
Coach Mike Meyer - 1000+ Career Wins - 400+ at Gehlen Catholic
Alyssa Kolbeck - 3rd Place Career Digs
Miyah Whitehead - 3rd Place Career Blocks, 13th Place Career Kills
Lauren Heying - 18th Place Career Kills
Larissa Sitzmann - 22nd Place Career Kills
Rylee Schnepf - 23rd Place Career Kills