JMJ

2022 Gehlen Jays

Season Summary

2022 - Gehlen Catholic Volleyball Roster

Varsity Squad

#	Name	Height	Position	Grade
1 (L17)	Sophie Ruden	5'4"	Backrow/Libero	12
2	Aspen Mosher	5'4"	Backrow	11
4	Grace Czyz	5'5"	Outside Hitter	9
3	Rysaiah Sitzmann	5'8"	Rightside/Setter	10
5	Ellen Hunt	5'4"	Setter	11
6	Jasmine Lubben	5'4"	Backrow/Libero	12
7	Lynsey Reuter	5'5"	Middle Hitter	11
8	Cadence Goebel	5'8"	Setter	12
9	Aurora Goebel	5'8"	Outside Hitter	10
10	Kate Bonderson	5'8"	Middle Hitter	10
11	Jayden Barthole	5'7"	Outside Hitter	12
12	Miyah Whitehead	5'10"	Middle Hitter	12
13	Haley Lubben	5'5"	Backrow	10
14	Grace Kellen	5'7"	Outside Hitter	9
15	Larissa Pohlen	5'4"	Backrow	11

B & C Squads

#	Name	Grade
2	Aspen Mosher	11
5	Ellen Hunt	11
10	Kate Bonderson	10
15	Larissa Pohlen	11
18	Lihn Dang	12
20	Madison DeRocher	10
21	Addy Logan	9
22	Elizabeth Arens	10
23	Addison Konz	10
24	Grace Kellen	9
25	Emerson Schmidt	10
26	Addison Kramer	9
27	Haley Lubben	10
28	Jaycee Scheitler	9
29	Jocelyn Roder	10
30	Zoe Vacura	11
31	Haley Gries	10
32	Keira Kallsen	10
33	Isabel Lammers	9
34	Lucy Bamberger	11

Nickname:	Jays
Colors:	Green & Gold
Head Coach:	Dan Goebel
Asst. Coaches:	Jon De Jager
	Amber Schilmoeller
Manager:	Corra Yockey
Principal:	Pete Haefs
A.D.:	Jeff Kramer

2022 MATCH RESULTS

Date	Opponent	Result	Event	Location
8/25/22		**W 2-1** (14-21, 21-18, 15-10) vs Sheldon	Sheldon Tournament	Sheldon High School
8/25/22		**W 2-1** (21-13, 19-21, 15-13) vs Le Mars Community	Sheldon Tournament	Sheldon High School
8/25/22		**L 0-2** (15-21, 13-21) vs Western Christian	Sheldon Tournament	Sheldon High School High School Gym
8/29/22		**W 3-0** (25-12, 25-18, 25-22) vs Hartley-Melvin-Sanborn	Conference	Gehlen Catholic High School
9/6/22		**L 0-3** (14-25, 21-25, 16-25) vs Unity Christian	Conference	Unity Christian High School
9/8/22		**W 3-0** (25-7, 25-19, 25-13) vs South O'Brien	Conference	South O'Brien High School
9/10/22		**W 2-1** (21-14, 11-21, 16-14) vs Le Mars Community	Le Mars Invitational Tournament	Le Mars Community High School
9/10/22		**L 0-2** (17-21, 10-21) vs Hinton	Le Mars Invitational Tournament	Le Mars Community High School
9/10/22		**W 2-0** (21-15, 21-11) vs Sheldon	Le Mars Invitational Tournament	Le Mars Community High School
9/10/22		**L 0-2** (18-21, 21-23) vs Lawton-Bronson	Le Mars Invitational Tournament	Le Mars Community High School
9/13/22		**W 3-0** (25-16, 25-13, 25-16) vs Akron-Westfield	Conference	Gehlen Catholic High School
9/18/22		**W 2-**1 (21-14, 19-21, 15-13) vs Bishop Garrigan	CYO Tournament	Gehlen Catholic High School
9/18/22		**L 1-2** (21-17, 17-21, 10-15) vs Kuemper Catholic	CYO Tournament	Gehlen Catholic High School
9/18/22		**W 2-0** (22-20, 21-19) vs Bishop Heelan	CYO Tournament	Gehlen Catholic High School
9/18/22		**W 2-0** (21-10, 21-6) vs St. Edmond	CYO Tournament	Gehlen Catholic High School
9/20/22		**W 3-0** (25-7, 25-9, 25-13) vs West Sioux	Conference	West Sioux High School
9/24/22		**W 2-0** (21-14, 21-8) vs Sioux City West	HMS Tournament	Hartley-Melvin-Sanborn High School
9/24/22		**W 2-0** (21-18, 21-19) Vs Newell-Fonda	HMS Tournament	Hartley-Melvin-Sanborn High School
9/24/22		**W 2-1** (21-12, 19-21, 15-7) vs Trinity Christian	HMS Tournament	Hartley-Melvin-Sanborn High School

Date	Opponent	Result	Event	Location
9/24/22		**W 2-0** (21-9, 21-6) vs Okoboji	HMS Tourney *Semi*	Hartley-Melvin-Sanborn High School
9/24/22		**L 0-2** (9-21, 19-21) vs Newell-Fonda	HMS Tournament *Finals*	Hartley-Melvin-Sanborn High School
9/27/22		**W 3-1** (23-25, 27-25, 25-22, 32-30) vs Remsen St. Mary's	Conference *Senior Night*	Gehlen Catholic High School
9/29/22		**W 3-0** (25-16, 25-20, 25-16) vs Trinity Christian	Conference	Trinity Christian High School
10/6/22		**W 3-0** (25-9, 25-18, 25-20) vs MMCRU	Conference	MMCRU Middle School
10/11/22		**L 0-3** (21-25, 15-25, 13-25) vs Hinton	Conference	Gehlen Catholic High School
10/13/22		**W 3-0** (25-4, 25-5, 25-14) vs Harris-Lake Park	Conference *Regular Season Final*	Gehlen Catholic High School
10/17/22		**W 3-0** (25-9, 25-10, 25-6) vs Woodbury Central	Class 1A Region 1 *First Round*	Gehlen Catholic High School
10/19/22		**W 3-0** (25-10, 25-13, 25-18) vs Woodbine	Class 1A Region 1 *Quarterfinal*	Gehlen Catholic High School
10/24/22		**W 3-0** (25-23, 25-20, 25-17) vs Remsen St. Mary's	Class 1A Region 1 *Semifinal*	Gehlen Catholic High School
10/26/22		**L 1-3** (19-25, 23-25, 25-14, 18-25) vs Riverside	Class 1A Region 1 *Championship*	Denison High School

2022 Final Varsity Statistics

OFFENSE

Athlete	Sets Played	Assists	KILLS	Kill Errors	Kill Attempts	Kill Eff.
#1, Sophie Ruden, SR	82	12	0	0	2	.000
#2, Aspen Mosher, JR	3	0	0	0	0	.000
#3, Rysaiah Sitzmann, SO	82	21	51	43	253	.032
#4, Grace Czyz, FR	4	0	1	2	5	-.200
#5, Ellen Hunt, JR	4	7	3	0	3	1.000
#6, Jasmine Lubben, SR	82	12	0	1	6	-.167
#7, Lynsey Reuter, JR	73	7	56	50	213	.028
#8, Cadence Goebel, SR	82	606	81	29	301	.173
#9, Aurora Goebel, SO	82	17	234	110	668	.186
#10, Kate Bonderson, SO	13	2	8	4	26	.154
#11, Jayden Barthole, SR	82	6	84	60	367	.065
#12, Miyah Whitehead, SR	82	30	269	92	627	.282
#15, Larissa Pohlen, JR	82	18	1	1	4	.000
Team	**82**	**738**	**788**	**392**	**2475**	**.160**

	SERVING				DEFENSE			
Athlete	ACES	Success	Attempts	Serve Eff.	Solo Block	Assist. Block	Total Blocks	Digs
#1, Sophie Ruden, SR	24	187	197	94.9%	0	0	0	256
#2, Aspen Mosher, JR	0	0	0	0	0	0	0	0
#3, Rysaiah Sitzmann, SO	22	153	164	93.3%	1	1	2	53
#4, Grace Czyz, FR	0	1	1	100.0%	0	0	0	3
#5, Ellen Hunt, JR	2	4	4	100.0%	0	0	0	2
#6, Jasmine Lubben, SR	19	195	202	96.5%	0	0	0	158
#7, Lynsey Reuter, JR	0	0	0	0	2	10	12	44
#8, Cadence Goebel, SR	30	208	239	87.0%	9	38	47	229
#9, Aurora Goebel, SO	22	171	192	89.1%	2	4	6	163
#10, Kate Bonderson, SO	0	0	0	0	1	3	4	4
#11, Jayden Barthole, SR	14	179	187	95.7%	2	3	5	76
#12, Miyah Whitehead, SR	30	274	305	89.8%	13	33	46	184
#15, Larissa Pohlen, JR	20	198	212	93.4%	0	0	0	145
Team	**183**	**1570**	**1703**	**92.2%**	**30**	**92**	**122**	**1317**

<u>Team</u> Match Statistical Highs – 2022

Most Aces –
21 vs. Harris-Lake Park, Oct. 13 (3 games)
18 vs. South O'Brien, Sept. 8 (3 games)
11 vs. Woodbury Central, Oct. 17 (3 games)
10 vs. West Sioux, Sept. 20 (3 games)
9 vs. Akron-Westfield, Sept. 13 (3 games)

Most Assists –
55 vs. Remsen St. Mary's, Sept. 27 (4 games)
40 vs. Akron-Westfield, Sept. 13 (3 games)
vs. Woodbury Central, Oct. 17 (3 games)
36 vs. Riverside, Oct. 26 (4 games)
33 vs. Woodbine, Oct. 19 (3 games)
32 vs. Le Mars Community, Aug. 25 (3 games)
vs. Remsen St. Mary's, Oct. 24 (3 games)
31 vs. West Sioux, Sept. 20 (3 games)
30 vs. Trinity Christian, Spet. 29 (3 games)

Most Kills –
58 vs. Remsen St. Mary's, Sept. 27 (4 games)
45 vs. Woodbury Central, Oct. 17 (3 games)
42 vs. Akron-Westfield, Sept. 13 (3 games)
40 vs. Riverside, Oct. 26 (4 games)
37 vs. Woodbine, Oct. 19 (3 games)
35 vs. West Sioux, Sept. 20 (3 games)
vs. Trinity Christian, Spet. 29 (3 games)
32 vs. Harris-Lake Park, Oct. 13 (3 games)
vs. Remsen St. Mary's, Oct. 24 (3 games)

Most Blocks –
18 vs. Riverside, Oct. 26 (4 games)
15 vs. Le Mars Community, Aug. 25 (3 games)
11 vs. Remsen St. Mary's, Oct. 24 (3 games)
10 vs. Remsen St. Mary's, Sept. 27 (4 games)
vs. MMCRU, Oct. 6 (3 games)
vs. Woodbine, Oct. 19 (3 games)

Most Digs –
147 vs. Remsen St. Mary's, Sept. 27 (4 games)
106 vs. Riverside, Oct. 26 (4 games)
70 vs. Trinity Christian, Sept. 29 (3 games)
58 vs. MMCRU, Oct. 6 (3 games)
vs. Hinton, Oct. 11 (3 games)
vs. Remsen St. Mary's, Oct. 24 (3 games)
53 vs. Woodbine, Oct. 19 (3 games)
51 vs. vs. Hartley-Melvin-Sanborn, Aug. 29 (3 games)

***Highest Hitting %** –
.430 vs. Woodbury Central, Oct. 17 (3 games)
.300 vs. St. Edmond, Sept. 18 (2 games)
.293 vs. Akron-Westfield, Sept. 13 (3 games)
.290 vs. Harris-Lake Park, Oct. 13 (3 games)

Best Serving % –
96.2% vs. Hinton, Sept. 10 (2 games)
95.9% vs. Woodbury Central, Oct. 17 (3 games)
95.8% vs. LeMars Community, Sept. 10 (3 games)
vs. Kuemper Catholic, Sept. 18 (3 games)
95.3% vs. Remsen St. Mary's, Sept. 27 (4 games)
95.1% vs. St. Edmond, Sept. 18 (2 games)
vs. Okoboji, Sept. 24 (2 games)
vs. Sioux City West, Sept. 24 (2 games)

*Hitting Efficiency = Kills – Errors ÷ Attempts

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<u>Individual</u> Match Statistical Highs – 2022

Most Aces –
5 Miyah Whitehead vs. South O'Brien, Sept. 8 (3 games)
Larissa Pohlen vs. Harris-Lake Park, Oct. 13 (3 games)
4 Sophie Ruden vs. Akron-Westfield, Sept. 13 (3 games)
Miyah Whitehead vs. St. Edmond, Sept. 18 (2 games)
Rysaiah Sitzmann vs. Harris-Lake Park, Oct. 13 (3 games)
Miyah Whitehead vs. Harris-Lake Park, Oct. 13 (3 games)

Most Assists
49 Cadence Goebel vs. Remsen St. Mary's, Sept. 27 (4 games)
36 Cadence Goebel vs. Akron-Westfield, Sept. 13 (3 games)
34 Cadence Goebel vs. Woodbury Central, Oct. 17 (3 games)
33 Cadence Goebel vs. Hartley-Melvin-Sanborn, Aug. 29 (3 games)

Most Kills –
23 Miyah Whitehead vs. Remsen St. Mary's, Sept. 27 (4 games)
20 Aurora Goebel vs. Remsen St. Mary's, Sept. 27 (4 games)
Aurora Goebel vs. Riverside, Oct. 26 (4 games)
19 Miyah Whitehead vs. Akron-Westfield, Sept. 13 (3 games)
16 Miyah Whitehead vs. vs. Hartley-Melvin-Sanborn, Aug. 29 (3 games)
15 Miyah Whitehead vs. South O'Brien, Sept. 8 (3 games)
Miyah Whitehead vs. Woodbury Central, Oct. 17 (3 games)
14 Aurora Goebel vs. Woodbine, Oct. 19 (3 games)

Most Blocks –
5 Miyah Whitehead vs. MMCRU, Oct. 6 (3 games)
Cadence Goebel vs. MMCRU, Oct. 6 (3 games)
Cadence Goebel vs. Woodbine, Oct. 19 (3 games)
Cadence Goebel vs. Remsen St. Mary's, Oct. 24 (3 games)
4 Miyah Whitehead vs. Akron-Westfield, Sept. 13 (3 games)
Cadence Goebel vs. Kuemper Catholic, Sept. 18 (3 games)
Cadence Goebel vs. Remsen St. Mary's, Sept. 27 (4 games)
Miyah Whitehead vs. Woodbine, Oct. 19 (3 games)
Miyah Whitehead vs. Remsen St. Mary's, Oct. 24 (3 games)
Miyah Whitehead vs. Riverside, Oct. 26 (4 games)

Most Digs –
34 Jasmine Lubben vs. Remsen St. Mary's, Sept. 27 (4 games)
27 Sophie Ruden vs. Remsen St. Mary's, Sept. 27 (4 games)
23 Sophie Ruden vs. Remsen St. Mary's, Oct. 24 (3 games)
21 Cadence Goebel vs. Remsen St. Mary's, Sept. 27 (4 games)
Sophie Ruden vs. Riverside, Oct. 26 (4 games)
Cadence Goebel vs. Riverside, Oct. 26 (4 games)
19 Sophie Ruden vs. Hinton, Sept. 10 (2 games)
17 Cadence Goebel vs. MMCRU, Oct. 6 (3 games)
16 Jasmine Lubben vs. Riverside, Oct. 26 (4 games)
15 Larissa Pohlen vs. Remsen St. Mary's, Sept. 27 (4 games)
Cadence Goebel vs. Trinity Christian, Sept. 29 (3 games)
Sophie Ruden vs. Woodbury Central, Oct. 17 (3 games)

Highest Hitting % –
(minimum 10 attempts)
.800 Miyah Whitehead vs. Sioux City West, Sept. 24 (2 games)
.739 Miyah Whitehead vs. Akron-Westfield, Sept. 13 (3 games)
.600 Aurora Goebel vs. St. Edmond, Sept. 18 (2 games)
.577 Miyah Whitehead vs. Hartley-Melvin-Sanborn, Aug. 29 (3 games)
.545 Miyah Whitehead vs. Woodbury Central, Oct. 17 (3 games)
.526 Miyah Whitehead vs. LeMars Community, Sept. 10

Most Errorless Serve Attempts –
19 Jasmine Lubben vs. Remsen St. Mary's, Sept. 27 (4 games)
16 Sophie Ruden vs. Remsen St. Mary's, Sept. 27 (4 games)
15 Rysaiah Sitzmann vs. Harris-Lake Park, Oct. 13 (3 games)
14 Sophie Ruden vs. Akron-Westfield, Sept. 13 (3 games)
Cadence Goebel vs. Woodbury Central, Oct. 17 (3 games
13 Sophie Ruden vs. South O'Brien, Sept. 8 (3 games)
12 Jayden Barthole vs. LeMars Community, Sept. 10

**

Final IGHSAU Volleyball Rankings - 2022

Final Class 1A Rankings

Rank	Team	Final Record
1	Springville	34-3
2	North Tama	36-4
3	**Gehlen Catholic**	**19-7**
4	Gladbrook-Reinbeck	29-9
5	Burlington Notre Dame	29-13
6	Newell-Fonda	25-4
7	Ankeny Christian	33-3
8	Don Bosco	25-12
9	Holy Trinity Catholic	25-15
10	North Cedar	24-9
11	Sidney	29-8
12	New London	25-9
13	Stanton	28-8
14	AGWSR	14-23
15	Dunkerton	20-14

Final Class 2A Rankings

Rank	Team	Final Record
1	Dike-New Hartford	40-2
2	Western Christian	37-5
3	Wapsie Valley	38-4
4	Hinton	23-2
5	Denver	33-10
6	Lisbon	36-2
7	Eddyville-Blakesburg-Fremont	27-5
8	Sumner-Fredericksburg	28-10
9	Grundy Center	29-12
10	West Burlington	34-6
11	Kuemper Catholic	35-4
12	Beckman Catholic	26-10
13	Treynor	27-8
14	Missouri Valley	32-6
15	Ridge View	28-7

Final Class 3A Rankings

Rank	Team	Final Record
1	Des Moines Christian	42-5
2	Davenport Assumption	27-7
3	Mount Vernon	31-5
4	Sioux Center	27-3
5	West Liberty	28-7
6	Unity Christian	20-9
7	Osage	26-6
8	Union	39-9
9	Solon	23-12
10	Nevada	22-13
11	Mid-Prairie	25-11
12	Dubuque Wahlert	12-17
13	Clarion-Goldfield-Dows	23-3
14	Monticello	22-10
15	Vinton-Shellsburg	26-13

Final Class 4A Rankings

Rank	Team	Final Record
1	Cedar Rapids Xavier	28-4
2	North Scott	30-5
3	Marion	33-6
4	Indianola	35-6
5	Western Dubuque	22-10
6	West Delaware	28-14
7	North Polk	28-9
8	Clear Creek-Amana	30-10
9	Lewis Central	26-7
10	Norwalk	23-10
11	Bondurant-Farrar	22-10
12	Oskaloosa	22-10
13	Pella	18-12
14	Bishop Heelan	21-14
15	Knoxville	25-12

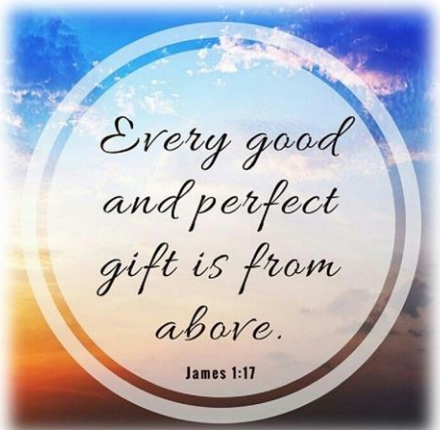
Final Class 5A Rankings

Rank	Team	Final Record
1	Iowa City Liberty	28-8
2	Ankeny	33-4
3	Pleasant Valley	25-6
4	Dowling Catholic	29-9
5	Cedar Falls	32-6
6	Ankeny Centennial	27-9
7	Waukee Northwest	26-12
8	Johnston	25-10
9	Cedar Rapids Kennedy	21-11
10	Valley	19-20
11	Urbandale	14-19
12	Sioux City East	22-12
13	Sioux City North	21-14
14	Council Bluffs Abraham Lincoln	22-17
15	Dubuque Senior	20-16

2022 War Eagle Conference Volleyball Honor Teams

War Eagle Standings

Team	Conference	Overall
Unity Christian	10-0	23-10
Hinton	9-1	26-2
Gehlen Catholic	**8-2**	**22-8**
Remsen St. Mary's	7-3	20-7
Trinity Christian	6-4	16-10
Akron-Westfield	5-5	13-11
MMCRU	4-6	10-16
Hartley-Melvin-Sanborn	3-7	8-17
South O'Brien	2-8	5-21
West Sioux	1-9	2-22
Harris-Lake Park	0-10	0-25



FIRST TEAM		
PLAYER	**SCHOOL**	**GRADE**
Gracie Schoonhoven	UC	12
Tyra Schuiteman	UC	12
Paige De Boom	UC	12
Bailey Boeve	HIN	9
Carlene Hicklin	HIN	11
Ashlyn Kovarna	HIN	11
Miyah Whitehead	**GC**	**12**
Cadence Goebel	**GC**	**12**
Claire Schroeder	RSM	11
Mya Bunkers	RSM	11
Avery Van Maanen	TC	12
Lauryn Saathoff	AW	12
Elise Haack	HMS	12
SECOND TEAM		
PLAYER	**SCHOOL**	**GRADE**
Haley Kuperus	UC	11
Gabbie Friessen	Hinton	11
Sophie Ruden	**GC**	**12**
Whitney Jensen	RSM	11
Jamie Kooima	TC	12
Josie Jacobs	AW	10
Isabelle Olson	MMCRU	12
Avery Schlenger	MMCRU	12
Kylee Schiphoff	HMS	10
Madison Johnson	SO'	12
Cassie Koopmans	WS	12
HONORABLE MENTION		
PLAYER	**SCHOOL**	**GRADE**
Jadyn Hofmeyer	UC	10
Aubree Lake	Hinton	12
Aurora Goebel	**GC**	**10**
Halle Galles	RSM	11
Madelyn Vis	TC	10
MaKenzie Hughes	AW	10
Hannah Neddermeyer	MMCRU	12
Abigail Kunzman	HMS	12
Karlee Warnke	SO'	12
Addi Dekkers	WS	12
Brooke Nicks	HLP	11

ACADEMIC ALL-CONFERENCE (**Senior** participants with a cumulative GPA of 3.75+ for conference sports)

PLAYER	SCHOOL
Shelby Andringa	TC
Aubree Lake	HIN
Natalee Junck	HIN
Elise Haack	HMS
Pam Mutombo	HMS
Abigail Kunzman	HMS
Karlee Warnke	SO'
Payton Farquahr	SO'
Whitney Einck	SO'
Maggie Alons	UC
Ava Nykamp	UC

PLAYER	SCHOOL
Brooklyn Vander Veen	UC
Aubrey De Groot	UC
Cassady Dekkers	UC
Gracie Schoonhoven	UC
Molly Zylstra	UC
Lizzy Westra	WS
Cassie Koopmans	WS
Addi Dekkers	WS
Ella Wilkison	WS
Katie Johnson	AW
Natalie Olson	AW

PLAYER	SCHOOL
Alexa Swoyer	AW
Avery Schlenger	MMCRU
Torey Tentinger	MMCRU
Emma Reuter	MMCRU
Kora Alesch	MMCRU
Hannah Neddermeyer	MMCRU
Isabelle Olson	MMCRU
Sophie Ruden	**GC**
Jayden Barthole	**GC**
Cadence Goebel	**GC**
Corra Yockey	**GC**

2022 **IGCA All-State** Teams

Overall Player of the Year

Player Name	School	Grade
Lily Dykstra	Urbandale	12

Elite Team All-State

Player Name	School	Grade
Ava Schubert	Assumption	12
Avery Van Hook	Marion	12
Cassidy Hartman	Iowa City Liberty	12
Ella Meyer Western Dubuque		12
Isabelle Elliott	Sumner-Fredericksburg	11
Lily Dykstra	Urbandale	12
Madeliene Miller	Mount Vernon	12
Payton Petersen	Dike-New Hartford	11
Stella Winterfeld	Western Christian	12

Class 1A

Player of the Year: Gabby Deery, Burlington Notre Dame
Coach of the Year: Michele Quick, Ankeny Christian Academy

1st Team

Player Name	School	Grade
Ava Wyatt	Gladbrook-Reinbeck	11
Brynn Smith	AGWSR	12
Carley Craighead	Ankeny Christian Academy	10
Gabby Deery	Burlington Notre Dame	12
Jadyn Rausch	North Tama	12
Katie Quick	Ankeny Christian Academy	10
Mary Kate Bendlager	Holy Trinity Catholic	11
Nia Howard	Springville	12

2nd Team

Player Name	School	Grade
Cadence Goebel	**Gehlen Catholic LeMars**	**12**
Emma Nye	New London	12
Emily Williams	East Mills	12
Kennady Breitfelder	Springville	12
Mallory Mueller	Tripoli	12
Megan Cooley	Gladbrook Reinbeck	12
Shae Ewoldt	North Tama	12
Trevyn Smith	AGWSR	10

3rd Team

Player Name	School	Grade
Alivia Ruble	Southeast Warren	12
Grace Coble	WACO	12
Lily Clark	Springville	12
Miyah Whitehead	**Gehlen Catholic LeMars**	**12**
Macey Nehring	Ankeny Christian Academy	10
Mary Walker	Newell-Fonda	12
Natalie Burden	New London	12
Veronica Andrusyshyn	Riverside	12

Honorable Mention

Player Name	School	Grade
Addison Hochstetler	North Tama	9
Anna Weathers	Ankeny Christian Academy	10
Breanna Sebetka	North Tama	12
Caitlyn Jensen	North Cedar	12
Ellianna Manning	New London	12
Ellie Monahan	St. Albert	10
Emma McClintock	Gladbrook Reinbeck	12
Hope Hovenga	Janesville	12
Kayden Payne	Sidney	12
Kennedi McGarvey	Don Bosco	10
Mallory Tisue	Dunkerton	12
Mia Walker	Newell Fonda	12
Presley Myers	Holy Trinity Catholic	9
Reagan Wheeler	Waterloo Christian	11

Class 2A

Co-Players of the Year: Payton Petersen, Dike-New Hartford
Stella Winterfeld, Western Christian
Coach of the Year: Diane Harms, Dike-New Hartford

1st Team

Player Name	School	Grade
Bailey Boeve	Hinton	9
Isabelle Elliott	Sumner-Fredericksburg	11
Jadyn Petersen	Dike-New Hartford	11
Kayla Knowles	Denver	12
Madelyn Norton	Dike-New Hartford	12
Molly Shafer	Eddyville-Blakesburg-Fremont	10
Payton Petersen	Dike-New Hartford	11
Stella Winterfeld	Western Christian	12

2nd Team

Player Name	School	Grade
Abby VerBurg	Western Christian	12
Carlie Willis	Grundy Center	11
Ella Myler	Missouri Valley	12
Ellie Knock	Dike-New Hartford	12
Kate Shafer	Eddyville-Blakesburg-Fremont	10
Hannah Knight	Wapsie Valley	12
Rowan Jensen	Ridge View	11
Sydney Matthias	Wapsie Valley	12

3rd Team

Player Name	School	Grade
Chloe Huisman	Pella Christian	10
Hannah Broek	Western Christian	12
Maryn Bixby	Dike-New Hartford	11
Peyton Robinson	Lisbon	12
Riley Batta	South Central Calhoun	12
Sophia Armstrong	West Burlington	12
Sophie Badding	Kuemper Catholic	12
Whitney Klyn	Eddyville-Blakesburg-Fremont	12

Honorable Mention

Player Name	School	Grade
Alivia Lange	Sumner-Fredericksburg	12
Ashlyn Badding	Kuemper Catholic	12
Ashlyn Kovarna	Hinton	11
Ava Czarnecki	Lisbon	11
Ellery Luhring	Grundy Center	11
Ellie Anderson	South Hardin	12
Emma Jones	Wapsie Valley	12
Jenna Lansing	Beckman Catholic	12
Jessica Gergen	Denver	11
Iva Senio	West Branch	12
Kylie Hoben	Grand View Christian	12
Maya Contreraz	Missouri Valley	12
Nora Konz	Treynor	9
Reese Naeve	Regina Catholic	9

Class 3A

Player of the Year: Madeleine Miller, Mount Vernon
Coach of the Year: Julie Oldenkamp, Sioux Center

1st Team

Player Name	School	Grade
Aubrey Gates	Union, LaPorte City	12
Ava Schubert	Davenport Assumption	12
Chloe Meester	Mount Vernon	10
Gracie Schoonhoven	Unity Christian	12
Madeleine Miller	Mount Vernon	12
Olivia Lombardi	Des Moines Christian	12
Reagan Jansen	Sioux Center	12

2nd Team

Player Name	School	Grade
Brooklyn Buysse	West Liberty	12
Claudia Aschenbrenner	Osage	12
Ellie Schubert	Davenport Assumption	10
Gabby Lombardi	Des Moines Christian	11
Maren Miller	Des Moines Christian	12
Monica Morales	West Liberty	12
Willow Bleeker	Sioux Center	12

3rd Team

Player Name	School	Grade
Avery Knoop	Union, LaPorte City	10
Claire Johnson	Sheldon	12
Dakota Mitchell	Mid-Prairie	10
Hadley Hardersen	Des Moines Christian	10
Lily Goos	Nevada	12
Maggie Johnson	Davenport Assumption	11
Marissa Cahoy	New Hampton	11

Honorable Mention

Player Name	School	Grade
Jayden Kuper	Monticello	10
Abby Matt	Van Meter	12
Jada Timmerman	Cherokee, Washington	11
Jaden Francis	Osage	12
Lexi Lane	Clarion-Goldfield-Downs	12
Tyra Schuiteman	Unity Christian	12
Berlin Trondle	Waukon	12
Kameron Brand	Mount Vernon	12

Class 4A

Player of the Year: Avery Van Hook, Marion
Coach of the Year: Austin Filer, Cedar Rapids, Xavier

1st Team

Player Name	School	Grade
Abbey Hayes	North Scott	10
Alivia Schulte	West Delaware	12
Avery Van Hook	Marion	12
Bliss Beck	Clear Creek Amana	11
Ella Meyer	Epworth, Western Dubuque	12
Libby Fandel	Cedar Rapids, Xavier	10
Libby Lansing	Epworth, Western Dubuque	12
Michaela Goad	Marion	11

2nd Team

Player Name	School	Grade
Anika Ivester	Cedar Rapids, Xavier	12
Anna Shoger	Cedar Rapids, Xavier	12
Anna Strohmeier	Lewi Central	11
Aspen Nelson	Indianola	10
Brittany Bacorn	Knoxville	11
Maliyah Hacker	Bishop Heelan	10
Meg Berland	Clear Creek Amana	11
Noelle Sutcliffe	Norwalk	11

Honorable Mention

Player Name	School	Grade
Addy Janssen	Dallas Center-Grimes	11
Amelia Dugger	Decorah	12
Averi Weichers	Waverly Shell Rock	12
Hallie Bedier	Bondurant-Farrar	12
Hannah Ditsworth	Bondurant-Farrar	12
Livvy Becker	Humboldt	12
Maddie Bergman	Lewis Central	12
Makayla Howard	Clinton	12
Maleah Walker	Oskaloosa	12
Marissa Gerleman	ADM	11
Peyton Johnson	Marion	12
Sydney Skarich	North Scott	11

Class 5A

Player of the Year: Lily Dykstra, Urbandale
Coach of the Year: Jeremy Mikesell, West Des Moines Valley

1st Team

Player Name	School	Grade
Cassidy Hartman	Iowa City Liberty	12
Chloe Cline	Pleasant Valley	12
Halle Vice	Pleasant Valley	12
Katie Remmert	Cedar Falls	12
Lily Dykstra	Urbandale	12
Molly Romano	Council Bluffs Lincoln	11
Molly Trachta	Johnston	12
Shelby Kimm	Iowa City Liberty	12

2nd Team

Player Name	School	Grade
Aowyn Schrader	Ankeny	11
Ava Helming	Johnston	11
Emma Tallman	Dowling Catholic	12
Jaeden Pratt	Ankeny Centennial	10
Kate Passmore	Linn-Mar	10
Mackenzie Dean	Dowling Catholic	11
Siena Roethler	Pleasant Valley	12
Tanith Roush	Ankeny	11

Honorable Mention

Player Name	School	Grade
Allie Barlow	Cedar Rapids Jefferson	12
Asta Hildebrand	Iowa City Liberty	10
Azaria Green	Council Bluffs Lincoln	12
Brooklyn Halbur	Waukee Northwest	12
Chloe Jones	Waukee Northwest	11
Danainey Winkle	Ankeny Centennial	12
Izzy Van De Wiele	Pleasant Valley	12
Jesa Wallace	Ankeny	12
Sydney Otto	Ankeny	12

2022 **IGCA <u>All-District</u>** Teams

Class 1A Northwest

Player Name	School	Grade
Addisyn Goettsch	River Valley Correctionville	12
Alaina Goettsch	River Valley Correctionville	10
Allison Reinking	Kingsley-Pierson	12
Aurora Goebel	**Gehlen Catholic LeMars**	**10**
Cadence Goebel	**Gehlen Catholic LeMars**	**12**
Jaeden Ferris	Westwood Sloan	12
Jordan Shull	Westwood Sloan	11
Kierra Jungers	Newell-Fonda	11
Kierstin Montag	West Bend-Mallard	11
Kinzee Hinders	Newell-Fonda	10
Lindsey Haken	George-Little Rock	9
Macanna Guritz	Logan-Magnolia	12
Maddie Thomas	River Valley Correctionville	12
Mary Walker	Newell-Fonda	12
Mia Walker	Newell-Fonda	12
Miyah Whitehead	**Gehlen Catholic LeMars**	**12**
Mya Bunkers	St. Mary's Remsen	11
Sydney Hurd	St. Mary's Storm Lake	12
Whitney Jensen	St. Mary's Remsen	11

Coach of the Year: Marilyn Murra, Newell-Fonda

Class 1A Northeast

Player Name	School	Grade
Abby Squires	West Central	12
Addison Hochstetler	North Tama	9

Ashlynne Zaruba	Springville	12
Audrie Helmrichs	Edgewood-Colesburg	11
Ava Wyatt	Gladbrook-Reinbeck	12
Bailee Weber	Central City	11
Breanna Sebetka	North Tama	12
Brooklynn Biddle	Calamus-Wheatland	10
Caitlin Benesh	North Linn	12
Emma McClintock	Gladbrook-Reinbeck	12
Evalyn Robinson	North Linn	12
Hadley Farrell	Easton Valley	10
Jadyn Rausch	North Tama	12
Kennady Breitfelder	Springville	12
Lexi Loan	Central Elkader	12
Lily Clark	Springville	12
Megan Cooley	Gladbrook-Reinbeck	12
Molly Stamp	Springville	12
Nia Howard	Springville	12
Shae Ewoldt	North Tama	12
Sydney Anderson	BCLUW	11

Coach of the Year: Claude Howard, Springville

Class 1A North Central

Player Name	School	Grade
Addison Tabbert	Saint Ansgar	12
Alexis Even	Don Bosco	11
Aspen Falk	Saint Ansgar	11
Audi Crooks	Bishop Garrigan	12
Brynn Smith	AGWSR	12
Caelor Yoder	Don Bosco	12
Emily Naughton	Don Bosco	11
Hope Hovenga	Janesville	12
Josie Hogan	Don Bosco	12
Joyce Molly	Bishop Garrigan	12
Kennedi McGarvey	Don Bosco	10
Keyra Krueger	Tripoli	12
Mallory Mueller	Tripoli	12
Mallory Tisue	Dunkerton	12
Natalie Lobeck	Tripoli	11
Peyton Rygel	Dunkerton	12
Reagan Wheeler	Waterloo Christian	11
Trevyn Smith	AGWSR	10
Tessa Sperfslage	AGWSR	12

Coach of the Year: Jenni Schares, Don Bosco

Class 1A South Central

Player Name	School	Grade
Alivia Ruble	Southeast Warren	12
Anna Weathers	Ankeny Christian Academy	10
Carley Craighead	Ankeny Christian Academy	10
Jalayna Shipley	North Mahaska	12
Jalie Baumfalk	Murray	12
Jayda Chew	Murray	12
Jillian French	Twin Cedars	11
Karagyn Minnaert	BGM Brooklyn	10
Katie Quick	Ankeny Christian Academy	10
Lexi Clendenen	Southeast Warren	9
Lydia Kern	Southeast Warren	9
Macey Nehring	Ankeny Christian Academy	10
Olivia Maddux	GMG Garwin	10
Rylee Dunkin	Twin Cedars	12
Sophie Lyle	Twin Cedars	12
Sydney Andersen	North Mahaska	10
Taylor Lumbard	Diagonal	12
Teryn Shields	Murray	12

Coach of the Year: Michele Quick, Ankeny Christian Academy

Class 1A Southeast

Player Name	School	Grade
Abby Korschgen	Burlington Notre Dame	12
Bradie Buffington	Winfield Mount Union	12
Brooke Mueller	Holy Trinity Catholic	12
Brookelyn Hemsley	Sigourney	12
Caitlin Jensen	North Cedar	12
Ella Kissel	WACO	12
Ellianna Manning	New London	12
Emily Hemphill	Wapello	11
Emma Nye	New London	12
Gabby Deery	Burlington Notre Dame	12
Grace Bean	Belle Plaine	12
Grace Coble	WACO	12
Janessa Blomme	HLV Victor	12
Keetyn Townsley	Winfield Mount Union	12
Mandy Chizek	Belle Plaine	12
Mary Kate Bendlage	Holy Trinity Catholic	11
Natalie Burden	New London	12
Presley Myers	Holy Trinity Catholic	10

Coach of the Year: Mike Davis, Burlington Notre Dame

Class 1A Southwest

Player Name	School	Grade
Addy Boell	Glidden-Ralston	11
Ayla Richardson	Riverside	10
Avery Dowling	Sidney	12
Bree Bower	CAM	12
Emily Hutt	Sidney	12
Ellie Monahan	St. Albert	10
Emily Williams	East Mills	12
Eva Steffensen	CAM	11
Jenna Stephens	Stanton	12
Jessica O'Day	Boyer Valley	11
Kaden Payne	Sidney	12
Lauren Johnson	Stanton	10
Maclayn Houston	West Harrison	11
Makenna Askeland	Griswold	12
Marleigh Johnson	Stanton	12
Miah Urban	East Mills	12
Mikenzie Brewer	Tri-Center	11
Teagan Ewalt	Fremont-Mills	12
Vanessa Koehler	Glidden-Ralston	12
Veronica Andrusyshyn	Riverside	12

Coach of the Year: Brooke Flathers, Riverside

Class 2A Central

Player Name	School	Grade
Abby Teske	South Hardin	10
Ava Salvo	South Hardin	10
Chloe Huisman	Pella Christian	10
Danika Park	Pleasantville	11
Delainey Murphy	Grand View Christian	11
Ellie Anderson	South Hardin	12
Emily Goodner	Manson-NW Webster	12
Emily Roe	Pleasantville	10
Kelly DeMeulenaere	Grand View Christian	12
Kylie Hoben	Grand View Christian	12
Mersadez Richter	ACGC	11
Olivia Sturgis	Manson-NW Webster	12
Sydney Brandmeyer	Grand View Christian	10

Coach of the Year: Janessa Murphy, Grand View Christian

Class 2A Northeast

Player Name	School	Grade
Addie Rhoades	Hudson	10
Alivia Lange	Sumner-Fredericksburg	12
Camdyn Deutmeyer	Clayton Ridge	12
Carlie Willis	Grundy Center	11
Channing Johnson	Denver	9
Ellery Luhring	Grundy Center	11
Ellie Hanna	Lake Mills	12
Ellie Knock	Dike-New Hartford	12
Emma Jones	Wapsie Valley	12
Hannah Knight	Wapsie Valley	12
Isabelle Elliott	Sumner-Fredericksburg	11
Jadyn Petersen	Dike-New Hartford	11
Jenna Lansing	Beckman Catholic	12
Jessica Gergen	Denver	11
Kalvyn Rosengarten	Wapsie Valley	12

Kayla Knowles	Denver	12
Madelyn Norton	Dike-New Hartford	12
Maryn Bixby	Dike-New Hartford	11
Payton Petersen	Dike-New Hartford	11
Sydney Matthias	Wapsie Valley	12

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

Class 2A Northwest

Player Name	School	Grade
Abby Verburg	Western Christian	12
Ashlyn Badding	Kuemper Catholic	12
Ashlyn Kovarna	Hinton	11
Avery Nobel	Boyden-Hull	12
Bailey Boeve	Hinton	9
Brooklyn Roder	Lawton-Bronson	12
Carly Hicklin	Hinton	11
Chloe Elston	Alta-Aurelia	12
Dionne Jansma	Central Lyon	12
Emma Auten	Emmetsburg	12
Hannah Broek	Western Christian	12
Kate Vondrak	East Sac County	11
Kiera Hammen	South Central Calhoun	12
Libby Stevens	North Union	11
Riley Batta	South Central Calhoun	12
Rowan Jensen	Ridge View	11
Shae Dutler	Ridge View	11
Sophie Badding	Kuemper Catholic	12
Stella Winterfeld	Western Christian	12
Taya Phillips	Ridge View	11

Coach of the Year: Tammi Veerbeek, Western Christian

Class 2A Southeast

Player Name	School	Grade
Abby Bence	West Burlington	12
Ava Czarnecki	Lisbon	11
Haley Steffener	Mediapolis	11
Hanna Wagenbach	Mediapolis	11
Iva Senio	West Branch	12
Kali Nelson	Lisbon	12
Kate Shafer	EBF	10
Madelynn Falco	West Branch	10
McKenna Marlow	West Burlington	12
Molly Shafer	EBF	10
Peyton Robinson	Lisbon	12
Reese Naeve	Regina Iowa City	9
Sophia Armstrong	West Burlington	12
Sydney Wagner	Regina Iowa City	11
Taylor Drayfalh	Wilton	12
Whitney Klyn	EBF	12

Coach of the Year: Gladys Genskow, EBF

Class 2A Southwest

Player Name	School	Grade
Alizabeth Jacobsen	Underwood	11
Ava Hilts	Missouri Valley	12
Aubree James	Treynor	11
Delaney Simpson	Treynor	12
Ella Myler	Missouri Valley	12
Grace Porter	AHSTW	12
Maya Contreraz	Missouri Valley	12
Nora Konz	Treynor	9
Ryanne Mullen	Southwest Valley	12
Tierney Dalton	Southwest Valley	11

Coach of the Year: Lea Crouse, Treynor

ALL NW IA REVIEW TEAM:

First Team:

Stella Winterfeld, senior, Western Christian
Willow Bleeker, senior, Sioux Center
Abby VerBurg, senior, Western Christian
Reagan Jansen, senior, Sioux Center
Gracie Schoonhoven, senior, Unity Christian
Hannah Broek, senior, Western Christian

Coach of the Year – Tammi Veerbeek, Western Christian

Second team:

Claire Johnson, senior, Sheldon
Cadence Goebel, senior, Gehlen Catholic
Paige De Boom, senior, Unity Christian
Evy Knoblock, junior, West Lyon
Miyah Whitehead, senior, Gehlen Catholic
Maddie Olson, senior, Sheldon

Third team:

Makenna Walhof, senior, Sioux Center
Tyra Schuiteman, senior, Unity Christian
Avery Noble, senior, Boyden-Hull
Tierney Huss, junior, MOC-Floyd Valley
Dionne Jansma, senior, Central Lyon
Kylie De Jager, senior, Western Christian

Honorable mention:

Clara Hoegh, sophomore, Boyden-Hull
Ranae Van Voorst, senior, Rock Valley
Jordyn Aschliman, sophomore, West Lyon
Maya Immeker, junior, MOC-Floyd Valley
Tatum Schmalbeck, senior, Sioux Center
McKenna Metzger, junior, Central Lyon

2022 Gehlen Jays Volleyball Honors Page

Letter winners:

Jayden Barthole
Cadence Goebel
Jasmine Lubben
Sophie Ruden
Miyah Whitehead
Larissa Pohlen*
Lynsey Reuter*
Kate Bonderson*
Aurora Goebel
Rysaiah Sitzmann*

** 1st year also receive an actual letter.*

Team-Voted Awards:

Team Captain:	Cadence Goebel
Teammate Award:	Ellen Hunt
Dedication Award:	Miyah Whitehead
Most Improved:	Kate Bonderson and Aurora Goebel
Most Valuable:	Cadence Goebel
Most Coachable:	Rysaiah Sitzmann

War Eagle All-Conference Teams:

Honorable Mention:	Aurora Goebel
Second Team:	Sophie Ruden
First Team:	Cadence Goebel, Miyah Whitehead
Academic: (3.75+ Cumulative GPA)	Sophie Ruden, Jayden Barthole, Cadence Goebel, Corra Yockey

CYO All-Tournament: Miyah Whitehead, Cadence Goebel

IGCA Academic All-State: Sophie Ruden, Cadence Goebel
(3.75+ Cumulative GPA **AND** 27+ ACT score)

IAGCA All-NW District: Aurora, Goebel, Cadence Goebel, Miyah Whitehead

IAGCA Class 1A All-State: 2nd Team: Cadence Goebel, 3rd Team: Miyah Whitehead

All NW IA Review 2nd Team: Cadence Goebel and Miyah Whitehead

Other Records/Highlights:

School Record Categories:
- 300+ Career Kills
- 100+ Career Blocks
- 300+ Career Assists
- 500+ Career Digs
- 100+ Career Aces

Jasmine Lubben – Season Serving Percentage of 96.5% (School record!)
Miyah Whitehead – 688 Career Kills (3rd Place in school history)
Cadence Goebel - 110 Career Blocks (12th Place school history)
Miyah Whitehead – 219 Career Blocks (2nd Place in school history)
Cadence Goebel – 1871 Career Assists (2nd Place in school history)
Cadence Goebel – 628 Career Digs (13th Place in school history)
Jasmine Lubben – 550 Career Digs (17th Place in school history)
Miyah Whitehead – 127 Career Aces (9th Place in school history)
Jasmine Lubben – 99 Career Aces (just 1 short of school listing)

Gehlen Catholic School
6h ·

👏🏐Congratulations to Mr. Mike Meyer!! Our former head volleyball coach, will be inducted into the Iowa Girls' Volleyball Coaches and Officials Hall of Fame on Saturday, November 12, 2022 at Johnston High School.
Mr. Meyer led 13 Gehlen Catholic teams to the state tournament finishing 2nd two times. He also has four semi-final appearances and was named Class 1A District Coach of the year six times!!

Congratulations and thank you, Coach Meyer!

Last, but not least…
Thank you to ALL of you (parents/volunteers) for the various ways you supported Gehlen Catholic volleyball this year! We are so very blessed!
- Coach Goebel -