

Kiah Stokes heads all-district team

Written by IGHSAU

Friday, 25 February 2011 18:04 - Last Updated Friday, 25 February 2011 18:20

Kiah Stokes heads the Class 4A Northeast District team released Friday by the Iowa Girls High School Athletic Union.

Stokes in one of eight Metro preps on the 10-member team. Linn-Mar teammate Jenna Eells also is on the team.

Xavier also has two players on the team, Alex Saxen and Krissi Tow. The others are Washington's Tia Dawson, Kennedy's Courtney Strait, Jefferson's Taylor Jacobson and Prairie's Madison Dellamuth. Waterloo West's Jordan Johnston and Jadyn Spencer round out the team.

CLASS 4A ALL-DISTRICT TEAMS

Southeast

| | |
|--------------------|--------------------------|
| Virginia Johnson | Iowa City High |
| Ally Disterhoft | Iowa City West |
| Megan Hayes | Bettendorf |
| Stacy Clark | Pleasant Valley |
| Mckenzie Piper | Iowa City West |
| Payton Strawser | Pleasant Valley |
| Leticia Lerma | Muscatine |
| Khanisha Williams | Burlington |
| Antonea Stuckey | Davenport North |
| Coach of the Year: | BJ Mayer, Iowa City West |

West

| | |
|--------------------|--------------------|
| Laura Brewer | Waukee |
| Jadda Buckley | Mason City |
| Brittni Donaldson | SC North |
| Rachel Evans | Fort Dodge |
| Jordan Gillenwater | CB Abraham Lincoln |
| Megan Goodson | Waukee |
| Summer Gordon | SC North |
| Maggie McClelland | Valley |
| Kyley Simmons | CB Lewis Central |

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Mady VanMetre Ames

Coach of the Year: Chris Guess, Waukee

Central

Markisha Wright Des Moines East

Shronda Butts Des Moines East

Maddie Manning Ankeny

Haley Faber Dowling Catholic

Lizzy Stachon Dowling Catholic

Nijay Gaines Des Moines East

Emily Parker Johnston

Whitney Van Wyk Southeast Polk

Caitlin Ingle Southeast Polk

Kelsey Nickerson Ottumwa

Coach of the Year: Todd Borrison, Southeast Polk

Northeast

Kiah Stokes Linn Mar

Jordan Johnston West Waterloo

Courtney Strait CR Kennedy

Tia Dawson CR Washington

Jadyn Spencer West Waterloo

Jenna Eells Linn Mar

Alex Saxen CR Xavier

Taylor Jacobson CR Jefferson

Madison Dellamuth CR Prairie

Krissi Tow CR Xavier

Coach of the Year: Tony Pappas, West Waterloo

CLASS 3A ALL-DISTRICT TEAMS

West

KJ Veldman Spirit Lake

Cassidy Breon SB-L

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Morgan Lucy Glenwood
Lindsey Schulz Carroll
Brittnie Freml Denison
Jacie White Harlan
Betsy Thomas SB-L
Alexis Conaway MOC-FV
Madison Yohe Bishop Heelan
Becca DeHaan MOC-FV
Coach of the Year: Mark Gunderson - MOC

North Central
Laura TerHark Algona
Abby Lasher Charles City
Liz Moerer Waverly-Shell Rock
Aftin Phyfe Waverly-Shell Rock
Taryn Barz Hampton-Dumont
Taylor Greenfield Ballard
Sammy Jensen Ballard
Madison Baier South Tama
Lexa Janes Iowa Falls-Alden
Jamie Peterson Iowa Falls-Alden
Coach of the Year: Merle Olberding - Ballard

South Central
Ashton Yossi Dallas Center Grimes
Makenzie Vander Molen Pella
Kelsey Fynhardt Pella
Hali Van Velzen Norwalk
Megan Schmidt Grinnell
Olivia Starceвич Centerville
Alex Abens Knoxville
Whitney Epp Carlisle
Kenzie Gott Oskaloosa
Taylor Benshoof Winterset
Coach of the Year: Mike Levenhagen, Dallas Center-Grimes

Northeast
Claire Till Dubuque Wahlert
Mullen Wacker Waukon
Taylor Dicus Mount Vernon

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Amanda Platte Mount Vernon
Moran Lonning Decorah
Kelsey Dirks Solon
Lauren Buck Anamosa
Dani Herdliska Solon
Liz Skotowski Mount Vernon
Olivia Kriener Crestwood
Coach of the Year: Bobby Kintzel - Mount Vernon

Southeast

Jen Keitel Dewitt Central
Lindsey Smith Dewitt Central
Sydney Greiner Washington
MacKenzie Bigbee Williamsburg
Taylor Shull Mt. Pleasant
Madison Weekly Benton Community
Melissa Yongblut Davenport Assumption
Shelsey Stanley Keokuk
Paige Greiner Williamsburg
Erin Uhlmeier Keokuk
Coach of the Year: Aaron Fedderson-Williamsburg