



IGHSAU

Year in

**REVIEW**

104<sup>th</sup> Bulletin

**2019-20**



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**IGHSAU** staff



**Jean Berger**  
Executive Director



**Karon Brown**  
Senior Associate Director



**Craig Ihnen**  
Senior Associate Director



**Gary Ross**  
Associate Director



**Lisa Brinkmeyer**  
Assistant Director



**Jason Eslinger**  
Assistant Director



**Tom Florian**  
Coordinator of Business  
Development



**Heidi Reed**  
Program & Art Coordinator



**Deb Robbins**  
Receptionist



**Sherry Tegtmeier**  
Business Manager



**Monte Wilson**  
Internal Operations  
Assistant



There are over **70,000** girls participating in **10** sports statewide in the state of **Iowa.**

2019-20  
**IGHSAU**  
**Board  
of  
Directors**



**Roger Francis**  
President, Pocahontas Area  
2016-2020



**Greg Ebeling**  
Treasurer, Pella  
2012-2021



**Jim Boehmer**  
Lake Mills  
2015-2023



**Greg Dufoe**  
ADM  
2017-2022



**Ron Fadness**  
IASB, Decorah



**Travis Fleshner**  
Union  
2019-2023



**D'Anne Kroemer**  
Pleasant Valley  
2012-2023



**Shan Seivert**  
DOE, Des Moines

The IGHSAU Board of Directors is comprised of eight members, six of whom are elected and two who are appointed by the Iowa Association of School Boards and the Iowa Department of Education. Four of the six elected members must be an active administrator of an IGHSAU member school with the boundaries of the district he/she represents. Superintendents within the four districts vote on the Board representative. The fifth elected Board member shall be a coach or director of an activity sanctioned by the Athletic Union; the sixth elected voting Board member shall be a woman coach or woman director of an activity sanctioned by the Athletic Union. These board members are elected by a ballot of IGHSAU member schools.

Board members are elected to a four-year term and are eligible to serve two full terms, plus any partial terms they fulfill based on appointments from the Board.

***Board Update for the 2019-20 School Year:***

- Travis Fleshner was elected to replace Gary Zittergruen. Term: 2019-2023
- D'Anne Kroemer was re-elected as Female Coach at Large. Term: 2019-2023
- Jim Boehmer was re-elected as Director at Large. Term: 2019-2023

**Click on the following link to connect to: IGHSAU Board of Directors Minutes**

2019-20

# IGHSAU

## Representative Council



**Russ Adams**  
MOC-Floyd Valley  
2013-22



**Jennifer Donels**  
Davis County  
2018-22



**Shane Ehresman**  
Lynnville-Sully  
2017-20



**Davis Eidahl**  
Solon  
2017-21



**Devin Embray**  
Glenwood  
2019-21



**Chris Fenster**  
Southwest Valley  
2019-20



**Troy Heller**  
Starmont & Tripoli  
2015-22



**Trevor Miller**  
Exira/Elk Horn-Kimballton  
& Manning 2019-22



**Ken Slater**  
River Valley  
2017-20



**Erin Thompson**  
Anamosa  
2019-20



**Keith Turner**  
Rockford & Nashua-Plainfield  
2015-21



**Jon Wiebers**  
Ridge View  
2018-21

The IGHSAU Representative Council serves in an advisory capacity to the IGHSAU Board of Directors. The Council consists of three electees from each of the four districts in Iowa. The Representative Council meets twice a year.

Members of the IGHSAU Representative Council shall be elected to a three-year term, and may be re-elected twice in addition to their original elected or appointed term. The election shall be based on a numerical application of a three-year rotation plan with one member from each district expiring each year.

### ***Representative Council Update for the 2019-20 School Year:***

- Chris Fenster was appointed to a one-year term. Term: 2019-20
- Erin Thompson was appointed to a one-year term. Term: 2019-20
- Russ Adams was re-elected to a three-year term. Term: 2019-22
- Jennifer Donels was re-elected to a three-year term. Term: 2019-22
- Devin Embray was appointed to a two-year term. Term: 2019-21
- Trevor Miller was appointed to a three-year term. Term: 2019-22
- Troy Heller was re-elected to a three-year term. Term: 2019-22

**Click on the following link to connect to:**

**IGHSAU Board of Directors-Representative Council Minutes**

2019

# State Cross Country Champions



**Class 1A State Champions: Logan-Magnolia**



**Class 2A State Champions: Mid-Prairie**



**Class 3A State Champions: Ballard**



**Class 4A State Champions: Johnston**



2019

# State Swimmimg & Diving Champions



Swimming/Diving Champions: Dowling Catholic



2019

# State Volleyball Champions



Class 1A State Champions: Sidney



Class 2A State Champions: Western Christian



Class 3A State Champions: Mount Vernon



Class 4A State Champions: Sergeant Bluff-Luton



Class 5A State Champions: Cedar Falls





2020

# State Bowling Champions



**Class 1A State Champions: Louisa-Muscatine**



**Class 2A State Champions: Waterloo East**



**Class 3A State Champions: Ottumwa**



2020

# State Basketball Champions



Class 1A State Champions: Newell-Fonda



Class 2A State Champions: North Linn



Class 3A State Champions: Bishop Heelan



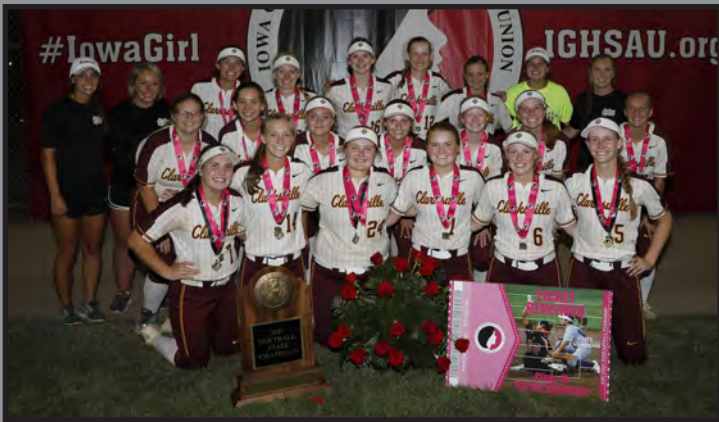
Class 4A State Champions: North Scott



Class 5A State Champions: Johnston

2020

# State Softball Champions



Class 1A State Champions: Clarksville



Class 2A State Champions: Ogden



Class 3A State Champions: Albia



Class 4A State Champions: Winterset



Class 5A State Champions: Cedar Rapids Kennedy

2019-20

# Golden Plaque of Distinction Recipients

Cross Country



**Cristy Nimrod**  
Decorah

Swimming & Diving



**Michelle Stout**  
Ankeny

Volleyball



**Melissa Freesmeier**  
Holy Trinity Catholic

Bowling



**Al Jordan**  
Louisa-Muscatine

Basketball



**Fred Zeller**  
West Marshall

Track & Field



**Marty Thomae**  
Benton

Golf



**Jeff Trost**  
Nashua-Plainfield

Tennis



**Len Thiede**  
Ames

Soccer



**Dan James**  
Dallas Center-Grimes

Softball



**Todd Merial**  
Johnston

The IGHSAU Golden Plaque of Distinction Award honors the Iowa coach who has demonstrated a successful career while making notable contributions toward school, community and the coaching profession.

2019-20

# Jack North Award Recipients

Basketball



**Zoe Young**  
West Des Moines Valley

Former West Des Moines Valley star Zoe Young was the recipient of the 2020 Jack North Basketball Award.

Softball



**Haley Gatica**  
West Des Moines Valley

Haley Gatica, a former West Des Moines Valley athlete was the recipient of the 2020 Jack North Softball Award.

The Jack North Award is given every year in the sport of softball and basketball to the senior who receives the most votes on the all-tournament team at the State Basketball and Softball Tournament.

2019-20

# Executive Director's Award

The Marshalltown YMCA/YWCA was the 2020 recipient of the Executive Director's Award. The Marshalltown YMCA/YWCA and the Linda Bloom Natatorium have been the host of the Iowa Girls State Swimming and Diving Championships since the facility opened in 2004. The Marshalltown Y staff members and volunteers have dedicated countless hours over the years to provide a positive state championship experience for Iowa high school swimmers and divers.

The Marshalltown YMCA/YWCA staff are led by the team of CEO Carol Hibbs, Property Manager Gary Ross and Aquatics Director Shelley Lechnir. Hibbs has been with the Marshalltown YMCA/YWCA since 1996 and has been the organization's CEO since 2007. Ross has served with the Y for 23 years and has been property manager for the last 15. Lechnir has been the Aquatics Director for 12 years. The three serve as the Marshalltown YMCA/YWCA liaisons with the IGHSAU for the State Swimming and Diving Meet.

Executive Director's Award



Sheley Lechnir, Gary Ross, Carol Hibbs

The Iowa Girls High School Athletic Union's Executive Director Award is presented each year to an individual or organization that has made a notable contribution toward the enhancement of the experience for Iowa girls in high school activities.

2019-20

# Jack North Award

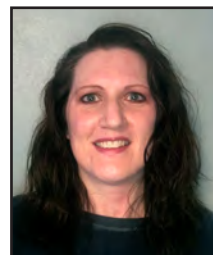
Jack North Award



Corey Hoodjer



Kevin Dougherty



Lauri Smith



Jerry Kinder

Jerry Kinder, Kevin Dougherty, Lauri Smith and Corey Hoodjer were the 2020 recipients of the Jack North Award. The longtime statistics crew of the IGHSAU Girls State Basketball tournament was honored during the 2020 Girls' State Basketball tournament.

Kinder, Dougherty, Smith and Hoodjer have a combined 85 years of experience serving as members of the statistics crew at the Iowa Girls State Basketball Tournament. In addition to the state tournament, the four have served as statisticians at NCAA Men's and Women's Basketball Tournaments, Boys State Basketball and various Drake and Iowa State events.

The Jack North Award is the highest honor the IGHSAU awards to individuals. 2020 marks just the 19th time in the IGHSAU's 93-year history that the award has been presented.

2019-20

# IGHSAU Represented on NFHS National Committees

Four staff members from the Iowa Girls High School Athletic Union have been appointed positions on the National Federation's national committees. These individuals will represent Section 4. Each Committee consists of 11 members: a chair and eight members from the NFHS sections as well as a representative from the NFHS Coaches Association and one from the NFHS Officials Association.



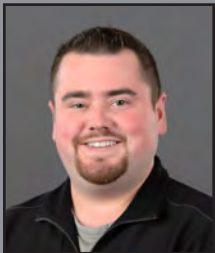
Gary Ross

**Gary Ross** - Ross is in his third year as a member of the National Federation's Junior High Advisory Board. Ross is Associate Director of the IGHSAU and administers basketball, cross country and track and field.



Jason Eslinger

**Jason Eslinger** - Eslinger, who administers the IGHSAU's swimming and diving and bowling programs, will serve a four-year term on the NFHS Swimming and Diving Rules Committee.



Tim Keating

**Tim Keating** - Keating will fulfill a four-year term on the NFHS Volleyball Rules Committee. Keating is the IGHSAU's volleyball officials liaison.



Cathy Creighton

**Cathy Creighton** - Creighton, the IGHSAU's softball officials liaison, was recently appointed to the NFHS's softball rules committee.

2019-20

# Student-Athlete Advisory Committee



The Student-Athlete Advisory Committee is an 11-member group comprising of student-athletes from across the state. Members act as the voice of Iowa's female student-athletes and serve as a student sounding board for the IGHSAU's Representative Council and Board of Directors.

In addition to assisting in the promotion of the educational value of interscholastic athletics, the Committee discusses issues dealing with scholarship, sportsmanship, safety (including health and nutrition) and student leadership. Members participate in leadership seminars, community service project(s) and assist with selected State Tournament responsibilities. Members also help create student surveys, facilitate local leadership events and provide feedback on a multitude of issues directly impacting female student-athletes.

The 2019-20 Committee members were: Front row L-R: Katie Carver (Urbandale), Kylie Morrison (Logan-Magnolia), Sydney Lane (Grand View Christian), Sydney Hartsock (Creston), Jasmine Rumley (Ankeny). Back row L-R: Riley Bell (Central Decatur), Carly Campbell (Williamsburg), Payton Douglass (Panorama), Halle Brester (Sergeant Bluff-Luton), Faith Carpenter (Nashua-Plainfield), Helaina Hillyard (Mediapolis).

**Click on the following link to connect to:  
Student-Athlete Advisory Committee minutes and info on becoming a member**

2019-20

# Hall of Fame Recipients

Volleyball



**Lea Hartigan**  
Treynor

Volleyball



**Annie Stoessel**  
Sumner

Volleyball



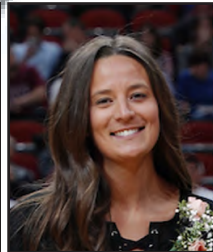
**Carli Tritz**  
Sioux City  
Bishop Heelan

Basketball



**Morgan Paige**  
Marion

Basketball



**Maddie Manning**  
Ankeny

Basketball



**Connie Shafar**  
Bedford

Track & Field



**Morgan Casey**  
Northeast

Track & Field



**Ellen Dougherty**  
Sioux City East

Track & Field



**Taylor Twedt**  
West Fork

Softball



**Jordan Gronewold**  
Carlisle

Softball



**Caitlin Wnek**  
Clear Creek-Amana

Softball



**Jodi Christensen**  
North Polk

Softball



**Erin Doud**  
Cedar Rapids Jefferson

2020

## E. Wayne Cooley Scholarship Recipient



Ellie Twedt, a senior from Ballard High School, was named the 2020 recipient of the E. Wayne Cooley Scholarship Award. Ellie was selected from 92 applicants from high schools across Iowa.

The scholarship, in the name of longtime Iowa Girls High School Athletic Union Executive Secretary E. Wayne Cooley, is worth \$15,000 over four years to assist the recipient as she attends the Iowa college or university of her choice.

Ellie was a four-time state qualifier at the State Cross Country meet, helping her team win the 2019 Class 3A state team title. She was also a two-time state qualifier in the 3,000 meters at the State Co-Ed Track & Field Meet.

An outstanding student with a 4.105 grade point average, Ellie was a member of the National Honor Society, Fellowship of Christian Athletes and also participated in speech, band, freshmen mentoring and school plays.

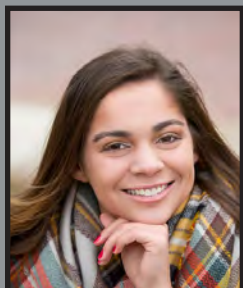
Ellie currently attends the University of Iowa.

The E. Wayne Cooley Scholarship Award was established in 1991 by the Board of Directors serving the Iowa Girls High School Athletic Union. It pays tribute to the man who guided the Iowa Girls High School Athletic Union from 1954 to 2002. The profile of the recipient reflects discipline, perseverance, character, superior skill, achievement and citizenship traits which personify the life and expectations of the namesake.

In the maintenance of Dr. E. Wayne Cooley's philosophy and memory, the recipient is truly a champion of her peers.

2020

## Robert B. Smiley Scholarship Recipient



Midland High School's Brenna Ricketts was the 2020 recipient of the Robert B. Smiley Scholarship.

While in high school, Brenna participated in volleyball, track, softball and golf. She was also involved in wrestling cheerleading, band, Spanish Club and FFA.

In her free time Brenna volunteers with highway clean-ups, Camp Wyoming and created "We Care" packages for soldiers.

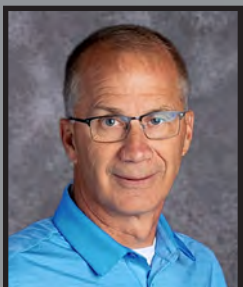
Brenna was selected from 112 applicants from high schools across Iowa.

The Robert Smiley Scholarship is offered by the IGHSAU and the Smiley family in honor of longtime IGHSAU Associate Executive Secretary who passed away suddenly in 2003. There was a special place in Bob's heart for the underdog.

Bob Smiley impacted youth his entire life. He began as a teacher, coach, official and administrator in several schools throughout the state. He joined the IGHSAU in 1970 as the associate executive secretary and helped build the IGHSAU into a nationally respected leader in girls' athletics.

2020

## Character Counts! Coach of the Year Recipient



The 2020 recipient of the CHARACTER COUNTS! Coach of the Year was Kent Johnson of Akron-Westfield High School.

Kent has been a social studies teacher and coach at Akron-Westfield since 1988. He serves as the head girls basketball coach and head boys track & field coach. He has been an assistant football coach for 26 seasons and an assistant softball coach for 13 years. Kent volunteers his time with the youth programs at Akron-Westfield and helps run camps and open gyms.

The CHARACTER COUNTS! Coach of the Year Award honors a worthy recipient who embodies the Six Pillars of Character®: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Rather than spotlight winning records and isolated acts of heroism or generosity, the award was conceived to recognize individuals whose coaching lives and achievements demonstrates an enduring commitment to any or all of the following qualities associated with good character.



2019-20

# The IGHSAU Academic Awards

## On-A-Roll Academic Recognition Award

Those who have participated in an IGHSAU-sanctioned sport or cheerleading/dance team whose semester GPA increased from the previous semester will receive an award. Students with semester GPA improvements of 0.01 to 0.32 will receive a recognition certificate. Students with semester GPA improvements of 0.33 or greater will receive a medallion. Students who have maintained a 4.0 GPA will receive a certificate.

Click on the following link to connect to:

**2019-20 On-A-Roll Achievement Award Winners**

## Academic Achievement Award

The IGHSAU recognizes those teams and cheerleading squads which collectively have excelled in the classroom. There are two awards which may be earned:

**Excellence in Academic Achievement** - Teams achieving a combined GPA of 3.0-3.24

**Distinguished in Academic Achievement** - Teams achieving a combined GPA of 3.25 and above.

Any school participating in this program receives an IGHSAU plaque of honor to display in their school, with labels displayed on the plaque that shows the sport and school year of award attained.

In addition, each girl on the team will receive a certificate for their personal accomplishment.

Click on the following link to connect to:

**2019-20 IGHSAU Academic Achievement Award Winners**

## Iowa Bankers Award

The Iowa Bankers Association sponsors the Student Athlete Achievement Awards in conjunction with the IGHSAU. A \$1,000 scholarship is awarded to a graduating senior in each of the five classes during the Girls' State Basketball Tournament. A panel representing the IBA determines the recipients of the award, which requires the recipient be a part of a state qualifying team. The 2020 scholarship winners were:

1A - Miranda Peters, Marquette Catholic

2A - Riley Hiscocks, West Hancock

3A - Julia Merfeld, Clear Lake

4A - Rachel Wohlgemuth, Ballard

5A - Lexie Godfrey, Cedar Falls

2019-20

# IGCA Academic All-State Volleyball Team

Jaden Harris	Akron-Westfield	Kira Price	Clinton	Emma Trachta	Johnston	Hannah Uhl	Sheldon
Kaci Behrens	Ankeny	Bailey Ortega	Davenport North	Madison Herrin	Johnston	Katie Yi	Solon
Haley Grubb	Ankeny	Emma Janecek	Davenport North	Emily Cummings	Linn-Mar	Delaney Conrad	Southeast Valley
Isabelle Vacek	Ankeny	Ambria Pipho	Decorah	Ashlee Haumesser	Linn-Mar	Mackenzie Crampton	Southeast Valley
Lauren Willets	Ankeny	Alexis Svestka	Decorah	Rylan Allison	Lisbon	Avarie Honkomp	South O'Brien
Abigail Shepley	Baxter	Calli Beck	Easton Valley	Samantha Bennett	Lisbon	Isabel Woodhouse	St. Edmond
Breanna VerMeer	Bettendorf	Morgan Jamison	Emmetsburg	Olivia Hasselmann	Lisbon	Kamryn Chapman	Tipton
Emma Fogarty	Bishop Garrigan	Abby Berkland	Emmetsburg	McKenna Nelson	Lisbon	Rachel Brockney	Urbandale
Rachel White	Carroll	Lindsay Carter	Emmetsburg	Lydia Helle	Maquoketa Valley	Lillie Lamont	Vinton-Shellsburg
Lauren Lilly	Cedar Falls	Molly Schany	Emmetsburg	Kailyn Hogan	Maquoketa Valley	Caroline Lang	Vinton-Shellsburg
Alexis Schares	Cedar Falls	Josie Kolbeck	Gehlen Catholic	Shelby March	Maquoketa Valley	Laney Graber	WACO
Lexie Godfrey	Cedar Falls	Claire Roske	Gilbert	Lily Castle	Newman Catholic	Katie Sauerbrei	Wapsie Valley
Cassidy Boche	Cedar Rapids Jefferson	Brianna Strohbehn	Gladbrook-Reinbeck	Madilynn Amos	Newton	Sara Nelson	Waukee
Olivia Eichhorn	Cedar Rapids Jefferson	Addyson Petig	Grinnell	Sarah Petersen	OABCIG	Kate Nelson	Waukee
Kate Hoheisel	Cedar Rapids Kennedy	Abigail Furness	Grinnell	Melanie Bye	Osage	Kristin Stonehocker	Waukee
Kelsey Jaeger	Cedar Rapids Kennedy	Katie Witt	Grinnell	Lizzy Posthuma	Pella Christian	Verity Carstensen	Waukee
Katie Jensen	Cedar Rapids Kennedy	Mya Nelson	IKM-Manning	Molly Bolt	Pella Christian	Maddie Rodenbeck	Waverly-Shell Rock
Abby Feldmann	Cedar Rapids Kennedy	Ely Flaherty	Indianola	Erica Brohm	Pleasant Valley	Elizabeth Schmidt	Waverly-Shell Rock
Abby Scroggs	Cedar Valley Christian	Aliva Bauer	Indianola	Sophonria Wolfe	Pleasant Valley	Allison Collier	West Delaware
Micaiah Davidson	Cedar Valley Christian	Kelsey Law	Iowa City High	Nola Murhammer	Regina Catholic	Abby Postma	Western Christian
Abigail Maue	Center Point-Urbana	Lindsey Bolton	Iowa City High	Claire Conlon	Regina Catholic	Ally Postma	Western Christian
Kiley Metzger	Central Lyon	Sushma Santhana	Iowa City Liberty	Kate Kofmehl	Ridge View	Julia Shoger	Xavier
Farrah Lewis	Central Lyon	Taylor Smith	Iowa Valley	McKenna Albers	Ridge View		
Megan Kellen	Cherokee	Samantha Randall	Iowa Valley	Emily Berggren	Roland-Story		
Kaylee Camp	Clinton	Julia Meister	Janesville	Gabriella Neddermeyer	Saydel		

2019-20

# IGCA Academic All-State Bowling Team

Sofia Munoz | Cedar Falls | Ashleigh Kistenmacher | Urbandale

2019-20

# IGCA Academic All-State Basketball Team

Natalie Lippert	AGWSR	Janet Borchardt	Clarksville	Violet Lapke	Logan-Magnolia	Kylie Tjernagel	Roland-Story
Tiffany Rong	Ames	Megan Carlson	Colo-Nesco	Victoria Michel	Marquette Catholic	Kaylee VandeHoef	Rock Valley
Morgan Seibert	Ames	Riley Hall	Dallas Center-Grimes	Miranda Peters	Marquette Catholic	Olivia Barnes	Sioux City East
Emma Fogarty	Bishop Garrigan	Isabella Smith	Danville	Halle Kilburg	Marquette Catholic	Madison Bartholomew	Van Buren County
Katelyn Stanley	Bishop Heelan Catholic	Natalie Wesse	Edgewood-Colesburg	Summer Brand	Mount Vernon	Chloe Davidson	Van Buren County
Katie Cooke	Bishop Heelan Catholic	Olivia Terrones	East Marshall	Lily Castle	Newman Catholic	Allison Collier	West Delaware
Ashley Behrendt	Boone	Molly Schany	Emmetsburg	Kailah Thompson	Newman Catholic	Abby Postma	Western Christian
Mallory Nilles	Boyd-Hull	Lindsay Carter	Emmetsburg	Kallyn Stumbo	Okoboji	Ally Postma	Western Christian
Brooke Zylstra	Boyd-Hull	Claire Roske	Gilbert	Ellie Scranton	Pleasant Valley	Cassie Van Otterloo	Western Christian
Sophia Schmit	Cedar Rapids Huskies	Gretchen Schwager	Gilbert	Heidi Dornath	Pocahontas Area		
Courtney Harle	Clarion-Goldfield-Dows	Kate Groe	Lake Mills	Emily Berggren	Roland-Story		

2019-20

# IGCA Academic All-State Golf

Ann Lent	Carlisle	Mwhaki Njoroge	Des Moines Christian	Elizabeth Howard	Muscatine	Lillie Lamont	Vinton-Shellsburg
Mackenzie Frost	Carlisle	Campbell Christy	Des Moines Christian	Allison Nuss	New Hampton	Carli Lang	Vinton-Shellsburg
Sarah Mumm	Carlisle	Sarah Howell	Gilbert	Martha Stein	Okoboji	Carli Clifton	Winterset
Tasha Gilkison	CR Kennedy	Claudia Chia	Iowa City West	Isabelle Juhler	Southeast Polk	Megan Warren	Woodbury Central
Grace Archambeau	CR Kennedy	Alexandra Thompson	Kingsley-Pierson	Jillian Heemstra	South O'Brien	Sophie Schmit	Xavier
Ashley Kimani	Des Moines Christian	Erika Sloan	Mason City	Rachelle Smith	Turkey Valley		

2019-20

# IGCA Academic All-State Soccer

Katherine Klein	Ames	Katherine Storlie	Decorah	Katie Woodward	Muscatine	Hannah Uhl	Sheldon
Ashley Harrington	Ankeny	Julie Lennon	Gilbert	Amelea Jones	Nevada	Haley Melchert	Solon
Paige Bennett	Ankeny	Mary Blanchard	Grinnell	Megan Wessels	Nevada	Brenna Gogel	Solon
Paige Frette	Ankeny Centennial	Mackenzie Bryan	Johnston	Madilynn Amos	Newton	Ella Duster	Solon
Carly Troyna	Aplington-Parkersburg	Mikayla Gibson	Johnston	Paige Blaskovich	North Scott	Kamryn Chapman	Tipton
Gwen Thorne	Aplington-Parkersburg	Emma Trachta	Johnston	Jordan Neymeyer	North Scott	Cassandra Swacker	Urbandale
Maya Phelps	Baxter	Rachel Cushing	Johnston	Lauren Hanssen	North Scott	Blake Morrow	WDM Valley
Johanna Hayes	CR Washington	Annabella Dietrich	Linn-Mar	Sophie Hughes	North Scott	Brooklyn McVay	Winterset
Natalia Hagen	CR Washington	Ashlee Haumesser	Linn-Mar	Ellie Scranton	Pleasant Valley	Kiernan Blanchard	Winterset
Madison VanVors	Center Point-Urbana	Sadie Staker	Linn-Mar	Maya Johnson	Pleasant Valley	Kacie Cowman	Winterset
Hannah Shade	Clear Creek-Amana	Megan Norris	Linn-Mar	Emma Welter	Regina	Mikaela Hunter	Winterset
Hannah Hewitt	Columbus Catholic	Miranda Peters	Marquette Catholic	Kennedy Scott	Regina	Mackenzie Larson	Winterset
Danielle Lundtvedt	Decorah	Halle Kilburg	Marquette Catholic	Claire Conlon	Regina	Quinn Hanigan	Xavier
Mya Sullivan	Decorah	Gabriela Castelan	Mason City	Abigail Burger	Regina	Tyler Reid	Xavier
Lillian Smith	Decorah	Kailah Thompson	Mason City	Charlotte Decoster	Regina		

2019-20

# IGCA Academic All-State Softball

Emily Hlas	ADM	Molly Cooney	Dallas Center-Grimes	Halle Kilburg	Marquette Catholic	Lauren Upmeyer	Vinton-Shellsburg
Makenna Ross	Albia	Molly McNeill	East Union	Summer Brand	Mount Vernon	Katie Sauerbrei	Wapsie Valley
Emma Fogarty	Bishop Garrigan Catholic	Dalyn Wondra	Fort Madison	Mandy Morrill	Mount Vernon	Sammi Kane	Wapsie Valley
Liz Meyer	Bishop Heelan Catholic	Josie Kolbeck	Gehlen Catholic	Lily Castle	Newman Catholic	Kinsey Duwa	Washington
Kennedy Bork	Bishop Heelan Catholic	Brianna Strohbehn	Gladbrook-Reinbeck	Reagan Weinheimer	Nodaway Valley	Alexa Mitchell	Washington
Kaylee Seitzer	Bondurant-Farrar	Braden Liddick	Glenwood	Hannah Bridgewater	North Linn	Kaitlyn Mitchell	Washington
Abby Spore	Cedar Rapids Kennedy	Taryn Bertini	Glenwood	Abby Flanagan	North Linn	Maddie Ellingson	Waukon
Riley Bell	Central Decatur	Natalee Lane	Grand View Christian	Melanie Bye	Osage	Claire Horsfield	Western Dubuque
Bradley Wilmes	Clarinda	Tara Krull	Hampton Dumont-CAL	Carly Lundry	Pleasant Valley	Alexis Lander	West Monona
Janet Borchardt	Clarksville	Mia Graber	Hillcrest Academy	Christin Hartman	Pleasant Valley	Jill Holub	Williamsburg
Olivia Pasquariello	Collins-Maxwell	Sarena Gerber	Hillcrest Academy	Claire Adkins	Shenandoah		
Megan Carlson	Colo-NESCO	Katelyn Groe	Lake Mills	Olivia Barnes	St. Albert Catholic		
Riley Hall	Dallas Center-Grimes	Victoria Michel	Marquette Catholic	Jessica Stoelk	Urbandale		

The Iowa Girls Coaches Association annually selects Academic All-State teams. The IGSAU congratulates the student-athletes that were honored in 2019-20.

# Sport Advisory Committees

## **VOLLEYBALL**

(CHAIR) Todd Troutman, Beckman  
Katrina TerHark, Clarion-Goldfield-Dows  
Mike Bond, Lewis Central  
Jessica Rinehart, Ankeny Centennial  
Claude Howard, Springville  
Tammi Veerbeek, Western Christian  
Mollie Keitges, Knoxville  
Matt Johnson, Cedar Falls  
(OFFICIAL) Kent Kocour, Pella

## **BASKETBALL**

(CHAIR) Melissa Crosse, Saydel  
Thad Streit, Mt. Ayr  
Nicole Goodwin, Kingsley-Pierson  
Gregg Groen, Cedar Falls  
Bruce Dall, Dike-New Hartford  
Jamie Smith, Solon  
Kristin Meyer, Dowling Catholic  
Jerry Hulsing, Lynnville-Sully  
(OFFICIAL) Jason Alons, Waukee

## **SOFTBALL**

(CHAIR) Tonya Moe, Linn-Mar  
Heather Fortune, Wayne  
Amber Doyle, Roland-Story  
Tia Stiles, Southeast Polk  
Erica White, Boone  
Maddison LeClere, CR Kennedy  
Belinda Nelson, Central Springs  
(OFFICIAL) Karl Wooldridge, Forest City

## **GOLF**

(CHAIR) Scott Garvis, Ankeny Centennial  
Joe Kruzich, Fairfield  
Tim Kopriva, Dike-New Hartford  
Janice Shanno, Sidney  
Val Sitzmann, Kingsley-Pierson  
Jeff Trost, Nashua-Plainfield  
Julie Buerman, Cedar Rapids Kennedy  
(OFFICIAL) Chad Pitts, Ankeny

## **CROSS COUNTRY**

(CHAIR) Nate Boock, Ballard  
Katie Tesch, Ridge View  
Kevin Kearney, South Winneshiek  
Abby Schmitz, Waukee  
Travis Nuss, Southeast Valley  
(OFFICIAL) Bill Neal, Williamsburg

## **TRACK & FIELD**

(CHAIR) Jeff Bissen, Glenwood  
Jon Pedersen, Central Decatur  
Nate Smith, Ankeny Centennial  
Blaire Puls, Hudson  
Tim O'Neill, Davenport Assumption  
Brian Petersen, Roland-Story  
Martha Bauder, Central Elkader  
Toby Lorenzen, Central Lyon  
(OFFICIAL) Mark Tigges, Waukee

## **SWIMMING & DIVING**

(CHAIR) Jayson Campbell, SE Polk  
Mike Ahrens, Bettendorf  
Tony Kramer, Linn-Mar  
Michelle Stout, Ankeny  
Zane Hugo, Iowa City High  
(OFFICIAL) Shawn Thomsen, C Rapids

## **BOWLING**

Dale Helgevold, Clarke  
Xan Taylor, Johnston  
Kay Heiberger, Western Dubuque  
Mike Mellecker, Iowa City West  
(OFFICIAL) Randy Thompson, Johnston

## **TENNIS**

(CHAIR) Al Lammers, Norwalk  
Chad Jilek, Waukee  
Danielle Stubbs, Pella Christian  
Heidi Grunwald, Fairfield  
Cindy Rasche, Clinton  
(OFFICIAL) Shawn Petersen, Atlantic

## **SOCCER**

(CHAIR) Brent Buttjer, DC-Grimes  
Mike Krawczyk, WCV-NV  
Dion Ayers, North Scott  
John Hansel, Spencer  
Dave Rosenthal, Iowa City West  
Julie Girsch, Waterloo Columbus  
(OFFICIAL) Kelly Dunbar, Cedar Falls

**Click on the following link to connect to: [IGHSAU Advisory Committee Minutes](#)**

Advisory committees serve as a liaison between coaches and officials from throughout the state and the IGHSAU Board of Directors. Committees are comprised of varsity coaches and one official and chaired by an athletic director. Each member may serve one four-year term. Committees are strictly advisory in nature. Rules, concerns, complaints, ideas, etc. are discussed during committee meetings. From discussions, the committee makes recommendations to the Board of Directors for its consideration.

An advisory committee exists for each of the ten sports. The cross country, track & field and the bowling advisory committees are joint committees with equal coaching representation from the IGHSAU and the Iowa High School Athletic Association. The committee meets once a year following the respective state tournament.

2019-20

# IGHSAU Officials

In 2019-20, over 5,000 officials registered with the Iowa Girls High School Athletic Union. These officials often officiate multiple sports at all levels, including sub-varsity play for all of Iowa's junior high and senior high school athletic programs. Their passion for the sport and a desire to help young people succeed enable all of our programs to exist at the highest level. The IGHSAU thanks all of its officials for their time and commitment!

If you are interested in becoming a certified official, please click the link below. This is a great way to stay involved in the sport(s) you love and provide a valuable service to our schools and our youth. You can get back in the game by becoming a licensed official in any of the sports sanctioned by the IGHSAU.

**Click on the following link to:  
Become a registered official, view clinic dates, etc.**

The IGHSAU pays special recognition to the following officials who qualified for our state tournament competition:

## CROSS COUNTRY

Cal Murdock, Bill Neal, Mike Stanley, Kevin Stewart, Tim Thomas, Terry Thompson

## SWIMMING & DIVING

Paul Eickhoff, Kerry George, Jim Hall, Dan Kealy, Andrea Kelley, Michelle Koller, Marty Radtke, Shawn Thomsen, Larry White

## VOLLEYBALL

Chris Armstrong, John Becker, Angie Block, Greg Boekhoff, Randy Clark, Gene Denny, Grant Detrick, Jim Doyle, Stuart Dusenberry, Carrie Erickson, Maurice Frazier, Jay Grassley, Keith Hartgrave, Patti Hesse, Suzann Jansen, Scott Kremer, Curt Larkin, Jennifer Lewis, Jenni Malsam, Jill Monell, Ted Moser, Nicki O'Keefe, Ed Oliver, Shawn Petersen, Jill Peterzelak, Chris Rentz, Beth Sibenaller-Woodall, Kyle Steffens, Megan Timmins, Gary Troth, Kevin Vander Ploeg, Anthony Vandegriff, Greg Vrasprier, Vince Werkman, Jennifer Wiech, Jodie Wielenga

## BASKETBALL

Bryant Abel, Jason Alons, Sam Anker, Ben Applegate, TJ Augustine, Dan Beeding, Mark Beltman, Jeff Bermel, Travis Birkey, Brianne Byerly, Travis Carrel, Rich Collison, James Crozier, Darius Daniel, Hunter Dingman, Will Dotson, Tyler Eason, Kevin Eekhoff, Chris Ehlers, Colin Freeseman, Jonny Getting, Scott Giles, Bill Gillman, Ben Hauge, Ross Hemsley, Greg Henn, Jeff Horst, Randy Jeltema, Scott Johnson, Brett Johnson, Scott Koch, Mike Lawler, Jeff Lucas, Tom McQuillen, Caleb Nuehring, Ben Oberman, Tim Osterhaus, Shawn Petersen, Lance Ploeger, Todd Rabey, Jared Rahe, Royce Ranniger, Blake Reinke, Dave Rittman, Brian Rodemeyer, Mark Royer, Marlin Schoonhoven, Chad Shellmyer, Matt Shull, Chad Slagle, Jason Slaughter, Robert Smith Jr., Bob Squiers, Curt Strouth, Chris Thomas, Todd Thompson, Shannon Tumelty, Brad Van Roekel, Kurt Walderbach, Mark Warth, Nicole Wenstrand, Rollie Wiebers, Jodie Wielenga, Randy Wiggins, Ray Wilden, Garrett Wirtz, Scott Willmott

## TRACK & FIELD

No season due to COVID-19

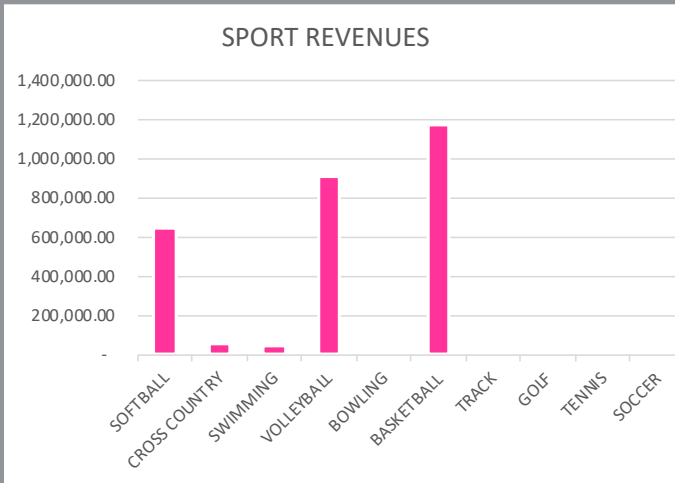
## SOCCER

No season due to COVID-19

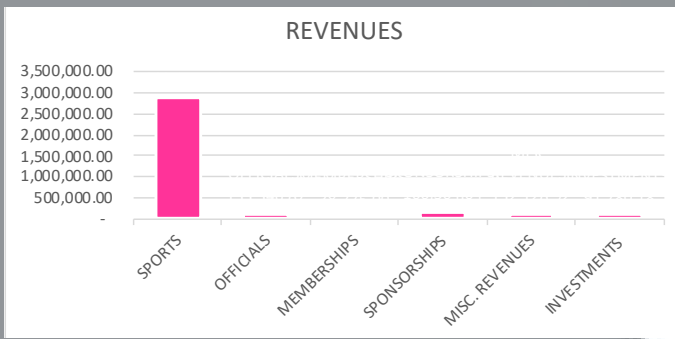
## SOFTBALL

Mark Amadeo, Mike Bell, Paul Bird, Tom Burger, Greg Buster, Travis Chizek, Mike Christner, Ryne Christner, Phil Creese, Duane Duncan, Steve Ebert, Daryl Erickson, Joe Havenhill, Ross Hemsley, JD Hoogestraat, Arnie Krukow, Brandt Lacey, Jason Lewis, Shannon McWhirter, Roger Menke, Deidra Mohr, Randy Morris, Ed Murphy, Tony Nelson, Troy Nicklaus, Jeff Niehaus, Ed Oliver, Jeff Osborne, Mark Peterson, Joe Prater, LaWayne Rogers, Tim Rogers, Mark Schaefer, Stan Schmidt, Jason Slater, Dirk Sorensen, Tom Sullivan, Raun Taylor, Tony Vandegriff, Gary Wax, Jodie Wielenga, Karl Wooldridge

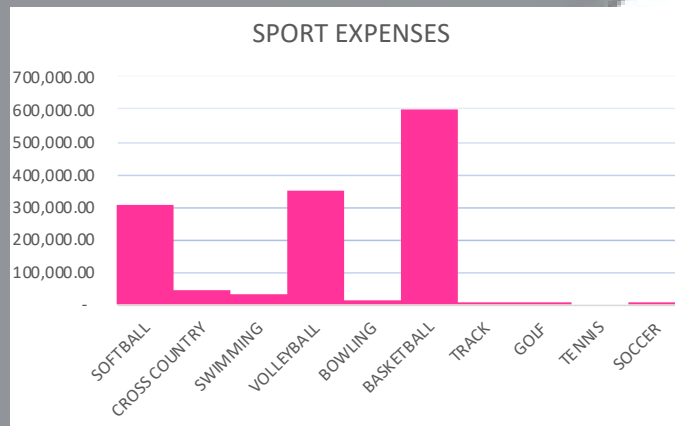
# Profit & Loss Financial Report Year ending June 30, 2020



Softball	22%
Cross Country	1.8%
Swimming & Diving	1.47%
Volleyball	32%
Bowling	0.6%
Basketball	41%
Track & Field	0%
Golf	0%
Tennis	0%
Soccer	1%
<b>Total</b>	<b>100%</b>



Sports	84%
Officials	4%
Memberships	1%
Sponsorships	5%
Miscellaneous Revenues	4%
Investments	3%
<b>Total</b>	<b>100%</b>



Softball	23%
Cross Country	3%
Swimming & Diving	2%
Volleyball	26%
Bowling	1%
Basketball	44%
Track & Field	0%
Golf	0%
Tennis	0%
Soccer	1%
<b>Total</b>	<b>100%</b>



Sport Expenses	41%
Committee Expenses	1%
Miscellaneous Awards & Scholarships	1%
Operational	15%
Officials	1%
IGHS AU Compensation	33%
IHSSA Compensation	7%
<b>Total</b>	<b>100%</b>

# Iowa Participation Numbers

	# of schools	# of participants	Avg. participants per school
2014-15 Basketball	361	7747	21.46
2015-16 Basketball	359	7205	20.07
2016-17 Basketball	356	7576	21.28
2017-18 Basketball	354	7414	20.94
2018-19 Basketball	352	7285	20.70
2019-20 Basketball	352	6996	19.88
2014-15 Bowling	93	1211	13.02
2015-16 Bowling	96	1166	12.15
2016-17 Bowling	99	1315	13.28
2017-18 Bowling	101	1348	13.35
2018-19 Bowling	106	1372	12.94
2019-20 Bowling	107	1374	12.84
2014-15 Cross Country	315	4741	15.05
2015-16 Cross Country	305	4339	14.23
2016-17 Cross Country	308	4732	15.36
2017-18 Cross Country	323	4799	14.86
2018-19 Cross Country	326	4700	14.42
2019-20 Cross Country	323	4516	13.98
2014-15 Golf	317	2994	9.44
2015-16 Golf	315	3003	9.53
2016-17 Golf	315	3092	9.82
2017-18 Golf	316	3325	10.52
2018-19 Golf	313	3410	10.90
2019-20 Golf	- - *	- - - *	- - - *
2014-15 Soccer	142	5209	36.68
2015-16 Soccer	142	4902	34.52
2016-17 Soccer	154	5423	35.21
2017-18 Soccer	149	5610	37.65
2018-19 Soccer	153	5818	38.03
2019-20 Soccer	- - *	- - - *	- - - *
2014-15 Softball	344	7869	22.88
2015-16 Softball	341	7948	23.31
2016-17 Softball	339	7927	23.38
2017-18 Softball	340	7465	21.96
2018-19 Softball	339	7538	22.24
2019-20 Softball	335	7689	22.95
2014-15 Swimming & Diving	57	1639	28.75
2015-16 Swimming & Diving	56	1530	27.32
2016-17 Swimming & Diving	55	1659	30.16
2017-18 Swimming & Diving	53	1668	31.47
2018-19 Swimming & Diving	55	1647	29.95
2019-20 Swimming & Diving	53	1644	31.02
2014-15 Tennis	114	3326	29.18
2015-16 Tennis	114	3248	28.49
2016-17 Tennis	113	3419	30.26
2017-18 Tennis	112	3573	31.90
2018-19 Tennis	114	3707	32.52
2019-20 Tennis	- - *	- - - *	- - - *
2014-15 Track & Field	355	9086	25.59
2015-16 Track & Field	351	9012	25.68
2016-17 Track & Field	349	9631	27.60
2017-18 Track & Field	350	10013	28.61
2018-19 Track & Field	348	9908	28.47
2019-20 Track & Field	- - *	- - - *	- - - *
2014-15 Volleyball	363	11482	31.63
2015-16 Volleyball	361	11669	32.32
2016-17 Volleyball	358	11722	32.74
2017-18 Volleyball	357	10806	30.27
2018-19 Volleyball	356	10718	30.12
2019-20 Volleyball	353	12031	34.08

<b>TOTAL PARTICIPATION</b>	2014-15	55,304
	2015-16	54,022
	2016-17	56,496
	2017-18	56,021
	2018-19	56,103
	2019-20	34,250
<b>DECREASE</b>		<b>21,853</b>

- - \* no season due to COVID-19. Decrease in total participation due to COVID-19.

# State Attendance Figures

SPORT	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20
Cross Country (coed)						7,448	8,914
Swimming & Diving	1,625	1,625	1,511	1,460	1,509	2,117	2,169
Volleyball	27,495	27,537	28,656	28,179	27,818	31,593	30,733
Bowling (coed)	1,175	1,236	1,350	1,662	1,545	1,425	1,626
Basketball	56,179	54,217	57,046	51,649	50,130	51,231	50,084
Track & Field (coed)	35,202	36,264	38,575	36,283	37,671	38,239	-- *
Golf						1,424	-- *
Tennis						674	-- *
Soccer	5,969	5,830	5,604	6,407	6,278	6,868	-- *
Softball	18,752	20,717	16,384	16,865	19,246	19,931	17,327

-- \* no season due to COVID-19.

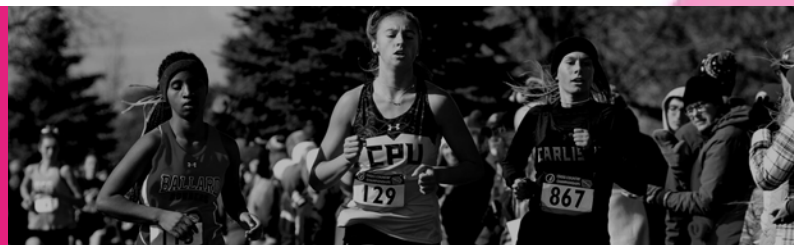
# 2019-20

## OFFICIAL PARTNERS



## SOCIAL MEDIA

### A CURRENT SNAPSHOT



12,075



28,986



5,063



# THE IOWA GIRL

Sharing the stories of the Iowa Girl



## IOWA GIRL PROJECT

Since August 2019, we've published several stories on former Iowa Girls. These profiles have taken the IGHS AU beyond the field of play and illustrated the qualities of the "Iowa Girl". [Click here](#) to read more.

## #IAHSSSENIORS

One of the largest programs rolled out this past year was the #IAHSSeniors campaign to recognize and celebrate the Class of 2020, especially those who lost their chance to compete in the spring. [Click here](#) to see posts shared during the campaign.



Today's Senior Spring Student-Athlete to Spotlight is none other than Kaitlyn Cooke! #Classof2020 #SeniorSpotlight #RollPride @BishopHeelanSch



## REFLECTIONS

This past year, we opened our blog to student-athlete reflections. Focused on expressing what athletics means to them and how it has impacted their lives, any student-athlete in Iowa is welcome to submit a reflection to [contact@ighsau.org](mailto:contact@ighsau.org). [Click here](#) to read more.

# EDUCATIONAL EFFORTS

Providing information related to health, wellness, nutrition, training, and more



## NUTRITION NEWSLETTER

*The IGHSAU thanks Waukeee's APEX program for its help in curating content for the quarterly nutrition newsletter. We are excited to continue this partnership into 2020-21. [Click here](#) to read past newsletters.*

## TRAINING TIPS

*In partnership with Premier Athlete Training, the IGHSAU has been able to share short training tips to benefit our student-athletes and teams. [Click here](#) to view a complete list.*



## WELLNESS WEDNESDAY

*New this year, we are excited to expand our partnership with Premier Athlete Training to offer weekly wellness tips each Wednesday. Be sure to follow @IGHSAU on social media for the latest information.*