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## 2022 CLASS A GIRLS SWIMMING & DIVING ALL-STATE TEAM

### FIRST TEAM

NAME	GRADE	TEAM	COACH
Halle Braaflat	11	Fargo Davies	Tyler Hetland/Krystle Leidholm
Addison Cerney	10	Fargo North	Talia Butery
Haley Conklin	10	Minot	Emily Jensen
Alexa Heckaman	9	Shanley	Jackie Snyder
Tara Hendrickson	12	Fargo Davies	Tyler Hetland/Krystle Leidholm
Tierney Howell	12	West Fargo Sheyenne	Erich Richardson
Ella Kesler	11	Minot	Emily Jensen
Lauren McDonagh	10	West Fargo Sheyenne	Erich Richardson
Sam Vonbokern	9	Minot	Emily Jensen

### SECOND TEAM

NAME	GRADE	TEAM	COACH
Lauryn Caster	11	Bismarck Century	Spencer Wheeling
Brooklyn Hanson	10	Shanley	Jackie Snyder
Ava Williamson	10	Minot	Emily Jensen
Abby Erickson	10	Bismarck Legacy	Thomas Wheeling
Bree Triplett	12	West Fargo Sheyenne	Erich Richardson
Sienna Mrachek	9	Bismarck Century	Spencer Wheeling
Madeline Elseth	12	Grand Forks Central	Bryan Walls
Brooklyn Keney	11	West Fargo Sheyenne	Erich Richardson
McKayla Donat	12	Bismarck Legacy	Thomas Wheeling
Madeline VerDouw	8	Bismarck	Emily Poppe
Mady Tivis	11	Bismarck Century	Spencer Wheeling

**NDHSCA POWERade Outstanding Senior Athlete** - Tierney Howell, West Fargo Sheyenne

**NDHSCA SUBWAY Coach of the Year** - Ben Smith, Jamestown

### All Star Games Chairpersons

**Optimists' Volleyball Co-Chair**  
 Tim Wallstrum (h) 701-385-3376  
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 Kenmare, ND 58746 (f) 701-385-4390  
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**Lions' Basketball Co-Chair**  
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