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2025 GIRLS SWIMMING & DIVING ALL-STATE TEAM

FIRST TEAM

NAME	GRADE	TEAM	COACH
Gracyn Bergan	11	Minot High	Emily Jensen
Sam VonBokern	12	Minot High	Emily Jensen
Madeline VerDouw	11	Bismarck High	Emily Poppe
Arianna Hoff	12	Shanley	Jackie Snyder
Lilyana Hochhalter	10	Bismarck Legacy	Thomas Wheeling
Dru Zander	12	Williston	Krista Pierce
Hellen Wu	10	Fargo Davies	Krystle Leidholm
Evie Sevald	11	West Fargo Sheyenne	Erich Richardson
Linnea Bruns	9	West Fargo High	Matt Stinar
Unna Nelson	8	Fargo North	Talia Butery
Bethany Mehl	11	Fargo South	Skip Fisher/Jenna Dreher
Brinley Steele	10	Bismarck Legacy	Thomas Wheeling
Isla Rogne	10	Shanley	Jackie Snyder
Jocelyn Wettlaufer	11	West Fargo Horace	Andrea Smith
Molly Osadchy	10	Bismarck Century	Spencer Wheeling
Norah Sears	9	Bismarck Legacy	Thomas Wheeling
Alexa Heckaman	12	Shanley	Jackie Snyder
Ellie DeForest	12	Bismarck High	Emily Poppe

SECOND TEAM

NAME	GRADE	TEAM	COACH
Abby Jablonsky	12	Bismarck Century	Spencer Wheeling
Brooklyn Herrick	12	West Fargo Horace	Andrea Smith
Brooklyn Richards	11	Bismarck Century	Spencer Wheeling
Joelle Knudson	10	Bismarck Century	Spencer Wheeling
Madeline Bjerke	9	Grand Forks	Bryan Walls
Rachel Kunz	11	West Fargo High	Matt Stinar
Sienna Mrachek	12	Bismarck Century	Spencer Wheeling
Merritt Butery	7	Fargo North	Talia Butery
Elizabeth Herrick	9	West Fargo Horace	Andrea Smith

NDHSCA POWERade Outstanding Senior Athlete - Arianna Hoff, Shanley

NDHSCA SUBWAY Coach of the Year - Matt Stinar, West Fargo

All Star Games Chairpersons

Optimists' Volleyball Co-Chair
 Lisa Strand (cell) 218-779-3404
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Lions' Basketball Co-Chair
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 Gwinner, ND 58040 (f) 701-678-2311
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Lions' Basketball Co-Chair
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