

18 Adidas

Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
9	DS	Payton	Ahrenstorff	5'5"	2019	Spirit Lake High School	University of Northern Iowa	85.5"	102"	106.5"	20'1"
8	DS	Brooklyn	Bollweg	5'4"	2019	Harrisburg High School	University of South Dakota	82"	99"	103"	19'1"
7	OH	Chelsea	Brewster	5'11"	2019	Mitchell High School	South Dakota School of Mines	92"	107"	113"	20'7"
1	MB	Jordyn	Hamm	6'3"	2020	Spirit Lake High School	Undecided	93.5"	111"	114"	17'2"
6	MB	Leah	Koltz	6'0"	2019	Sioux Falls Roosevelt High School	University of West Alabama	93"	108.5"	113"	19'8"
2	RS	Mikia	Kriener	6'2"	2019	Spirit Lake High School	Augustana University	96"	114"	118.5"	20'1"
3	OH	Emma	Loveall	6'1"	2020	Spirit Lake High School	Undecided	95"	111"	115.5"	21'7"
10	S	Raegen	Reilly	5'10"	2021	Sioux Falls O'Gorman High School	Undecided	90.5"	105"	110"	20'2"
4	DS/OH	Alaina	Wolff	5'5"	2020	Jackson County Central High School	Undecided	86"	100.5"	106.5"	19'0"

Head Coach: Mitch Lunning
Assistant Coach: Jax Steffel

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9	DS	Marisa	Beintema	5'6"	2019	Sioux Falls Roosevelt High School	Morningside College	86"	102.5"	107.5"	22'
8	S	Kendall	Evans	5'11"	2019	Estherville Lincoln Central High School	Undecided	90.5"	106.5"	109.5"	20'3"
13	OH/DS	Abby	Glanzer	5'9"	2021	Sioux Falls Christian High School	Undecided	90.5"	109"	115.5"	21'6"
18	RS/S	Kelsi	Heard	5'10"	2021	Sioux Falls Christian High School	Undecided	89.5"	105.5"	109"	21'3"
19	DS	Tatum	Kooima	5'7"	2020	Sioux Falls Roosevelt High School	Undecided	85"	100.5"	105"	19'4"
15	OH	Hallie	Mertz	5'10"	2020	Harrisburg High School	Undecided	90.5"	110.5"	115"	20'10"
5	OH/DS	Taylor	Meyer	5'10"	2019	Harris-Lake Park High School	Northwestern College	90.5"	105.5"	111.5"	21'4"
7	MB	Sadie	Ribbens	5'10"	2020	Boyden - Hull High School	Undecided	90"	108.5"	112"	21'3"
1	MB	Sydney	Wambach	5'8"	2020	Sioux Falls O'Gorman High School	Undecided	88"	106.5"	112"	23'3"

Head Coach: Kristen DiPaola

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Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
15	DS	Brynn	Askew	5'8"	2021	Sioux Falls O'Gorman High School	Undecided	86"	103.5"	108"	19'10"
29	OH/DS	Grace	Bengford	5'10"	2021	Sioux Falls O'Gorman High School	Undecided	87.5"	110"	114"	24'
16	MB/RS	Hailey	Liebold	6'1"	2021	Heron Lake - Okabena High School	Undecided	91.5"	108"	110"	18'6"
18	MB	Brooklyn	Pater	6'1"	2021	Sioux Falls Christian High School	Undecided	92.5"	113.5"	117"	20'2"
21	DS	Trinity	Perez	5'7"	2020	Sioux Falls Roosevelt High School	Undecided	88"	101.5"	107"	20'8"
20	OH/MB/RS	Baily	Plourde	6'1"	2022	Sioux Falls Lincoln High School	Undecided	92.5"	109.5"	112.5"	20'2"
13	S	Bergen	Reilly	5'11"	2023	Sioux Falls O'Gorman High School	Undecided	91"	110"	112"	20'5"
14	OH	Sydni	Schetnan	6'5"	2021	Sioux Falls Washington High School	Undecided	101.5"	117"	121.5"	19'11"
7	OH/DS	Emerson	Smith	5'8"	2021	Watertown High School	Undecided	88"	106"	110.5"	21'2"

Head Coach: Max Curran
Assistant Coach: Marissa Johnson

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Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
5	MB	Shaylee	Arp	5'9"	2021	Harrisburg High School	Undecided	88.5"	102.5"	112"	19'8"
16	OH/DS	Grace	Bauder	5'9"	2021	West Lyon High School	Undecided	87"	105.5"	108.5"	19'10"
15	RS	Zoie	Bertsch	5'6"	2021	Sioux Falls Washington High School	Undecided	86"	101.5"	108"	18'5"
13	OH/DS	Elaina	Lubeck	5'6"	2021	Sioux Falls O'Gorman High School	Undecided	85"	104.5"	111.5"	23'2"
10	DS	Emma	McKay	5'7"	2021	Sioux Falls O'Gorman High School	Undecided	85"	103"	106.5"	20'10"
8	S	Katy	Richardson	5'10"	2021	Sioux Falls Washington High School	Undecided	85.5"	103"	106"	18'6"
12	MB	Kaylea	Rickenbaugh	5'10"	2021	Harrisburg High School	Undecided	90"	106"	110"	19'9"
17	OH/DS	Isabella	Stensrud	5'8"	2021	Brandon Valley High School	Undecided	90'5"	105"	109"	19'6"
14	RS/S	Sydni	Wietfield	5'10"	2021	Sioux Falls Lincoln High School	Undecided	89.5"	108.5"	114"	21'7"

Head Coach: Cale Hecht

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Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
11	S	Liz	Denevan	5'7"	2022	Sioux Falls Roosevelt High School	Undecided	82.5"	103.5"	107"	18'9"
3	OH/DS	Cassie	Hoover	5'7"	2022	Marshall High School	Undecided	87"	102"	105.5"	18'7"
15	MB	Shelby	Kinzer	5'8"	2022	Sioux Falls Washington High School	Undecided	89"	107"	111.5"	20'9"
9	DS	Brynn	Kirsch	5'8"	2022	Sioux Falls Lincoln High School	Undecided	87"	104"	107.5"	21'5"
6	OH	Chloe	McDermott	5'9"	2022	Yankton High School	Undecided	88.5"	105.5"	110"	18'4"
1	DS	Abby	Meister	5'7"	2022	Harrisburg High School	Undecided	82.5"	102.5"	108"	20'5"
14	OH	Brooke	Smith	5'10"	2022	Spirit Lake High School	Undecided	91.5"	107.5"	111"	19'10"
23	MB	Isabella	Steffel	6'0"	2022	Brandon Valley High School	Undecided	89"	108.5"	113"	22'1"
4	RS	Ellie	Walker	5'10"	2022	Sioux Falls Washington High School	Undecided	89.5"	108"	110"	19'3"

Head Coach: Kaylea Ahrens

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Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
14	OH/DS	Macee	Bartels	5'7"	2022	Sioux Falls O'Gorman High School	Undecided	87.5"	102.5"	105"	19'7"
17	MB	Anna	Engels	5'10"	2022	Sioux Falls Lincoln High School	Undecided	89.5"	102.5"	106"	18'8"
19	OH/DS	Karemma	Hoben	5'9"	2022	Spencer High School	Undecided	85.5"	105"	107"	18'2"
20	S	Maya	Koehlmoos	5'7"	2023	Harrisburg North Middle School	Undecided				
2	OH/DS	Bella	Nesheim	5'5"	2022	Ethan High School	Undecided	83"	103"	107"	20'1"
12	DS	Jady	Schetnan	5'7"	2022	Sioux Falls Washington High School	Undecided	87"	103"	106.5"	20'7"
10	OH/DS	Mya	Vandrovce	5'9"	2022	Sioux Falls Roosevelt High School	Undecided	89"	105.5"	109.5"	19'3"
6	DS	Victoria	Vazquez	5'5"	2022	Harrisburg High School	Undecided	82.5"	98"	100"	17'6"
3	MB	Victoria	Zemler	5'11"	2022	Spirit Lake High School	Undecided	90.5"	107.5"	110.5"	20'3"

Head Coach: Bailee Holscher

15 Gamma

Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
22	DS	Stella	Donkersloot	5'3"	2022	Spirit Lake High School	Undecided	81.5"	97"	102.5"	18'8"
20	RS	Brooke	Harvison	5'8"	2023	O'Gorman Junior High School	Undecided	89.5"	102.5"	106"	18'8"
21	DS	Maci	Higgins	5'3"	2022	Spirit Lake High School	Undecided	81.5"	98"	103"	20'6"
26	S	Irish	Knutson	5'8"	2022	Spirit Lake High School	Undecided	89"	101.5"	106"	17'11"
27	MB	Francie	Mertz	5'11"	2022	Harrisburg High School	Undecided	91.5"	106"	109"	17'6"
23	OH/DS	Calista	Poe		2023	Edison Middle School	Undecided				
25	OH/DS	Zoe	Rallis	5'5"	2022	Harrisburg High School	Undecided	84.5"	99.5"	102.5"	19'9"
2	OH/DS	Tegan	Sanderson	5'6"	2022	Harrisburg High School	Undecided	86"	100.5"	103"	19'6"
28	MB	Lauren	Sutcliffe	5'9"	2022	O'Gorman High School	Undecided	87.5"	101.5"	103"	17'8"

Head Coach: Tori Biach

15 Delta

Jersey #	Position	First	Last	Height	Grad Year	High School	College	Standing Reach	Block Jump	Approach Jump	Triple Jump
5	MB/RS	Elyssa	Bartels	5'8"	2022	Sioux Falls Lincoln High School	Undecided	87"	105.5"	105.5"	20'
30	MB	Emily	Dowling	5'11"	2022	Sioux Falls O'Gorman High School	Undecided	91.5"	104"	109"	18'
10	DS	Sadie	Entwisle	5'5"	2022	Montrose High School	Undecided	85"	94"	97.5"	15'1"
1	DS	Taryn	Heibult	5'0"	2022	Sioux Falls Washington High School	Undecided	80"	95.5"	99"	19'1"
4	OH/DS	Kate	McCartney	5'7"	2022	Sioux Falls Lincoln High School	Undecided	87"	103.5"	105"	19'5"
3	OH/DS	Elsie	Parriott	5'7"	2022	Spirit Lake High School	Undecided	86.5"	106"	109"	20'5"
11	MB/RS	Ronnie	Rhead	5'11"	2022	Alcester - Hudson High School	Undecided	92.5"	105"	107"	14'6"
24	OH/DS	Anna	Snodgrass	5'9"	2022	Sioux Falls Lincoln High School	Undecided	87"	103"	105"	18'10"
20	S	Leilani	Weber	5'5"	2022	Rock Valley Community High School	Undecided	86"	97.5"	99"	14'9"

Head Coach: Sarah Wambach