

FIVE-PLAYER CAREER LEADERS

(Current year seniors not included in career records)

UPDATED: 4/16/18 — COACHES: HELP US WITH CORRECTIONS: As always – whenever a list like this is compiled, someone is inadvertently left out. Please submit any additions to Jason Eslinger at jasoneslinger@ighsau.org. Thanks to those that have submitted corrections/additions.. Please send any career/single season numbers that might make these listed to me as I'll update this list when time allows.

CAREER TOTAL POINTS

Elle Ruffridge, Pocahontas Area (2014-17)	2951	Wendy Ausdemore, Tri-Center (2002-05)	1812
Deb Remmerde, Rock Valley (1999-2003)	2756	Monica Huelman, Vinton-Shellsburg (1992-1996)	1809
Jennifer Jorgensen, SE Webster-Grand (2005-2008)	2708	Kate Galligan, Cedar Rapids Jefferson (1988-1992)	1797
Anne O'Neil, Cedar Rapids Kennedy (1996-2000)	2494	Jennifer Gries, Elk Horn-Kimballton (1995-1999)	1784
Jennifer Goetz, Cardinal Stritch (1999-2003)	2433	Morgan Paige, Marion (2005-2010)	1777
Kala Kuhlmann, Charter Oak-Ute (2002-2006)	2337	Ellie Peterson, Cedar Falls (1998-2002)	1773
Margo Muhlbauer, IKM (2002-2006)	2304	Amy Meggers, IKM (1996-2000)	1773
Lindsay Hoehns, Twin Cedars (2005-2010)	2253	Alison Rohdy, Harmony (1991-1995)	1767
Hallie Christofferson, Exira (2005-2010)	2247	Brittany Lange, Sac (2002-05)	1756
Sara Stribe, Carroll (1994-1998)	2245	Lindsay Anderson, New London (1994-1998)	1755
Nicole Miller, North Linn (2011-2015)	2207	Stacey Schutjer, WCLT (2005-2008)	1754
Stephanie Rich, Washington (1997-2001)	2205	Kesley Cermak, Norwalk (2004-2007)	1751
Liz Trauger, Twin River Valley (2002-2006)	2115	Chelsea Thomas, Pleasantville (2004-2008)	1748
Kelsey Bolte, Battle Creek-Ida Grove (2004-07)	2026	Jessica Nikkel, Lynnville-Sully (1995-1999)	1743
Lindsey Meder, Solon (1994-1998)	2057	Angela Bock, Iowa Mennonite (1995-1999)	1743
Amber Harrington, Davenport North (2005-2010)	2035	Tori Hazard, Janesville (2014-17)	1737
Kayla Waskow, Dunkerton (2004-2008)	2031	Danielle Grabe, Cedar Rapids Prairie (1996-2000)	1733
Mary Berdo, Washington (1992-1996)	2026	Tarah Cullin, Fort Madison Aquinas	1729
Nina Smith, Waterloo West (1995-1999)	1992	Jordan Henningsen, Alta (2007-2011)	1716
Linda Lappe, Winfield-Mt. Union (1994-1998)	1987	Jill Johnson, Rockwell City-Lytton (2000-2004)	1711
Jessica Gerhart, Sentral (1999-2003)	1983	Jessica Mennen, Hampton-Dumont (1996-2000)	1710
Tammi Blackstone, Cherokee (1992-1996)	1961	Kiah Stokes, Linn-Mar (2007-2011)	1704
Tiffany Reedy, Union (1998-2002)	1942	Jenny Jacobsen, Cedar Rapids Regis (1987-1991)	1701
Rachel Yeggy, Highland (2002-2006)	1941	Ann Cavey, North Cedar (1994-1998)	1698
Abby Roe, Van Buren (1992-1996)	1923	Marsha Frese, CR Reigs & CR Wash. (1986-1990)	1692
Kary Dawson, Sibley-Ocheyedan (1993-1997)	1922	Amy Herig, Dubuque Senior (1991-1995)	1685
Jamie Boyd, Underwood (2000-2004)	1920	Lori Tumblee, Starmont (1998-2002)	1680
Alexis Conaway, MOC-Floyd Valley (2010-2014)	1901	Kristi Moser, Maple Valley-A-O (1993-1997)	1669
Christa Subbert, Stanton (2003-2007)	1901	Ashley Miller, Tipton (2003-2007)	1654
Amanda Zimmerman, Ballard (2006-2009)	1886	Teresa Wessling, Guthrie Center (1995-1999)	1644
Jessie Pauley, OABCIG (2008-2012)	1873	Macy Williams, Fremont-Mills (2011-2015)	1642
Ashtyn Veerbeek, Western Christian (2014-18)	1871	Arika Wooldridge, Center Point-Urbana (2013-16)	1640
Shellie Mossman, Carroll (2002-2006)	1859	Samantha Harrington, Nashua-Plainfield (2004-2007)	1638
Molly Tideback, Waterloo Columbus (1985-1988)	1859	Julia Fleecs, Glidden-Ralston (2014-17)	1637
Shelly Hembera, Cedar Valle Christian (2011-2015)	1859	Kristin Turk, Des Moines Lincoln (2004-07)	1636
Clarie Marburger, Perry (2011-2015)	1853	Hattie Davidson, Northwood-Kensett (2013-16)	1636
Zoey Artist, CAM (1994-1998)	1845	Erin Wibholm, West Marshall (1997-2001)	1634
Michelle Lund, Sioux City Bishop Heelan (2004-08)	1837	Linda Sayavongchanh, DM Lincoln (1998-2002)	1630
Carleigh Paup, Paton-Churdan (2012-16)	1833	Brianne Schoonover, Fredericksburg (1994-1998)	1630
Shelley Sheetz, Cedar Rapids Kennedy (1987-1991)	1831	Wendy Sobaski, Pekin (1993-1997)	1629
Erin Richards, Mason City (1995-1998)	1826	Jill Martin, Norwalk (1999-2003)	1628
		Lexy Koudelka, Nevada (2014-18)	1625

KJ Veldman, Spirit Lake (2010-2013)	1625	Kaylee Blake, IKM-Manning (2010-2013)	1496
Amanda Moser, Maple Valley-Anthon-Oto (1998-2002)	1622	Kadie Subbert, Stanton (2007-2011)	1495
Kenzie Cunard, Logan-Magnolia (2014-18)	1621	Sammy Blum, Rock Valley (2014-17)	1494
Anne Straate, Postville (1998-2002)	1603	Amber Nicole Buch, Fairfield (2014-18)	1493
Andrea Larson, Mediapolis (2011-2015)	1603	Kelsey Maffin, Van Meter (1999-2003)	1491
Erin Maher, Davenport Assumption (1985-1989)	1601	Megan Ripperton, Lone Tree (1997-2001)	1488
Angie Schinstock, Central Lee (1996-2000)	1599	Katie Miller, Solon (1994-1998)	1485
Mackenzie Morrison, Martensdale St. Marys (2006-2010)	1599	Kim Trine, Burlington Notre Dame (1994-1998)	1485
Katie Eiben, Springville (2006-2009)	1598	Chelsea Poppens, Aplington-Parkersburg (2006-09)	1484
Lisa Kriener, St. Ansgar (1997-2001)	1596	Angie Schreurs, WDM Valley (1991-1995)	1484
Carli Tritz, Sioux City Bishop Heelan (2005-2010)	1594	Karen Schulte, Norway & CR Jefferson (1989-1993)	1479
Mackenzie Roberts, Van Meter (2014-17)	1594	Ashton Yossi, Dallas Center-Grimes (2007-2011)	1477
Kelsey Keizer, Okoboji (2002-2005)	1593	Stacy Frese, Cedar Rapids Washington (1991-1995)	1477
Ally Disterhoft, Iowa City West (2009-2012)	1590	Jordan Gronewold, Carlisle (2005-2010)	1475
Tanya Meyer, Sioux City West (2010-2014)	1590	Brooke Scharn, Sioux Central (2007-10)	1473
Jenny Ogden, Moulton-Udell (1998-2002)	1590	Serena Parker, Shenandoah (2011-2015)	1468
Mackenzie Meyer, Mason City (2013-16)	1589	Chelsea Goedken, Cascade (2000-2002)	1468
Ellie Friesen, Osage/Crestwood (2014-18)	1586	Kennedy Core, Pleasantville (2011-2015)	1468
Shelby Spates, Van Buren (1999-2003)	1584	Lindsay Smith, Central DeWitt (2008-11)	1467
Beth Marvin, Preston (1997-2001)	1581	Keri Hanson, CWL (1997-2001)	1467
Kayla Lincoln, West Central Maynard (2003-2007)	1577	Kaylee Parks, Central Springs (2014-18)	1465
Sarah Ryan, North Mahaska (2002-05)	1576	Carrie Norman, Lynnville-Sully (1995-1999)	1460
Kari Fitzpatrick, Edgewood-Colesburg (2011-2015)	1575	Renee Maneman, Newell-Fonda (2010-2014)	1458
Amy Young, Preston (1997-2001)	1575	Kalli Richardson, NE Hamilton (2010-2013)	1457
Lori Nowachek, Midland (1997-2001)	1575	Erica Dreckman, Marcus-Meriden-Cleghorn (2010-13)	1456
Sienna Durr, Grinnell (2014-18)	1561	Alicia Mahmens, Northeast (1996-2000)	1456
Taylor Hickey, Burlington Notre Dame (2011-2015)	1560	Maureen Head, Iowa City West (1996-2000)	1454
Ashley Freerksen, Dowling Catholic (1999-2003)	1559	Kandy Beemer, Bedford (2002-2005)	1452
Samantha Reiser, Waukon (2002-2005)	1559	Paige Bradford, Davenport North (2014-18)	1451
Bailey Arnburg, West Central Valley (2011-2015)	1556	Sara Goodman, West Marshall (1999-2003)	1450
Madison Weekly, Benton (2010-2013)	1552	Alee Hugen, Southeast Warren (2010-2013)	1450
Mackenzie Rogers, Mediapolis (2014-18)	1552	Shari Davis, Denver (1995-1999)	1446
Aimee Osborne, Sidney (2008-11)	1551	Alysa Klein, Okoboji (2001-2004)	1445
Jasmine Demers, Storm Lake St. Mary's (2010-2014)	1545	Megan Keefe, Clear Lake (1999-2003)	1445
Andrew Clark, Guthrie Center (2003-2007)	1544	Mary Halvorson, Waukon (2005-2010)	1444
Kylie Williamson, Bondurant-Farrar (1995-1999)	1542	Ali Devries, Bellevue Marquette (2001-05)	1442
Ashley Arlen, Cascade (2004-08)	1542	Leah Miller, Lawton-Bronson (2008-2012)	1442
Elle Herzberg, Manson-NW Webster (2010-2014)	1540	Megan Howard, North Polk (2006-10)	1439
Paige Danner, Ar-We-Va (2010-2014)	1539	Lacey Corcoran, Johnston (1995-1999)	1437
Taylor Greenfield, Ballard (2008-2011)	1536	Kelli Nelson, Exira (2001-2004)	1436
Miranda Murphy, North Polk (2010-14)	1536	Steffi Cunard, Logan-Magnolia/H. Christian (2011-2015)	1434
Brittni Donaldson, Sioux City North (2007-11)	1526	Keanna Levy, Waterloo West (1999-2003)	1434
Kate Hartman, Northwood-Kensett (2006-2010)	1525	Allison Kruger, South O'Brien (1995-1999)	1434
Tana Colt, Akron-Westfield (2003-2007)	1525	Amy Swisher, Cedar Falls (1996-2000)	1425
Mariah Criswell, Winterset (2011-2015)	1524	Cassandra Boston, Des Moines Hoover (2002-06)	1424
Jenna Boelter, Algona Garrigan (2014-18)	1520	Julie Rittgers, WDM Valley (1987-1991)	1423
Abby Richardson, Storm Lake St. Marys (2004-2007)	1519	Kate Walker, Red Oak (2011-2015)	1423
Abby Emmert, Winterset (2000-2004)	1518	Jayme Olson, Bettendorf (1990-1994)	1422
Jamie Armstrong, Essex (1993-1997)	1516	Ky Petersen, AHST (1993-1996)	1421
Cortney Kettmann, Bellevue Marquette (1997-2001)	1515	Tracy Paustian, Davenport West (1997-2001)	1417
Jennifer Rochelle, CB St. Albert (1997-2001)	1515	Maddie Oliver, Roland-Story	1416
Brittany Alfredson, Woodbury Central (2004-08)	1511	Lindsey Petersen, Missouri Valley (1997-2000)	1416
Katie Schechinger, IKM/IKM-Manning	1507	Alissa Brown, Jesup (2010-2014)	1415
Autumn Feaker, Solon (1990-1994)	1506	Keanna Levy, Waterloo West (1999-2004)	1415
Jessica Vande Kooi, Hinton (1999-2003)	1505	Trisha Heiden, Northeast Hamilton (1993-1995)	1415
Ashley Arndorfer, Algona Garrigan (1998-2002)	1503	Faith Troshynski, Manson-NW Webster (2013-16)	1414
Emily Reeder, CB Abraham Lincoln (1996-2000)	1502	Leah Hetzler, Moulton-Udell (1996-2000)	1413
Kim Marlow, Oelwein (1999-2003)	1502	Lacey Geitzenauer, Sentral (1999-2003)	1406
Erin Dohrmann, Sioux City North (1997-2003)	1499	Erica Schlotfeldt, Rock Valley (1999-2003)	1399
Jade Rogers, Cedar Rapids Kennedy (2005-10)	1499	Katie Kosters, Crestwood (1996-2000)	1397
Miranda Boekhout, Marcus-Meriden-Cleghorn (2000-04)	1497	Katie Sorrell, Winfield-Mt. Union (1994-1998)	1394

Marsha Frese, Cedar Rapids Washington (1987-90)	1394
Melissa Krueger, Lone Tree (1989-1993)	1393
Alyson Spinass-Valainis, Dav. Assumption (2005-2010)	1392
Gena Fiihr, Lynnville-Sully (1992-1996)	1392
Randi Peterson, Cedar Falls (1994-1998)	1391
Jaime Printy, Linn-Mar (2006-2009)	1391
Amy Breen, Fairfield (1989-1993)	1391
Kendra De Jong, Unity Christian (2004-2009)	1390
Sara Weirather, Central Lee (1999-2003)	1388
Kameo Pope, Belle Plaine (2010-2014)	1383
Jadyn Spencer, Waterloo West (2008-2011)	1383
Morgan Nelson, Colo-Nesco (1998-2002)	1381
Ashley Williams, Lawton-Bronson (2010-2014)	1380
Tina Zitterich, Gilbert (1993-1997)	1379
Brooke Bollmeyer, Hinton (1998-2002)	1379
Katelynn Tracy, Moravia (2010-13)	1378
Elisha Turek, CB Abraham Lincoln (1999-2003)	1377
Meghan Brue, Underwood, 2000-2004)	1376
Emily Cline, Harmony (1992-95)	1373
Millie Niggeling, Sioux City Bishop Heelan (2005-2010)	1373
Ellie Spelhaug, Pleasant Valley (2014-18)	1372
Jessica Hansen, West Monona (2005-2008)	1372
Rylee Olsen, New London (2000-04)	1372
Nicole VanderPol, Grundy Center (2002-2005)	1369
Annie Heithoff, CB St. Albert (1993-1997)	1369
Jennifer Schmann, Newell-Fonda (2001-05)	1368
Elizabeth Sneed, Malvern (1999-2003)	1366
Laura TerHark, Algona (2007-2011)	1365
Chandran Duffy, Kee (2004-07)	1364
Deha Peyton, Linn-Mar (1988-1992)	1364
Marissa Schroeder, Marquette Catholic (2014-17)	1363
Sara Goodman, West Marshall (1999-2003)	1362
Rylee Voss, English Valleys (2011-15)	1362
Hallie Linhart, Central Decatur (2011-2015)	1362
Chelsey Luhring, A-Parkersburg, Grundy Center (02-05)	1361
Mika Rodewald, Manson-NW Webster (2007-2010)	1359
Dani Thrush, Keokuk (1992-1995)	1358
Chelsea Matthias, Wapsie Valley (1998-2002)	1358
Kristyn Ferris, Charles City (2001-2004)	1351
Morgan Muhlbauer, IKM-Manning (2011-2015)	1351
Paige Greiner, Williamsburg (2010-2014)	1351
Brittani Kozik, Belle Plaine (1999-2003)	1350
Ali Browning, Iowa City Regina (2005-2010)	1350
Addie Oberman, Northeast (2010-14)	1347
Katie Lindeman, Grundy Center (2013-16)	1346
Gabie Doud, Ballard (2013-2016)	1346
Emily Westrand, Essex (2006-2009)	1346
Amanda Ollinger, CR Jefferson/Linn-Mar (2013-16)	1344
Morgan Straight, Belle Plaine (2013-16)	1333
Lindsey Fischbach, Carroll (2000-2002)	1332
Taylor Feldman, West Liberty (2006-2009)	1331
Katie Dentlinger, Coon Rapids-Bayard (2008-12)	1325
Sam Abens, Knoxville (2005-2010)	1323
Tarah Cullen, Fort Madison Aquinas (2002-2005)	1322
Jordan Waddell, Guthrie Center (2003-2007)	1321
Haley Birks, South Central-Calhoun (2011-2015)	1320
Heather Cunard, Missouri Valley (2003-2007)	1320
Amber Schubert, Sergeant Bluff-Luton (2011-2015)	1320
Kelsey Nickerson, Ottumwa (2008-2012)	1319
Kelli Freeman, WDM Valley (1996-2000)	1317
Kara Haugen, Waterloo Columbus (1991-1995)	1316

Ellen Gallagher, Woodbury Central (2010-2014)	1314
Brooke Wolterstorff, Western Christian (2009-2013)	1314
Katelyn Oney, Cedar Rapids Washington (2005-08)	1314
Olivia Godfrey, Panorama (2010-2014)	1314
Ali DeVries, Bellevue Marquette (2002-2005)	1313
Jocelyn Coleman, Essex (2007-2010)	1312
Katie Jensen, English Valleys (2001-2005)	1312
Malarie Gilley, East Greene (2007-2011)	1311
Christy Holtkamp, Central Lee (1989-1993)	1311
Rachel Madrigal, Decorah (2004-2007)	1310
Grace Vander Weide, WDM Valley (2011-2015)	1304
Nelia Olson, IKM (2004-07)	1303
Sofia Iwobi, Fairfield Maharishi (2003-06)	1303
Taylor Frederick, Harlan (2013-2016)	1300
Kia Rasmussen, IKM-Manning (2014-18)	1299
Marni Jacobsen, Spencer (2004-2008)	1297
Jessica Leix, Newton (1992-1994)	1296
Mackenzie Knox, Madrid (1999-2003)	1294
Autumn McDanel, Moravia (2013-2016)	1291
Ally Jensen, Ballard (2006-2009)	1291
Chloe Rick, Marion (2014-18)	1289
Rachel Gosselnk, Iowa Christian Academy (2002-06)	1285
Leah Hetzler, Moulton-Udell (1996-2000)	1284
Emma Staudt, Rockford (2014-17)	1282
Nicky Wieben, Ankeny (2002-05)	1280
Rachele Clark, Des Moines East (1987-1991)	1280
Michelle Voigts, Clarion-Goldfield (2003-07)	1277
Betsy Thomas, Sergeant Bluff-Luton (2008-2012)	1277
Michelle Kumrow, Hubbard-Radcliffe (2000-2004)	1275
Erin Goldsmith, Dallas Center-Grimes (2005-08)	1247
Autumn Bartel, Cherokee (2001-2005)	1274
Abbee Dickman, SCMT (2001-2004)	1273
Jenny Noll, Muscatine (1988-1992)	1272
Megan Hendricks, Clear Lake (2000-2004)	1271
Brenda Frese, CR Washington (1985-1988)	1271
Rachele Monroe, Union (2002-2006)	1270
Molly Goodenbour, Waterloo West (1985-1989)	1270
Samantha Domeyer, Clayton Ridge (2014-17)	1270
Daneille Wubbens, Charles City (2003-2006)	1269
Katie Maguire, Trenz (1998-2002)	1269
Shelby Reicks, Turkey Valley (2014-17)	1266
Haleigh Hempen, Aplington-Parkersburg (2010-13)	1265
Marina Keck, Kingsley-Pierson	1264
Jen Parsons, Clay Central-Everly (2002-2005)	1261
Michelle Burvee, Waterloo Columbus (1996-2000)	1260
Amber Kirschbaum, Spirit Lake (2006-2009)	1259
Jen Keitel, Central DeWitt (2008-2011)	1258
Becky Avery, Clear Lake (1996-2000)	1257
Lori Bjork, Johnston (2001-2005)	1253
Marla Metzger, Valley Community (2006-2009)	1252
Betsy Funk, Urbandale (1998-2002)	1252
Stephanie McCannon, WP Marquette (1988-1992)	1252
Robin Threatt, CR Jefferson (1985-1988)	1251
Ali Rorah, Maquoketa (1998-2002)	1250
Missy Baker, Des Moines Lincoln (1985-1988)	1250
Logan Ehlers, Shenandoah (2014-17)	1248
Casey Spree, Aplington-Parkersburg (1994-1998)	1248
Kristin Shields, Murray (2004-2007)	1248
Melissa Kroll, CB St. Albert (1993-1997)	1248
Carrie Larson, Tipton (2001-2005)	1248
Logan Ehlers, Shenandoah (2014-2017)	1248

Laura Knudtson, Lake Milles (2014-18)	1247	Abbie Hauptert, CMB (2011-14)	1196
Aubrey Hauswirth, Pocahontas Area (2003-06)	1247	Kayla Morgan, Maple Valley-Anthon-Oto (2011-2015)	1194
Jamie Hoover, Twin River Valley (1999-2003)	1247	Kylan Loney, Ames (1997-2001)	1194
Kortney Hillsabeck, West Central Maynard (1997-2001)	1246	Brooke Witcher, Janesville (1999-2003)	1190
Ashley Zobel, OA-BCIG (2008-2011)	1245	Alyssa Wiebel, Benton Community (2013-16)	1190
Jennie Lillis, WDM Dowling (1996-2000)	1245	Tammy Brauer, CR Kennedy (1990-1994)	1190
Lindsay Overman, Boyden-Hull (1997-2001)	1245	Kaely Hummel, Cherokee (2011-2015)	1189
Faith Meyer, Pocahontas Area (2014-17)	1244	Teri Vander Beek, Lynnville-Sully (1999-2003)	1189
Susan Kies, Newell-Fonda (2005-2010)	1244	Blaire Thomas, Waterloo West (2011-2014)	1187
Deja Jackson, Grinnell (2011-2015)	1242	Cathy Reiter, Union (2005-2009)	1186
Amanda Smith, Decorah (1994-1998)	1242	Crystal Anderson, Forest City (1997-2001)	1186
Ashley Dugan, Edgewood-Colesburg (1999-2003)	1239	Mika Rodawald, Manson-NW Webster (2005-2010)	1184
Audrey Faber, Dowling Catholic (2011-2015)	1239	Megan Peschong, Okoboji (2013-2016)	1184
Johanna Myeers, Burlington Notre Dame (2014-17)	1239	Morgan VanDerSloot, Storm Lake/OABCIG (2008-12)	1180
Sarah Anderson, Tri-Center (2002-2005)	1237	Amy Klostermann, West Delaware (1999-03)	1180
Josie Kopal, Lawton-Bronson (2009-2013)	1237	Mindy Hutchcroft, AGWSR (2003-2007)	1180
Tanaeya Worden, Sioux City North (2003-2007)	1236	Kayla Gesink, Western Christian (2007-2011)	1180
Elly Arganbright, Panora (2007-2010)	1235	Gabby Reyerson, West Marshall (2013-16)	1179
Nicole Strasko, Roland-Story (2006-2009)	1235	Jessica Vanderleest, Solon (1996-1999)	1177
Kayla Henke, Cherokee (2002-2006)	1234	Kassidy DeJong, Unity Christian (2011-2015)	1176
Beth Mathes, Melcher-Dallas (1999-2003)	1234	Taylor Rodenburgh, West Sioux (2014-17)	1176
Kelsey Hora, Highland (2014-2017)	1233	Tracy Hardee, Bedford (1995-1999)	1175
Susan Kies, Newell-Fonda (2006-10)	1233	Jade Lynn Vlotho, West Sioux (2009-2013)	1174
Kayleen Beck, BGM (2011-2015)	1233	Jamie Cavey, North Cedar (1997-2001)	1173
Brittni Donaldson, Sioux City North (2007-2011)	1232	Kennedy Dighton, Cedar Rapids Jefferson (2014-17)	1172
Carly Pagel, Sumner-Fredericksburg (2009-2012)	1232	Brianna Mensen, Maquoketa Valley (2014-17)	1172
Barb Bennett, Ames (1993-1997)	1231	Janine Gremmel, Dubuque Wahlert (1984-1988)	1172
Hillari Jennings, North Central (1993-1997)	1230	Molly Nelson, Fort Dodge (1994-1998)	1172
Tricia Floyd, Vinton (1985-1988)	1230	Kirstin Nelson, Oelwein (2005-2009)	1172
Jennifer Perkins, Fort Dodge St. Ed. (1994-1998)	1227	Jess McDowell, AGWSR (2005-2009)	1171
Jessica Balek, Mason City Newman (2009-2012)	1225	Grace Blomstedt, Red Oak (2011-2015)	1170
Kellie Metz, Tri-County (1996-2000)	1222	Kylan Straight, Logan-Magnolia (2014-18)	1170
Mary Halverson, Coon Rapids-Bayard (2008-2012)	1222	Kayla Goodchild, Clay Central-Everly (2000-2004)	1169
Amanda Brainerd, Central DeWitt (2013-2016)	1221	Kim Parker, Aurelia (1998-2002)	1169
Rachel Smith, Iowa Mennonite (1991-1995)	1221	Sara Lincoln, Central Decatur (2006-2009)	1168
Abbie Brown, Eldora-NewProvidence (1993-1996)	1221	Tonia Tauke, CB Abraham Lincoln (1992-1996)	1167
Kristi Anderson, CB Abraham Lincoln (1985-1988)	1221	Tess Myer, Mount Ayr (2004-2009)	1167
Jamie Elbert, Indianola (2006-2009)	1220	Kim Wilken, Treynor (1993-1996)	1167
Katie Nieuwsma, Pella Christian (2005-2008)	1220	Dawn Rayner, Lone Tree (1988-1992)	1167
Kelcie Bormann, Preston (2007-2011)	1218	Melissa Eighmy, Mount Ayr (1994-1998)	1166
Lindsay Chettinger, Sergeant Bluff-Luton (2000-04)	1216	Heather Best, Davenport West (1991-1995)	1162
Jill Eggers, West Marshall (1997-2001)	1215	Tember Schechinger, IKM-Manning (2008-2012)	1161
Angel Robertson, Vinton (1987-1991)	1215	Slone Masters, Storm Lake (2006-2010)	1159
Danielle Graham, Dunkerton	1214	Leah Buhmann, West Central Maynard (1993-1997)	1159
Jessie Dirks, Monticello (2000-2004)	1214	Morgan Walker, Sioux Central (2009-2012)	1159
Traci Ollendieck, Crestwood (1999-2003)	1214	Brittney Carlson, Oskaloosa, (2003-2006)	1157
Kalee Modlin, Knoxville (1998-2002)	1209	Briana Lage, SCMT/West Fork (2006-2009)	1154
Mackenzie Small, Hinton (2007-2010)	1207	Mallory Cunard, Missouri Valley (2006-2009)	1154
Fran Reis, Perry (1994-1998)	1207	Caitlin Bisinger, Midland (2007-2010)	1154
Carolyn Holm, Sigourney (2007-2010)	1206	Kaitlyn Volesky, Mount Vernon (2014-17)	1154
Anna Yung, Fort Dodge St. Edmond (2011-2015)	1206	Rachel Freland, West Marshall/PCM (2011-15)	1153
Jamie Hoover, Twin River Valley (1999-2003)	1204	Pam Iverson, Denison-Schleswig (1994-1998)	1153
Katie Reihman, Iowa Valley (1999-2003)	1204	Toni Ratliff, Shenandoah (2003-2007)	1152
Jill Foster, North Tama (1996-2000)	1204	Dani Gass, Sioux City East (2001-05)	1152
Kayla Moran, Maple Valley-AO (2011-15)	1202	Tiffany Bormann, Preston (2005-2009)	1151
Brittany Peterson, Spencer (2006-2009)	1200	Samantha Uhlenkamp, Central City (2014-17)	1151
Laurie Busching, Nashua-Plainfield (2004-2007)	1199	Paityn Hagberg, Cherokee, (2014-18)	1150
Natalie Hackbarth, Algona (2005-2010)	1198	Noreen Morrow, Harris-Lake Park (2010-2014)	1150
Alissa Dennis, Ballard (1996-2000)	1198	Kelsey Powell, Bondurant-Farrar (2001-2004)	1150
Taylor Smith, Central Decatur (2006-2009)	1197	Natalie Bright, WDM Dowling (1994-1998)	1150
Megan Murphy, North Polk (2010-14)	1197	Ashley Tull, North Linn (2014-18)	1149

Nichole Robison, Sioux City West (1996-2000)	1147	Angie Froehlich, Algona Garrigan (1996-2000)	1108
Megan Keefe, Clear Lake (1999-2003)	1146	Gina Gunsolley, Diagonal (2002-2005)	1107
Ellie Ritscher, Benton (2003-2007)	1146	Carrie Stromley, Rockwell-Swaledale (1997-2001)	1107
Tarah Colt, Akron-Westfield (2001-2005)	1146	Kate Hanneman, Center Point-Urbana (1993-1995)	1106
Kendal Brown, Moravia (2013-2016)	1145	Mackenzie Bigbee, Williamsburg (2008-2012)	1105
Emily Dolan, East Buchanan (1996-2000)	1145	Renee Roelfs, Mediapolis (1997-2001)	1105
Marival Rivera, Muscatine (1985-1989)	1145	Camryn Reeg, Bellevue (2014-18)	1102
Allison Starr, Wellsburg-St. Rock (1993-1996)	1144	Anna Sweeting, Highland (2007-2011)	1098
Jacqui Kalin, Sioux City North (2003-2007)	1143	Mikkell Korver (1997-2001)	1097
Kristen Lipps, Algona (2005-2010)	1143	Amana Simmons, Des Moines Lincoln (1989-1993)	1097
Lauren Miller, English Valleys (2011-2015)	1142	Meredith Cunningham, Knoxville (2011-2015)	1097
Katelyn McCunniff, Waterloo Columbus (2004-07)	1142	Jamie Imboden, Earlham (2006-2009)	1096
Kamryn Finley, Cedar Falls (2014-18)	1141	Brittany Holdsworth, Carroll (2009-2013)	1096
Shelby Graves, Davis County (2010-2014)	1141	Elsa Anderson, Des Moines Christian (2011-2015)	1095
Shelby Schmidt, Battle Creek-Ida Grove (2004-07)	1141	Cassidy Breon, Sergeant Bluff-Luton (2008-2012)	1095
Bridget Yoerger, Hinton (2001-2005)	1139	Casey McDermott, Newton (2004-2007)	1094
Jaime Hoegh, Atlantic (1999-2003)	1137	Courtney VanHouweling, PCM (2011-2015)	1094
Amanda Frost, Denver (2005-2010)	1137	MacKenzie Westcott, Williamsburg (2004-2008)	1094
Amber Simon, West Liberty (1998-2002)	1136	Madison Forbes, Lone Tree (2014-17)	1093
Ashley Suckles, Crestwood (2004-2008)	1135	Kristi Feldman, West Liberty (2010-2013)	1093
Abby Wedemeier, West Central Maynard	1135	Christine Logsdon, Keokuk C. Stritch (1988-1992)	1092
LeAnn Farmer, Waco (1990-1994)	1135	Rachael Mesner, Rockwell-Swaledale (1997-2001)	1091
Heather Kapler, Crestwood (1993-1997)	1135	Ashlton Connelly, Emmetsburg (2011-2015)	1090
Stephanie Howe, Northeast (1999-2003)	1134	Aftin Phye, Waverly-Shell Rock (2009-2013)	1090
Anna Volter, Decorah (2002-2005)	1133	Morgan Meyer, Sentral (2004-07)	1090
Tashika Lewis, Des Moines North (1990-1994)	1132	Shelby Rodman, Whiting (2010-2014)	1090
Jesi Barrett, Guthrie Center (1998-2002)	1131	Ashley Hagedorn, IKM-Manning (2006-2010)	1089
Lindsey Vande Wall, PCM (2006-2009)	1130	Kaisha Brown, Spirit Lake (2004-2008)	1087
Kelly Houser, Riceville (1999-2003)	1129	Jessica Stanek, Tripoli (1999-2003)	1087
Jessie Biggs, Ottumwa (1999-2003)	1128	Barb Franke, Cedar Falls (1987-1991)	1087
Shauna Boles, Murray (1996-2000)	1126	Lexi Ackerman, Central Lyon (2009-2013)	1087
Lela Sellers, Minnesota/CR Kennedy (2013-16)	1126	Erica Junod, Ankeny (1995-1999)	1087
Taryn Williams, Fremont-Mills (2011-2015)	1125	Taylor Benshoof, Winterset (2010-2013)	1086
Kelsey Homewood, Iowa City Regina (2000-04)	1125	Lana Otting, Cascade (2004-2008)	1086
Stacy Makoben, Durant (1985-1989)	1124	Kinzee Hansen, CWL (1993-1997)	1086
Brooke Nelson, Colo-Nesco (2002-2006)	1124	Cari Cimmiiyotti, St. Ansgar (2001-2004)	1085
Jescenia Mosley, Essex (2014-17)	1122	Kim Hansen, Cedar Falls (1997-2001)	1085
Tedi Andrews, Kingsley-Pierson	1121	Angie Eichhorst, Marion (1985-1988)	1084
Rachel Wedemeier, West Central Maynard (1999-2003)	1120	Mary Holmes, Cedar Rapids Regis (1985-1989)	1084
Alison Huss, Bellevue Marquette (2001-05)	1120	Jenny Vogel, Jesup (1995-1999)	1083
Jalyssa Ceasar, Sioux City North (2005-2009)	1120	Lindsey Pleuss, Boone (1997-2001)	1083
Annie Fagen, East Greene (1993-1997)	1120	Dana Weerheim, West Sioux (2008-2012)	1083
Olivia Sulentic, Interstate-35 (2009-12)	1119	Jackee Meyer, Belmond-Klemme (2014-16)	1081
Jamie Gesink, Western Christian (2011-2015)	1119	Kjerstin Back, Lake Mills (1998-2002)	1081
Jessie Fitzwater, Moulton-Udell (1996-2000)	1118	Kristine Munden, Aurelia (2003-2007)	1081
Beth Skogen, Lake Mills (1993-1997)	1117	Kim Schwartz, Hinton (1993-1997)	1078
Brianna James, Lynnville-Sully (2009-12)	1116	Adria Sheil-Brown, Central DeWitt (1996-2000)	1076
Amanda Eekhoff, Western Christian (2000-2004)	1115	Stacy Schlumbohm, West Sioux (1993-1997)	1076
Angie Ryan, Solon (1992-1995)	1115	Trisha Nesbitt, Ames (2005-2009)	1075
Amy Smith, Lone Tree (2004-2007)	1115	Ashley Nally, Bedford (1999-2002)	1075
Jenna Clark, Roland-Story (2014-18)	1112	Maria Gonzalez, West Hancock (2013-16)	1075
Emily Wenstrand, Essex (2004-2007)	1112	Emily Ivory, Bettendorf (2014-18)	1075
Haley Puk, Waterloo West (2011-2014)	1112	Abi Weideman, Iowa Falls-Alden (2006-2009)	1074
Christie Vogelgesang, Tipton (1988-1992)	1112	Kristen Weber, Earlham (2012-2015)	1074
Christina Voss, Ankeny (2002-04)	1112	Maci Griffith, Vinton-Shellsburg (2013-2016)	1074
Nicole Denman, Ballard (1998-2002)	1112	Rachel Mercer, Kingsley-Pierson (2013-16)	1074
Kiana Barney, Cedar Falls (2014-18)	1111	Hannah Redenius, Battle Creek-Ida Grove (2006-09)	1072
Jordan Gillenwater, Council Bluffs AL (2008-2011)	1110	Brittany Fish, Marion (2006-2010)	1072
Alyssa Green, Cedar Rapids Washington (2003-06)	1110	Lindsey Reis, Coon Rapids-Bayard (2005-09)	1071
Trish Miller, Newell-Fonda (1996-2000)	1108	Kate Letkewicz, Waterloo West (2011-2014)	1071
Sarah Larsen, IKM (1993-1996)	1108	Lauren Hedlund, Hinton (2010-2014)	1070

Shayla Barnes, Roland-Story (2006-2009)	1069	Kelsie Willert, St. Ansgar (2012-16)	1037
Jewell Gasteiger, Lake Mills (2014-18)	1069	Kalli Rasmussen, IKM-Manning (2011-2015)	1037
Kelly Keerar, West Hancock (2014-18)	1068	Janey Botkins, Durant (2013-16)	1036
Lindsey Boldt, Mount Pleasant (2002-2006)	1068	Adrienne Trauger, Twin River Valley (1999-2003)	1036
Briana Schauble, Kingsley-Pierson (2004-09)	1067	Jordyn Moser, Harlan (2013-16)	1035
Kaitlin Rosenbeck, Guthrie Center (2005-2010)	1066	Katie Meyer, Belmond-Klemme (1998-2002)	1034
Jill Walters, North Scott (2002-2006)	1066	Pamela Masker, Underwood (2000-2004)	1034
Kim Shoars, St. Ansgar (1997-2000)	1066	Katie Sobotka, Diagonal (2014-18)	1033
Abby Reinhard, Eldora-New Providence (1999-2003)	1066	Kayla Pirtle, Cedar Rapids Washington (1991-1995)	1033
Kelley Trimble, West Branch (2010-2012)	1066	Ashley Hansen, Newton (1997-2003)	1033
Felicity Jackson, CAM (2014-17)	1066	Kayla Pirtle, Cedar Rapids Washington (2002-05)	1033
Emma Dau, Spirit Lake (2011-2015)	1065	Kaitlyn Johnson, Van Buren (2011-2015)	1032
Jodi Purdy, Winterset (2001-2005)	1065	Molly Parrott, Lewis Central (1994-1998)	1032
Raegan Boothe, Central Decatur (2014-17)	1064	Andrea Robertson, Vinton-Shellsburg (1992-1996)	1030
Rachel Struve, South O'Brien (2010-2014)	1063	Hannah Sitzmann, SL SM/Gehlen Catholic (2010-14)	1030
Rebecca Mulliken, Waco (1990-1994)	1061	Jena Bamrick, Rockwell-Swaledale (2004-2007)	1029
Sarah Larsen, Mid-Prairie (1998-2002)	1061	Ashton Moody, Hinton (2008-2011)	1028
Natalie Potter, Moulton-Udell (2009-2013)	1060	Katie Almeida, Shenandoah (1997-2001)	1027
Dani Benson, West Marshall (2002-2006)	1060	Nicole Burgin, Oelwein (2010-2014)	1026
Johanna Vaske, Algona Garrigan (2014-18)	1059	Megan Weirather, Central Lee (2003-2006)	1026
Courtney Coffin, Burlington Notre Dame (2011-2015)	1059	Darcy Waldron, Cedar Rapids LaSalle (1988-1992)	1025
Krystal Grundmeier, Belmond-Klemme (1998-2002)	1058	Barb Cole, Muscatine (1985-1988)	1024
Sidney Beckman, Panorama (2010-2013)	1058	Danikah Grobe, AHSTW (2011-2015)	1023
Steph Reiter, Union (2004-2008)	1057	Jessica Kruger, AGWSR (1995-99)	1023
Beth Driscoll, Linn-Mar (1990-1994)	1056	Kerri Carpenter, Tipton (1991-1995)	1023
Joanne Woepking, Columbus (1989-1993)	1056	Denise Sump, Clarinda (1993-1996)	1023
Bridget Doeden, Sibley-Ocheyedan (2010-2014)	1056	Lisa Frese, Norway (1986-1990)	1022
Jackie Olson, MOC-Floyd Valley (1992-1996)	1055	Emma Kelchen, Bellevue (2014-18)	1021
Leslie Budak, Norway and Benton (1988-1992)	1054	Jena Blint, New London (2003-2007)	1021
Ebby Prewitt, Des Moines Christian (2013-16)	1052	Michelle Nason, IC West & IC High (1986-1990)	1021
Kari Mutcschler, AGWSR (2003-2007)	1052	Ashton Glaus, Morningstar & Bettendorf (2011-15)	1020
Karter Miller, CAL (2010-2014)	1052	Beth Wastson, Elk Horn-Kimballton (1998-2002)	1020
Carissa Stiefel, Burlington (1989-1993)	1052	Kaci Klenk, Mediapolis (1990-1994)	1020
Rachel Binneboese, MOC-Floyd Valley (1993-1997)	1052	Kayla Lindenmeyer, Bedford (2010-2013)	1019
Jami Bertelsen, Missouri Valley (1996-2000)	1052	Megan Ryan, North Mahaska (1998-2001)	1019
Summer Gordon, Sioux City North/West (2007-2011)	1051	Kristi De Jager, MOC-Floyd Valley (1994-98)	1019
MaKayla Augustine, Bishop Heelan (2009-2013)	1049	Laura Rowan, Hampton-Dumont (1999-2003)	1019
Meg Tierney, Union (1997-2000)	1048	Morgan Johnson, Earlham (2010-14)	1019
Britni Freed, Hinton (2006-2009)	1047	Ashley Kovarik, Crestwood (2006-2010)	1018
Devyn Kemble, Panorama (2014-18)	1047	Corinna Schropp, New London (1997-2001)	1018
Ashley Hansen, Newton (2000-03)	1046	Peg Loecke, West Delaware (1987-1991)	1017
Angie Mohr, Dubuque Senior (1986-1990)	1046	Tracie Olerich, Des Moines Lincoln (1988-1992)	1017
Michelle Mahmens, Northeast (1995-1999)	1046	Sara Fedler, Holy Trinity Catholic	1016
Laura Johnson, Cedar Falls (2005-2010)	1046	Molly Boylan, Exira (2006-2009)	1016
Allison Emrich, Vinton-Shellsburg (2008-11)	1045	Linissa Bowman, Preston (1997-2001)	1016
Julie Kaesbauer, Dubuque Hempstead (1984-1987)	1045	Maddie Disney, Clarion-Goldfield-Dows (2013-16)	1016
Hannah Stafford, Pocahontas Area (2010-2014)	1044	Holly Halstead, Hudson (2008-11)	1015
Amber DeRiemacker, West Liberty (1996-2000)	1044	Brenna Lanser, Lynnville-Sully (2014-17)	1015
Peyton Olson, Mason City Newman (2014-18)	1043	Abbie Ackerman, Central Lyon (2006-2009)	1015
Maya Johnson, Mediapolis (2014-18)	1042	Savanna Thornton, Bedford	1014
Casie Christensen, North Polk (2006-2009)	1041	Leah Riley, North Fayette (2004-2007)	1014
Kandy Beemer, Bedford (2002-05)	1041	Sarah Matus, Springville (2011-2015)	1012
Shayla Dean, Colo-Nesco (2011-2015)	1040	Heidy PemsI, Dubuque Wahlert (1990-1994)	1012
Traci Keller, Central Lee (2010-2013)	1040	Allison Cooper, Ventura (1993-1996)	1012
Kris Neuberger, Garner-Hayfield (1993-1997)	1040	Emma Krier, Remsen St. Mary's (2007-2011)	1012
Melanie Willadsen, Pleasant Valley (1987-1991)	1040	Carie O'Brien, Independence (1989-1993)	1011
Sam Norris, Martensdale St. Marys (2007-2011)	1040	Tracy Reed, Riverside (1995-1999)	1011
Steph Botkin, Cedar Rapids Kennedy (2011-2015)	1039	Jenny Anderson, Winfield-Mt. Union (1994-1998)	1009
Jen Allen, Grinnell (2003-2006)	1038	Kim McCaffrey, Carroll (1994-1996)	1009
Cheyann Adamson, Highland (2013-16)	1038	Jenny Siebrecht, Carroll (2000-2002)	1009
Rachel Wedemeier, West Central (1999-2003)	1037	Grace Rehstrom, Sioux Central (2008-2011)	1008

Melissa Haglund, Northeast Hamilton (2000-2004)	1008
Jodi Putman, Bellevue (1991-1995)	1007
Stacy Boerema, Clinton (1998-2002)	1006
Angie Carnahan, Ottumwa (1990-1994)	1005
Emily Cecil, Harmony (1993-1997)	1004
Kate Sievers, East Central (1999-2003)	1004
Jodi Nikkel, Lynnville-Sully (2001-05)	1003
Val Feller, Preston (1992-1996)	1003
Katie Hemphill, South Hamilton (2008-2011)	1003
Whitney VanderMaten, Boyden-Hull (2008-2012)	1003
Dana Kester, Jesup (1996-2000)	1003
Hannah Lau, Garner-Hayfield-Ventura (2014-17)	1003
Ashley Babbitt, Earlham (2003-2006)	1002
Heather Block, George-Little Rock (1995-99)	1002
Kelsi Phipps, Mount Pleasant (2011-2015)	1002
Shelby Bailey, East Buchanan (2006-2010)	1001
Teri Blood, West Marshall (1994-1998)	1001
Kendall Brown, Moravia (2013-16)	1000
Erin Gerke, Newell-Fonda (2014-17)	1000
Sara Wittenburg, Tripoli (1996-2000)	1500+
Kristin Popovics, Marion (1996-2000)	1500+
Amber Sobotka, Diagonal (1994-1998)	1600+
Kylene Stamps, Diagonal	1200+
Katie Maguire, Treynor (1998-2002)	1200+
Natalie White, Dubuque Senior (2002-2005)	1200+
Amanda Focht, Villisca (2010-2013)	1000+
Jill Vanderhoof, Villisca (2010-2013)	1000+
Taylor Shull, Mount Pleasant (2008-2013)	1000+

SEASON TOTAL POINTS

Deb Remmerde, Rock Valley, 2003	859
Ellie Ruffridge, Pocahontas Area, 2017	840
Abby Roe, Van Buren, 1996	817
Margo Muhlbauer, IKM, 2006	811
Liz Trauger, Twin River Valley, 2006	805
Jennifer Jorgensen, SE Webster-Grand, 2007	804
Ashley Joens, Iowa City High, 2018	798
Jennifer Jorgensen, SE Webster-Grand, 2008	794
Deb Remmerde, Rock Valley, 2002	770
Elle Ruffridge, Pocahontas Area, 2016	766
Trisha Heiden, Northeast Hamilton, 1995	762
Lindsey Meder, Solon, 1998	742
Jennifer Goetz, Keokuk Cardinal Stritch, 2002	739
Amber Harrington, Davenport North, 2010	737
Elle Ruffridge, Pocahontas Area, 2015	733
Shelby Hembera, Cedar Valley Christian, 2014	730
Nicole Miller, New London, 2015	716
London Vais, Adair-Casey, 2014	707
Hallie Christofferson, Exira, 2010	704
Janel Grimm, Montezuma, 1994	695
Jennifer Goetz, Cardinal Stritch, 2003	695
Molly Tideback, Waterloo Columbus, 1987	692
Brenda Frese, Cedar Rapids Washington, 1988	692
Amy Meggers, IKM, 2000	684
Anne O'Neil, Cedar Rapids Kennedy, 1999	678
Nina Smith, Waterloo West, 1999	672
Liz Trauger, Twin River Valley, 2006	670
Deb Remmerde, Rock Valley, 2001	667
Liz Trauger, Twin River Valley, 2005	659
Nicole Miller, North-Linn, 2014	657

Jennifer Jorgensen, Southeast Webster-Grand, 2006	653
Trisha Heiden, Northeast Hamilton, 1994	653
Jasmine Demers, Storm Lake St. Mary, 2014	651
Kelsey Bolte, Battle Creek-Ida Grove, 2007	650
Margo Muhlbauer, IKM, 2005	650
Anne O'Neil, Cedar Rapids Kennedy, 2000	649
Kayla Waskow, Dunkerton, 2008	647
Kary Dawson, Sibley-Ocheyedan, 1995	644
Kala Kuhlman, Charter Oak-Ute, 2004	643
Karen Schulte, Cedar Rapids Jefferson, 1993	641
Mary Berdo, Washington, 1996	640
Rachele Clark, Des Moines East, 1991	639
Alison Lucy, Treynor, 1994	637
Brianne Schoonover, Fredericksburg, 1998	635
Kelsey Bolte, Battle Creek-Ida Grove 2006	632
Ally Disterhoft, Iowa City West, 2013	631
Mary Berdo, Washington, 1995	631
Jill Martin, Norwalk, 2003	631
Kiah Stokes, Linn-Marr, 2011	625
Sara Yager, Armstrong-Ringsted, 1994	625
Morgan Paige, Marion, 2010	624
Caitlin Clark, Dowling Catholic, 2018	623
Ann Cavey, North Cedar, 1998	622
Johanna Myers, Burlington Notre Dame, 2017	621
Shelley Sheetz, Cedar Rapids Kennedy, 1991	620
Ashtyn Veerbeek, Western Christian, 2018	619
Jody Dean, Postville, 1995	618
Jodi Putman Bellevue 1995	618
Elisha Turek, CB Abraham Lincoln, 2003	616
Anne O'Neil, Cedar Rapids Kennedy, 1998	615
Ellie Herzberg, Manson-NW Webster, 2013	614
Kala Kuhlmann, Charter Oak-Ute, 2006	613
Elle Ruffridge, Pocahontas Area, 2014	612
Carli Tritz, Sioux City Bishop Heelan	610
Liz Trauger, Twin River Valley, 2003	609
Sara Stribe, Carroll, 1997	608
Lindsay Hoehns, Twin Cedars, 2009	606
Stephanie Rich, Washington, 2000	605
Hallie Christofferson, Exira, 2009	605
Jessica Nikkel, Lynnville-Sully, 1999	603
Molly Tideback, Waterloo Columbus, 1986	603
Megan Meyer, Mason City, 2018	602
Sara Stribe, Carroll, 1996	602
Monica Huelman, Vinton-Shellsburg, 1996	601
Robin Threatt, Cedar Rapids Jefferson, 1988	599
Kailey Burke, Hinton, 2016	597
Tammi Blackstone, Cherokee, 1996	597
Abby Roe, Van Buren, 1995	596
Karen Hutson, Logan-Magnolia, 2010	595
Tarah Cullen, Fort Madison Aquinas, 2004	593
Ashtyn Veerbeek, Western Christian, 2017	592
Kaely Hummel, Cherokee, 2016	591
Ellen Gallagher, Woodbury Central, 2014	591
Stacey Schutjer, WCLT, 2008	587
Lindsey Meder, Solon, 1997	586
Jill Johnson, Rockwell City-Lytton, 2003	586
Amber Harrington, Davenport North, 2009	585
Kristin Turk, Des Moines Lincoln, 2006	582
Marsha Frese, Cedar Rapids Washington, 1990	582
Shellie Mosman, Carroll, 2006	581
Carrie Norman, Lynnville-Sully, 1999	580

Angie Schinstock, Central Lee, 2000	579
Jessie Pauley, OA-BCIG, 2012	577
Stephanie Rich, Washington, 1999	576
Lindsay Hoehns, Twin Cedars, 2007	576
Erin Fox, Denver, 1995	576
Shellie Mossman, Carroll, 2006	575
Jennifer Goetz, Keokuk Cardinal Strich, 2001	575
Katie Schechinger, IKM, 2008	573
Kati Jo Christensen, Audubon, 2006	573
Angie Froehlich, Algona Garrigan, 2000	569
Kayla Waskow, Dunkerton, 2007	567
Sienna Durr, Grinnell, 2018	565
Alexis Conaway, MOC-Floyd Valley, 2014	565
Molly Tideback, Waterloo Columbus, 1988	564
Aimee Osborne, Sidney, 2010	562
Rachel Binneboese, MOC-Floyd Valley, 1997	562
Stephanie Rich, Washington, 2001	562
Jamie Armstrong, Essex, 1997	561
Olivia Mennen, Hampton-Dumont, 1995	561
Kate Hanneman, Center Point-Urbana, 1995	561
Zoey Artist, CAM, 1997	560
Jennifer Gries, Elk Horn-Kimballton, 1999	559
Amber Smith, East Union, 2002	557
Amy Larson, Denison-Schleswig, 2004	557
Sara Stribe, Carroll, 1998	556
Carleigh Paup, Paton-Churdan, 2015	555
Shelli Mosman, Carroll, 2006	554
Tricia Floyd, Vinton, 1988	554
Margo Muhlbaurer, IKM, 2004	554
Jessica Gerhart, Sentral, 2003	554
Liz McBride, Moravia, 1997	553
Rachel Yeggy, Highland, 2006	553
Brittany Lange, Sac City, 2005	553
Anne O'Neil, Cedar Rapids Kennedy, 1997	552
Christa Subbert, Stanton, 2007	552
KJ Veldman, Spirit Lake, 2012	551
Kristin Turk, Des Moines Lincoln, 2007	551
Jill Martin, Norwalk, 2002	551
Kerri Delaney, Waterloo West, 1992	551
Elizabeth Sneed, Malvern, 2003	550
Kylie Williamson, Bondurant-Farrar, 1999	550
Christy Holtkamp, Central Lee, 1993	550
Jessie Pauley, OA-BCIG, 2011	550

Junior Leaders

Jennifer Jorgensen, SE Webster-Grand	804
Deb Remmerde, Rock Valley, 2002	770
Elle Ruffridge, Pocahontas Area, 2016	766
Jennifer Goetz, Keokuk Cardinal Strich, 2002	739
Shelby Hembera, Cedar Valley Christian, 2014	730

Sophomore Leaders

Elle Ruffridge, Pocahontas Area, 2015	733
Deb Remmerde, Rock Valley, 2001	667
Jennifer Jorgensen, Southeast Webster-Grand	653
Kary Dawson, Sibley-Ocheyedan, 1995	644
Kala Kuhlmann, Charter Oak-Ute, 2004	643

Freshman Leaders

Elle Ruffridge, Pocahontas Area, 2014	612
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Liz Trauger, Twin River Valley, 2003	609
Lindsay Hoehns, Twin Cedars, 2007	576
Anne O'Neil, Cedar Rapids Kennedy, 1997	552
Ellie Peterson, Cedar Falls, 1999	501

CAREER FIELD GOAL PERCENTAGE

Tammi Blackstone, Cherokee, 1996	869-1168	.744
Angella Welch, DM Lincoln, 1996	352-493	.714
Erin Wibholm, West Marshall, 2001	666-942	.707
Nina Smith, Waterloo West, 1999	831-1169	.702
Lisa Reitsma, Western Christian, 1994	389-561	.693
Tonia Tauke, CB Abraham Lincoln, 1996	576-837	.688
Ellie Peterson, Cedar Falls, 2002	733-1074	.682

FIELD GOAL PERCENTAGE

Yearly Leaders

2018 — Sharon Goodman, Crestwood	26	228-305	.748
2017 — Aimee Adams, Kuemper Catholic	23	141-195	.723
2016 — Beth Atwood, Pekin	25	189-267	.708
2015 — Grace Berg, Indianola	22	136-199	.683
2014 — Bailey Kibsgaard, Clear Lake	25	87-132	.659
2013 — Aftin Phyfe, Waverly-Shell Rock	25	141-199	.709
2012 — Kellie Schmit, West Hancock	26	165-237	.696
2011 — Kiah Stokes, Linn-Mar	25	259-375	.691
2010 — Carli Tritz, Sioux City Heelan	27	242-367	.659
2009 — Kiah Stokes, Linn-Mar	25	173-245	.714
2008 — Kristen Twait, Manson-NW Webster	23	97-140	.693
2007 — McKenya Johnson, DM Roosevelt	21	92-134	.690
2006 — Jessica Hunecke, Cherokee	26	173-245	.706
2005 — Michelle Lund, Heelan Catholic	16	145-164	.884
2004 — Stephanie Chelleen, DM Lincoln	23	177-348	.714
2003 — Jenny Bridgewater, Benton	19	105-152	.691
2002 — Ellie Peterson, Cedar falls	21	168-240	.700
2001 — Erin Wibholm, West Marshall	25	180-235	.766
2000 — Erin Wibholm, West Marshall	27	201-278	.723
1999 — Nina Smith, Waterloo West	26	279-364	.766
1998 — Brie Noonan, Maquoketa Valley	19	106-140	.757
1997 — Casey Spree, Aplington-Parkersburg	19	169-236	.716
1996 — Tammi Blackstone, Cherokee	21	256-33	.769
1995 — Tammi Blackstone, Cherokee	20	255-324	.787
1994 — Tammi Blackstone, Cherokee	20	228-311	.733
1993 — Lisa Reitsma, Western Christian	24	177-245	.722
1992 — Kerri Delaney, Waterloo West	23	235-346	.679
1991 — Sarah Pearson, WDM Dowling	12	117-178	.657
1990 — Lisa Freese, Norway	20	183-27	.685
1989 — Katie McFadden, Marshalltown	20	136-190	.716
1988 — Molly Tideback, Waterloo Columbus	25	227-354	.641
1987 — Molly Tideback, Waterloo Columbus	26	288-421	.684
1986 — Robin Threatt, CR Jefferson	27	130-212	.613
1985 — Juli Campbell, Linn-Mar	26	183-319	.574

All-Time Leaders

Michelle Lund, Sioux City Heelan, 2005	16	145-164	.884
Tammi Blackstone, Cherokee, 1995	20	255-324	.787
Tammi Blackstone, Cherokee, 1996	21	256-330	.769
Erin Wibholm, West Marshall, 2001	25	180-235	.766

Nina Smith, Waterloo West, 1999	26	279-364	.766
Brie Noonan, Maquoketa Valley, 1998	19	106-140	.757
Katie Greller, MOC-Floyd Valley, 1996	19	79-103	.753
Sharon Goodman, Crestwood, 2018	26	228-305	.748
Tammi Blackstone, Cherokee, 1994	20	228-311	.733
Kim Hanson, Cedar Falls, 2001	26	176-241	.730
Alison Magel, Pella, 1996	13	75-103	.728
Erin Wibholm, West Marshall, 2000	23	201-278	.723
Lisa Reitsma, Western Christian, 1993	24	177-245	.722
Kelly Erickson, Midland, 1995	20	163-226	.721
Michelle Burvee, Waterloo Columbus, 1998	23	188-261	.720
Aimee Adams, Kuemper Catholic, 2017	23	141-195	.723
Kiah Stokes, Linn-Mar, 2009	25	173-246	.717
Casey Spree, Aplington-Parkersburg, 1997	19	169-236	.716
Katie McFadden, Marshalltown, 1989	20	136-190	.716
Shari Davis, Denver, 1999	27	216-302	.715
Stephanie Chelleen, DM Lincoln, 2004	23	177-348	.714
Aftin Phylfe, Waverly-Shell Rock	25	141-199	.709
Shari Davis, Denver, 1997	23	161-227	.709
Andrea Milner, Griswold, 1998	17	85-120	.708
Beth Atwood, Pekin, 2016	25	189-267	.708
Ellie Peterson, Cedar Falls, 1999	26	208-294	.707
Aimee Adams, Kuemper Catholic, 2018	20	109-155	.703
Shari Davis, Denver, 1998	21	155-221	.701
Ellie Peterson, Cedar Falls, 2002	21	168-240	.700
Kelsey Sukovaty, Manson-NW Webster	21	152-217	.700
Nina Smith, Waterloo West, 1998	20	174-249	.699

Junior Leaders

Tammi Blackstone, Cherokee, 1995	20	255-324	.787
Erin Wibholm, West Marshall, 2000	27	201-278	.723
Lisa Reitsma, Western Christian, 1993	24	177-245	.722
Casey Spree, Aplington-Parkersburg, 1997	19	169-236	.716
Aimee Adams, Kuemper Catholic, 2018	20	109-155	.703

Sophomore Leaders

Brie Noonan, Maquoketa Valley, 1998	19	106-140	.757
Sharon Goodman, Crestwood, 2018	26	228-305	.748
Tammi Blackstone, Cherokee, 1994	20	228-311	.733
Aimee Adams, Kuemper Catholic, 2017	23	141-195	.723
Kiah Stoekes, Linn-Mar, 2009	25	173-246	.717

Freshman Leaders

Michelle Lund, Heelan Catholic, 2005	16	145-164	.884
Ellie Peterson, Cedar Falls, 1999	26	208-294	.707
Amanda Zimmerman, Ballard, 2006	27	207-296	.697
Grace Berg, Indianola, 2015	22	136-199	.683
Nina Smith, Waterloo West, 1996	21	163-245	.665

TOTAL FIELD GOALS

Season Leaders

Liz Trauger, Twin River Valley, 2006	25	326-577	.618
Deb Remmerde, Rock Valley, 2003	29	318-548	.590
Trisha Heiden, NE Hamilton, 1995	27	309-493	.627
Abby Roe, Van Buren, 1996	21	307-703	.437
Deb Remmerde, Rock Valley, 2002	29	298-499	.597
Karen Schulte, CR Jefferson, 1993	27	297-469	.633
Amber Harrington, Davenport North, 2010	21	296-589	.503
Jennifer Jorgensen, SE Webster-G, 2008	26	296-481	.615

Lindsey Meder, Solon, 1998	27	295-479	.616
Molly Tideback, Waterloo Columbus, 1987	26	288-421	.684
Elle Ruffridge, Pocahontas Area, 2017	28	287-493	.582
Jennifer Goetz, Cardinal Stritch, 2003	16	287-450	.637
Jennifer Goetz, Cardinal Stritch, 2002	27	287-473	.606
Brenda Frese, CR Washington, 1988	26	282-496	.569
Nina Smith, Waterloo West, 1999	26	279-364	.766
Jennifer Jorgensen, SE Webster, 2007	26	276-452	.610
Janel Grimm, Montezuma, 1994	24	276-424	.651
Ashley Joens, Iowa City High, 2018	26	275-445	.618
Shelby Hembera, CValley Christian, 2014	22	269-657	.409
Jessica Nikkel, Lynnville-Sully, 1999	29	268-399	.672
Deb Remmede, Rock Valley, 2001	27	268-493	.544
Brianne Schoonover, Fredericksburg-1998	19	265-540	.491
Ann Cavey, North Cedar, 1998	25	265-416	.637
Nicole Miller, North Linn, 2015	27	264-489	.540
Trisha Heiden, NE Hamilton, 1994	24	260-414	.628
Jody Dean, Postville, 1995	24	260-560	.464
Jodi Putman, Bellevue, 1995	24	260-430	.605

Junior Leaders

Deb Remmerde, Rock Valley, 2002	29	298-499	.597
Molly Tideback, Waterloo Columbus, 1987	26	288-421	.684
Jennifer Goetz, Cardinal Stritch, 2002	27	287-473	.606
Jennifer Jorgensen, SE Webster, 2007	26	276-452	.610
Trisha Heiden, NE Hamilton, 1994	24	260-414	.628

Sophomore Leaders

Deb Remmede, Rock Valley, 2001	27	268-493	.544
Kala Kuhlmann, 2004, Charter Oak-Ute	23	255-480	.531
Molly Tideback, Waterloo Columbus, 1986	25	251-410	.612
Elle Ruffridge, Pocahontas Area, 2015	27	243-501	.485
Jennifer Jorgensen, SE Webster, 2006	26	244-411	.593

Freshman Leaders

Liz Trauger, Twin River Valley, 2003	24	228-367	.621
Lindsay Hoehns, Twin Cedars, 2007	23	216-435	.500
Ellie Peterson, Cedar Falls, 1999	26	208-294	.707
Elle Ruffridge, Pocahontas Area, 2014	25	200-406	.493
Brittany Heins, Postville, 2003	24	198-319	.621
Anne O'Neil, CR Kennedy, 1997	21	194-391	.496

FIELD GOALS ATTEMPTED

Season Leaders

Abby Roe, Van Buren, 1996	21	307-703	.437
Shelby Hembera, CValley Christian, 2014	22	269-657	.409
Amber Harrington, Davenport North, 2010	21	296-589	.503
Liz Trauger, Twin River Valley, 2006	25	326-577	.618
Kary Dawson, Sibley-Ocheyedan, 1995	26	229-566	.405
Jody Dean, Postville, 1995	24	260-560	.464
Shelley Sheetz, CR Kennedy, 1991	27	249-551	.452
Deb Remmerde, Rock Valley, 2003	29	318-548	.590
Alison Lucy, Treynor, 1994	28	256-544	.471
Emilee Earlywine, West Harrison, 2013	23	149-543	.274
Brianne Schoonover, Fredericksburg-1998	19	265-540	.491
Kary Dawson, Sibley-Ocheyedan, 1996	25	187-528	.354
Amber Harrington, Davenport North, 2009	22	229-526	.435
Kami Kuhlman, Charter Oak-Ute, 2007	22	194-526	.368

Junior Leaders

Shelby Hembera, CValley Christian, 2014	22	269-657	.409
Kary Dawson, Sibley-Ocheyedan, 1966	25	187-528	.354
Amber Harrington, Davenport North, 2009	22	229-526	.435
Margo Muhlbauer, IKM, 2005	27	257-506	.508
Suzanna Yoder, Iowa Mennonite, 2018	22	162-506	.320

Sophomore Leaders

Kary Dawson, Sibley-Ocheyedan, 1995	26	229-566	.405
Elle Ruffridge, Pocahontas Area, 2015	27	243-501	.485
Deb Remmede, Rock Valley, 2001	27	268-493	.544
Caitlin Clark, Dowling Catholic, 2018	23	221-491	.450
Tashika Lewis, DM North, 1992	23	161-487	.331

Freshman Leaders

Lindsay Anderson, New London, 1993	20	147-450	.327
Macy Williams, Fredmont-Mills, 2012	23	135-442	.305
Lindsay Hoehns, Twin Cedars, 2007	23	216-435	.500
Chrislyn Carr, Davenport West, 2015	21	167-417	.400
Elle Ruffridge, Pocahontas Area, 2014	25	200-406	.493

CAREER FREE THROW PCT

Deb Remmerde, Rock Valley, 2003	257-269	.955
Jaime Printy, Linn-Mar, 2009	319-360	.886
Erin Richards, Mason City, 1998	330-375	.880
Riley Kilbride, Burlington Notre Dame, 2016	301-343	.878
Mary Berdo, Washington, 1996	410-484	.847
Paige Greiner, Williamsburg, 2014	271-321	.844
Kaisha Brown, Spirit Lake, 2008	257-307	.837
Kellsey Bolte, Battle Creek-Ida Grove	305-370	.824
Julie Rittgers, WDM Vlalay, 1991	331-402	.823
Jessica Leix, Newton, 1994	196-239	.820
Erin Maher, Davenport Assumption, 1985	283-346	.818

FREE THROW PERCENTAGE

Yearly Leaders

2018 — Rylie Rucker, North Scott	23	55-62	.887
2017 — Krystal Tranel, Dubuque Wahlert	16	65-70	.916
2016 — Riley Kilbride, Burlington ND	25	105-116	.905
2015 — Riley Kilbride, Burlington ND	25	85-93	.914
2014 — Grace VanderWeide, WDM Valley	24	80-87	.920
2013 — Paige Greiner, Williamsburg	24	80-89	.899
2012 - Liz Skotowski, Mount Vernon	22	45-48	.938
2011 — Paige Greiner, Williamsburg	24	59-69	.855
2010 — Andrea Anderson, MOC-Floyd Valley	23	41-46	.891
2009 — Jaime Printy, Linn-Mar	25	91-101	.911
2008 — Jaime Printy, Linn-Mar	25	99-110	.900
2007 — Mindy Hutchcroft, AGWSR	25	62-69	.900
2006 — Katelyn McCunniff, W. Columbus	14	79-84	.941
2005 — Ally Weaver, Iowa City West	21	61-70	.871
2004 — Chelsie Luhring, Grundy Center	25	77-85	.906
2003 — Sam Reiser, Waukon	19	58-60	.967
2002 -- Deb Remmerde, Rock Valley	29	83-84	.988
2001 — Deb Remmede, Rock Valley	27	66-69	.957
2000 — Jenny Laursen, Sac City	19	76-89	.854
1999 — Erica Junod, Ankeny	27	122-142	.859
1998 — Erin Richards, Mason City	19	73-76	.961

1997 -- Erin Richards, Mason City	22	103-120	.858
1996 -- Mary Berdo, Washington	25	160-181	.884
1995 -- Mary Berdo, Washington	23	121-139	.871
1994 -- Mindi Andringa, Pella Christian	20	48-52	.923
1993 -- Melissa Krueger, Lone Tree	21	54-65	.831
1992 -- Melissa Krueger, Lone Tree	22	57-62	.919
1991 -- Julie Rittgers, WDM Valley	18	108-120	.900
1990 -- Terry Whitlow, Louisa-Muscatine	17	55-65	.846
1989 -- Lori French, CB Abraham Lincoln	17	35-42	.833
1988 -- Erin Maher, Davenport Assumption	22	117-137	.854
1987 -- Brenda Frese, CR Washington	23	78-89	.876
1986 -- Sue Beavers, WDM Valley	18	60-74	.811
1985 -- Linda Hillebrand, Davenport West	20	42-48	.875

All-Time Leaders

Deb Remmerde, Rock Valley, 2002	29	83-84	.988
Sam Reiser, Waukon, 2003	19	58-60	.967
Erin Richards, Mason City, 1998	19	73-76	.961
Deb Remmerde, Rock Valley, 2001	27	66-69	.957
Deb Remmerde, Rock Valley, 2003	29	79-83	.951
Katelyn McCunniffs, W'loo Columbus, 2006	14	79-84	.941
Liz Skotowski, Mount Vernon, 2012	22	45-48	.938
Mindi Andringa, Pella Christian, 1994	20	48-52	.923
Krystal Tranel, Dubuque Wahlert, 2017	16	65-70	.929
Grace Vander Weide, WDM Valley, 2014	25	80-87	.920
Melissa Krueger, Lone Tree, 1992	22	57-62	.919
Elle Ruffridge, Pocahontas Area, 2017	28	109-119	.916
Riley Kilbridge, Burlington Notre Dame, 2015	25	85-93	.914
Riley Kilbride, Burlington Notre Dame, 2016	25	105-116	.905
Chelsie Luhring, Grundy Center, 2004	25	77-85	.906
Bridget O'Malley, Dowling Catholic, 2003	23	47-52	.904
Elle Ruffridge, Pocahontas Area, 2016	27	140-155	.903
Amy Hamilton, Ames, 2006	20	64-71	.901
Jaime Printy, Linn-Mar, 2008	25	99-110	.900
Julie Rittgers, WDM Valley, 1991	18	108-120	.900
Paige Greiner, Willaimsburg, 2013	24	80-89	.899
Mindy Hutchcroft, AGWSR	25	62-69	.899
Elle Ruffridge, Pocahontas Area, 2014	25	133-149	.893
Jessie Pauley, OA-BCIG, 2012	27	98-110	.891
Andrew Anderson, MOC-Floyd Valley, 2010	23	41-46	.891
Alicia Wright, Urbandale, 2007	23	58-65	.890
Tiffany Reedy, Union, 2002	24	89-100	.890
Amanda Brainerd, Central DeWitt, 2016	20	88-99	.889
Casey Huber, Denver, 2004	25	80-90	.889
Lucy Montgomeroy, WDM Valley, 2010	23	80-90	.889
Lindsey Meder, Solon, 1998	27	94-106	.887
Rylie Rucker, North Scott, 2018	23	55-62	.887
Liz Reschly, Davenport Central, 1992	15	62-70	.886
Taylor McBroom, Mormon Trail	17	46-52	.885
Codee Myers, Ankeny, 2016	20	69-78	.885
Mary Berdo, Washington, 1996	25	160-181	.884
Erin Richards, Mason City, 1996	21	83-94	.883
Kassidi Steel, North Mahaska, 2018	32	59-67	.881
Kelli Goodrich, Iowa City West, 2007	21	44-50	.880
Natalie Moon, Denver, 2004	25	73-83	.880
Mollie Sir, Crestwood, 2009		51-58	.879
Michelle Junod, Ankeny, 1996	22	94-107	.879
Dani Craig, Iowa City West, 2013	24	50-57	.877
Brenda Frese, CR Washington, 1987	23	78-89	.876
Linda Hillebrand, Davenport West, 1987	23	78-89	.876

Junior Leaders

Deb Remmerde, Rock Valley	29	83-84	.988
Krystal Tranel, Dubuque Wahlert	16	65-70	.923
Grace Vander Weide, WDM Valley, 2014	24	80-87	.920
Melissa Krueger, Lone Tree, 1992	22	57-62	.919
Riley Kilbride, Burlington-ND, 2015	25	85-98	.914

Sophomore Leaders

Sam Reiser, Waukon, 2003	19	58-60	.967
Deb Remmerde, Rock Valley, 2001	27	66-69	.957
Mindi Andringa, Pella Christian, 1994	20	48-52	.923
LaTracia Ceaser, Waterloo West	22	67-75	.893
Erin Richards, Mason City, 1996	21	83-94	.883

Freshman Leaders

Elle Ruffridge, Pocahontas Area, 2014	25	133-149	.890
Paige Greiner, Williamsburg, 2011	24	59-69	.855
Erin Richards, Mason City, 1995	22	71-85	.835
Shelby Schmidt, Battle Creek-IG, 2004	25	55-67	.821
Ally Disterhoft, Iowa City West, 2010	23	48-59	.814
Anne O'Neil, CR Kennedy, 1997	21	124-154	.805

TOTAL FREE THROWS

Season Leaders

Jennifer Jorgensen, SE Webster Grand, 07	26	232-291	.797
Jasmine Demers, Storm Lake St. Mary, 14	23	216-290	.745
Ashley Joens, Iowa City High, 2018	26	204-254	
Jennifer Jorgensen, SE Webster-Grand, 08	26	197-258	.764
Rachele Clark, DM East, 1991	21	190-252	.754
Shelby Hembera, CValley Christian, 2014	23	184-302	.609
Johanna Myers, Burlington-ND	25	182-200	.910
London Vais, Adair-Casey, 2014	27	181-215	.842
Kaylee Mehrhoff, Centerville, 2010	23	178-225	.791
Kelsie Hoehns, Twin Cedars	23	175-224	.778
Brianne Hefty, CWL, 2002	23	166-264	.629
Jennifer Jorgensen, SE Webster, 2006	26	165-250	.660
Allison Bailey, Kingsley-Pierson, 2017	26	164-202	.812
Autumn Barthelman, Sigourney, 2017	25	164-242	.678
Courtney Strait, CR Kennedy, 2012	23	162-196	.827
Jayne Olson, Bettendorf, 1994	25	161-214	.752
Jennifer Goetz, Cardinal Stritch, 2002	27	160-242	.661
Anne O'Neil, CR Kennedy, 1999	24	160-204	.784
Ashley Joens, Iowa City High, 2015	23	160-228	.702
Mary Berdo, Washington, 1996	25	160-181	.884
Holly Hinderman, Mason City Newman	24	158-213	.742
Sara Goodman, West Marshall, 2003	21	158-206	.767
Liz Trauger, Twin River-Valley, 2005	27	157-196	.801
Olivia Sulentic, Interstate-35, 2012	22	157-209	.751
Amy Meggers, IKM, 2000	28	157-208	.755
Olivia Sulentic, Interstate-35, 2012	22	157-209	.751
Makenzie Zeitler, Van Buren, 2012	23	156-211	.739
Missy Miller, Tipton, 2008	22	156-232	.672
Ellen Gallagher, Woodbury Central, 2014	25	154-189	.815
Bobbi Bayer, Eddyville-Blakesburg	23	154-195	.790
Amber Sobotka, Diagonal, 1998	22	154-211	.730
Courtney Burr, Lone Tree, 2010	24	154-224	.688
Kristyn Ferris, Charles City, 2004		154	
Steffi Cunard, Heartland Christian, 2014	24	153-185	.827
Sarah Yeager, Cardinal, 2009	24	153-234	.654

Ivy Swarouth, Chariton, 2018	22	152-180	.844
Jordan Henningsen, 2011	21	152-189	.804
Ashtyn Veerbeek, Western Christian, 2017	26	151-188	.803
Anne O'Neil, CR Kennedy, 1998	21	151-202	.748
Tiffany Treiber, Maple Valley-A0, 2004	20	151-238	.634
RhondaWenzel, CAL, 1994	20	151-246	.614

Junior Leaders

Jennifer Jorgensen, SE Webster Grand, 07	26	232-291	.797
Shelby Hembera, Heartland Christian, 2014	22	184-302	.609
Anne O'Neil, CR Kennedy, 1999	24	160-204	.784
Jennifer Goetz, Cardinal Stritch, 2002	27	160-242	.661
Autumn Barthelman, Sigourney, 2017	25	164-242	.678

Sophomore Leaders

Jennifer Jorgensen, SE Webster, 2006	26	165-250	.660
Anne O'Neil, CR Kennedy, 1998	21	151-202	.748
Lucie Lueken, Anamosa, 2003	22	147-214	.687
Kaylee Mehrhoff, Centerville, 2008	23	146-186	.785
Jennifer Rochelle, CB St. Albert, 1999	24	142-200	.710

Freshman Leaders

Ashley Joens, Iowa City High, 2015	23	160-228	.702
Lindsay Hoehns, Twin Cedars, 2007	23	144-248	.580
Jennifer Jorgensen, SE Webster, 2005	22	140-202	.693
Elle Ruffridge, Pocahontas Area, 2014	25	133-149	.893
Rachel Gosselink, Iowa Christian, 2003	21	131-206	.636

FREE THROWS ATTEMPTED

Season Leaders

Shelby Hembera, Cedar Valley Christian, 14	22	184-302	.609
Jennifer Jorgensen, SE Webster-Grand, 2007	27	232-291	.797
Jasmine Demers, Storm Lake St. Mary, 2014	23	216-290	.745
Natalie Deming, North Mahaska, 2006		136-290	.469
Brianne Hefty, CWL, 2002	23	166-264	.629
Jennifer Jorgensen, SW Webster-Grand, 2008	26	197-258	.763
Ashley Joens, Iowa City High, 2018	26	204-254	.803
Rachele Clark, DM East, 1991	23	190-252	.754
Jennifer Jorgensen, SE Webster, 2006	26	165-250	.660
Rhonda Wenzel, CAL, 1994	20	151-246	.614
Autum Barthelman, Sigourney, 2017	25	164-242	.687
Jennifer Goetz, Cardinal Stritch, 2002	27	160-242	.661
Tiffany Treiber, Maple Valley-AO, 2004	20	151-238	.634
Sara Stribe, Carroll, 1997	26	143-236	.606
Sarah Yeager, Cardinal, 2009	24	153-234	.654
Cortney Kettman, Bell. Marquette, 2000	23	109-233	.468
Missy Miller, Tipton, 2008	22	156-232	.672
Lindsay Hoehns, Twin Cedars, 2009	22	149-231	.645
Cortney Kettman, Bell. Marquette, 2001	23	123-231	.532
Ashley Joens, Iowa City High, 2015	23	160-228	.702
Kaylee Merrhoff, Centerville, 2010	23	178-225	.791
Karen Hutson, Logan-Magnolia	24	143-225	.636
Kelsie Hoehns, Twin Cedars, 2006	23	175-224	.777
Brooke Bennett, Twin River Valley, 2011	23	135-223	.605
Courtney Burr, Lone Tree	24	154-223	.688
Dianna Porzio, CAL, 2016	21	114-221	.516
Emalee Funderman, Maple Valley-AO, 2016	23	149-218	.683

Junior Leaders

Shelby Hembera, C Valley Christian, 2014	22	184-302	.609
Jennifer Jorgensen, SE Webster-Grand, 2007	27	232-291	.797
Jennifer Goetz, Cardinal Stritch, 2002	27	160-242	.661
Autum Barthelman, Sigourney, 2017	25	164-242	.678
Sara Stribe, Carroll, 1997	26	143-236	.606

Sophomore Leaders

Jennifer Jorgensen, SE Webster, 2006	26	165-250	.660
Lucie Lueken, Anamosa, 2003	22	147-214	.687
Rachel Gosselink, Iowa Christian, 2004	22	124-206	.602
Amy Breen, Fairfield, 1992	16	123-206	.597
Brooke Wolterstorff, Western Christian, 2012	28	132-203	.650

Freshman Leaders

Lindsay Hoehns, Twin Cedars, 2007	23	144-248	.580
Ashley Joens, Iowa City High, 2015	23	160-228	.702
Rachel Gosselink, Iowa Christian, 2003	21	131-206	.636
Jennifer Jorgensen, SE Webster, 2005	22	140-202	.693
Kelsey Cermak, Norwalk, 2004	23	122-187	.652

CAREER THREE POINT GOALS

Elly Ruffridge, Pocahontas Area, 2017	466
Deb Remmerde, Rock Valley, 2003	353
Laura TerHark, Algona, 2011	321
Jenna Boelter, Algona Garrigan 2018	278
Ellie Friesen, Osage/Crestwood, 2018	270
Sam Abens, Knoxville, 2010	268
Brittany Lange, Sac City, 2005	260
Jill Walters, North Scott, 2006	255
Kali Rasmussen, IKM-Manning, 2015	253
Brittany Fish, Marion, 2010	250
Sarah Matus, Springville, 2015	239
Ashley Zobel, OA-BCIG, 2011	236
Jordan Waddell, Guthrie Center, 2007	235
Madeline Wilkins, Grinnell, 2017	233
Kelli Freeman, WDM Valley, 2000	231
Mary Berdo, Washington, 1996	229
Kelcie Bormann, Preston, 2011	228
Erin Goldsmith, Dallas Center-Grimes (2005-2008)	224
Maya Johnson, Mediapolis, 2018	221
Lori Nowachek, Midland, 2001	221
Ally Jensen, Ballard 2009	220
Janey Botkins, Durant (2013-16)	220
Kandy Beemer, Bedford (2002-05)	218
Wendi Sobaski, Pekin, 1997	215
Haley Vesey, Indianola (2014-17)	212
Beth Ehlers, Sioux Central, 2007	212
Taylor Feldman, West Liberty	210
Samantha Harrington, Nashua-Plainfield, 2007	209
Emily Ivory, Bettendorf, 2018	209
Erica Schlotfeldt, Rock Valley, 2003	208
Mackenzie Rogers, Mediapolis, 2018	208
Jenna Clark, Roland-Story, 2018	208
Heather Lauman, Farragut, 2003	207
Madison Weekly, Benton, 2013	205
Rachel Mercer, Kingsley-Pierson, 2017	205
Faith Troshynski, Manson-NW Webster, 2013-16)	203
Kenzie Cunard, Logan-Magnolia, 2014-18	202

Paityn Hagberg, Cherokee, 2014-18	200
Shayla Barnes, Roland-Story, 2009	200
Stacy Frese, Cedar Rapids Washington, 1995	198
Kylie Vogel, Camanche, 2018	198
Kary Dawson, Sibley-Ocheyedan, 1997	196
Johanna Myers, Burlington Notre Dame, 2017	196
Sydney Wycoff, Ankeny Centennial (2014-18)	193
Kia Rasmussen, IKM-Manning, 2018	192
Cassandra Jones, Van Meter 2017	192
Kennedy Core, Pleasantville, 2015	191
Stephanie Rich, Washington, 2001	187
Autumn McDanel, Moravia, 2016	186
Kamryn Reeg, Bellevue, 2018	186
Claire Ausman, Nevada, 2017	184
Stephanie Kunard, Logan-Magnolia (2015)	182
Melissa Krueger, Lone Tree (1990-93)	181
Lauren Hedrick, Mason City Newman, 2010	179
Hannah Stafford, Pocahontas Area, 2014	178
Casey Breitbach, Dubuque Hempstead, 2005	177
Melissa Krueger, Lone Tree, 1992	177
Cassandra Boston, Des Moines Hoover, 2006	176
Brook Whitchee, Janesville, 2003	175
Emily Wassom, Spencer, 2008	175
Natalie Vance, Roland-Story, 2014	174
Alexis Bunkers, Remsen St. Marys', 2014	173
KJ Veldman, Spriti Lake, 2013	173
Alexis Bunkers, Remsen St. Mary's (2012-15)	173
Heather Laumann, Farragut, 2003	173
Ali Devries, Bellevue Marquette, 2005	171
Amy Stoll, Spalding Catholic, 2010	169
Kelsey Nickerson, Ottumwa, 2012	169
Jaime Printy, Linn-Mar, 2009	168
Faith Meyer, Pocahontas Area, 2017	168
Mindy Petersen, EH-Kimballton, 1997	168
Mikkell Korver, MOC-Floyd Valley, 2001	166
Laura Knudtson, Lake Mills, 2018	166
Paige Willman, Remsen St. Mary's (2014-17)	166
Amy Young, Preston, 2001	165
Lori Nowachek, Midland, 2001	165
Molly Sanders, Ames, 2015	164
Amy Huyser, Lynnville-Sully, 2000	164
Brittany Kozak, Belle Plaine, 2003	164
Erin Maher, Davenport Assumption, 1989	162
Mackenzie Roberts, Van Meter, 2017	162
Jessie Dirks, Monticello, 2004	162
Morgan Paige, Marion, 2010	162
Peyton Olson, Mason City Newman (2014-18)	162
Dani Thrush, Keokuk, 1995	160
Savanna Thornton, Bedford (2010-2013)	160

TOTAL THREE POINT GOALS

Yearly Leaders

2018 — Maya Johnson, Mediapolis	24	109-245	.445
2017 — Elle Ruffridge, Pocahontas Area	28	157-289	.543
2016 — Elle Ruffridge, Pocahontas Area	27	114-252	.452
2015 — Elle Ruffridge, Pocahontas Area	27	116-267	.434
2014 — Elle Ruffridge, Pocahontas Area	25	79-215	.367
2013 — Kali Rasmussen, IKM-Manning	25	82-197	.416
2012 — Emily Bell, Algona Garrigan	25	77-226	.341

2011 – Abbey Albrecht, Kuemper Catholic	25	74-168	.440
2010 - Laura TerHark, Algona	26	77-198	.389
2009 – Laura TerHark, Algona	24	85-214	.397
2008—Laura TerHark, Algona	23	86-206	.417
2007— Erin Goldsmith, DC-Grimes	22	68-145	.470
2006—Jordan Waddell, Guthrie Center	23	77-238	.323
2005—Brittany Lange, Sac City	25	86-186	.462
2004—Amy Larson, Denison-Schleswig	25	80-192	.417
2003—Deb Remmerde, Rock Valley	29	144-260	.541
2002—Deb Remmerde, Rock Valley	29	91-155	.581
2001—Jane Vandevanter, Guthrie Center	24	79-268	.295
2000—Kelli Freeman, WDM Valley	19	93-252	.369
1999—Kelli Freeman, WDM Valley	22	89-	
1998—Alissa Julius, Unity Christian	17	63-151	.417
1997--Mindy Petersen, EH-Kimballton	24	75-225	.333
1996--Mary Berdo, Washington	25	76-176	.432
1995--Mary Berdo, Washington	23	80-151	.530
1994--Denise Wilson, Tri-Center	21	68-162	.420
1993--Dani Thrush, Keokuk	25	68-162	.420
1992--Shelley Delger, DM Lincoln	23	61 -133	.459
1991 --Melissa Krueger, Lone Tree	19	60-124	.484
1990--Lynette Seaton, Anamosa	20	51 -148	.345
1989--Erin Maher, Dav. Assumption	21	70-139	.504
1988--Alisha Smith, Waterloo Central	19	43-121	.355
1987--Erin Maher, Dav. Assumption	21	70-139	.504
1986--Tracy Fazio, WDM Valley	19	26-59	.441
1985--Chris Seastrand, Dub. Hempstead	22	12--	

All-Time Single Season Leaders

Elle Ruffridge, Pocahontas Area, 2017	28	157-289	.543
Deb Remmerde, Rock Valley, 2003	29	144-260	.541
Elle Ruffridge, Pocahontas Area, 2015	27	116-267	.434
Elle Ruffridge, Pocahontas Area, 2016	27	114-252	.452
Maya Johnson, Mediapolis, 2018	24	109-245	.445
Jenna Boelter, Bishop Garrigan, 2018	25	96-230	.417
Kelli Freeman, WDM Valley, 2000	22	93-252	.369
Deb Remmerde, Rock Valley, 2002	29	91-155	.581
Kelli Freeman, WDM Valley, 1999	22	89-	
Isabelle Gradwell, West Marshall, 2018	24	89-243	.366
Sierra Mitchell, Southeast Polk, 2017	23	88-231	.381
Laura TerHark, Algona, 2008	23	86-206	.417
Brittany Lange, Sac City, 2004	25	86-186	.472
Erica Schlotfeldt, Rock Valley, 2002	29	85-171	.497
Laura TerHark, Algona	24	85-214	.397
Johanna Myers, Burlington-ND, 2017	25	83-249	.333
Kali Rasmussen, IKM-Manning, 2013	25	82-197	.416
Brooke Witcher, Janesville, 2002	23	82-218	.376
Katie Rung, FM Aquinas, 2003	24	82-234	.350
Mandy Willems, AGWSR, 2018	23	81-172	.471
Madeline Wilkins, Grinnell, 2017	24	81-181	.448
Sarah Matus, Springville, 2015	27	80-179	.447
Janey Botkins, Durant, 2016	24	80-193	.415
Mary Berdo, Washington, 1995	23	80-151	.530
Amy Larson, Denison-Schleswig, 2004	25	80-192	.417
Kennedy Wallace, Iowa City Regina, 2018	26	79-207	.382
Elle Ruffridge, Pocahontas Area, 2014	25	79-215	.367
Jane Vandevanter, Guthrie Center, 2001	24	79-268	.295
Taylor Houska, East Sac, 2018	22	78-201	.388
Anna Brown, Waukee, 2018	24	78-184	.424
Denise Wilson, Tri-Center, 1994	21	78-288	.342
Katie Kutzman, East Marshall, 2005	25	78-177	.440

Madeline Wilkins, Grinnell, 2015	23	78-195	.400
Olivia Mennen, Hampton-Dumont, 1995	22	77-183	.421
Abby Holmes, Algona, 2018	24	77-195	.395
Mia Hoogeveen, West Lyon, 2018	23	77-206	.374
Laura TerHark, Algona, 2010	26	77-198	.389
Erika Douma, Western Christian, 2014	28	77-206	.374
Hannah Stafford, Pocahontas Area, 2014	25	77-214	.360
Emily Bell, Algona Garrigan, 2012	25	77-226	.341
Jordan Waddell, Gurthrie Center, 2006	23	77-238	.323
Mary Crompton, Iowa City Regina, 2016	26	76-166	.458
Mary Crompton, Iowa City Regina, 2017	27	76-161	.472
Mackenzie Rogers, Mediapolis, 2016	22	76-189	.402
Sam Abens, Knoxville, 2010	24	76-198	.384
Abbey Albrecht, Kuemper Catholic, 2010	25	76-164	.463
Chandra Zomermaand, Unity Christian, 2015	27	76-175	.434
Darby Massner, Mediapolis	26	75-171	.439
Mary Berdo, Washington, 1996	25	76-176	.432
Jessie Pauley, OA-BCIG, 2012	27	75-173	.434
Heather Laumann, Farragut, 2003	22	75-190	.395
Kary Dawson, Sibley-Ocheyedan, 1996	25	75-258	.291
Mindy Petersen, EH-Kimballton, 1997	24	75-225	.333
Ellie Friesen, Osage, 2016	25	75-173	.434
Payton Harmsen, Western Christian, 2016	27	75-197	.381

Junior Leaders

Elle Ruffridge, Pocahontas Area, 2016	27	114-252	.452
Maya Johnson, Mediapolis, 2018	24	109-245	.445
Deb Remmerde, Rock Valley, 2002	29	91-155	.581
Kelli Freeman, WDM Valley, 1999	22	89-	
Erica Schlotfeldt, Rock Valley, 2002	29	85-171	.497

Sophomore Leaders

Elle Ruffridge, Pocahontas, 2016	27	116-267	.434
Laura TerHark, Algona	24	85-214	.397
Kali Rasmussen, IKM-Manning	25	82-197	.416
Abby Holmes, Algona	24	77-206	.374
Mackenzie Rogers, Mediapolis, 2016	22	76-189	.402
Mary Crompton, Iowa City Regina, 2016	26	76-166	.458

Freshman Leaders

Laura TerHark, Algona, 2008	23	86-206	.417
Ellie Friesen, Osage, 2015	25	84-210	.400
Elle Ruffridge, Pocahontas Area, 2014	25	79-215	.367
Ashley Zobel, Battle Creek-Ida Grove, 2008	23	72-168	.429
Elise Boulton, Montezuma, 2018	24	70-183	.383

THREE POINT GOAL ATTEMPTS

Season Leaders

Elle Ruffridge, Pocahontas Area, 2017	28	157-289	.543
Denise Wilson, Tri-Center, 1994	21	78-288	.271
Jane Vandevanter, Guthrie Center, 2001	24	79-268	.295
Elle Ruffridge, Pocahontas Area, 2015	27	116-267	.434
Deb Remmerde, Rock Valley, 2003	29	144-260	.541
Amanda Van Kekerix, BCIG, 2003	24	71-260	.273
Kary Dawson, Sibley-Ocheyedan, 1996	25	75-258	.291
Elle Ruffridge, Pocahontas Area, 2016	27	114-252	.452

Johanna Myers, Burlington-ND, 2017	25	83-249	.400
Laura TerHark, Algona, 2011	23	73-247	.296
Maya Johnson, Mediapolis, 2018	24	109-245	.445
Isabelle Gradwell, West Marshall, 2018	24	89-243	.366
Fallyn Beemer, Bedford, 2014	25	67-242	.277
Jordan Waddell, Guthrie Center, 2006		77-238	.324
Katie Rung, FM Aquinas, 2003	24	82-234	.350
Jen Allen, Grinnell, 2005	24	73-233	.313
Sierra Mitchell, Southeast Polk, 2017	23	88-231	.381
Sydney Dryer, Pleasant Valley, 2014	23	72-231	.361
Jenna Boelter, Algona Garrigan, 2018	25	96-230	.417
Jordan Waddell, Guthrie Center, 2005	25	73-229	.319
Emily Bell, Algona Garrigan, 2012	25	77-226	.341
Mindy Petersen, EH-Kimballton, 1997	23	75-225	.333
Lauren Hedrick, Mason City Newman, 2008		52-220	.236
Kelli Freeman, WDM Valley, 2000	19	81-222	.365
Erin Wentzien, Gladbrook-Reinbeck, 2013	22	48-217	.220
Allison Sievers, AHST, 1996	24	48-218	.220
Brooke Whitcher, Janesville, 2002	23	82-218	.376
Kali Lasher, Charles City, 2013	23	58-215	.270
Elle Ruffridge, Pocahontas Area, 2014	25	79-215	.367
Laura TerHark, Algona, 2009	24	85-214	.397
Lori Nowachek, Midland, 2000	22	69-214	.322
Allison Fast, Clarinda, 2016	22	58-210	.276
Ellie Friesen, Osage, 2015	25	84-210	.400
Jordan Waddell, Gurthrie Center, 2007		65-210	.323
Jenna Bork, Bishop Heelan, 2014	24	71-210	.338
Suzanna Yoder, Iowa Mennonite, 2018	22	65-209	.311
Megan Swanson, Gladbrook-Reinbeck, 18	24	40-208	.192
Kennedy Wallace, Iowa City Regina, 2018	26	79-207	.382
Ashley Hagedorn, IKM, 2008	25	58-207	.280
Kali Rasmussen, IKM-Manning, 2015	25	70-207	.338
Laura TerHark, Algona, 2008	23	86-206	.417
Courtney Coffin, Burlington ND	27	74-206	.359
Mia Hoogeveen, West Lyon, 2018	23	77-206	.374

Junior Leaders

Amanda Van Kekerix, BCIG, 2003	24	71-260	.273
Elle Ruffridge, Pocahontas Area, 2016	27	114-252	.452
Maya Johnson, Mediapolis, 2018	24	109-245	.445
Kary Dawson, Sibley-Ocheyedan, 1996	25	75-258	.291
Jordan Waddell, Guthrie Center, 2006		77-238	.324

Sophomore Leaders

Elle Ruffridge, Pocahontas Area, 2015	27	116-267	.434
Fallyn Beemer, Bedford, 2014	25	67-242	.277
Jordan Waddell, Guthrie Center, 2005	25	73-229	.319
Laura TerHark, Algona, 2009	24	85-214	.397
Ashley Hagedorn, IKM, 2008	25	58-207	.280

Freshman Leaders

Elle Ruffridge, Pocahontas Area, 2014	25	79-215	.367
Ellie Friesen, Osage, 2015	25	84-210	.400
Laura TerHark, Algona, 2008	23	86-206	.417
Macy Williams, Fremont-Mills, 2012	23	57-197	.289
Emily Danner, AR-WE-VA, 2016	22	58-187	.310

THREE POINT PERCENTAGE

Season Leaders

Kate Galligan, CR Jefferson, 1991	23	46-60	.767
Erin Maher, Davenport Assumption, 1986	21	25-38	.658
Courtni Regan, Drant, 2005	20	33-52	.635
Karrie Vander Sluis, Sheldon, 1995	20	32-52	.615
Karlin Sedlacek, CB Abraham Lin., 1990	24	46-75	.613
Andrea Schupbach, W'loo Columbus, 2006	11	17-28	.607
Su Ann Woods, Bennett, 2001	22	24-40	.600
Ashley Joens, Iowa City High, 2018	26	44-74	.594
Deb Remmerde, Rock Valley, 2002	29	91-155	.587
Carol Lawler, Northeast, 2002	17	17-29	.586
Carol Lawlor, Northeast, 2003	17	17-29	.586
Jenna Durr, Montezuma, 2006	24	25-43	.581
Deb Remmerde, Rock Valley, 2002	26	133-299	.581
Kaci Kramer, Monticello, 1991	22	25-43	.581
Kristin Johnson, CR Jefferson, 1998	23	26-45	.578
Shannon Pisney, Crestwood, 2018	26	30-52	.577
Theresa Doyle, Fort Dodge St. Edmond, 09	20	27-45	.574
Kelley Trimble, West Branch, 2012	23	39-68	.574
Mary Maeder, Pekin, 2009	21	35-61	.574
Mandy Haight, Winfield-Mt. Union, 1992	20	20-35	.571
Lacey Heiar, Preston, 2001	28	35-62	.565
Amber Banks, Martensdale-SM, 2002	21	39-69	.565
Slye Richardson, Interstate 35, 2016	23	54-96	.563
Jennifer Long, Centerville, 1995	17	36-64	.563
Cori Hutchison, DM Lincoln, 1991	9	19-34	.559
Stacy Schlumbohm, West Sioux, 1996	17	19-34	.559

Junior Leaders

Kate Galligan, CR Jefferson, 1991	23	46-60	.767
Deb Remmerde, Rock Valley, 2002	29	91-155	.587
Kaci Kramer, Monticello, 1991	22	25-43	.581
Kristin Johnson, CR Jefferson, 1998	23	26-45	.578
Kelley Trimble, West Branch, 2012	23	39-68	.574

Sophomore Leaders

Kate Galligan, CR Jefferson, 1991	23	46-60	.767
Deb Remmerde, Rock Valley, 2002	29	91-155	.587
Kaci Kramer, Monticello, 1991	22	25-43	.581
Kristin Johnson, CR Jefferson, 1998	23	26-45	.578
Jennifer Long, Centerville, 1995	17	36-64	.563

Freshman Leaders

Erin Maher, Davenport Assumption, 1986	21	25-38	.658
Theresa Doyle, Fort Dodge St. Edmond	20	27-47	.574
Lacey Heiar, Preston, 2001	28	35-62	.565
Anna Schmitt, Dubuque Wahlert, 2011	17	17-34	.529
Mary Berdo, Washington, 1993	21	38-72	.528

THREE POINT GOALS PER GAME

Season Leaders

Elle Ruffridge, Pocahontas Area, 2017	28	157-289	5.60
Deb Remmerde, Rock Valley, 2003	29	144-260	4.97
Maya Johnson, Mediapolis, 2018	24	109-245	4.54
Elle Ruffridge, Pocahontas Area, 2015	27	116-267	4.3
Kelli Freeman, WDM Valley, 2000	22	93-252	4.23
Elle Ruffridge, Pocahontas Area, 2016	27	114-252	4.22
Kelli Freeman, WDM Valley, 1999	22	89	4.05

Jenna Boelter, Algona Garrigan, 2018	25	96-230	3.84
Sierra Mitchell, Southeast Polk, 2017	23	88-231	3.83
Tonya Clausen, Northeast, 1994	12	45-124	3.75
Laura TerHark, Algona, 2008	23	86-206	3.74
Denise Wilson, Tri-Center, 1994	21	78-288	3.71
Alissa Julius, Unity Christian, 1998	17	63-151	3.71
Isabelle Gradwell, West Marshall, 2018	24	89-243	3.71
Brooke Whitcher, Janesville, 2002	23	82-21	3.57
Beth Ehlers, Sioux Central, 2006	20	71	3.55
Laura Ter Hark, Algona 2009	24	85-214	3.54
Mandy Willems, AGWSR, 2018	23	81-172	3.52
Olivia Mennen, Hampton-Dumont, 1995	22	77-183	3.50
Mary Berdo, Washington, 1995	23	80-151	3.48
Mackenzie Rogers, Mediapolis, 2016	22	76-189	3.45
Brittany Lange, Sac City, 2005	25	86-186	3.44
Katie Rung, FM Aquinas, 2003	24	82-234	3.42
Heather Laumann, Farragut, 2003	22	75-190	3.41
Amanda Marshall, FM Aquinas, 1996	17	58-136	3.41
Amanda Van Kekerix, BCIG, 2003	21	71-260	3.38
Madeline Wilkins, Grinnell, 2017	24	81-181	3.38
Ellie Friesen, Osage, 2015	25	84-210	3.36
Erin Maher, Davenport Assumption, 1989	21	70-139	3.33
Janey Botkins, Durant, 2016	24	80-193	3.33
Jessie Phillips, Sigourney, 1994	19	63-157	3.32
Johanna Myers, Burlington ND	25	83-249	3.32
Jane Vandevanter, Guthrie Center, 2001	24	79-268	3.29
Rachel Bellows, Mount Vernon, 1996	17	56-136	3.29
Rachel Bellows, Mount Vernon, 1997	14	46-136	3.29

Junior Leaders

Maya Johnson, Mediapolis, 2018	24	109-245	4.54
Elle Ruffridge, Pocahontas Area, 2016	27	114-252	4.22
Kelli Freeman, WDM Valley, 1999	22	89-	4.05
Brooke Whitcher, Janesville, 2002	23	82-21	3.57
Beth Ehlers, Sioux Central	20	71	3.55

Sophomore Leaders

Elle Ruffridge, Pocahontas Area, 2015	27	116-267	4.3
Laura TerHark, Algona, 2009	24	85-214	3.54
Mackenzie Rogers, Mediapolis, 2016	22	76-189	3.45
Kali Rasmussen, IKM-Manning, 2013	25	82-197	2.28
Brittany McKowen, Wapsie Valley	22	71-204	3.23

Freshman Leaders

Laura TerHark, Algona, 2008	23	86-206	3.74
Ellie Friesen, Osage, 2015	25	84-210	3.36
Elle Ruffridge, Pocahontas Area	25	79-215	3.16
Ashley Zobel, Battle Creek-Ida Grove, 2008	23	72-168	3.13
Samanth Abens, Knoxville, 2007	22	65-158	2.95

CAREER REBOUNDS

Rachel Yeggy, Highland (2002-2006)	1533
Jennifer Goetz, Cardinal Stritch (1999-2003)	1397
Hallie Christofferson, Exira (2005-2010)	1320
Kiah Stokes, Linn-Mar (2007-2011)	1239
Kate Hartman, Northwood-Kensett (2005-2010)	1227

Ann Cavey, North Cedar (1994-1998)	1196
Lindsay Hoehns, Twin Cedars (2005-2010)	1190
Jennifer Jorgensen, SE Webster-Grand (2005-08)	1184
Stacey Schutjer, WCLT (2005-2008)	1163
Anna Sweeting, Highland (2007-2011)	1134
Chelsea Poppens, Aplington-Parkersburg (2006-09)	1128
Jocelyn Coleman, Essex (2007-2010)	1124
Katie Dentlinger, Coon Rapids-Bayard (2009-2012)	1104
Malarie Gilley, East Greene (2007-2010)	1104
Kelsey Keizer, Okoboji (2002-2005)	1095
Nicole Strasko, Roland-Story (2006-2009)	1060
Mackenzie Morrison, Martensdale-SM (2005-2010)	1046
Amy Herrig, Dubuque Senior (1991-1995)	1048
Erin Wibholm, West Marshall (1997-2001)	1045
Ashtyn Veerbeek, Western Christian (2014-18)	1041
Maddie Oliver, Roland-Story	1041
Nina Smith, Waterloo West (1995-1999)	1028
Ellie Peterson, Cedar Falls (1998-2002)	1019
Kelsey Bolte, Battle Creek-Ida Grove (2004-07)	1016
Serena Parker, Shenandoah (2011-2015)	1015
Chelsea Thomas, Pleasantville (2005-2008)	1012
Ann Straate, Postville (1998-2002)	1008
Jamie Boyd, Underwood (2000-2004)	1007
Jenny Jacobsen, Cedar Rapids Regis (1987-1991)	1007
Jessica Gerhart, Sentral (1999-2003)	1000
Beth Marvin, Preston (1997-2001)	999
Aimee Osborne, Sidney (2008-11)	996
Kinzee Hanson, Corwith-Wesley-LuVerne (1993-1997)	992
Jenny Noll, Muscatine (1988-1992)	989
Jessica Nikkel, Lynnville-Sully (1995-1999)	987
Lexy Koudelka, Nevada (2014-18)	985
Jill Foster, North Tama (1996-2000)	981
Kameo Pope, Belle Plaine (2010-2014)	981
Lori Trumblee, Starmont (1998-2002)	976
Leah Hetzler, Moulton-Udell (1996-2000)	974
Katelynn Tracy, Moravia (2010-2013)	974
Kelly Houser, Riceville (1999-2003)	958
Randi Peterson, Cedar Falls (1993-1997)	954
Jade Rogers, Cedar Rapids Kennedy (2005-2010)	952
Sylvia Amlie, Janesville (2010-14)	952
Amy Meggers, IKM (1996-2000)	951
Jasmine Demers, Storm Lake St. Marys (2010-2014)	948
Morgan Christner, New London (2012-15)	939
Abbie Hauptert, CMB (2011-14)	927
Erica Armstrong, Clayton Ridge (2011-2015)	925
Rebecca Schroeder, Bellevue (2014-18)	925
Anna Kiel, Unity Christian (2013-16)	925
Jessica Vander Kooi, Hinton (1999-2003)	923
Amber Kirschbaum, Spirit Lake (2006-2009)	914
Ashley Arlen, Cascade (2004-2008)	907
Jenna Sloan, East Buchanan (1999-2003)	903
Sara Stribe, Carroll (1994-1998)	893
Shelly Hembera, Cedar Valley Christian (2011-2015)	893
Angie Schinstock, Central Lee (1996-2000)	891
Mikaela Millslagle, Lamoni	891
Wendy Ausdemore, Tri-Center (2002-2005)	886
Jessica Mennen, Hampton-Dumont (1996-2000)	886
Linissa Bowman, Preston (1997-2001)	880
Lindsey Petersen, Missouri Valley (1997-2000)	877
Noreen Morrow, Harris-Lake Park (2010-2014)	877
Tammi Blackstone, Cherokee (1992-1996)	875

Rylee Voss, English Valleys (2011-2015)	875	Miranda Murphy, North Polk (2010-2014)	777
Kristi Feldman, West Liberty (2009-2013)	871	Ellie Rischer, Benton (2003-2007)	776
Rachel Struve, South O'Brien (2010-2014)	869	Katie Schechinger, IKM/IKM-Manning (2006-2009)	776
Stephanie Rich, Washington (1997-2001)	867	Jill Martin, Norwalk (1999-2003)	775
Lexi Groe, Lake Mills (2014-18)	865	Alexis Conaway, MOC-Floyd Valley (2010-2014)	775
Beth Driscoll, Linn-Mar (1990-1994)	865	Kelsie McClarron, South Page (2014-17)	774
Jill Eggers, West Marshall (1997-2001)	852	Stefanie Madsen, Sioux Central (2003-2006)	774
Kayla Lincoln, West Central Maynard (2003-2007)	850	Danielle Schlotterbeck, Central City (2006-10)	772
Kim Parker, Aurelia (1998-2002)	850	Jessica Hunecke, Cherokee (2002-2006)	771
Jena Blint, New London (2004-07)	847	Rachele Clark, Des Moines East (1987-1991)	771
Kim Trine, Burlington Notre Dame (1994-1998)	845	Sara Hippen, Union (1997-2001)	770
Pam Iverson, Denison-Schleswig (1994-1999)	844	Ginny Gordon, Moulton-Udell (2004-2008)	770
Megan Frank, Keota (2003-2007)	842	Callie Kloubec, Springville (2006-2009)	769
Gabi French, Red Oak (2009-12)	842	Jocelyn Anderson, Prairie Valley (2002-2005)	768
Keri Hanson, CWL (1997-2001)	840	Amanda Moser, Maple Valley-AO (1998-2001)	768
Carly Pagel, Sumner-Fredericksburg (2009-2012)	840	Kendal Brown, Moravia (2013-2016)	767
Taylor Burdette, Central Lee (2010-2013)	838	Brooke Scharn, Sioux Central (2007-2010)	765
Kelsey Johnkin, Sioux City West (2002-2006)	838	Tiffany Reedy, Union (1999-02)	764
Rachel Thune, Des Moines Christian (2005-2008)	837	Linda Lappe, Winfield-Mt. Union (1994-1998)	763
Jackee Meyer, Belmont-Klemme (2014-16)	835	Aubrey Hauswirth, Pocahontas Area (2003-06)	763
Chelsea Goedken, Cascade (2000-04)	835	Katie Miller, Solon (1994-1998)	762
Lisa Kriener, St. Ansgar (1997-2001)	833	Jessica Vanderleest, Solon (1996-1999)	762
Megan Peschong, Okoboji (2013-16)	833	Ali Rorah, Maquoketa (1998-2002)	761
Betsy Funk, Urbandale (1998-2002)	831	Megan Pretz, Columbus (2010-2013)	759
Heidi Venghaus, Winfield-Mt. Union (1992-1996)	830	Lisa Gronoski, Waterloo Columbus (1986-1990)	758
Ashley Dugan, Edgewood-Colesburg (1999-2003)	828	Megan Keefe, Clear Lake (1999-2003)	755
Andrea Clark, Guthrie Center (2003-07)	827	Sara Hippen, Union (1997-2001)	753
Shari Davis, Denver (1995-1999)	819	Gabby Ryerson, West Marshall (2013-16)	752
Alysa Klein, Okoboji (2001-2004)	818	Rachel Smith, Iowa Mennonite (1991-1995)	751
Megan Hendricks, Clear Lake (2000-2004)	817	Josie Kennicott, Union (2002-2006)	751
Kalee Modlin, Knoxville (1998-2002)	817	Mika Rodewald, Manson-NW Webster (2007-2010)	751
Jennifer Perkins, FD St. Edmond (1994-1998)	811	Alee Hugen, Twin Cedars (2010-2013)	750
Emily Cline, Harmony (1991-1995)	810	Kayla Goodchild, Clay Central-Everly (2000-04)	749
Shellie Mossman, Carroll (2003-2006)	809	Rylee Olsen, New London (2000-2004)	749
Casey Spree, Aplington-Parkersburg (1994-1998)	807	Roni Miller, Lawton-Bronson (2003-2006)	747
Carolyn Holm, Sigourney (2007-2010)	805	Sarah Anderson, Tri-Center (2002-2005)	747
Rylee Eakins, Davis County (2010-2014)	802	Tarah Meyer, West Lyon (2011-2015)	747
Elsa Anderson, Des Moines Christian (2011-2015)	802	Paige Bradford, Davenport North (2014-18)	746
Lindsay Overman, Boyden-Hull (1997-2001)	801	Julia Fleecs, Glidden-Ralston (2014-17)	744
Logan Ehlers, Shenandoah (2014-2017)	799	Kaitlyn Volesky, Mount Vernon (2014-17)	741
Beth Ingersoll, Villisca (2002-2005)	799	Jenny Ogden, Moulton-Udell (1998-2002)	741
Jenny Vogel, Jesup (1998-2002)	798	Bridget Doeden, Sibley-Ocheyedan (2010-2014)	741
Kari Fitzpatrick, Edgwood-Colesburg (2011-2015)	797	Jackie Kriegel, Iowa Valley (2010-2014)	740
Kayla Pirtle, CR Washington (1991-1995)	795	Andrea Larson, Mediapolis (2011-2015)	739
Heidi Hillyard, Mediapolis (2011-2015)	795	Millie Niggeling, Sioux City Bishop Heelan (2005-10)	739
Alissa Brown, Jesup (2010-2014)	795	Mary Halvorson, Waukon (2005-2010)	737
Paige Spangenberg, Red Oak (2002-2006)	794	Tanya Meyer, Sioux City West (2010-2014)	735
Jessica Balek, Mason City Newman (2009-2012)	792	Erin Richards, Mason City (1994-1998)	735
Barb Franke, Cedar Falls (1987-1991)	792	Katie Eiben, Springville (2006-2009)	735
Megan Keefe, Clear Lake (1999-2003)	791	Mckenzie Knox, Madrid (1999-2003)	734
Maureen Head, Iowa City West (1996-2000)	790	Sienna Durr, Grinnell (2014-18)	733
Tiffany Bormann, Preston (2005-2009)	788	Mariah McPartland, Boone (2011-15)	733
Erica Daniels, Moulton-Udell (1993-1997)	787	Christy Holtkamp, Central Lee (1989-1993)	733
Olivia Godfrey, Panorama (2010-2014)	786	Amanda Zimmerman, Ballard (2006-2009)	730
Chelsey Dougherty, Belmont-Klemme (2002-2006)	786	Allie Lamb, English Valleys (2001-2005)	730
Jamie Cavey, North Cedar (1997-2001)	785	Cara Smith, Mount Ayr (1995-1999)	729
Ashlea Payne, Alta (1998-2002)	781	Janay Michel, Farragout (1999-2003)	723
Amanda Ollinger, CR Jefferson/Linn-Mar (2013-16)	780	Barb Bennett, Ames (1--)	722
Sarah Ryan, North Mahaska (2002-2005)	780	Jill Johnson, Rockwell City-Lytton (2000-2004)	720
Haleigh Hempen, Aplington-Parkersburg (2010-13)	780	Sarah Ryan, North Mahaska (2002-2005)	720
Nicole VanderPol, Grundy Center (2002-2005)	778	Beth Mathes, Melcher-Dallas (1999-2003)	720

Amy Williams, Southeast Warren (2010-2013)	719	Arika Wooldridge, Center Point-Urbana (2013-16)	665
Tammy Brauer, CR Kennedy (1990-1994)	719	Katie Sorrell, Winfield-Mt. Union (1994-1998)	664
Becky Wiesler, West Sioux (1995-1999)	717	Emma Chizek, West Hancock (2013-16)	663
Emily Beerman, CAM (2010-2013)	716	Lindsey Fischbach, Carroll (2000-2002)	657
Amanda Frost, Denver (2005-2010)	716	Abby Reinert, Eldora-New Providence (1999-2003)	656
Megan Pederson, Lake Mills (2003-2007)	716	Becky Avery, Clear Lake (1996-2000)	654
Brianna James, Lynnville-Sully (2009-12)	716	Nichole Robinson, SC West (1996-2000)	663
Rylee Andresen, Midland (2013-16)	715	Monica Huelman, Vinton-Shellsburg (1992-1996)	663
Nikki Pasker, North Linn (2004-07)	715	Joanne Woepling, Columbus (1989-1993)	658
Catherine Leonard, Atlantic (2014-2017)	715	Kadie Subbert, Stanton (2007-2011)	657
Gena Fiihr, Lynnville-Sully (1992-1996)	715	Molly Forsythe, Jesup (2002-2005)	656
Haley Delperding, Remsen St. Mary's (2014-17)	715	Susie Ciechanowski, Alta (1996-2000)	656
Ellen Gallagher, Woodbury Central (2010-2014)	714	Tracy Hardee, Bedford (1995-1999)	655
Christa Subbert, Stanton (2003-2007)	712	Danielle Jackson, Mediapolis (2005-2009)	655
Nicole Burgin, Oelwein (2010-14)	712	Bethany Weber, Meidapolis (2002-2006)	654
Grace Blomstedt, Red Oak (2011-2015)	711	Cassie Norman, Central Decatur (2001-04)	654
Savannah Domeyer, Clayton Ridge (2014-17)	710	Shelby Spates, Van Buren (1999-2003)	653
Erin Dohrmann, Sioux City North (1999-2003)	709	Carli Murphy, Gehlen Catholic (2011-2015)	652
Katie Kusters, Crestwood (1996-2000)	709	Hannah Lau, Garner-Hayfield-Ventura (2014-17)	652
Danielle Wubbens, Charles Ciy (2003-06)	708	Jenny McCamant, English Valleys (2001-05)	651
Amanda Budden, Spalding Catholic (2003-2006)	707	Taylor Smith, Central Decatur (2006-09)	651
Betsy Derner, Panorama (2004-2007)	706	Colby Lynch, Davis County (2006-2009)	650
Betsy Thomas, Sergeant Bluff-Luton (2008-2012)	705	Madison Gonseth, Murray (2013-16)	650
Megan Wagaman, Springville (2013-2016)	704	Jill Bouma, Unity Christian (1998-2002)	650
Dani Gass, Sioux City East (2003-2006)	702	Lisa Frese, Norway (1986-1990)	650
Mackenzie Bigbee, Williamsburg (2008-2012)	701	Carrie Shurr, Iowa City High (1987-1991)	649
Elizabeth Sneed, Malvern (1999-2003)	701	Gabie Doud, Ballard (2013-2016)	649
Emily Wynthein, Waterloo Columbus (2010-2013)	701	Kaylee Blake, IKM-Manning (2010-2013)	647
Kim Marlow, Oelwein (1999-2003)	700	Mindy Wargo, Tipton (1990-1994)	646
Molly Sima, Vinton-Shellsburg (2002-2005)	700	Angela Hatchett, Ottumwa (1988-1992)	646
Jennifer Schmmann, Newell-Fonda (2002-05)	698	Grace Meyer, Pocahontas Area (2014-17)	644
Jayme Olson, Bettendorf (1990-1994)	696	Olivia Eckels, East Union (2014-18)	644
Meghan Glawe, Aurelia/Alta-Aurelia (2008-11)	695	Steffi Cunard, Logan-Magnolia/H. Christian (2011-15)	643
Hanna Stokes, Clear Creek-Amana (2011-15)	694	Corrie Bangston, Essex (1999-2002)	642
Jennie Lillis, WDM Dowling (1996-2000)	691	Kendyl Gruttemeyer, Bedford (2010-2013)	642
Lauren Hedlund, Hinton (2010-2014)	691	Miranda Boekhout, MMC (2000-2004)	641
Kari Mutschler, AGWSR (2003-2007)	690	Steph Kramer, Nashua-Plainfield (1999-2003)	640
Katie Brown, Spirit Lake (2003-2006)	688	Alison Rohdy, Harmony (1991-1995)	639
Jen Keitel, Central DeWitt (2008-2011)	688	Elissa Beckman, Mediapolis (1995-1999)	637
Teri Vander Beek, Lynnville-Sully (2004-07)	688	Kate Birchmeier, Davis County (2011-2015)	637
Rachel Wooldrik, Denver (1996-1999)	685	Melissa Kroll, CB St. Albert (1993-1997)	637
Leah Buhmann, West Central Maynard (1993-97)	683	Jodi Gruber, Solon (1989-1992)	637
Nicky Wieben, Ankeny (2002-2005)	682	Claudia Larsen, Newell-Fonda (2011-14)	637
Lacey Geitzenauer, Sentral (1999-2003)	682	Kennedy Dighton, Cedar Rapids Jefferson (2014-17)	637
Janine Gremmel, Dubuque Wahlert (1984-1988)	680	Dani Coover, Belle Plaine (2007-2011)	637
Michelle DeReimacker, West Liberty (1996-2000)	680	Olivia Barritt, GMG (2011-2015)	636
Megan Bradley, FD St. Edmond (1999-2003)	679	Lauren Flaherty, Murray (1993-1997)	634
Taylor Frederick, Harlan (2013-2016)	677	Marissa Schroeder, Marquette Catholic (2014-17)	634
Elisha Turek, CB Abraham Lincoln (1999-2003)	677	Abby Ytzen, Des Moines Christian (2002-06)	633
Ali Browning, Iowa City Regina (2006-2010)	676	Laura Rowan, Hampton-Dumont (1999-2003)	633
Kristi Anderson, CB Abraham Lincokln (1985-1988)	675	Amy Voss, Newton (2006-09)	631
Bailey Halbur, Manning/IKM-Manning (2006-2009)	674	Michalyn Mohr, Marion (2011-2015)	631
Shawna Braby, Murray (1997-2001)	672	Erin Neuberger, Garner-Hayfield (1997-2001)	631
Ky Petersen, AHST (1992-1996)	672	Melanie Hopkins, Earlham (2004-2008)	630
Stephani Atwood, Sigourney (2007-2010)	670	Mika Rodewald, Manson-NW Webster (2005-2010)	630
Jodi Nikkel, Lynnville-Sully (2001-2005)	670	Amber DiRiemacker, West Liberty (1996-2000)	630
Alissa Dennis, Ballard (1996-2000)	670	Kacy Brumbaugh, Tri-County (2010-2013)	629
Madi Hanna, Van Meter (2003-07)	669	Sarah Bartels, Akron-Westfield (1998-2002)	628
Mackenzie Roberts, Van Meter (2014-17)	669	Jessica Hansen, West Monona (2005-2008)	628
Lisa Tuetken, Monticello (1985-89)	668	Jess Schaben, Harlan (2011-15)	627
Heather Cunard, Missouri Valley (2003-2007)	667	Lauren Devereaux, Newell-Fonda (2006-09)	627

Jalynn Quigley, Lone Tree (2005-08)	626
Ashley Gordon, Moulton-Udell (2004-2007)	625
Rachel Weedemeier, West Central Maynard (1999-03)	624
Andrea Markey, Colo-Nesco (2003-2006)	624
Michelle Mahmens, Northeast (1994-1998)	624
Ashley Tull, North Linn (2014-18)	623
MacKenzie Westcott, Williamsburg (2004-2008)	623
Audra HONEYMAN, Fremont-Mills & Essex (2001-2003)	622
Jordan Gronewold, Carlisle (2005-2010)	621
Shaya Kellogg, Ames (2009-2013)	621
Tori Hazard, Janesville (2014-17)	620
Steph Marsh, Central DeWitt (1999-2003)	619
Bridget Yoerger, Hinton	618
Stacy Boerema, Clinton (1998-2002)	617
Jescenia Mosley, Essex (2014-17)	616
Danielle Eben, George-Little Rock (2011-2015)	616
Caitlyn Murphy, Gehlen Catholic (2010-2014)	616
Missy Mellecker, Tipton (1984-1988)	616
Katie Kruckenberger, Mason City Newman (2002-05)	616
Jodi DeVries, Aplington-Parkersburg (1993-1996)	615
Amy Klostermann, West Delaware (1999-2003)	614
Peg Loecke, West Delaware (1987-1991)	614
Caitlyn Riese, Colo-Nesco (2010-14)	613
Meg Tierney, Union (1996-2000)	613
Lela Sellers, Minnesota/CR Kennedy (2013-16)	613
Kaylee Becker, Oelwein (2013-2016)	613
Marie Hoeger, Ind St. John & Independence (86-90)	612
Cathy Reiter, Union (2006-2009)	612
Mikayla Galvin, Kee (2013-16)	611
Karen Schulte, Norway & CR Jefferson (1989-1993)	610
Abbie Brown, Eldora-New Providence (1993-1996)	609
Ashley Freerksen, Dowling Catholic (1999-2003)	608
Megan McHugh, Missouri Valley (1999-2003)	608
Kate Walker, Red Oak (2011-2015)	608
Molly Tideback, Waterloo Columbus (1985-1988)	607
Kortney Hilsabeck, West Central Maynard (1997-01)	606
Aftin Phylfe, Waverly-Shell Rock (2009-2013)	605
Laura Johnson, Cedar Falls (2005-2010)	605
Jensen Boger, OABCIG (2010-2014)	603
Alyson Spinas-Valainis, Dav. Assumption (2005-2010)	602
Chelsea Humpal, Decorah (2005-2008)	602
Taylor Greenfield, Ballard (2008-2011)	602
Holly Bock, Mason City Newman (2013-16)	601
Lana Lindstrom, Pleasant Valley (2013-16)	601
Haley Hillyard, Mediapolis (2010-2013)	600
Jennifer Happel, CR Prairie (1992-1996)	600
Amy Breen, Fairfield (1989-1993)	600
Blair Montgomery, Clay Central-Everyly	600+

REBOUNDS PER GAME

Yearly Leaders

2018 — Haley Beminiio, Belmont-Klemme	21	309	14.7
2017 — Taryn Knuth, Johnston	24	314	13.7
2016 — Jolissa Kriegel, BGM	22	298	13.5
2015 — Morgan Christner, New London	23	324	14.1
2014 — Shelby Hembera, C. Valley Christ.	22	360	16.4
2013 — Allison Waters, Underwood	22	240	15.5
2012 — Nicolette Hussen, Colfax-Mingo	21	305	14.5
2011 - Antonea Stuckey, Davenport North	21	371	17.7
2010 - Joscelyn Coleman, Essex	22	420	19.10

2009—Joscelyn Coleman, Essex	25	420	16.80
2008—Lindsay Hoehns, Twin Cedars	21	297	14.14
2007—Lindsay Hoehns, Twin Cedars	22	331	14.39
2006—Nicole Strasko, Roland Story	24	344	14.33
2005—Rachel Yeggy, Highland	26	406	15.62
2004—Rachel Yeggy, Highland	25	469	18.76
2003—Kelly Houser, Riceville	22	353	16.05
2002—Ashlea Payne Albia	21	326	15.52
2001—Jennifer Goetz, Cardinal Strich	27	431	15.96
2000—Jill Foster, North Tama	20	346	17.30
1999—Penny Vander Sanden, West Lyon	22	303	13.77
1998—Leah Hetzler, Moulton-Udell	19	297	15.63
1997—Kinzee Hanson, CWL	20	277	13.85
1996—Lindsay Brown, Lenox	22	307	13.95
1995—Ann Cavey, Lincoln	19	285	15.00
1994—Jenny Childress, Washington	24	314	13.08
1993—Christy Holtkamp, Central lee	24	303	12.63
1992—Tiffany Cox, Sioux City North	18	248	13.78
1991—Liz Henry, Iowa Deaf	19	261	13.74
1990—Liz Henry, Iowa Deaf	17	252	14.82
1989—Marie Hoeger, Independence St. John 17	243	14.29	
1988—Shelly Greiner, Clear Creek	20	301	15.05
1987—Melissa Higginbotham, CB TJ	15	192	12.80
1986—Kristi Kincaid, Waterloo West	22	256	11.64
1985—Katie Abrahamson, CR Washington	26	219	8.42

All-Time Single Season Leaders

Joscelyn Coleman, Essex	22	420	19.10
Rachel Yeggy, Highland, 2004	25	469	18.76
Antonea Stuckey, Davenport North, 2011	21	371	17.70
Jill Foster, North Tama, 2000	20	346	17.30
Joscelyn Coleman, Essex, 2009	25	420	16.80
Kate Hartman, Northwood-Kensett	21	351	16.71
Shelby Hembera, C. Valley Christian, 2014	22	360	16.4
Kelly Houser, Riceville, 2003	22	353	16.05
Jennifer Goetz, Cardinal Strich, 2001	27	431	15.96
Chelsea Poppens, Ap.-Parkersburg, 2009		380	15.83
Leah Hetzler, Moulton-Udell, 1998	19	297	15.63
Rachel Yeggy, Highland, 2005	26	406	15.62
Ashlea Payne, Alta, 2002	21	326	15.52
Elizabeth Cottey, Fox Valley, 2002	22	341	15.50
Allison Waters, Underwood, 2013		240	15.50
Kristen Stidham, Glidden-Ralston, 2007	23	356	15.47
Ashlea Payne, Alta, 2001	19	287	15.11
Shelly Greiner, Clear Creek, 1988	20	301	15.05
Ann Cavey, North Cedar, 1995	19	285	15.00
Kelly Houser, Riceville, 2002	23	344	14.96
Kiah Stokes, Linn-Mar, 2011	25	372	14.90
Liz Henry, Iowa Deaf, 1990	17	252	14.82
Kelsey Keitzer, Okoboji, 2004	25	352	14.67
Audra Honeyman, Essex, 2002	22	323	14.68
Angie Schinstock, Central Lee, 1998	19	278	14.63
Kelsey Keizer, Okoboji, 2005	24	350	14.58
Jennifer Goetz, Cardinal Strich, 2000	21	306	14.57
Jennifer Perkins, FD St. Edmond, 1998	17	247	14.53
Nicolette Hussen, Colfax-Mingo, 2012	21	305	14.50
Stefanie Madsen, Sioux Central, 2006	20	290	14.50
Nicole Strasko, Roland-Story	24	345	14.40
Haley Bemino, Belmont-Klemme, 2018	21	309	14.70

Junior Leaders

Joscelyn Coleman, Essex, 2009	24	420	16.80
Kate Hartman, Northwood-Kensett, 2009	21	351	16.71
Shelby Hembera, C. Valley Christian, 2014	22	360	16.4
Rachel Yeggy, Highland, 2005	26	406	15.62
Ashlea Payne, Alta, 2001	19	287	15.11

Sophomore Leaders

Rachel Yeggy, Highland, 2004	25	469	18.69
Jennifer Goetz, Cardinal Stritch	27	431	15.96
Leah Hetzler, Moulton-Udell, 1998	19	297	15.63
Elizabeth Cottey, Fox Valley, 2002	22	341	15.50
Angie Schinstock, Central Lee, 1998	19	278	14.63

Freshman Leaders

Ann Cavey, Lincoln, 1995	19	285	15.00
Jennifer Goetz, Cardinal Stritch, 2000	21	306	14.57
Nicole Strasko, Roland-Story, 2006	24	345	14.40
Lindsay Hoehns, Twin Cedars, 2007	23	331	14.39
Rachel Yeggy, Highland, 2003	22	293	13.32

Single Season Leaders

Rachel Yeggy, Highland, 2004	25	469	18.69
Jennifer Goetz, Cardinal Stritch, 2001	27	431	15.96
Joscelyn Coleman, Essex, 2010	22	420	19.10
Hallie Christofferson, Exira, 2010	26	409	15.70
Rachel Yeggy, Highland, 2005	26	406	15.62
Anna Sweeting, Highland, 2010	25	387	15.5
Chelsea Poppens, Ap-Parkesburg, 2009		380	15.83
Kiah Stokes, Linn-Mar, 2011	25	372	14.9
Antonea Stuckey, Davenport North, 2011	21	371	17.7
Rachel Yeggy, Highland, 2006	26	365	14.04
Stacey Schutjer, WCLT, 2007	27	361	13.60
Shelby Hembera, C. Valley Christian, 2014	22	360	16.4
Kailey Kladivo, North Tama, 2012	26	357	13.7
Kristen Stidham, Glidden-Ralston, 2007	23	356	15.47
Jennifer Jorgensen, SE Webster-Grand 07	26	355	13.65
Stacey Schutjer, WCLT, 2008	26	354	13.61
Kelly Houser, Riceville, 2003	22	353	16.05
Kelsey Keizer, Okoboiji, 2004	24	352	14.67
Kate Hartman, Northwood-Kensett, 2009	21	351	16.71
Antonea Stuckey, Davenport North, 2010	22	351	16.0
Jennifer Goetz, Cardinal Stritch, 2002	27	350	12.96
Kelsey Keizer, Okoboiji, 2005	24	350	14.58
Jennifer Jorgensen, SE Webster-Grand, 08	26	348	13.38
Jill Foster, North Tama, 2000	20	346	17.30
Ashtyn Veerbeek, Western Christian, 2018	24	346	14.40
Nicole Strasko, Roland-Story, 2006	24	345	14.40
Katie Dentlinger, Coon Rapids-Bayard	24	344	14.3
Kelly Houser, Riceville, 2002	23	344	14.96
Elizabeth Cottey, Fox Valley, 2002	22	341	15.50
Barb Franke, Cedar Falls, 1991	27	336	12.44
Jessica Gerhart, Sentral, 2003	24	332	13.83
Lori Trumblee, Starmont, 2002	24	332	13.83
Becky Green, Wayne, 2000	30	330	11.00
Sofia Iwobi, Fairfield Maharishi, 2006	24	332	13.83
Amanda Eekhoff, Western Christian, 2004	23	332	14.22
Latasha Pendleton, Waterloo West, 2003	23	327	14.22
Kiah Stokes, Linn-Mar, 2010	26	332	13.10
Blaire Steenhoek, SE Warren, 2018		329	13.7
Sofia Iwobi, Fairfield Maharishi, 2005	25	326	13.04

Junior Leaders

Joscelyn Coleman, Essex	25	420	16.80
Shelby Hembera, C. Valley Christian, 2014	22	360	16.4
Rachel Yeggy, Highland, 2005	26	406	15.62
Anna Sweeting, Highland, 2010	25	387	15.5
Stacey Schutjer, WCLT, 2007	27	361	13.60

Sophomore Leaders

Rachel Yeggy, Highland, 2004	25	469	18.69
Jennifer Goetz, Cardinal Stritch, 2001	27	431	15.96
Elizabeth Cottey, Fox Valley, 2002	22	341	15.50
Katie Dentlinger, CR-Bayard, 2010	22	322	14.6
Casey Spree, Aplington-Parkersburg, 1996	26	316	12.15
Sylvia Amlie, Cedar Falls NU High, 2012	24	315	13.7
Ann Cavey, North Cedar, 1996	26	315	12.12

Freshman Leaders

Nicole Strasko, Roland-Story, 2006	20	345	14.40
Lindsay Hoehns, Twin Cedars, 2007	23	331	14.39
Hallie Christofferson, Exira, 2007	25	314	12.56
Jennifer Goetz, Cardinal Strich, 2000		306	14.57
Rachel Yeggy, Highland, 2003	22	293	13.32

CAREER STEALS

Kelli Nelson, Exira (2001-2004)	641
Shayla Dean, Colo-Nesco (2011-2015)	605
Amy Young, Preston (1997-2001)	601
Annie Heithoff, CB St. Albert (1993-1997)	595
Autumn Feaker, Solon (1990-1994)	560
Autumn McDanel, Moravia (2013-2016)	560
Missy Hammon, Riceville (1996-2000)	559
Sara Weirather, Central Lee (1999-2003)	544
Cathy Reiter, Union (2006-2009)	522
Kayleen Beck, BGM (2011-2015)	519
Taylor Hickey, Burlington Notre Dame (2011-2015)	519
Stephanie Rich, Washington (1997-2001)	516
Kelsey Bolte, Battle Creek-Ida Grove (2004-07)	516
Natalie Raub, Union (1999-2002)	508
Jessica Vande Kooi, Hinton (1999-2003)	506
Brooke Bollmeyer, Hinton	493
Mackenzie Knox, Madrid (1999-2003)	480
Sara Stribe, Carroll (1994-1998)	479
Linda Sayavongchanh, DM Lincoln (1998-2002)	475
Carrie Norman, Lynnville-Sully (1995-1999)	471
Kayla Lindenmeyer, Bedford (2010-2013)	459
Carleigh Paup, Paton-Churdan (2012-16)	456
Shelby Reicks, Turkey Valley (2014-17)	455
Alexis Conaway, MOC-Floyd Balley (2010-2014)	452
Casey Huber, Denver (2001-2004)	451
Jennifer Gries, EH-Kimballton (1995-1999)	450
Trista Kolder, Aplington-Parkersburg (1997-2001)	443
Ashley Hagedorn, IKM-Manning (2007-2010)	442
Tana Colt, Akron-Westfield (2003-2007)	440
Carli Tritz, Sioux City Bishop Heelan (2005-2010)	437
Brittani Kozik, Belle Plaine (1999-2003)	434
Nicki Bradley, Wilton (1990-1994)	431
Christa Subbert, Stanton (2003-2007)	425
Kelsey Homewood, Iowa City Regina (2001-04)	423

Kayla Waskow, Dunkerton (2004-2008)	418	Sarah Larsen, Mid-Prairie (1998-2002)	346
Paige Danner, AHST (2010-2014)	415	Sam Norris, Martensdale-St. Marys (2006-2011)	344
Jennifer Jorgensen, SE Webster-Grand (2005-08)	414	Meg Brandt, Ankeny Centennial (2013-16)	342
Mackenzie Small, Hinton (2007-2010)	414	Erica Scholtfeldt, Rock Valley (1999-2003)	342
Megan Ripperton, Lone Tree (1997-2001)	419	Jackie Olson, MOC-Floyd Valley (1992-1996)	342
Molly Turman, Hinton	408	Bridget Yoerger, Hinton	342
Linda Lappe, Winfield-Mt. Union (1994-1998)	402	Erin Dohrmann, Sioux City North (1999-2003)	341
Shawna Boles, Murray (1997-2001)	401	Renee Maneman, Newell-Fonda (2011-14)	341
Maddie Tusha, Garner-Hayfield-Ventura (2010-14)	400	Lindsay Anderson, New London (1992-1996)	339
Ashleigh Neal, Murray (2006-2009)	399	Melissa Krueger, Lone Tree (1989-1993)	339
Tember Schechinger, IKM-Manning (2000-2012)	398	Grace Rehstrom, Sioux Central (2008-2011)	338
Linissa Bowman, Preston (1997-2001)	398	Cortney Kettmann, Bellevue Marquette (1997-2001)	337
Shelby Graves, Davis County (2010-2014)	398	Shelby Johnson, Akron-Westfield (2004-2008)	337
Kelsey Johnikin, Sioux City West (2002-2006)	398	Morgan Straight, Belle Plaine (2013-16)	337
Kristin Rasmussen, AGWSR (2003-2007)	397	Abby Wedemier, West Central Maynard (2003-06)	335
Renaef Roelfs, Mediapolis (1997-2001)	394	Sara Goodman, West Marshall (1999-2003)	334
Chelsea Winterboer, Sioux Central (2003-2006)	392	Amber Nicole Buch, Fairfield (2014-18)	332
Kary Dawson, Sibley-Ocheyedan (1993-1997)	389	Kinzee Hansen, CWL (1993-1997)	332
Madison Weekly, Benton (2010-2013)	383	Lindsey Chettinger, Sergeant Bluff-Luton (2000-2004)	328
Kari Fitzpatrick, Edgewood-Colesburg (2012-2015)	380	Lindsay Hoehns, Twin Cedars (2005-2010)	328
Kristen Weber, Earlham (2011-2015)	379	Melissa Eighmy, Mount Ayr (1994-1998)	327
Ellie Peterson, Cedar Falls (1998-2002)	379	Rachel Freland, PCM (2011-2015)	327
Kate Galligan, Cedar Rapids Jefferson (1988-1992)	379	Sara Robson, Belmond-Klemme (1994-1997)	325
Angela Bock, Iowa Mennonite (1995-1999)	378	Leslie Budak, Norway & Benton (1988-1992)	325
Erica Dreckman, Marcus-Meriden-Cleghorn (2010-13)	376	Morgan Dornbier, Mason City Newman (2007-10)	325
Chelsea Poppens, Aplington-Parkersburg (2006-09)	373	Lindsey Vande Wall, PCM (2006-2009)	324
Andrea Robertson, Vinton-Shellsburg (1992-1996)	369	Brianne Fink, West Central (1993-1996)	323
Tess Myer, Mount Ayr (2004-2009)	368	Heather Eiffler, Garner-Hayfield (2002-2005)	322
Maria Gonzalez, West Hancock (2013-16)	367	Anna Doering, Waterloo Christian (2010-2014)	321
Jenny Bridgewater, Benton (1999-2003)	366	Katie Maguire, Treynor (1998-2002)	320
Ashley Nally, Bedford (1999-2002)	366	Courtney Van Houweling, PCM (2011-2015)	320
Devin Laughlin, East Mills (2010-2014)	365	Steph Reiter, Union (2004-2008)	318
Sam Reiser, Waukon (2002-2005)	365	Morgan Walker Sioux Central (2008-2011)	318
Shelly Scheetz, Cedar Rapids Kennedy (1987-1991)	365	Marci Clayton, Jesup (1998-2002)	318
Jenna Frederes, Remsen St. Mary's (2000-2003)	364	Kia Rasmussen, IKM-Manning (2014-18)	317
Aimee Hartwig, Sibley-Ocheyedan (1992-1996)	364	Allison Stracke, Harlan (1998-2002)	317
Mary Berdo, Washington (1992-1996)	364	Chelsey Lampe, Highland (2011-2015)	314
Mackenzie Rogers, Mediapolis (2014-18)	362	Jill Lacey, Hinton	314
Melissa Krueger, Lone Tree (1990-93)	362	Heidi Esdohr, Coon Rapids-Bayard (2005-2009)	314
Jamie Hoover, Twin River Valley (1999-2003)	359	Katie Nieuwsma, Pella Christian (2005-2008)	313
Emma Staudt, Rockford (2014-17)	358	Amy Freese, North Cedar (1993-1996)	313
Alison Rohdy, Harmony (1991-1995)	358	Kendyl Sorge, Janesville (2011-2015)	313
Jenny Bridgewater, Benton (1999-2003)	357	Maddie Boer, North Linn (2011-2015)	312
Katie Corbett, Iowa City Regina (1992-1996)	357	Brittany Peterson, Spencer (2005-2009)	312
Amy Lawson, Spencer (2001-2004)	356	Tara Van Rees, Lynnville-Sully (2008-2011)	312
Taylor Smith, Central Decatur (2006-2009)	356	Andrea Van Vark, Pella Christian	312
Faith Meyer, Pocahontas Area (2014-17)	355	Brittany Peterson, Spencer (2006-2009)	312
Tori Hazard, Janesville (2014-17)	354	Katie Clarke, Adair-Casey (2010-2013)	310
Molly Goodenbour, Waterloo West (1985-1989)	354	Julie Bex, Highland (1990-94)	310
Jill Brant, Garner-Hayfield (1999-2002)	354	Mykenzie Whitney, Westwood (2014-17)	308
Victoria Leyh, Janesville (2010-14)	353	Nicole Miller, North Linn (2011-2015)	308
Hallie Christofferson, Exira (2005-2010)	351	Alicia Mahmens, Northeast (1996-2000)	308
Morgan Nelson, Colo-Nesco (1998-2002)	351	Jordan Gronewold, Carlisle (2005-2010)	308
Grace Meyer, Pocahontas Area (2014-17)	350	Kim Schwartz, Hinton	307
Demi Diedrich, Northeast (2007-11)	350	Jody Dean, Postville (1993-1995)	307
Ashton Yossi, Dallas Center-Grimes (2007-2011)	350	Tiffany Reedy, Union (1999-02)	306
Lexi Ackerman, Central Lyon (2009-2013)	350	Morgan Muhlbauer, IKM-Manning (2011-2015)	305
Kristin Shields, Murray (2004-2007)	349	Brianna Mensen, Maquoketa Valley (2014-2017)	305
Megan Howard, North Polk (2006-2010)	349	Jody Roslansky, Harris-Lk Pk (1993-1995)	304
KJ Veldman, Spirit Lake (2010-2013)	348	Fran Reis, Perry (1994-1998)	304
Taylor Smith Central Decatur (2005-09)	346	Missy Daughenbaugh, DM Lincoln (1985-1988)	300

STEALS PER GAME

Yearly Leaders

2018 — Lexi Toering, Sioux Center	27	169	6.25
2017 — Josie Durr, Solon	22	164	7.45
2016 — Autumn McDanel, Moravia	25	154	6.16
2015 — Autumn McDanel, Moravia	23	165	7.17
2014 — Autumn McDanel, Moravia	22	155	7.04
2013 - Kayleen Beck, BGM	24	174	7.29
2012 – Makenzie Zeitler, Van Buren	23	155	6.73
2011 – Demi Deidrich, Northeast	26	133	6.04
2010 - Ashley Hagedorn, IKM-Manning	23	153	6.37
2009 — Cathy Reiter, Union	22	146	6.63
2008— Cathy Reiter, Union	22	140	6.36
2007—Cathy Reiter, Union	25	139	5.56
2006—Sofia Iwobi, Maharishi	24	163	6.79
2005—Sam Reiser, Waukon	24	153	6.38
2004—Katie Kilburg, Bellevue	23	288	12.58
2003—Kelli Nelson, Exira	23	209	9.09
2002—Sara Weirather, Central Lee	25	196	7.84
2001—Amy Young, Preston	29	187	6.45
2000—McKenzie Knox, Madrid	23	148	6.43
1999—Missy Hammon, Riceville	21	147	7.00
1998—Missy Hammon, Riceville	21	156	7.43
1997--Annie Heithoff, CB St. Albert	25	190	7.60
1996--Sarah Russell, CR Kennedy	21	169	8.05
1995--Jody Dean, Postville	24	207	8.63
1994--Keely Bowman, Kingsley-Pierson	18	166	9.22
1993--Nicki Bradley, Wilton	18	139	7.72
1992--Nicki Bradley, Wilton	19	112	5.89
1991--Leslie Budak, Norway	21	127	6.05
1990--Lanette Brooks, DM Lincoln	18	99	5.50
1989--Angie Slaughter, Iowa City West	21	116	5.52
1988--Dana Hinkhouse, Wilton	19	121	6.37
1987--Missy Daughenbaugh, DM Lincoln	26	158	6.08
1986--Skeeter Myers, Mount Vernon	18	102	5.67
1985--Sharita Couch, Davenport Central	20	119	5.95

All-Time Leaders

Keely Bowman, Kingsley-Pierson, 1994	18	166	9.22
Kelli Nelson, Exira, 2003	23	209	9.09
Jody Dean, Postville, 1995	24	207	8.63
Josie Roslansky, Harris-Lake Park, 1995	20	171	8.55
Sarah Russell, CR Kennedy, 1996	21	169	8.05
Sara Weirather, Central Lee, 2002	25	196	7.84
Nicki Bradley, Wilton, 1993	18	139	7.72
Kelli Nelson, Exira, 2004	25	192	7.68
Annie Heithoff, CB St. Albert, 1997	25	190	7.60
Josie Durr, Solon, 2017	22	164	7.45
Missy Hammon, Riceville, 1998	21	156	7.43
Josie Roslansky, Harris-Lake Park, 1994	18	133	7.39
Kayleen Beck, BGM, 2013	24	174	7.29
Jennifer Gries, Elk Horn-Kimballton, 1998	17	123	7.24

Autumn McDaniel, Moravia, 2015	23	165	7.17
Brook Tish, Tri-County, 2004	22	156	7.09
Shayla Dean, Colo-Nesco, 2015	25	176	7.04
Autumn McDaniel, Moravia	22	155	7.04
Missy Hammon, Riceville, 1999	21	147	7.00
Angie Patterson, Pomeroy-Palmer, 1994	26	181	6.96
Nicki Bradley, Wilton, 1994	26	180	6.92
Carlie Schaeffer, Chariton, 2017	22	152	6.91
Anny Burdorf, Emmetsburg, 1998	15	103	6.87
Annie Heithoff, CB St. Albert, 1996	24	164	6.83
Olivia Mennen, Hampton-Dumont, 1995	22	150	6.82

Junior Leaders

Kelli Nelson, Exira, 2003	23	209	9.09
Sara Weirather, Central Lee, 2002	25	196	7.84
Nicki Bradley, Wilton, 1993	18	139	7.72
Josie Roslansky, Harris-Lake Park, 1994	18	133	7.39
Jennifer Gries, Elk Horn-Kimballton, 1998	17	123	7.24

Sophomore Leaders

Missy Hammon, Riceville, 1998	21	156	7.43
Kayleen Beck, BGM, 2013	24	175	7.29
Autumn McDaniel, Moravia, 2014	22	155	7.04
Katie Corbett, Iowa City Regina, 1994	19	125	6.58
Payton Slaughter, Cherokee, 2017	25	164	6.56

Freshman Leaders

McKenzie Knox, Madrid, 2000	23	148	6.43
Amber Terrell, DC-Grimes, 1996	18	108	6.00
Emilee Danner, Ar-We-Va, 2016	22	132	6.00
Missy Hammon, Riceville, 1997	22	130	5.91
Liz Trauger, Twin River Valley, 2003	22	123	5.59

TOTAL STEALS

Season Leaders

Kelli Nelson, Exira, 2003	23	209	9.09
Jody Dean, Postville, 1995	24	207	8.63
Sara Weirather, Central Lee, 2002	25	196	7.84
Annie Heithoff, CB St. Albert, 1997	25	190	7.60
Kelli Nelson, Exira, 2004	25	192	7.68
Amy Young, Preston, 2001	29	187	6.45
Autumn Feaker, Solon, 1993	27	182	6.74
Angie Patterson, Pomeroy-Palmer, 1994	26	181	6.96
Kelsey Bolte, Battle Creek-Ida Grove, 2006	29	180	6.20
Nicki Bradley, Wilton, 1994	26	180	6.92
Shayla Dean, Colo-Nesco	25	176	7.04
Amy Young, Preston, 2000	28	176	6.28
Kayleen Beck, BGM, 2013	24	175	7.29
Kayla Lindenmeyer, Bedford, 2012	28	171	6.11
Josie Roslansky, Harris-Lake Park, 1995	20	171	8.55
Makenzie Zeitler, Van Buren, 2012	23	171	6.73
Shayla Dean, Colo-Nesco, 2014	26	170	6.54
Sarah Russell, CR Kennedy, 1996	21	169	8.05
Lexi Toering, Sioux Center, 2018	27	169	6.26
Keely Bowman, Kingsley-Pierson, 1994	18	166	9.22

Amy Lawson, Spencer, 2004	25	165	6.60
Carli Tritiz, Sioux City Bishop Heelan, 2010	27	165	6.11
Josie Durr, Solon, 2017	22	164	7.45
Payton Slaughter, Cherokee, 2017	25	164	6.56
Carrie Norman, Lynnville-Sully, 1999	29	164	5.66
Annie Heithoff, CB St. Albert, 1996	24	164	6.83
Tember Schechinger, IKM-Manning, 2012	27	164	6.07
Autumn McDanel, Moravia, 2015	23	163	7.14
Sofia Iwobi, Maharishi, 2006	24	163	6.79
Jessica VandKooi, Hinton, 2003	24	163	6.79
Shayla Deen, Colo-Nesco, 2013	26	162	6.23
Josie Kopal, Lawton-Bronson, 2013	28	162	5.79

Junior Leaders

Kelli Nelson, Exira, 2002	23	209	9.09
Sara Weirather, Central Lee, 2002	25	196	7.84
Autumn Feaker, Solon, 1993	27	182	6.74
Angie Patterson, Pomeroy-Palmer, 1994	26	181	6.96
Kelsey Bolte, Battle Creek-Ida Grove, 2006	29	180	6.20

Sophomore Leaders

Kayleen Beck, BGM, 2013	24	175	7.29
Payton Slaughter, Cherokee, 2017	25	164	6.56
Autumn McDaniel, Moravia, 2014	22	155	7.04
Shayla Dean, Colo-Nesco, 2013	26	162	6.23
Missy Hammon, Riceville, 1998	21	156	7.43

Freshman Leaders

McKenzie Knox, Madrid, 2000	23	148	6.43
Rylee Menster, Springville, 2015	27	144	5.33
Emilee Danner, Ar-We-Va, 2016	22	132	6.00
Missy Hammon, Riceville, 1997	22	130	5.91
Taylor Hickey, Burlington ND, 2012	24	130	5.41

CAREER BLOCKED SHOTS

Kiah Stokes, Linn-Mar (2007-2011)	515
Jessica Nikkel, Lynnville-Sully (1995-1999)	497
Jocelyn Anderson, Prairie Valley (2002-2005)	485
Mackenzie Morrison, Martensdale-St. Marys (2005-10)	473
Alysa Klein, Okoboji (2001-2004)	454
Rachel Thune, Des Moines Christian (2005-2008)	452
Kameo Pope, Belle Plaine (2010-2014)	424
Katelynn Tracy, Moravia (2010-2013)	406
Elizabeth Jenkins, Saint Ansgar (2014-18)	401
Jenny Noll, Muscatine (1988-1992)	399
Amy Herrig, Dubuque Senior (1991-1995)	397
Maddie Oliver, Roland-Story	337
Brooke Morgan, Dike-New Hartford (2012-15)	391
Lori Trumblee, Starmont (1998-2002)	381
Aimee Osborne, Sidney (2008-11)	352
Miranda Boekhout, MMC (2000-2004)	351
Tammi Blackstone, Cherokee (1992-1996)	347
Mariah McPartland, Boone (2011-2015)	346
Tonia Tauke, CB Abraham Lincoln (1992-1996)	346
Monica Huelman, Vinton-Shellsburg (1992-1996)	339
Jess Schaben, Harlan (2011-15)	338
Mia Rosener, Des Moines Christian (2014-17)	330
Stacey Schutjer, WCLT (2005-2008)	327
Kelsey Bolte, Battle Creek-Ida Grove (2004-07)	327
Hallie Christofferson, Exira (2005-2010)	313

Molly Tideback, Waterloo Columbus (1985-1988)	322
Kendal Brown, Moravia (2013-2016)	320
Quinn Ruth, Adair-Casey (2010-2013)	310
Malarie Gilley, East Greene (2007-2010)	308
Heidi Wener, Murray (1999-2003)	303
Amanda Zimmerman, Ballard (2006-2009)	303
Josie Claassen, GMG (2014-17)	293
Nina Smith, Waterloo West (1995-1999)	291
Betsy Funk, Urbandale (1998-2002)	278
Ann Straate, Postville (1998-2002)	276
Kalee Modlin, Knoxville (1998-2002)	276
Sara Aeschliman, Davis County (1999-2003)	276
Jamie Cavey, North Cedar (1997-2001)	275
Lisa Reitsma, Western Christian (1990-1994)	275
Christy Holtkamp, Central Lee (1989-1993)	273
Jessica Balek, Mason City Newman (2009-2012)	271
Mandi Harms, Shenandoah (1995-1999)	271
Samantha Uhlenkamp, Central City (2014-17)	266
Kayla Lincoln, West Central Maynard (2003-2007)	261
Serena Parker, Shenandoah (2011-2015)	261
Chelsea Poppens, Aplington-Parkersburg (2006-09)	260
Abbie Schutte, Sibley-Ocheyedan (1993-1997)	256
Mackenzie Bigbee, Williamsburg (2008-2012)	254
Ann Cavey, North Cedar (1994-1998)	254
Logan Ehlers, Shenandoah (2014-17)	253
Emily Long, Montezuma (2009-2012)	251
Ashley Sickles, Crestwood (2004-2008)	250
Stephani Atwood, Sigourney (2007-2010)	247
Julie Gallery, East Buchanan, (1993-97)	245
Kelsey McClarnon, South Page (2014-17)	245
Sienna Durr, Grinnell (2014-18)	245
Jodi Gruber, Solon (1988-1992)	243
Gina Schlesselman, Belle Plaine (1999-2003)	242
Alyssa Dunlop, Woodbine (2007-2010)	242
Haley Hillyard, Mediapolis (2010-2013)	239
DeAnn Williams, DM Roosevelt (1985-1989)	238
Kennedy Wohlford, Hampton-Dumont (2011-2015)	238
Lisa Kriener, St. Ansgar (1997-2001)	236
Katie Sorrell, Winfield-Mt. Union (1994-1998)	236
Beth Marvin, Preston (1997-2001)	233
Amelia Ivester, Cedar Rapids Xavier (2014-18)	232
Mikayla Galvin, Kee (2013-16)	232
Kate Kosters, Crestwood (1996-2000)	231
Kayla Pirtle, CR Washington (1991-1995)	231
Sadie Shuck, Hinton (2010-2013)	230
Pam Iverson, Denison-Schleswig (1994-1999)	230
Alyson Spinass-Valainis, Dav. Assumption (2005-2010)	226
Kristen De Ronde, Pella Christian	224
Ashtyn Veerbeek, Western Christian (2014-18)	224
Barb Bennett, Ames (1994-1997)	223
Holly Bock, Mason City Newman (2013-2016)	222
Amber Kirschbaum, Spirit Lake (2006-2009)	221
Allie Lamb, English Valleys (2001-2005)	221
Kim Trine, Burlington Notre Dame (1994-1998)	221
Haley Delperding, Remsen St. Mary's (2014-17)	220
Addie Oberman, Northeast (2010-14)	216
Nicky Wieben, Ankeny (2002-2005)	214
Jessica Gerhart, Sentral (1999-2003)	214
Kadie Subbert, Stanton (2007-2011)	213
Jackee Meyer, Belmont-Klemme (2014-16)	213
Brittany Arwine, Dunkerton	207

Jodi DeVries, Aplington-Parkersburg (1993-1996)	206
Amanda Berner, Calamus-Wheatland (1997-2001)	205
Claudia Larsen, Newell-Fonda (2011-14)	204
Rylee Andresen, Midland (2013-16)	204
Shelly DeJong, Unity Christian (1991-93)	204
Rylee Voss, English Valleys (2011-2015)	201
Erin Wibholm, West Marshall (1997-200)	200
Lexy Koudelka, Nevada (2014-18)	200
Tammy Lansing, North Fayette (2004-2007)	200
Amanda Ollinger, CR Jefferson/Linn-Mar (2013-16)	197
Grace Blomstedt, Red Oak (2012-2015)	196
Abbie Hauptert, CMB (2011-14)	196
Millie Niggeling, Sioux City Bishop Heelan (2005-10)	196
Elsa Anderson, Des Moines Christian (2011-2015)	195
Ashley Tull, North Linn (2014-18)	194
Emily Beerman, CAM (2010-2013)	192
Lizzy Stachon, Dowling Catholic (2007-2011)	192
Tiffany Cox, Sioux City North (1989-1993)	191
Molly Forsythe, Jesup (2002-2005)	190
Lara Marske, Spencer (1998-2001)	190
Jamie Boyd, Underwood (2000-2004)	188
Rachel Yeggy, Highland (2002-06)	187
Rylee Eakins, Davis County (2010-2014)	187
Janine Gremmel, Dubuque Wahlert(1984-1988)	187
Michelle Krough, Benton (1986-1990)	186
Kiana Barney, Cedar Falls (2014-18)	185
Kylee Burt, Belmont-Klemme (1995-1999)	180
Katie Kriener, Crestwood (1993-1996)	179
Morgan Salow, West Delaware (2001-05)	178
Tori Hazard, Janesville (2014-17)	178
Tarah Meyer, West Lyon (2011-2015)	176
Andrea Markey, Colo-Nesco (2003-2006)	174
Andrea Larson, Mediapolis (2011-2015)	172
Amy Bohnker, Underwood (2001-2005)	171
Bailey Halbur, Manning/IKM-Manning (2006-2009)	169
Megan Brandt, Spencer (2002-2006)	169
Tierranny Keahna, South Tama (2013-16)	165
Stephanie Bishop, Muscatine (1992-1994)	165
Michelle Smith, Crestwood (1999-2003)	164
Bethany Weber, Mediapolis (2003-2006)	164
Brianna Konz, Spaling Catholic (2007-2010)	163
Kate Hartman, Northwood-Kensett (2005-2010)	162
Kennedy Brown, Iowa City Regina (2013-2016)	162
Jessica Keefe, Ames (2000-2004)	161
Kara Haugen, Waterloo Columbus (1991-1995)	159
Kristin Martindale, Spencer (2010-2014)	158
Lacey Geitzenaur, Sentral (1999-2003)	157
Ireland Hostetler, Mid-Prairie (2014-17)	156
Samantha Opal, East Mills (2013-16)	156
Shari Davis, Denver (1995-1999)	154
Kaitlyn Volesky, Mount Vernon (2014-17)	153
Darcy Hirt, Highland (1987-1991)	151
Jennifer Schmann, Newell-Fonda (2001-05)	151
Ali Browning, Iowa City Regina (2005-2010)	150

2017 — Elizabeth Jenkins, Saint Ansgar	22	155	7.05
2016 — Mia Rosener, DM Christian	24	144	6.00
2015 — Gracey Griglione, I-35	24	115	4.79
2014 — Gracey Griglione, I-35	23	140	6.09
2013 — Brooke Morgan, Dike-New Hartford	23	158	6.87
2012 - Kaz Brown, Cedar Falls	23	13-	5.65
2011 — Katelynn Tracy, Moravia	19	120	6.31
2010 - Megan Flemr, Lone Tree	24	141	5.45
2009 — Kiah Stokes, Linn-Mar	25	160	6.40
2008—Rachel Thune, DM Christian	24	167	6.96
2007—Rachel Thune, DM Christian	25	161	6.44
2006—Madelyn Houser, Gilbert	21	109	5.19
2005—Jocelyn Anderson, Prairie Valley	22	108	4.91
2004—Kayla Ashland, Sheldon	23	147	6.39
2003_Jocelyn Anderson, Prairie Valley	21	148	7.05
2002—Gillian Goering, Waterloo West	14	101	7.21
2001—Alysa Klein, Okoboji	18	104	5.78
2000—Lori Trumblee, Starmont	22	146	6.64
1999—Jenny Hemann, Osage	20	149	7.45
1998—Anna Borman, Sentral	17	109	6.41
1997--Julie Gallery, East Buchanan	17	115	6.76
1996--Jennifer Perkins, FD St. Edmond	19	143	7.53
1995--Amy Herrig, Dubuque Senior	22	136	6.18
1994--Julie Wollesen, Lawton-Bronson	18	148	8.22
1993--Christy Holtkamp, Central Lee	22	116	5.27
1992--Dee Dee Madison, Davenport North	17	104	6.12
1991--Tiffany Cox, Sioux City North	20	113	5.65
1990--Jenny Noll, Muscatine	23	150	6.52
1989--Michelle Krough, Benton	19	86	4.53
1988--DeAnn Williams, DM Roosevelt	22	150	6.82
1987--Molly Tideback, Waterloo Columbus	26	108	4.15
1986--Brenda Johnson, Maquoketa	22	99	4.50
1985--Julie Palmer, Cedar Rapids Regis	21	72	3.43

All-Time Leaders

Julie Wolleson, Lawton-Bronson, 1994	18	148	8.22
Carah Drees, Westwood, 2018	22	169	7.68
Jennifer Perkins, FD St. Edmond, 1996	19	143	7.53
Jenny Hemann, Osage, 1999	20	149	7.45
Julie Gallery, East Buchanan, 1996	18	130	7.22
Gillian Goering, Waterloo West, 2001	14	101	7.21
Jocelyn Anderson, Prairie Valley, 2003	21	148	7.05
Elizabeth Jenkins, Saint Ansgar, 2017	22	155	7.05
Rachel Thune, DM Christian, 2008	24	167	6.96
Brooke Morgan, Dike-New Hartford	23	158	6.87
DeAnnWilliams, DM Roosevelt, 1988	22	150	6.82
Julie Gallery, East Buchanan, 1997	17	115	6.76
Vicky Kapnisis, North Fayette, 2013	21	141	6.71
Lori Trumblee, Starmont, 2000	22	146	6.64
Jocelyn Anderson, Prairie Valley, 2002	21	139	6.62
Carah Drees, Westwood, 2017	23	171	6.57
Taryn Scheuermann, Van Buren, 2018	24	157	6.54
Jenny Noll, Muscatine, 1990	23	150	6.52
Rachel Thune, DM Christian, 2007	25	161	6.44
Jessie Van Gilder, SE Webster, 1997	16	103	6.44
Sheena Henrichs, Allison-Bristow, 1999	23	148	6.43
Anna Borman, Sentral, 1998	17	109	6.41
Kameo Pope, Belle Plaine, 2013	22	141	6.41
Kiah Stokes, Linn-Mar, 2009	25	160	6.40
Kayla Ashland, Sheldon, 2004	23	147	6.39
Sarah Aeschliman, Davis County, 2002	15	95	6.33

BLOCKED SHOTS PER GAME

Yearly Leaders

2018 — Carah Drees, Westwood	22	169	7.68
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Katelynn Tracy, Moravia, 2011	19	120	6.31
Lisa Reitsma, Western Christian, 1994	20	126	6.30
Deb Freking, LeMars, 1990	19	118	6.21

Junior Leaders

Carah Drees, Westwood, 2018	22	169	7.68
Julie Gallery, East Buchanan, 1996	18	130	7.22
Elizabeth Jenkins, Saint Ansgar, 2017	22	155	7.05
DeAnn Williams, DM Roosevelt, 1988	22	150	6.82
Rachel Thune, DM Christian, 2007	25	161	6.44

Sophomore Leaders

Jennifer Perkins, FD St. Edmond, 1996	19	143	7.53
Jenny Hemann, Osage, 1999	20	149	7.45
Jocelyn Anderson, Prairie Valley, 2003	21	148	7.05
Brooke Morgan, Dike-New Hartford	23	158	6.87
Lori Trumblee, Starmont, 2000	22	146	6.64

Freshman Leaders

Jocelyn Anderson, Prairie Valley, 2002	21	139	6.62
Gracey Griglione, I-35, 2014	23	140	6.09
Alysa Klein, Okoboji, 2001	18	104	5.78
Taryn Scheuermann, Van Buren, 2017	23	132	5.74
Katelynn Tracy, Moravia, 2010	19	105	5.52

TOTAL BLOCKED SHOTS

Season Leaders

Mackenzie Morrison, Martensdale-SM, 2011	28	172	6.14
Carah Drees, Westwood, 2018	22	169	7.68
Rachel Thune, DM Christian, 2008	24	167	6.96
Rachel Thune, DM Christian, 2007	25	161	6.44
Kiah Stokes, Linn-Mar, 2009	25	160	6.40
Brooke Morgan, Dike-New Hartford, 2013	23	158	6.87
Taryn Scheuermann, Van Buren, 2018	24	157	6.54
Elizabeth Jenkins, Saint Ansgar, 2017	22	155	7.04
Carah Drees, Westwood, 2017	23	151	6.57
Jessica Nikkel, Lynnville-Sully, 1999	29	150	5.17
DeAnn Williams, DM Roosevelt, 1988	22	150	6.82
Jenny Noll, Muscatine, 1990	23	150	6.52
Jenny Hemann, Osage, 1999	20	149	7.45
Jocelyn Anderson, Prairie Valley, 2003	21	148	7.05
Sheena Henrichs, Allison-Bristow, 1999	23	148	6.43
Julie Wolleson, Lawton-Bronson, 1994	18	148	8.22
Kayla Ashland, Sheldon, 2004	23	147	6.39
Lori Trumblee, Starmont, 2000	22	146	6.64
Mia Rosener, Des Moines Christian, 2016	24	144	6.00
Jennifer Perkins, FD St. Edmond, 1996	19	143	7.53
Vicky Kapnisis, North Fayette, 2013	21	141	6.71
Kameo Pope, Belle Plaine, 2013	22	141	6.41
Kiah Stokes, Linn-Mar, 2011	25	141	5.64
Jessica Nikkel, Lynnville-Sully, 1998	27	141	5.22
Jessica Nikkel, Lynnville-Sully, 1997	26	141	5.42
Gracey Griglione, I-35, 2014	23	140	6.09
Jocelyn Anderson, Prairie Valley, 2002	21	139	6.62
Tonia Tauke, CB Abraham Lincoln 1995	26	139	5.35

Junior Leaders

Carah Drees, Westwood, 2018	22	169	6.87
Rachel Thune, DM Christian, 2007	25	161	6.44
Elizabeth Jenkins, Saint Ansgar	22	155	7.05
DeAnn Williams, DM Roosevelt, 1988	22	150	6.82
Sheena Henrichs, Allison-Bristow, 1999	23	148	6.43

Sophomore Leaders

Kiah Stokes, Linn-Mar, 2009	25	160	6.40
Brooke Morgan, Dike-New Hartford, 2013	23	158	6.87
Taryn Scheuermann, Van Buren, 2018	24	157	6.54
Carah Drees, Westwood, 2017	23	151	6.57
Jenny Noll, Muscatine, 1990	23	150	6.52

Freshman Leaders

Gracey Griglione, I-35, 2014	23	140	6.09
Jocelyn Anderson, Prairie Valley, 2002	21	139	6.62
Taryn Scheuermann, Westwood, 2017	23	132	5.74
Katelynn Tracy, Moravia, 2010	19	105	5.53
Alysa Klein, Okoboji, 2001	18	104	5.78

CAREER ASSISTS

Elle Ruffridge, Pocahontas Area (2014-17)	802
Jamie Sickles, Wapsie Valley (2002-2006)	793
Mary Berdo, Washington (1992-1996)	745
Mackenzie Rogers, Mediapolis (2014-18)	702
Taylor Hickey, Burlington Notre Dame (2011-2015)	696
Brittany Peterson, Spencer (2006-2009)	683
Ellie Friesen, Osage/Crestwood (2014-18)	681
Linda Lappe, Winfield-Mt. Union (1994-1998)	652
Lindsey Meder, Solon (1994-1998)	625
Jennifer Jorgensen, SE Webster-Grand (2005-08)	621
Gabbie Binion, Davenport Assumption (2004-2008)	599
Chelsey Lamker, MFL-Mar-Mac (2006-2010)	570
Erica Scholtfeldt, Rock Valley (1999-2003)	567
Sara Goodman, West Marshall (1999-2003)	561
Megan Ripperton, Lone Tree (1997-2001)	561
Trista Kolder, Aplington-Parkersburg (1997-2001)	557
Autumn McDanel, Moravia (2013-2016)	552
Lana Otting, Cascade (2004-2008)	552
Shelby Johnson, Akron-Westfield (2004-2008)	540
Renee Maneman, Newell-Fonda (2011-14)	537
Sara Stribe, Carroll (1994-1998)	536
Morgan Flaherty, Pocahontas Area (2000-03)	527
Heather Lauman, Farragut (2001-2003)	523
Shelby Reicks, Turkey Valley (2014-17)	518
Fran Ries, Perry (1994-1998)	516
Carrie Norman, Lynnville-Sully (1995-1999)	515
Kylee Hoewood, Iowa City Regina (2005-2010)	511
Amy Lawson, Spencer (2001-2004)	511
Corinna Schropp, New London (1997-2001)	505
Kelsey Homewood, Iowa City Regina (2001-04)	502
Mackenzie Small, Hinton (2007-2010)	501
Stephanie Rich, Washington (1997-2001)	500
Devin Laughlin, East Mills (2010-2014)	498
Lexi Ackerman, Central Lyon (2009-2014)	491
Kristin Rasmussen, AGWSR (2003-2007)	490

Maggie Gorman, Denison-Schleswig (1994-1998)	484	Molly Goodenbour, Waterloo West (1985-1989)	388
Elizabeth Rocca, Lone Tree (1990-93)	486	Sara Weirather, Central Lee (1999-2005)	387
Molly Turman, Hinton (1998-2002)	483	Natalie Raub, Union (1999-2002)	385
Jennifer Goetz, Cardinal Stritch (1999-2003)	482	Julie Bex, Highland (1990-04)	384
Amy Diedrich, Northeast (1995-1999)	481	Kaisha Brown, Spirit Lake (2004-2008)	383
Kelley Westhoff, Dubuque Wahlert (1989-1993)	481	Erica Huyser, Lynnville-Sully (1993-96)	383
Jackie Olson, MOC-Floyd Valley (1992-1996)	479	Marina Keck, Kingsley-Pierson	383
Crystal Anderson, Forest City (1997-2001)	479	Sarah Culp, Newell-Fonda (2004-07)	379
Autumn Feaker, Solon (1990-1994)	473	Mallory Cunard, Missouri Valley (2006-2009)	378
Nicole Miller, North Linn (2011-2015)	467	Angela Bock, Iowa Mennonite (1995-1999)	377
Carli Tritz, Sioux City Bishop Heelan (2005-2010)	467	Lauren Christianson, Manson-NW Webster (2007-10)	376
Kelli Nelson, Exira (2001-2004)	464	Aimee Hartwig, Sibley-Ocheyedan (1992-1996)	376
Annie Heithoff, CB St. Albert (1993-1997)	461	Brianna Mensen, Maquoketa Valley (2014-2017)	375
Elizabeth Rocca, Lone Tree (1989-1993)	460	Abby Emmert, Winterset (2000-2004)	375
Shayla Dean, Colo-Nesco (2011-2015)	459	Autumn Bartel, Cherokee (2001-2005)	373
Lindsay Smith, Central DeWitt (2008-2011)	455	Rebecca Lampe, Highlang (2005-08)	373
Kate Walker, Red Oak, (2011-2015)	455	Carrie Woods, Martensdale-SM (2005-2010)	372
Kristin Shields, Murray (2004-2007)	448	Abby Wedemeier, West Central Maynard (2003-06)	372
Kelsey Bolte, Battle Creek-Ida Grove (2004-07)	448	Kylie Vogel, Camanche (2014-18)	371
Shellie Mossman, Carroll (2003-2006)	448	Christa Subbert, Stanton (2003-2007)	369
Jenna Frederes, Remsen St. Mary's (2000-2003)	447	Jordyn Moser, Harlan (2013-2016)	369
Emily Wassom, Spencer (2004-2008)	447	Erica Junod, Ankeny (1995-1999)	369
Aubrey Dolan, East Buchanan (1999-2003)	442	Katie Etter, Sigourney (2004-2008)	368
Tina Marshall, Keokuk Cardinal Stritch (1986-1990)	442	Carly Martin, Springville (2006-2009)	365
Heather Eiffler, Garner-Hayfield (2002-2005)	441	Madison Weekly, Benton (2010-2013)	365
Meghan Brue, Underwood (2001-2004)	441	Becca Fisher, Benton (2005-2009)	365
Kerry Juhlin, Cedar Falls (1997-2001)	437	Kristen Weber, Earlham (2011-2015)	364
Ali Hansen, WDM Dowling (1995-1999)	439	Ashley Hagedorn, IKM-Manning (2007-2010)	364
Kary Dawson, Sibley-Ocheyedan (1993-1997)	439	Holly Janssen, Nashua-Plainfield (2002-2005)	363
Mikkell Korver, MOC-Floyd Valley (1997-01)	435	Brittany Lampe, Highland (2000-04)	362
Kylan Loney, Ames (1997-2001)	431	Morgan Paige, Marion (2005-2010)	362
Kate Galligan, CR Jefferson (1988-1992)	429	Alicia Mahmens, Northeast (1993-1997)	362
Linda Sayavongchanh, DM Lincoln (1998-2002)	428	Ally Jensen, Ballard (2006-2009)	362
Megan Spurgin, FM Aquinas (1990-1994)	425	Katie Nieuwsma, Pella Christian (2005-2008)	360
Trisha Nesbitt, Ames (2005-2009)	424	Kayla Waskow, Dunkerton (2004-2008)	360
Kelly Leerar, West Hancock (2014-18)	423	Samantha Harrington, Nashua-Plainfield (2004-2007)	360
Jen Steines, Central DeWitt (1994-1998)	423	Erin Fox, Denver (1993-1995)	357
Paige Greiner, Williamsburg (2010-2014)	423	Lauren Miller, English Valleys (2011-15)	357
Rena Roelfs, Mediapolis (1997-2001)	420	Morgan Flaherty, Pocahontas Area (1999-2003)	357
Megan Wagaman, Springville (2013-2016)	420	Jamie Dalbey, Ottumwa (1994-1998)	356
Jordan Gronewold, Carlisle (2005-2010)	419	Felicity Jackson, CAM (2014-17)	356
Lana Otting Cascade (2004-07)	417	Mollie Kleopfer, Highland (2005-2010)	356
Kia Rasmussen, IKM-Manning (2014-18)	416	Erin Gerke, Newell-Fonda (2014-17)	355
Kirstin Nelson, Oelwein (2005-2009)	415	Heidi Esdohr, Coon Rapids-Bayard (2005-2009)	355
Kristie Langbehn, Durant (1985-1989)	413	Kiersten Pauling, DM Lincoln (1989-1993)	354
Amy Huyser, Lynnville-Sully (1997-2000)	412	Katie Thompson, Aplington-Parkersburg (2010-2013)	353
Olivia Olson, Mason City Newman (2007-10)	408	Elly Arganbright, Panorama (2007-2010)	353
Keri Feilen, CB Abraham Lincoln (1992-1996)	406	Abby Musser, Woodward-Granger (2011-2015)	352
Heather Laumann, Farragut (1999-2005)	404	Ashley Zobel, OA-BCIG (2008-2011)	352
Cortney Kettmann, Bellevue Marquette (1997-2001)	404	Alicia Onnen, Manson-NW Webster (2007-2010)	352
Kylan Loney, Ames (1997-2001)	402	Janeen Fell, Garner-Hayfield (1999-2003)	351
Heidi Hillyard, Mediapolis (2011-2015)	401	Britt Siebels, Anamosa (1989-1993)	351
Molly Pickering, Carlisle (1993-1996)	399	Chloe Rice, Marion (2014-18)	351
Grace Meyer, Pocahontas Area (2014-17)	398	Anna Conover, Lynnville-Sully (1996-99)	350
Shannan Smith, Waterloo West (1990-1994)	397	Laura Knudtson, Lake Mills (2014-18)	350
Lindsey Vande Wall, PCM (2006-2009)	396	Tara Van Rees, Lynnville-Sully (2008-2011)	349
Rachel Culp, Newell-Fonda (2006-09)	394	Megan Fetter, West Delaware (1999-2003)	349
Emily Schweer, Denver (2005-2010)	394	Morgan Markert, Manson-NW Webster (2007-2010)	349
Liz Schnurr, FD St. Edmond (1996-2000)	394	Dana Kester, Jesup (1996-2000)	349
Chelsey Winterboer, Sioux Central (2003-2006)	392	Molly Sanders, Ames (2011-2015)	348
Pamela Masker, Underwood (2001-2005)	391	Shelby Schmidt, Battle Creek-Ida Grove (2004-07)	348

Janeen Fell, Garner-Hayfield (2000-2003)	347
Taylor Smith, Central Decatur (2006-2009)	346
Brittany Lange, Sac City (2002-2005)	346
Stacy Frese, CR Washington (1991-1995)	346
Alison Rohdy, Harmony (1991-1995)	346
Morgan Muhlbauer, IKM-Manning (2011-2015)	344
Amy Young, Preston (1997-2001)	344
Melissa Eighmy, Mount Ayr (1994-1998)	344
Missy Barrier, Tri-Center (2002-2005)	344
Jessica Stanek, Tripoli (1999-2003)	343
Cass Peterson, Alta (1996-2000)	342
Jordan Waddell, Guthrie Center (2003-07)	342
Rachel Handeland, Clear Lake (1995-1999)	341
Ashley Nally, Bedford (1999-2002)	341
Kandy Beemer, Bedford (2002-2005)	341
Ashlea Payne, Alta (1998-2002)	341
Kari Fitzpatrick, Edgewood-Colesburg (2012-2015)	340
Mackenzie Knox, Madrid (1999-2003)	340
Ashley Salgado, Ottumwa (2008-2012)	339
Kayla Gaskill, IKM (2002-2006)	339
Kelsey Johnikin, Sioux City West (2002-2006)	337
Britny Halleland, Roland-Story	337
Sam Norris, Martensdale St. Marys (2006-2011)	337
Becky Strathman, CR Regis & CR Wash (1991-1995)	337
Tember Schechinger, IKM-Manning (2009-2012)	336
Torie Alexander, Eddyville-Blakesburg-Fremont (2014-18)	336
Jennifer Gries, Elk Horn-Kimballton (1995-1999)	336
Maddie Boer, North Linn (2011-2015)	335
Tori Hazard, Janesville (2014-17)	333
Sheri Sutherland, Northeast Hamilton (1994-1997)	331
Amber Nicole Buch, Fairfield (2014-18)	331
Melissa Krueger, Lone Tree (1990-93)	331
Lindsey Chetinger, Sergeant Bluff-Luton (2000-2004)	331
Ashton Moody, Hinton (2008-2011)	330
Dani Thrush, Keokuk (1992-1995)	330
Brittani Kozik, Belle Plaine (1999-2005)	330
Molly Boylan, Exira (2006-2009)	329
Katie Schechinger, IKM/IKM-Manning (2006-2009)	328
Jessie Clarahan, Sigourney (1994-1997)	327
Lauren Christianson, Manson-NW Webster (2005-2010)	326
Paige O'Neal, Sergeant Bluff-Luton (2007-2011)	325
Erin Sheeley, Postville (1999-2003)	325
Emily Dolan, East Buchanan (1996-2000)	324
Christy Hebert, CR Jefferson (1989-1993)	321
Amy Freese, North Cedar (1993-1996)	320
Casey McDermott, Newton (2004-07)	317
Lisa Rasmusson, Colo-Nesco (1996-2000)	317
McKaya O'Neil, Shenandoah (2014-17)	317
Rebecca Schroeder, Bellevue (2014-18)	317
Melissa Krueger, Lone Tree (1989-1993)	317
Julie Bex, Highland (1990-1994)	317
Megan Peschong, Okoboji (2013-16)	316
Kim Altman, Bettendorf (1988-1992)	316
Keisha Cox, Des Moines Lincoln (1990-1994)	313
Sami Stogdill, Central Decatur (2006-2009)	312
Tracy Paustian, Davenport West (1997-2001)	311
Chelsey Lampe, Highland (2011-2015)	310
Marla Metzger, Valley Community (2006-2009)	309
Taylor Schafbuch, Belle Plaine (2005-2010)	308
Katie Lorber, New London (2002-2005)	308
Traci Ollendieck, Crestwood (1999-2003)	308

Tess Myer, Mount Ayr (2004-2009)	308
Angie Lloyd, North Mahaska (2001-04)	307
Bailey Stroud, Columbus Community (2014-17)	307
Jessie Biggs, Ottumwa (1999-2003)	307
Shelly Sheetz, Cedar Rapids Kennedy (1987-1991)	306
Traci Ollendieck, Crestwood (1999-2003)	306
Ashley Sieverding, Bellevue Marquette (2001-05)	305
Tracy Paustian, Davenport West (1997-2001)	305
Faith Meyer, Pocahontas Area (2014-17)	304
Taylor Wagner, Harlan (2011-2015)	303
Megan Weirather, Central Lee (2003-2006)	303
Shawna Boles, Murray (1997-2001)	303
Kari Knopf, WDM Dowling (1989-1993)	303
Jill Lacey, Hinton	302
Paul Pugh, Columbus (1996-1999)	302
Brianne Fink, West Central (1993-1996)	302
Leslie Budak, Norway & Benton (1988-1992)	302
Paige Danner, AHST (2010-2014)	302
Cass Peterson, Alta (1994-1998)	300
Savannah Domeyer, Clayton Rlge (2014-17)	301
Jessica VanderKooi, Hinton	301
Kayla Lincoln, West Central Maynard (2003-2007)	301
Jamie Hoover, Twin River Valley (1999-2003)	300

ASSISTS PER GAME

Yearly Leaders

2018 — Ellie Friesen, Crestwood	26	245	9.42
2017 — Agatha Beier, Carlisle	23	197	8.61
2016 — Elle Ruffridge, Pocahontas Area	27	230	8.51
2015 — Mackenzie Rogers, Mediapolis	26	200	7.69
2014 — Jaci Stumpf, FD St. Edmond	23	200	8.70
2013 - Lexi Ackerman, Central Lyon	28	232	8.29
2012 — Amanda Busta, Forest City	22	159	7.22
2011 — Ashley Smith, Iowa Falls-Alden	23	164	7.13
2010 — Kylee Homewood, IC Regina	23	190	8.26
2009 — Brittany Peterson, Spencer, 2009	25	209	8.36
2008 — Jennifer Jorgensen, SE Webster	26	230	8.84
2007 — Brittany Peterson, Spencer	22	186	8.45
2006 — Gabbie Binion, Dav. Assumption	26	190	7.30
2005 — Jamie Sickles, Wapsie Valley	22	198	9.00
2004 — Jamie Sickles, Wapsie Valley	23	233	10.13
2003 — Jamie Sickles, Wapsie Valley	24	194	8.08
2002 — Heather Laumann, Farragut	21	181	8.62
2001 — Jill Smith, Aurelia	21	171	8.14
2000 — Laura Freitag, Central Lee	25	197	7.88
1999 — Lindsey Stoll, Bondurant-Farrar	24	196	8.17
1998 — Anny Burdorf, Emmetsburg	15	141	9.40
1997 — Lisa Cowling, Clarke	23	204	8.87
1996 — Lisa Cowling, Clarke	19	152	8.00
1995 — Erin Fox, Denver	24	217	9.04
1994 — Mary Berdo, Washington	24	240	10.00
1993 — Mary Berdo, Washington	21	191	9.10
1992 — Kelley WesthofF, Dubuque Wahlert	22	194	8.82
1991 --Rose Frieburger, Iowa Deaf	16	114	7.13
1990 — Tina Marshall, Cardinal Stritch	20	210	10.50
1989 — Tina Marshall, Cardinal Stritch	22	174	7.91
1988 — Kristie Langbehn, Durant	21	154	7.33
1987 --Sara Liebscher, Dav. Assumption	14	88	6.29
1986 --Jeannie Caroway, Maquoketa	23	165	7.17

1985--Linda Hillebrand, Davenport West 20 90 4.50

All-Time Leaders

Tina Marshall, Cardinal Stritch, 1990	20	210	10.50
Jamie Sickles, Wapsie Valley, 2004	23	233	10.13
Mary Berdo, Washington, 1994	24	240	10.00
Amy Lawson, Spencer, 2004	25	237	9.48
Ellie Friesen, Crestwood, 2018	26	245	9.42
Anny Burdorf, Emmetsburg, 1998	15	141	9.40
Mary Berdo, Washington, 1993	21	191	9.10
Erin Fox, Denver, 1995	24	217	9.04
Jamie Sickles, Wapsie Valley, 2005	22	198	9.00
Lisa Cowling, Clarke, 1997	23	204	8.87
Jennifer Jorgensen, SE Webster-Grand, 08	26	230	8.84
Kelley Westhoff, Dubuque Wahlert, 1992	22	194	8.82
Britt Siebels, Anamosa, 1993	16	140	8.75
Jaci Stumpff, Fort Dodge St Edmond, 2014	23	200	8.70
Heather Laumann, Farragut, 2002	21	181	8.62
Agatha Baier, Carlisle, 2017	23	197	8.61
Elle Ruffridge, Pocahontas, 2016	27	230	8.51
Brittany Peterson, Spencer, 2007	22	186	8.45
Brittany Peterson, Spencer, 2009	25	209	8.36
Jill Smith, Aurelia, 2002	22	184	8.36
Lexi Ackerman, Central Lyon	28	232	8.29
Kylee Homewood, IC Regina, 2010	23	190	8.26
Lindsay Courtney, Creston, 1997	19	157	8.26
Brittany Lampe, Highland, 2004	25	205	8.20
Lindsey Stoll, Bondurant-Farrar, 1999	24	196	8.17
Jill Smith, Aurelia, 2001	21	171	8.14
Maggie Gorman, Denison-Schleswig, 1997	22	178	8.09
Zoey Artist, CAM, 1977	23	186	8.09

Junior Leaders

Jamie Sickles, Wapsie Valley, 2005	22	198	9.00
Kelly Westhoff, Dubuque Wahlert, 1992	22	194	8.82
Jaci Stumpff, Fort Dodge St Edmond, 2014	23	200	8.70
Heather Laumann, Farragut, 2002	21	181	8.62
Elle Ruffridge, Pocahontas Area, 2016	27	230	8.51

Sophomore Leaders

Jamie Sickles, Wapsie Valley, 2004	23	233	10.13
Mary Berdo, Washington, 1994	24	240	10.00
Mackenzie Rogers, Mediapolis, 2016	22	174	7.91
Jodie Biestedt, Sentral, 1999	22	170	7.73
Brittany Heines, Postville, 2004	15	115	7.67

Freshman Leaders

Mary Berdo, Washington, 1993	21	191	9.10
Jamie Sickles, Wapsie Valley, 2003	24	194	8.08
Mackenzie Rogers, Mediapolis, 2015	26	200	7.69
TiffanyWimberly, Melcher-Dallas, 1996	19	135	7.11
Elle Ruffridge, Pocahontas Area, 2014	25	170	6.80

Season Leaders

Ellie Friesen, Crestwood, 2018	26	245	9.42
Mary Berdo, Washington, 1994	24	240	10.00
Amy Lawson, Spencer, 2004	25	237	9.48
Jamie Sickles, Wapsie Valley, 2004	23	233	10.13
Lexi Ackerman, Central Lyon, 2013	28	232	8.29
Elle Ruffridge, Pocahontas Area, 2016	27	230	8.51
Jennifer Jorgensen, SE Webster-Grand, 08	26	230	8.84
Erin Fox, Denver, 1995	24	217	9.04
Laura Freitag, Central Lee, 2000	28	212	7.57
Tina Marshall, Cardinal Stritch, 1990	20	210	10.50
Brittany Peterson, Spencer, 2009	25	209	8.36
Gabbie Binion, Davenport Assumption, 08	27	209	7.74
Linda Lappe, Winfield-Mt. Union, 1998	28	208	7.43
Brittany Lampe, Highland, 2004	15	205	8.20
Lisa Cowling, Clarke, 1997	23	204	8.87
Elle Ruffridge, Pocahontas Area, 2017	28	203	7.25
Mackenzie Neely, Roland-Story, 2009	26	202	7.76
Jaci Stumpf, Fort Dodge St. Edmond, 2014	23	200	8.70
Mackenzie Rogers, Mediapolis, 2015	26	200	7.69
Elle Ruffridge, Pocahontas Area, 2015	27	199	7.37
Jamie Sickles, Wapsie Valley, 2005	22	198	9.00
Agatha Baier, Carlisle, 2017	23	197	8.57
Zoey Artist, CAM, 1997	23	197	8.09
Lindsey Stoll, Bondurant-Farrar, 1999	24	196	8.17
Linda Lappe, Winfield-Mt. Union, 1997	29	194	6.91
Kelley Westhoff, Dubuque Wahlert, 1992	22	194	8.84
Jamie Sickles, Wapsie Valley, 2003	24	194	8.08
Taylor Hickey, Burlington Notre Dame, 203126	194	194	7.46

Junior Leaders

Elle Ruffridge, Pocahontas Area, 2016	27	230	8.51
Jaci Stumpf, Fort Dodge St. Edmond, 2014	23	200	8.70
Jamie Sickles, Wapsie Valley, 2005	22	198	9.00
Linda Lappe, Winfield-Mt. Union, 1997	29	194	6.91
Kelley Westhoff, Dubuque Wahlert, 1992	22	194	8.82

Sophomore Leaders

Mary Berdo, Washington, 1994	24	240	10.00
Jamie Sickles, Wapsie Valley, 2004	23	233	10.13
Elle Ruffridge, Burlington ND, 2015	27	199	7.37
Taylor Hickey, Burlington ND, 2013	26	194	7.46
Sara Goodman, West Marshall, 2001	25	188	7.52

Freshman Leaders

Mackenzie Rogers, Mediapolis, 2015	26	200	7.69
Jamie Sickles, Wapsie Valley, 2003	24	194	8.08
Mary Berdo, Washington, 1993	21	191	9.10
Elle Ruffridge, Pocahontas Area, 2014	25	170	6.80
Taylor Hickey, Burlington ND, 2012	24	156	6.50

TOTAL ASSISTS