

ATTN: EDITORS

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INA Announces 2013 All-State Selections for Girls Basketball

The Iowa Newspaper Association announced its 2013 All-State Girls Basketball teams for Class 5A, 4A, 3A, 2A and 1A Tuesday, naming Ally Disterhoft of Iowa City West as "Miss Basketball." Disterhoft, a 6-foot guard, led the state in scoring her senior year, averaging 26.3 points per game and led the team into the state quarterfinals. A University of Iowa women's basketball recruit, she shot 47 percent from 3-point range and 64 percent overall. She made 130 of 161 (.807) free-throw attempts, grabbed 185 rebounds (7.7 per game) and added 51 assists (2.1 per game). She was a four-year starter and finished her career with 1,590 points and 407 rebounds. She showed remarkable consistency, averaging .423 percent from 3-point range and .803 from the foul line through her four-year career. Her teams compiled an 82-17 record over four seasons (.828 winning percentage). One of the most versatile players in the state, she guarded taller post players or smaller point guards equally well.

Sports writers in attendance to select the teams were: Matt Coss, Davenport Quad-City Times; Ross Eberhart, DeWitt Observer; Beth Lutgen, Dyersville Commercial; Scott Vicker, Creston News Advertiser; Tyler Strand, Marshalltown Times Republican; John Jensen, Grundy Center Register; Brett Christie, Carroll Daily Times Herald; Todd Danner, Denison Bulletin-Review; Jeff Benson, Lyon County Reporter; Kevin Ritchie, Bedford Times Press; Matt Gengler, Missouri Valley Times News; Mike Helle, Knoxville Journal Express; Scott Spurgeon, Bloomfield Democrat; Ashley Schable, Carroll Daily Times Herald; Susan Harman, Iowa City Press Citizen; Ross Thede, Marshalltown Times Republican; Nick Petaros, Waterloo Courier; Kristi Nixon, Hampton Chronicle; Barry Poe, Sioux City Journal; Mike Oeffner, Harlan Newspapers; Jeff Webster, Perry Chief; Perry Bell, Pella Chronicle; Jeff Linder, Cedar Rapids Gazette; Jared Patterson, Mason City Globe Gazette; Troy Hyde, Marshalltown Times Republican; Steven Allspach, Sioux City Journal and Kevin White, Omaha World-Herald.

Coaches who attended to help provide statistical information were: Don Logan, Iowa Basketball Coaches Association; BJ Mayer, Iowa City West; Mark Wiley, Central Elkader; Dan Kruse, Central Lyon; Bruce Eckenrod, Central Lyon; Brian Wheatley, North Linn; Scot Moenck, Maquoketa Valley; Paul Sonius, West Hancock; Darron Koolstra, Bishop Heelan Catholic, Sioux City; Derek Archer, Lewis Central and Corby Laube, Marion.

First Team – Class 1A

Front line	Jade Vlotho	West Sioux, Hawarden	6-0	Sr.
Front line	Samantha Meyers	Grundy Center	5-11	Sr.
Front line	Kori Schulte	Central Lyon, Rock Rapids	5-9	Sr.
Back court	Lexi Ackerman	Central Lyon, Rock Rapids	5-10	Sr.
Back court	Renee Maneman	Newell-Fonda	5-5	Jr.
Back court	Paige Danner	AR-WE-VA, Westside	5-7	Jr.
Utility	Kayla Lindenmyer	Bedford	5-9	Sr.
Utility	Danielle Bender	Bellevue Marquette	5-11	Sr.

Second Team – Class 1A

Front line	Alee Hugen	Twin Cedars, Bussey	5-8	Sr.
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Front line	Kameo Pope	Belle Plaine	6-0	Soph.
Front line	Katelin Langel	LeMars Gehlen, Catholic	5-10	Sr.
Back court	Taylor Hickey	Burlington Nortre Dame	5-6	Soph.
Back court	Dia Keahna	Meskwaki Settlement	5-6	Sr.
Back court	Jasmine Demers	St. Mary, Storm Lake	5-10	Jr.
Utility	Macy Williams	Fremont-Mills Tabor	5-6	Soph.
Utility	London Vais	Adair-Casey	5-10	Jr.

Third Team – Class 1A

Front line	Hannah Poppe	Clarksville	5-10	Sr.
Front line	Andrea Christensen	Newell-Fonda	5-10	Sr.
Front line	Amanda Focht	Villisca	5-10	Sr.
Back court	Kate Patton	Murray	5-5	Jr.
Back court	Cassie Aldis	Preston	5-4	Sr.
Back court	Shayla Dean	Colo-Nesco	5-2	Soph.
Utility	Sadie Wyborny	Rockford	5-8	Sr.
Utility	Morgan Johnson	Earlham	5-8	Jr.

First Team – Class 2A

Front line	Brooke Wolterstorff	Western Christian	5-11	Sr.
Front line	Josie Kopal	Lawton-Bronson	5-10	Sr.
Front line	Kelsey Ernst	Bellevue	5-10	Sr.
Back court	Lexi Albrecht	Kuemper Catholic, Carroll	5-10	Sr.
Back court	Nicole Miller	North Linn	5-10	Soph.
Back court	Ellie Herzberg	Manson Northwest Webster	5-9	Jr.
Utility	Kaylee Blake	IKM-Manning	6-1	Sr.
Utility	Mallory Boyle	North Mahaska, New Sharon	5-11	Sr.

Second Team – Class 2A

Front line	Jenna Lehman	Regina, Iowa City	5-9	Jr.
Front line	Olivia Godfrey	Panorama, Panora	5-11	Jr.
Front line	Alissa Brown	Jesup	5-11	Jr.
Back court	Anna Mallen	West Hancock, Britt	5-9	Sr.
Back court	Renee Huber	Maquoketa Valley, Delhi	5-7	Sr.
Back court	Casey Miles	Hudson	5-8	Jr.
Utility	Paige Engbers	Pella Christian	5-9	Sr.
Utility	Kari Fitzpatrick	Edgewood-Coleswood	5-10	Soph.

Third Team – Class 2A

Front line	Haleigh Hempen	Aplington-Parkersburg	5-11	Sr.
Front line	Kellie Schmit	West Hancock, Britt	5-9	Sr.
Front line	Heidi Hoeger	Maquoketa Valley, Delhi	5-10	Sr.
Back court	Anna Yung	St. Edmond, Fort Dodge	5-9	Soph.
Back court	Alex Yoeger	Hinton	5-8	Sr.
Back court	Heather Poula	West Branch	5-10	Sr.
Utility	Morgan Muhlbauer	IKM-Manning	5-8	Soph.
Utility	Jennifer Davis	West Marshall, State Center	5-9	Jr.

First Team – Class 3A

Front line	Alexis Conaway	MOC-Floyd Valley	6-0	Jr.
Front line	Miranda Murphy	North Polk	5-11	Jr.
Front line	Emily Kirchner	Estherville Lincoln Central	5-9	Sr.
Back court	Danielle Moore	Assumption, Davenport	5-7	Sr.
Back court	Daneisha Snitker	Waukon	5-9	Sr.
Back court	K.J. Veldman	Spirit Lake	5-7	Sr.
Utility	Paige Greiner	Williamsburg	5-5	Jr.
Utility	Taryn Barz	Hampton-Dumont	5-10	Sr.

Second Team – Class 3A

Front line	Serena Parker	Shenandoah	5-11	Soph.
Front line	Hailey Schneden	Assumption, Davenport	6-2	Sr.
Front line	Allie Sievert	Estherville Lincoln Center	6-1	Sr.
Back court	Miranda Chapman	Mount Vernon	5-6	Jr.
Back court	Addie Oberman	Northeast, Goose Lake	5-11	Jr.
Back court	Kate Fennelly	Assumption, Davenport	5-9	Sr.
Utility	Arika Wooldridge	Center Point-Urbana	5-10	Sr.
Utility	Kassidy DeJong	Unity Christian, Orange City	5-9	Soph.

Third Team – Class 3A

Front line	Haley Birks	South Central Calhoun	6-0	Soph.
Front line	Ashley Burrows	Bondurant-Farrar	5-9	Jr.
Front line	Andrea Larson	Mediapolis	6-0	Soph.
Back court	Kylar McCann	Clarke, Osceola	5-9	Sr.
Back court	Abbey Meyer	Cascade	5-2	Jr.
Back court	Shelby Graves	Davis County, Bloomfield	5-7	Jr.
Utility	Sam Barz	Union, LaPorte City	5-10	Sr.
Utility	Jennifer Kennedy	Greene County	5-9	Sr.

First Team – Class 4A

Front line	Aubrey Norville	Lewis Central	5-10	Sr.
Front line	Aftin Phyfe	Waverly-Shell Rock	6-2	Sr.
Front line	Megan McCarthy	Bishop Heelan Catholic, Sioux City	5-11	Sr.
Back court	Madison Weekly	Benton Community	5-7	Sr.
Back court	MaKayla Augustine	Bishop Heelan Catholic, Sioux City	5-8	Sr.
Back court	Claire Marburger	Perry	5-10	Soph.
Utility	Ashley Stulken	Xavier, Cedar Rapids	6-2	Sr.
Utility	Taylor Benshoof	Winterset	5-5	Sr.

Second Team – Class 4A

Front line	Michayln Mohr	Marion	5-10	Soph.
Front line	Katie Ahrenholtz	Ballard	6-0	Sr.
Front line	Jess Schaben	Harlan	6-1	Soph.
Back court	Madalyn Welty	Western Dubuque	5-7	Sr.

Back court	Kena Veldhuizen	Oskaloosa	5-4	Sr.
Back court	Logan Lynch	Wahlert, Dubuque	5-7	Sr.
Utility	Naomi Phillips	Waverly-Shell Rock	5-9	Sr.
Utility	Mariah Criswell	Winterset	5-7	Soph.

Third Team – Class 4A

Front line	Brittany Holdsworth	Carroll	5-11	Sr.
Front line	Rachel Kaale	Indianola	6-0	Sr.
Front line	Maliah Fligg	Clear Creek-Amana	6-1	Sr.
Back court	Deja Jackson	Grinnell	5-10	Soph.
Back court	Dani Heritage	Dallas Center-Grimes	5-8	Jr.
Back court	Jenna Bork	Bishop Heelan Catholic, Sioux City	5-7	Jr.
Utility	Maggie Lowe	Perry	5-7	Soph.
Utility	Kirstin Martindale	Spencer	6-1	Jr.

First Team –
Class 5A

Front line	Haley Lorenzen	Iowa City, City High	6-3	Jr.
Front line	Shaya Kellogg	Ames	6-2	Sr.
Front line	Blaire Thomas	Waterloo, West	5-11	Jr.
Back court	Ally Disterhoft	Iowa City, West	6-0	Sr.
Back court	Caitlin Ingle	Southeast Polk	5-7	Sr.
Back court	Jadda Buckley	Mason City	5-8	Sr.
Utility	Leti Lerma	Muscatine	5-10	Sr.
Utility	Dani Franklin	Cedar Rapids, Washington	6-1	Jr.

Second Team –
Class 5A

Front line	Tanya Meyer	Sioux City, West	5-11	Jr.
Front line	Britney Boland	Waukee	5-11	Sr.
Front line	Jaali Winters	Ankeny	6-3	Soph.
Back court	Emily Clemens	Muscatine	5-4	Jr.
Back court	Madi Robson	Ankeny	5-7	Sr.
Back court	Mickey Hansche	Iowa City, City High	5-7	Sr.
Utility	Audrey Faber	Dowling Catholic, West Des Moines	6-0	Soph.
Utility	Shareece Burrell	Des Moines, East	5-9	Jr.

Third Team –
Class 5A

Front line	Abby Herb	Cedar Rapids, Washington	6-1	Sr.
Front line	Cortini Rush	Mason City	5-10	Sr.
Front line	Meredith Burkhall	Des Moines, Roosevelt	6-4	Soph.
Back court	Myah Mellman	Mason City	5-7	Jr.
Back court	Madison Dellamuth	Prairie, Cedar Rapids	5-7	Jr.
Back court	Roichelle Marble	Des Moines, East	5-7	Jr.
Utility	Haley Pak	Waterloo, West	6-0	Jr.

Utility

Paige Hendrickson

Cedar Rapids, Kennedy

5-8

Jr.