



Bismarck



Century



Dickinson



Jamestown



Legacy



Mandan



Minot



St. Mary's



TMCHS



Watford City



Williston

Date: February 28, 2019

2018-19 All-WDA Gymnastics awards announced

BISMARCK, N.D. – The Western Dakota Association released its 2018-19 postseason gymnastics awards, including the all-WDA team. Coaches nominate and vote on the selections. Six teams had at least one player named to the all-conference team. WDA champion Dickinson led all teams with six gymnasts selected. In addition, coaches selected this year's region senior athlete of the year and region coach of the year.

All-WDA Team

Bismarck High – Kate Dillman, Jr.

Bismarck Legacy – Elicca Stugelemyer, Jr.; Madison Deics, Fr.; Joanne Lee, 8th

Dickinson – Dacia Rambousek, Sr.; Meghan Ackerman, Sr.; Ayanna Fossum, Jr.; Brinklyn Schumacher, Jr.; Amy Fridley, 8th; Brooklyn Deguzman, 8th

Jamestown – Rachel Schiele, So.; Haley Nelson, Fr.

Mandan – Jericah Lockner, 7th

Minot High – Bella Price, Fr.; Iyanah Sharp, Fr.

Region Senior Athlete of Year: Dacia Rambousek, Dickinson

WDA Coach of the Year: Kent Van Ells, Dickinson