

Date: March 8, 2019

## 2018-19 All-State Gymnastics awards announced

BISMARCK, N.D. – The 2018-19 gymnastics all-state awards were released recently. Western Dakota Association and Eastern Dakota Conference coaches nominate and vote on the selections. WDA champion Dickinson led all teams with five gymnasts selected. Bismarck High, Bismarck Legacy, Jamestown and Minot High were also represented on the all-state teams. In addition, coaches selected this year's state senior athlete of the year and coach of the year.

### All-State Team

**Bismarck High** – \*Kate Dillman, Jr.

**Bismarck Legacy** – \*Elicca Stugelemyer, Jr.; Madison Deics, Fr.

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

**Fargo Davies** – \*Alex Baer, Sr.

**Grand Forks** – \*Sydnee Spivey, So.; Katie Blackmun, Fr.

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

**Minot High** – \*Bella Price, Fr.

**Valley City** – Jocey Kreiwald, So.; Karina Olson, 8th

**Senior Athlete of Year:** Dacia Rambousek, Dickinson

**Coach of the Year:** Kent Van Ells, Dickinson

\* Denotes first-team selection