

## 2019 All WDA Team

### Girls Swimming and Diving

#### Swimming

Lexi Duchsherer	Century
Sarah Dorrheim	Century
Marissa Branham	Williston
Mayson Sheldon	Mandan
Izzy Koebele	Century
Erin Palmer	Century
McKenna Matt	Century
Demi Peterson	Williston
Charley Rathgeber	Dickinson
McKayla Donat	Legacy
Olivia Schuchard	Century
Paige Keller	Century
Andrea Frank	Century
Avery Meyhoff	Century
Torgun Knudsen	Williston
Taylor Cook	Century
Emma Vallie	Century
Hailey Rathgeber	Dickinson
Iris Jessen	Minot
Lauryn Caster	Century
Korie Riely	Dickinson
Mara Ellerkamp	Dickinson
Kenzie Carlson	Jamestown
Ellie Ettl	Bismarck

All-WDA

#### Diving

Paige Davis	Legacy
McKayla Lindbo	Mandan
Haley Conklin	Minot
Ella Kesler	Minot

The 2019 POWERade West Region  
Senior Athlete of the Year in

**Mayson Sheldon from Mandan High  
School.**

“The 2019 SUBWAY® West Region Girls  
Coach of the Year in the sport of  
**Jenna Wolf From Dickinson High  
School**