



Bismarck



Century



Dickinson



Jamestown



Legacy



Mandan



Minot



St. Mary's



TMCHS



Watford City



Williston

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2022-23 All-WDA Gymnastics awards announced

BISMARCK, N.D. – The Western Dakota Association released its 2022-23 all-conference selections. Fifteen gymnasts were named and WDA and ND state champion Dickinson Midgets led the way with six selections. Bismarck Century, Jamestown and Minot High each had two earn all-conference honors with Bismarck High, Bismarck Legacy and Mandan each having one selected. In addition, coaches selected this year's region senior athlete of the year as well as region coach of the year.

All-WDA Team

Bismarck Century – Jenna Jackson, Teah Schulte

Bismarck High – Alyson Krug

Bismarck Legacy – Alexa Evanger

Dickinson – Elizabeth Karsky, Rylee Olson, Reygan Strommen, Brooklyn Wariner, Aspen Roadarmel, Brooke Dolyniuk

Jamestown – Julia Skari, Emma Hillerud

Mandan – Jericah Lockner

Minot High – Haley Conklin, Keira Davis

Region Senior Athlete of Year: Emma Hillerud, Jamestown

WDA Coach of the Year: Rachel Krug, Bismarck High-Bismarck Century-Bismarck Legacy