

2025 MIAC Women's Soccer Regional and National Awards

2025 United Soccer Coaches All-America

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
GK	Avery Trapp	Carleton	Jr.	North Barrington, Ill.	Barrington	Second Team	--

2025 United Soccer Coaches Region IX Coaching Staff of the Year

Name	Institution	Previous Selections
Head Coach: Jessica Mueller Assistants: Mike Navarre and Ashley Becker	Carleton	--

2025 United Soccer Coaches All-Region IX

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
M	Bella Meier	St. Catherine	Sr.	Hastings, Minn.	Hastings	First Team	--
D	Briana Henaman	St. Catherine	Sr.	Forest Lake, Minn.	Lakes International Language Academy	First Team	--
D	Zaraya Jordan	Carleton	Jr.	Los Angeles, Calif.	New Roads	First Team	2024 (3T)
GK	Avery Trapp	Carleton	Jr.	North Barrington, Ill.	Barrington	First Team	2024 (3T)
F	Jayla Ponce	Augsburg	Sr.	Kuna, Idaho	Kuna	Second Team	2023 (2T) 2024 (4T)
F	Emily Johnson	St. Olaf	Jr.	Vadnais Heights, Minn.	Mounds View	Second Team	2024 (4T)
F	Kathryn Kresse	Carleton	Sr.	Woodside, Calif.	Crystal Springs Uplands School	Second Team	2023 (2T) 2024 (2T)
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	Second Team	2024 (2T)
D	Samantha Gotch	Carleton	Sr.	Pacifica, Calif.	Saint Ignatius	Second Team	--
GK	Brianna Valdez	St. Catherine	So.	Libertyville, Ill.	Libertyville	Second Team	--
F	Natalie Pflieger	St. Catherine	Sr.	Happy Valley, Ore.	La Salle Catholic College Preparatory	Third Team	2024 (3T)
F	Lauryn Skoruppa	Saint Mary's	Sr.	Littleton, Colo.	Mountain Vista	Third Team	2024 (2T)
F	Cambelle Waldspurger	Gustavus	Sr.	Mahtomedi, Minn.	Mahtomedi	Third Team	2024 (4T)

M	Cat Duffy-Shaw	St. Olaf	Sr.	Minneapolis, Minn.	Holy Angels	Third Team	2023 (3T) 2024 (2T)
M	Ashlyn Haigh	Carleton	Sr.	Kalamazoo, Mich.	Portage Central	Third Team	--
D	Jaidyn Richter	St. Catherine	So.	Portland, Ore.	Cleveland	Third Team	--

2025 CSC Academic All-America

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
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F	Jayla Ponce	Augsburg	Sr.	Kuna, Idaho	Kuna	Second Team	--
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2025 CSC Academic All-District Women's Soccer

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
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D	Phoebe Alva Rosa	Augsburg	Sr.	Jackson, Wyo.	Jackson Hole	2023 2024
M	Hannah Hatfield	Augsburg	Sr.	Rogers, Ark.	Rogers	2023 2024
F	Allison Hookom	Augsburg	Sr.	Anoka, Minn.	Anoka	2024
F	Jayla Ponce	Augsburg	Sr.	Kuna, Idaho	Kuna	2023 2024
D	Avery Rich	Augsburg	Sr.	Minnetonka, Minn.	Minnetonka	--
D	Danielle Wagner	Augsburg	Sr.	Shakopee, Minn.	Shakopee	--
F	Malia Beilby	Bethel	Sr.	Lino Lakes, Minn.	Centennial	--
M	Hailey Bergran	Bethel	Jr.	Lakeville, Minn.	South	--
D	Kendall Craigen	Bethel	So.	Hugo, Minn.	White Bear Lake	--
M	Chloe Erickson	Bethel	So.	Wyoming, Minn.	Forest Lake	--
F	Jessica Oliver	Bethel	Jr.	Rosemount, Minn.	Rosemount	2024
D	Anna Sukle	Bethel	Sr.	Monument, Colo.	Discovery Canyon	--
F	Claire Burbery	Carleton	Sr.	Huntington, W.Va.	Huntington	2024
M	Lola Feurer	Carleton	Jr.	Chicago, Ill.	Walter Payton	--
M	Ashlyn Haigh	Carleton	Sr.	Kalamazoo, Mich.	Portage Central	2023 2024
F	Kathryn Kresse	Carleton	Sr.	Woodside, Calif.	Crystal Springs Upland School	2023 2024
D	Maya Lacey	Carleton	Jr.	Whitefish, Mont.	Whitefish	--
M	Lily Shure	Carleton	Jr.	Evanston, Ill.	Evanston Township	--
M	Kaitlyn Brandt	Gustavus	Sr.	Blaine, Minn.	Totino-Grace	--
D	Taylor Finney	Gustavus	Jr.	Byron, Minn.	Byron	--
D	Payton Mahady	Gustavus	Sr.	Minnetonka, Minn.	Minnetonka	--
D	Josie Moore	Gustavus	Jr.	Omaha, Neb.	Duchesne Academy	--
F	Cambelle Waldspurger	Gustavus	Sr.	Mahtomedi, Minn.	Mahtomedi	2023 2024
M	Haillee Wilson	Gustavus	Sr.	Ashland, Wis.	Ashland	--

F	Addyson Barrett	Hamline	So.	Chisago City, Minn.	Chisago Lakes	--
F	Abbey Birkey	Macalester	Jr.	Grand Rapids, Minn.	Grand Rapids	2024
M	Maia Lemov	Macalester	Sr.	Delmar, N.Y.	Bethlehem Central	2023 2024
M	Georgia LeWin-Mills	Macalester	Jr.	St. Paul, Minn.	Breck	--
M	Shaylee O'Grady	Macalester	So.	Cumberland, Maine	Greely	--
D	Hazel Waters	Macalester	Sr.	Berkeley, Calif.	Berkeley	2024
D	Miya Whiteley	Macalester	Jr.	Palo Alto, Calif.	Palo Alto	--
D	Mary Blaska	Saint Benedict	Sr.	Vadnais Heights, Minn.	Totino-Grace	--
F	Grace Fitzgibbons	Saint Benedict	Sr.	Minneapolis, Minn.	Holy Angels	--
D	Regan Melz	Saint Benedict	Sr.	Excelsior, Minn.	Minntonka	--
M	Summer Seamans	Saint Benedict	Jr.	Medicine Lake, Minn.	Wayzata	--
F	Avery Soli	Saint Benedict	Jr.	Ham Lake, Minn.	Blaine	--
F	Addison Stephani	Saint Benedict	Sr.	Blaine, Minn.	Spring Lake Park	--
D	Haley Glass	St. Catherine	Sr.	Portland, Ore.	Lake Oswego	--
M	Ayah Makled	St. Catherine	Jr.	Bloomington, Minn.	Jefferson	--
M	Bella Meier	St. Catherine	Jr.	Hastings, Minn.	Hastings	--
F	Natalie Pflieger	St. Catherine	Sr.	Happy Valley, Ore.	La Salle Catholic	--
D	Jaidyn Richter	St. Catherine	So.	Portland, Ore.	Cleveland	--
D	Maren Schoeberl	St. Catherine	Gr.	White Bear Lake, Minn.	White Bear Lake	--
M	Kaelyn Clasen	Saint Mary's	Sr.	Kent, Wash.	Kentlake	--
M	Lauren Fields	Saint Mary's	Jr.	Vail, Ariz.	Cienaga	--
F	Samantha Munson	Saint Mary's	Sr.	Plain City, Utah	St. Joseph	2023
GK	Anna Peckosh	Saint Mary's	Sr.	Cedar Rapids, Iowa	Washington	--
F	Lauryn Skoruppa	Saint Mary's	Sr.	Littleton, Colo.	Mountain Vista	--
D	Malerie Williams	Saint Mary's	Sr.	Osseo, Minn.	Osseo	--
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	2023 2024
M	Cat Duffy-Shaw	St. Olaf	Sr.	Minneapolis, Minn.	Holy Angels	2023 2024
F	Emily Johnson	St. Olaf	Jr.	Vadnais Heights, Minn.	Mounds View	2024
F	Marit Klagge	St. Olaf	Sr.	Loveland, Colo.	Thompson Valley	2023
F	Megan Timmerman	St. Olaf	Sr.	Eden Prairie, Minn.	Eden Prairie	2023
M	Wren VanDeWalker	St. Olaf	Jr.	Minneapolis, Minn.	Southwest	--
M	Bailey Coole	St. Scholastica	So.	Duluth, Minn.	East	--
M	Hannah Holm	St. Scholastica	So.	Elk River, Minn.	Elk River	--
M	Peyton Mathiasen	St. Scholastica	Sr.	St. Cloud, Minn.	Cathedral	--

M	Lily Rippie	St. Scholastica	So.	Inver Grove Heights, Minn.	Rosemount	--
F	Kaitlyn Sautter	St. Scholastica	Sr.	Princeton, Minn.	Princeton	2023
F	Tenley Voth	St. Scholastica	Sr.	Farmington, Minn.	Farmington	2023

2025 United Soccer Coaches Scholar All-Region

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	First Team	--
M	Cat Duffy-Shaw	St. Olaf	Sr.	Minneapolis, Minn.	Holy Angels	Second Team	--
F	Emily Johnson	St. Olaf	Jr.	Vadnais Heights, Minn.	Mounds View	Second Team	--
F	Natalie Pflieger	St. Catherine	Sr.	Happy Valley, Ore.	La Salle Catholic	Second Team	--
F	Cambelle Waldspurger	Gustavus	Sr.	Mahtomedi, Minn.	Mahtomedi	Second Team	--

2025 United Soccer Coaches Team Ethics and Sportsmanship Award

Institution	Coach	Previous Selections
Gustavus	Lauren Johnson	--