

2024-25 MIAC Women's Hockey Regional and National Awards

2024-25 CCM/AHCA Division III Coach of the Year

Name	Institution	Previous Selections
Elizabeth Bauer	Augsburg	--

2024-25 DIIIHockeyNews.com Coach of the Year

Name	Institution	Previous Selections
Elizabeth Bauer	Augsburg	--

2024-25 AHCA Laura Hurd Award Finalist

Pos.	Name	Institution	Class	Hometown High School	Previous Selections
F	Lily Mortenson	Gustavus	Jr.	Champlin, Minn. Benilde-St. Margaret's	--
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	--

2024-25 DIIIHockeyNews.com Rookie of the Year

Pos.	Name	Institution	Class	Hometown High School
G	Kayla Simonson	Augsburg	Fy.	Delano, Minn.

2024-25 DIIIHockeyNews.com All-Rookie

Pos.	Name	Institution	Class	Hometown High School
G	Kayla Simonson	Augsburg	Fy.	Delano, Minn.

2024-25 AHCA All-America

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
G	Kayla Simonson	Augsburg	Fy.	Delano, Minn.	First Team	--
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	First Team	--
F	Lily Mortenson	Gustavus	Jr.	Champlin, Minn. Benilde-St. Margaret's	First Team	--
F	Emily Cronkhite	Augsburg	Sr.	Eagan, Minn.	Second Team	--

2024-25 All-DIIIHockeyNews.com

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
F	Lily Mortenson	Gustavus	Jr.	Champlin, Minn. Benilde-St. Margaret's	First Team	--
G	Kayla Simonson	Augsburg	Fy.	Delano, Minn.	First Team	--
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	Second Team	--

2024-25 AHCA All-American Scholars						
Pos.	Name	Institution	Class	Hometown High School	Previous Selections	
F	Jenna Allen	Augsburg	Fy.	Minnetonka, Minn. Holy Family Catholic	--	
D	Grace Bonnell	Augsburg	So.	Madison, Wis. Memorial	2024	
F	Emma Brandenburger	Augsburg	Fy.	Mount Greenwood, Ill. Mother McAuley	--	
F	Emily Cronkhite	Augsburg	Sr.	Eagan, Minn.	2022 2023 2024	
D	Mei Diesing	Augsburg	Fy.	Arlington Heights, Ill. TPH Academy Chicago	--	
F	Ruby Eskin	Augsburg	Fy.	Minneapolis, Minn. Roseville	--	
D	Elizabeth Fagerlind	Augsburg	Sr.	Kasson, Minn. Kasson-Mantorville	2022 2023 2024	
F	Molly Grundhoffer	Augsburg	So.	Cleveland, Minn. Shattuck-St. Mary's	--	
F	Kate Haug	Augsburg	Jr.	Roseville, Minn.	--	
F	Annika Mielke	Augsburg	Fy.	Waconia, Minn.	--	
F	Addy Milota	Augsburg	Fy.	Stoughton, Wis.	--	
F	Kelsi Ries	Augsburg	Fy.	Inver Grove Heights, Minn. Simley	--	
F	Emily Schoberl	Augsburg	Jr.	Eagan, Minn.	2023 2024	
F	Aunna Schulte	Augsburg	Fy.	Bolingbrook, Ill. Plainfield East	--	
G	Kayla Simonson	Augsburg	Fy.	Delano, Minn.	--	
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	2023 2024	
D	Tenley Stewart	Augsburg	Jr.	Esko, Minn.	2023 2024	
D	Kiley Wahlin	Augsburg	Sr.	Baline, Minn. Totino-Grace	2024	
F	Abbie DeLong	Bethel	Sr.	Baldwin, Wis. Baldwin-Woodville	--	
D	Sydney Eckert	Bethel	Sr.	Princeton, Minn.	2023 2024	
F	Julia Helget	Bethel	Jr.	Sleepy Eye, Minn. St. Mary's School	2024	
F	Malia McKinnon	Bethel	So.	Forest Lake, Minn.	--	
D	Siri Olson	Bethel	Fy.	Grafton, N.D.	--	

F	Emily Schoen	Bethel	Sr.	Zimmerman, Minn. Princeton	--
F	Maddy Schuster	Bethel	Fy.	Hastings, Minn.	--
F	Margot Bettman	Gustavus	Jr.	Chicago, Ill. Latin School of Chicago	2023 2024
F	Avery Braunshausen	Gustavus	So.	Lake Elmo, Minn. Stillwater	2024
D	Abby Elliott	Gustavus	Sr.	Lino Lakes, Minn. Centennial	--
F	Gianna Gasparini	Gustavus	Jr.	Lakeville, Minn. North	--
F	Hannah Gray	Gustavus	Sr.	Stillwater, Minn.	2022 2023 2024
F	Ellie Groebner	Gustavus	Fy.	Apple Valley, Minn. Eastview	--
F	Emma Heyer	Gustavus	So.	Shakopee, Minn.	2024
D	Eva Nelson	Gustavus	Fy.	Buffalo, Minn. STMA	--
F	Brooke Power	Gustavus	Sr.	Lakeville, Minn. North	2021 2022 2023 2024
D	Kaitlin Roberts	Gustavus	Fy.	Edina, Minn. Gentry Academy	--
F	Grace Schuck	Gustavus	Jr.	Bloomington, Minn. Jefferson	--
D	Kylie Scott	Gustavus	So.	Dayton, Minn. Champlin Park	--
F	Kayla Woytcke	Gustavus	Jr.	Waconia, Minn. Holy Family Catholic	2024
F	Ashlyn Abrahamson	Hamline	Fy.	Devils Lake, N.D.	--
D	Jaime Hort	Hamline	Sr.	Juneau, Alaska	--
F	Annika Lindgren	Hamline	Jr.	Hermantown, Minn. Marshall	2023
F	Cailey McLaughlin	Hamline	Sr.	McLean, Va. Bishop O'Connell	--
F	Annabel Mehta	Hamline	Jr.	Eden Prairie, Minn.	--
F	Emme Nelson	Hamline	Sr.	Mahtomedi, Minn.	2023
F	Harper Powell	Hamline	Gr.	Two Harbors, Minn.	--
F	Iyla Ryskamp	Hamline	Jr.	Orono, Minn.	--
D	Jamie Bimberg	Saint Benedict	Jr.	Chanhassen, Minn.	2023
D	Morgan Cromwell	Saint Benedict	Sr.	Sartell, Minn.	2023
F	Mia Lopez	Saint Benedict	Jr.	Plymouth, Minn.	--
F	Shauna Miller	Saint Benedict	Sr.	Cottage Grove, Minn.	--
G	Kate Moffat	Saint Benedict	Sr.	St. Louis, Mo. Lindbergh	--
F	Aurora Opsahl	Saint Benedict	Sr.	Duluth, Minn. Hermantown	--

F	Ava Stinnett	Saint Benedict	Sr.	North Oaks, Minn. Hill-Murray	--
F	Shae Stinnett	Saint Benedict	So.	North Oaks, Minn. Hill-Murray	--
F	Autumn Burt	St. Catherine	Fy.	Hastings, Minn.	--
G	Anna Friendshuh	St. Catherine	Jr.	Cary, N.C. Portsmouth Abbey	--
D	Emma Keith	St. Catherine	Fy.	Waseca, Minn.	--
F	Ana Myers	St. Catherine	Fy.	Lino Lakes, Minn. Gentry Academy	--
D	Raechel Painovich	St. Catherine	Jr.	Hinckley, Minn. Hinckley-Finlayson	2024
F	Sarah Wangen	St. Catherine	So.	Austin, Minn.	2024
G	Audrey Abeln	Saint Mary's	Fy.	St. Charles, Mo. Gilmour Academy	--
F	Taryn Dornseif	Saint Mary's	Jr.	Somerset, Wis. Gentry Academy	2023
F	Reese Heitzman	Saint Mary's	So.	Hermantown, Minn. Proctor-Hermantown	--
D	Alexa March	Saint Mary's	Fy.	Stillwater, Minn.	--
D	McKenzie Meland	Saint Mary's	So.	Princeton, Minn.	--
F	Sophia Paduano	Saint Mary's	So.	Westby, Wis.	--
F	Teagan Phillips	Saint Mary's	Jr.	Oregon, Wis.	2023
F	Taverie Sherner	Saint Mary's	Jr.	Maple Grove, Minn.	--
G	Riley Vander Esch	Saint Mary's	So.	Sioux Falls, S.D.	--
F	Solvei Berg-Messerole	St. Olaf	Jr.	Minneapolis, Minn. Highland Park	2024
F	Kate Carfagnini	St. Olaf	Sr.	Winnetka, Ill. Chicago Young Americans	2024
G	Devon Cole	St. Olaf	Sr.	Mammoth Lakes, Calif. The Lawrenceville School	2022 2023
D	Grace Lankas	St. Olaf	Sr.	Lakeville, Minn. Apple Valley	2022 2023 2024
D	Hannah Metric	St. Olaf	Sr.	Oak Park, Ill. Chicago Young Americans	--
G	Baylyn Shankman	St. Olaf	Fy.	Bedminster, N.J. Bernards	--
F	Paige Blattner	St. Scholastica	Jr.	Avon, Minn. River Lakes	--
F	Jolynn Hauan	St. Scholastica	Fy.	Hutchinson, Minn.	--
F	Alaina Hedberg	St. Scholastica	Fy.	St. Paul, Minn. Tartan	--
F	Victoria Nelson	St. Scholastica	Fy.	Mahtomedi, Minn.	--

D	Sophie Parendo	St. Scholastica	So.	Proctor, Minn.	--
F	Lyndi Schubert	St. Scholastica	Jr.	Mantorville, Minn. Kasson-Mantorville	2023 2024
F	Suzi Vidmar	St. Scholastica	So.	Boise, Idaho Timberline	--

2024-25 CSC Academic All-America At-Large

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	Second Team	--
D	Elizabeth Fagerlind	Augsburg	Sr.	Kasson, Minn. Kasson-Mantorville	Third Team	--

2024-25 CSC Academic All-District At-Large

Pos.	Name	Institution	Class	Hometown High School	Previous Selections
D	Grace Bonnell	Augsburg	So.	Madison, Wis. Memorial	--
F	Emily Cronkhite	Augsburg	Sr.	Eagan, Minn.	2023 2024
D	Elizabeth Fagerlind	Augsburg	Sr.	Kasson, Minn. Kasson-Mantorville	2024
F	Emily Schoeberl	Augsburg	Jr.	Eagan, Minn.	--
D	Nora Stepan	Augsburg	Jr.	Apple Valley, Minn. Eastview	--
F	Kallie Abrahamson	Bethel	Sr.	Zimmerman, Minn. Princeton	--
D	Sydney Eckert	Bethel	Sr.	Princeton, Minn.	--
F	Brynn Swenson	Bethel	Sr.	Apple Valley, Minn. Eastview	--
G	Ashlea Arvidson	Concordia	Sr.	St. Cloud, Minn. Cathedral	--
F	Jerica Frieze	Concordia	Sr.	Argusville, N.D. Fargo Shanley	2023 2024
F	Livia Hoff	Concordia	Jr.	Silver Bay, Minn. William Kelley	2024
F	Taylor Severson	Concordia	So.	Fargo, N.D. Davies	--
F	Avery Braunshausen	Gustavus	So.	Lake Elmo, Minn. Stillwater	--
F	Brooke Power	Gustavus	Sr.	Lakeville, Minn. North	2024
D	Kylie Scott	Gustavus	So.	Dayton, Minn. Champlin Park	--
D	Erika Broten	Hamline	Sr.	Mahtomedi, Minn.	--
D	Abigail Chamernick	Hamline	So.	Warroad, Minn.	--
F	Haley Eder-Zdechlik	Hamline	Sr.	Stillwater, Minn.	--
F	Emme Nelson	Hamline	Sr.	Mahtomedi, Minn.	--
G	Kate Moffat	Saint Benedict	Sr.	St. Louis, Mo. Lindbergh	--

F	Aurora Opsahl	Saint Benedict	Sr.	Duluth, Minn. Hermantown	--
D	Jenna Timm	Saint Benedict	Sr.	Maple Grove, Minn.	--
F	Paige Loidolt	St. Catherine	Jr.	Plymouth, Minn. Robbinsdale Armstrong	--
F	Raechel Painovich	St. Catherine	Jr.	Hinckley, Minn. Hinckley-Finlayson	--
F	Solvei Berg-Messerole	St. Olaf	Jr.	Minneapolis, Minn. Highland Park	2024
D	Grace Lankas	St. Olaf	Sr.	Lakeville, Minn. Apple Valley	2023 2024
F	Iona Welsch	St. Olaf	Sr.	Lakeville, Minn. South	--
F	Rachel Wieland	St. Olaf	Sr.	Rice, Minn. Sartell	--
G	Makenzie Cole	St. Scholastica	Jr.	Cohasset, Minn. Grand Rapids	--
F	Lyndi Schubert	St. Scholastica	Jr.	Mantorville, Minn. Kasson-Mantorville	--