



2025 MIAC Women's Soccer Awards

2025 MIAC Women's Soccer Offensive Player of the Year

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
F	Jayla Ponce	Augsburg	Sr.	Kuna, Idaho	Kuna	--

2025 MIAC Women's Soccer Defensive Player of the Year

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	--

2025 MIAC Women's Soccer Rookie of the Year

Pos.	Name	Institution	Class	Hometown	High School
M	Ceci Emery	St. Catherine	Fy.	Mahtomedi, Minn.	Mahtomedi

2025 MIAC Women's Soccer Coach of the Year

Name	Institution	Previous Selections
Jesse Campos	St. Catherine	2017 2021

2025 MIAC Women's Soccer All-Conference

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	2022 (HM) 2024
F	Malia Beilby	Bethel	Sr.	Circle Pines, Minn.	Centennial	2022 (HM) 2023 (HM) 2024 (HM)
F	Claire Buberny	Carleton	Sr.	Huntington, W.Va.	Huntington	--
M	Cat Duffy-Shaw	St. Olaf	Sr.	Minneapolis, Minn.	Holy Angels	2022 2023 2024
D	Sam Gotch	Carleton	Sr.	Pacifica, Calif.	Saint Ignatius	2023
F	Briana Henaman	St. Catherine	Sr.	Forest Lake, Minn.	Lakes International Language Academy	2023
F	Emily Johnson	St. Olaf	Jr.	Vadnais Heights, Minn.	Mounds View	2023 2024
D	Zaraya Jordan	Carleton	Jr.	West Hollywood, Calif.	New Roads	2024
F	Marit Klagge	St. Olaf	Sr.	Loveland, Colo.	Thompson Valley	--
M	Kathryn Kresse	Carleton	Sr.	Woodside, Calif.	Crystal Springs Uplands School	2023 2024
F	Bella Meier	St. Catherine	Sr.	Hastings, Minn.	Hastings	--
F	Samantha Munson	Saint Mary's	Sr.	Plain City, Utah	St. Joseph	--
F	Adi Nhouyvanisvong	Macalester	Jr.	Wayzata, Minn.	Minnetonka	--
F	Natalie Pfleger	St. Catherine	Sr.	Happy Valley, Ore.	La Salle Catholic College Preparatory	2024
F	Jayla Ponce	Augsburg	Sr.	Kuna, Idaho	Kuna	2022 2023 2024
D	Jaidyn Richter	St. Catherine	So.	Portland, Ore.	Cleveland	--
F	Lauryn Skoruppa	Saint Mary's	Sr.	Littleton, Colo.	Mountain Vista	2024
F	Addison Stephani	Saint Benedict	Sr.	Blaine, Minn.	Spring Lake Park	--
GK	Avery Trapp	Carleton	Jr.	North Barrington, Ill.	Barrington	2024
GK	Briana Valdez	St. Catherine	So.	Libertyville, Ill.	Libertyville	--

M	Wren VanDeWalker	St. Olaf	Jr.	Minneapolis, Minn.	Southwest	--
M	Cambelle Waldspurger	Gustavus	Sr.	Mahtomedi, Minn.	Mahtomedi	2022 (HM) 2023 2024

2025 MIAC Women's Soccer Honorable Mention

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
D	Mary Blaska	Saint Benedict	Sr.	Vadnais Heights, Minn.	Totino-Grace	2023 (HM)
GK	Maddox Fergus	Hamline	Jr.	Lenexa, Kan.	Shawnee Mission West	--
M	Lennon Folstad	Augsburg	Fy.	St. Paul, Minn.	Central	--
F	Allison Hookom	Augsburg	Sr.	Anoka, Minn.	Anoka	--
M	Maia Lemov	Macalester	Sr.	Delmar, N.Y.	Bethlehem Central	--
F	Julia Lewis	St. Scholastica	So.	Maple Grove, Minn.	Maple Grove	2024 (HM)
M	Ellie Nhean	Hamline	Jr.	Blaine, Minn.	Blaine	--
M	Lily Rippie	St. Scholastica	So.	Inver Grove Heights, Minn.	Rosemount	--
M	Summer Seamans	Saint Benedict	Jr.	Medicine Lake, Minn.	Wayzata	--
D	Malerie Williams	Saint Mary's	Sr.	Osseo, Minn.	Osseo	2024 (AC)
M	Haillee Wilson	Gustavus	Sr.	Ashland, Wis.	Ashland	--

2025 MIAC Women's Soccer All-Playoff Team

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
D	Ava Arredondo	Macalester	So.	St. Paul, Minn.	Highland Park	--
D	Katie Beaudry	St. Olaf	Sr.	Castle Pines, Colo.	Rock Canyon	2024
F	Hannah Bradley	Saint Mary's	Jr.	Portland, Ore.	Ida B. Wells	--
M	Lola Feuer	Carleton	Jr.	Chicago, Ill.	Walter Payton	--
D	Sam Gotch	Carleton	Sr.	Pacifica, Calif.	Saint Ignatius	--
F	Briana Henaman	St. Catherine	Sr.	Forest Lake, Minn.	Lakes International Language Academy	2024
F	Allison Hookom	Augsburg	Sr.	Anoka, Minn.	Anoka	--
D	Zaraya Jordan	Carleton	Jr.	Los Angeles, Calif.	New Roads	2024
M	Ali Owens	St. Catherine	Jr.	St. Francis, Minn.	St. Francis	--
D	Abby Rosebur	Augsburg	Sr.	South St. Paul, Minn.	South St. Paul	--
M	Wren VanDeWalker	St. Olaf	Jr.	Minneapolis, Minn.	Southwest	--