2026 MIAC WOMEN'S SOCCER AWARDS

Selected by MIAC head coaches · All-Conference: top 20 field players and top 2 goalkeepers (ties included)

OFFENSIVE PLAYER OF THE YEAR

EMILY JOHNSON

St. Olaf · Sr.

Vadnais Heights, Minn. · Mounds View

Previous selections: --

DEFENSIVE PLAYER OF THE YEAR

JAIDYN RICHTER

St. Catherine · Jr.

Portland, Ore. · Cleveland

Previous selections: --

ROOKIE OF THE YEAR

EVA GOWER

Saint Benedict · Fy.

Plymouth, Minn. · Orono

COACH OF THE YEAR

JESSICA MUELLER

Carleton

Previous selections: 2022, 2023

ALL-CONFERENCE

23 SELECTIONS · ALPHABETICAL

NAME	POS.	SCHOOL	CL.	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
Rachel Anderson	F	St. Olaf	Jr.	Minneapolis, Minn. Roosevelt	--
Mikayla Edmunds	F	Macalester	So.	Falls Church, Va. Georgetown Visitation	--
Ceci Emery	D	St. Catherine	So.	Mahtomedi, Minn. Mahtomedi	--
Lola Feurer	M	Carleton	Sr.	Chicago, Ill. Walter Payton	--
Eva Gower	F	Saint Benedict	Fy.	Plymouth, Minn. Orono	--
Tatum Janezich	M	Saint Benedict	So.	Rogers, Minn. Providence Academy	--
Emily Johnson	F	St. Olaf	Sr.	Vadnais Heights, Minn. Mounds View	2023, 2024, 2025
Zaraya Jordan	D	Carleton	Sr.	Los Angeles, Calif. New Roads	2024, 2025
Hannah Kvant	F	Bethel	Sr.	St. Michael, Minn. St. Michael-Albertville	2023, 2024 (HM)
Bella Meier	M	St. Catherine	Sr.	Hastings, Minn. Hastings	2025
McKenna Nachreiner	F	Augsburg	Sr.	Waunakee, Wis. Waunakee	--
Emily Olson	M	St. Catherine	Jr.	Hudson, Wis. Hudson	--
Ali Owens	M	St. Catherine	Sr.	St. Francis, Minn. St. Francis	--
Jaidyn Richter	D	St. Catherine	Jr.	Portland, Ore. Cleveland	2025
Mia Schellenberg	D	Saint Benedict	Fy.	Champlin, Minn. Champlin Park	--
Emma Sheflo	F	Concordia	Sr.	Deerwood, Minn. Brainerd	--
Lily Shure	M	Carleton	Sr.	Evanston, Ill. Evanston Township	--
Lilly Staples	M	Macalester	So.	Morgantown, W.Va. Morgantown	--
Avery Trapp	GK	Carleton	Sr.	Barrington, Ill. Barrington	2024, 2025
Hadley Twichell	D	Carleton	Sr.	Redwood City, Calif. Sacred Heart Prep	--
Brianna Valdez	GK	St. Catherine	Jr.	Libertyville, Ill. Libertyville	2025
Wren VanDeWalker	M	St. Olaf	Sr.	Minneapolis, Minn. Southwest	2025
Tessa Zachmann	M	Gustavus	Jr.	Blaine, Minn. Blaine	--

HONORABLE MENTION 9 SELECTIONS · ALPHABETICAL

NAME	POS.	SCHOOL	CL.	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
Rhianna Anya	GK	Saint Benedict	Sr.	Bloomington, Minn. Thomas Jefferson	--
Hannah Bradley	F	Saint Mary's	Sr.	Portland, Ore. Ida B. Wells	--
Lindsay Edmonson	F	Macalester	So.	North Kingstown, R.I. LaSalle Academy	--
Emma Johnson	D	Saint Benedict	So.	Lakeville, Minn. Eastview	--
Charlee King	D	St. Catherine	Fy.	Green Bay, Wis. Notre Dame Academy	--
Anna Manion	F	St. Scholastica	So.	Superior, Wis. Superior	--
Ellie Nhean	M	Hamline	Sr.	Blaine, Minn. Blaine	2025 (HM)
Julia Roark	GK	Concordia	So.	Tulsa, Okla. Holland Hall	--
Roxanne Rundle	M	St. Olaf	Sr.	Portland, Ore. Beaverton	--

ALL-PLAYOFF TEAM 11 SELECTIONS · ALPHABETICAL

NAME	POS.	SCHOOL	CL.	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
Rachel Anderson	F	St. Olaf	Jr.	Minneapolis, Minn. Roosevelt	--
Lauren Caldwell	M	Carleton	Sr.	Wilmette, Ill. New Trier	--
Ari Douvier	D	St. Catherine	Jr.	Woodbury, Minn. Woodbury	--
Gabby Fernholz	M	Saint Benedict	Jr.	Rice, Minn. Sauk Rapids-Rice	--
Abigail Heuga	GK	Macalester	Sr.	San Francisco, Calif. Urban School of San Francisco	--
Hannah Kvant	F	Bethel	Sr.	St. Michael, Minn. St. Michael-Albertville	--
Ali Owens	M	St. Catherine	Sr.	St. Francis, Minn. St. Francis	2025
Hadley Twichell	D	Carleton	Sr.	Redwood City, Calif. Sacred Heart Prep	--
Brianna Valdez	GK	St. Catherine	Jr.	Libertyville, Ill. Libertyville	--
Wren VanDeWalker	M	St. Olaf	Sr.	Minneapolis, Minn. Southwest	2025
Veronica Warren	M	Saint Benedict	So.	North Oaks, Minn. Mounds View	--