

## 2024 Girls XC Coaches of the Year

| Girls 4A                   | Coach              | School               |
|----------------------------|--------------------|----------------------|
| State Coach of the Year    | Jane Wheeler       | Pleasant Valley      |
| At-Large Coach of the Year | Justin Droppert    | Dallas Center-Grimes |
| At-Large Coach of the Year | Eric Cogdill       | Ankeny Centennial    |
| At-Large Coach of the Year | Louie Fischer      | Dubuque Senior       |
| At-Large Coach of the Year | Patrick Hennes     | Johnston             |
| At-Large Coach of the Year | Thomas "TJ" Jumper | Ankeny               |

| Girls 3A                   | Coach          | School              |
|----------------------------|----------------|---------------------|
| State Coach of the Year    | Douglas Cutler | Pella               |
| At-Large Coach of the Year | Kory Swart     | Mount Vernon-Lisbon |
| At-Large Coach of the Year | Emy Williams   | Solon               |
| At-Large Coach of the Year | Brock Lehman   | Sioux Center        |
| At-Large Coach of the Year | Trey Thompson  | Winterset           |
| At-Large Coach of the Year | Zach Klaassen  | Harlan              |

| Girls 2A                   | Coach              | School                |
|----------------------------|--------------------|-----------------------|
| State Coach of the Year    | Mark Hostetler     | Mid-Prairie           |
| At-Large Coach of the Year | Valerie Pickett    | Denver                |
| At-Large Coach of the Year | Jill Engels        | Tipton                |
| At-Large Coach of the Year | Josh Flaws         | Van Meter             |
| At-Large Coach of the Year | Alicia Jones       | Sumner-Fredericksburg |
| At-Large Coach of the Year | Shauna Vander Kooi | Unity Christian       |

| Girls 1A                   | Coach                          | School           |
|----------------------------|--------------------------------|------------------|
| State Coach of the Year    | Dion Braet and Marty Dalton    | Earlham          |
| At-Large Coach of the Year | Kelley Grothus                 | Madrid           |
| At-Large Coach of the Year | Kevin Kearney and Scott Conway | South Winneshiek |
| At-Large Coach of the Year | Luke Caster                    | English Valleys  |
| At-Large Coach of the Year | Chaley Hempel                  | Treynor          |
| At-Large Coach of the Year | Kelsey Miller                  | Sioux Central    |

Girls Assistant COY: Keith Weber, Dubuque Senior

Middle School COY: Holly Heard, Van Meter

## 2024 BOYS XC COACHES OF THE YEAR

| Boys 4A                    | Coach        | School               |
|----------------------------|--------------|----------------------|
| State Coach of the Year    | Brett Egan   | Cedar Falls          |
| At-Large Coach of the Year | Matt Pries   | Dallas Center-Grimes |
| At-Large Coach of the Year | Bill Schwarz | Cedar Rapids Prairie |
| At-Large Coach of the Year | Tim Ives     | Dowling Catholic     |
| At-Large Coach of the Year | Jayme Skay   | Iowa City, City High |
| At-Large Coach of the Year | Chad Pietig  | Marshalltown         |

| Boys 3A                    | Coach            | School               |
|----------------------------|------------------|----------------------|
| State Coach of the Year    | Aaron Thomas     | Gilbert              |
| At-Large Coach of the Year | Bradley Johansen | Decorah              |
| At-Large Coach of the Year | Andrew Hamer     | Des Moines Christian |
| At-Large Coach of the Year | Kory Swart       | Mt. Vernon-Lisbon    |
| At-Large Coach of the Year | Casey McDermott  | Grinnell             |
| At-Large Coach of the Year | Doug Cutler      | Pella                |

| Boys 2A                    | Coach           | School                  |
|----------------------------|-----------------|-------------------------|
| State Coach of the Year    | Jason Gearhart  | Oelwein                 |
| At-Large Coach of the Year | Eli Horton      | Chariton                |
| At-Large Coach of the Year | Ryan Hinders    | Garner-Hayfield-Ventura |
| At-Large Coach of the Year | Valerie Pickett | Denver                  |
| At-Large Coach of the Year | Jacob Byma      | Unity Christian         |
| At-Large Coach of the Year | Mark Hostetler  | Mid Prairie             |

| Boys 1A                    | Coach                     | School             |
|----------------------------|---------------------------|--------------------|
| State Coach of the Year    | Beth Van Roekel           | Lake Mills         |
| At-Large Coach of the Year | Nathan Davis              | Ankeny Christian   |
| At-Large Coach of the Year | Alex Oliver               | Riverside, Oakland |
| At-Large Coach of the Year | James Smith               | Woodbine           |
| At-Large Coach of the Year | Ryan Kobliska             | Ogden              |
| At-Large Coach of the Year | Dion Braet & Marty Dalton | Earlham            |

Assistant Coach of the Year Boys: Michael Pettengill, Forest City