



**Rich Fronheiser, Commissioner**

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**2022 Capitol South Softball All-Conference Teams**

**First Team**

**Player of the Year – Michaela Riege, Waterloo**

**Pitcher of the Year – Emma Nottestad, Cambridge**

<u>Player</u>	<u>Class</u>	<u>School</u>
Michaela Riege	Senior	Waterloo
Ava Jaehnke	Junior	Waterloo
Katrina Freund	Sophomore	Waterloo
Quinnly Hush	Senior	Waterloo
Brenna Huebner	Sophomore	Waterloo
Josi Mender	Junior	Marshall
Zara Quam	Junior	Marshall
Allie Rateike	Junior	Marshall
Halle Weisensel	Junior	Marshall
Kate Downing	Senior	Cambridge
Saveea Freeland	Sophomore	Cambridge
Emma Nottestad	Senior	Cambridge

**Second Team**

<u>Player</u>	<u>Class</u>	<u>School</u>
Abbie Gier	Senior	Waterloo
Sophia Schneider	Junior	Waterloo
Kaitlin Jesberger	Junior	Marshall
Sydney Stuntebeck	Freshman	Marshall
Audiranne Keiler	Senior	Cambridge
Kayla Roidt	Junior	Cambridge
Hannah Larson	Junior	Cambridge
Makayla Westphal	Junior	Wisconsin Heights
Emily VanRiper	Junior	Wisconsin Heights
Daryn Schaefer	Senior	Wisconsin Heights
Kailey Prochaska	Junior	Belleville
Mickey Stampfl	Senior	Belleville

### Honorable Mention

<u>Player</u>	<u>Class</u>	<u>School</u>
Ashley Mickelson	Senior	Wisconsin Heights