

**All Conference:**

Lauren Pick  
Kiara Krusemark  
Emily Armstrong

**Honorable Mention:**

Hailey Backer

**Norfolk Daily News:**

**Class C All Area Team:** Lauren Pick and Kiara Krusemark

**Class C 2nd Team:** Emily Armstrong

**Honorable Mention:** Hailey Backer, Sydney Redden

**Omaha World Herald AND Lincoln Journal Star:**

**Class C1 1st team:** Lauren Pick

**Honorable Mention:** Kiara Krusemark, Emily Armstrong, Hailey Backer

**Most Improved:** Emily Longe

**Best Defensive Player:** Hailey Backer

**Best Offensive Player:** Lauren Pick

**Best Role Model On and Off the Court:** Emily Armstrong, Hailey Backer

**Best Team Player:** Hailey Backer, Erin O'Reilly

**Most Valuable Player:** Lauren Pick