



2023 GISL GIRLS CROSS COUNTRY ALL-CONFERENCE SELECTIONS

Coach of the Year

Katie Helbig - Cor Jesu Academy

Runner of the Year

Mary McKenzie - Cor Jesu Academy - SO

1st Team All-Conference

Savannah Amann - St. Joseph's Academy - SO

Elizabeth Tiburzi - Ursuline Academy - FR

Maria Luna - Cor Jesu Academy - SR

Lucy Rines - St. Joseph's Academy - FR

Claire Eash - Nerinx Hall - FR

Sydney Krus - Nerinx Hall - FR

Elizabeth Hanson - Cor Jesu Academy - JR

2nd Team All-Conference

Megan Osterholt - St. Dominic - SR

Charlotte Wegman- Cor Jesu Academy- JR

Hollye Brinkley-Nerinx Hall High School - JR

Katelyn Morris - St. Dominic - SR

Piper Wiegmann - St. Dominic - SO

Margaret Boedefeld- St. Joseph's Academy SO

Ava Bognar- Cor Jesu Academy - SO

Luciana Medina- Nerinx Hall High School - SR

Natalie Roxas- St. Joseph's Academy - FR

Hannah Studer- Cor Jesu Academy - FR

Honorable Mention All-Conference

Abigail Woytus - St. Dominic - JR

Riley Villicana- St. Joseph's Academy - SO

Macie DiGuiseppe- St. Joseph's Academy - JR

Emily Leight- Cor Jesu Academy - SR

Lillian Busby - St. Dominic - SR

Emily Soval - St. Dominic - SO

Kailyn Stann-Nerinx Hall High School - SO

Natalie Millar- Nerinx Hall High School - SO

Sadie Neff- St. Joseph's Academy - JR

Rosemary Clyne- Nerinx Hall High School - SO

Clare Glisson- Visitation Academy - SO

Courson Henderson- Ursuline Academy -SR

Rory Barnes- Incarnate Word Academy - JR

Heidi Kraemer- Visitation Academy - SR
Tessa Kathriner- Ursuline Academy - SR
Samantha Meyers- Visitation Academy - SO
Bella Redd- Villa Duchesne High School - SR
Isabella Dillender- Villa Duchesne High School - FR

Sportsmanship Award

Emily Leight - Cor Jesu
Brittany Logan - Incarnate Word
Autumn May - Nerinx Hall
Isabella Damole – Notre Dame
Katelyn Morris - St. Dominic
Savannah Amann - St. Joseph's
Mia Nicoletti - Ursuline Academy
Bella Redd - Villa Duchesne
Heidi Kraemer - Visitation Academy