



Freedom
Girls Cross Country
2021-2022

1st Team All-Division

Student-Athlete Name	School	Year
Lucia Rabolli	Ridgewood	Senior
AnnaMarie Tretola	Ridgewood	Senior
Olivia Shattuck	Ridgewood	Senior
Lily Williams	Ridgewood	Senior
brianna Braver	Ramapo	Junior
Rebecca Maclaren	Northern Highlands	Sophomore
Allison Lounsbury	Indian Hills	Senior

2nd Team All-Division

Student-Athlete Name	School	Year
Caroline Deiss	Ridgewood	Senior
Lia Vaynshteyn	Ridgewood	Senior
Avery Sheridan	Ridgewood	Sophomore
Jessica Reilly	Northern Highlands	Senior
Autumn Ritter	Northern Highlands	Sophomore
Sydney Schildiner	Northern Highlands	Senior
Abbey Churchill	Indian Hills	Senior

Honorable Mention All-Division

Student-Athlete Name	School	Year
Eva Jacqueline	Ridgewood	Junior
Hana Weisinger	Paramus	Sophomore
Amelia Keogh	Ramapo	Sophomore
Lorena Nunez-Cruz	Hackensack	Senior
Farrah Della Russo	Northern Highlands	Freshman

Coach of the Year: Steve Opremcak **School:** Ridgewood

