



**Freedom**  
**Girls Cross Country**  
**2022 - 2023**

**1st Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Amelia Keogh	Ramapo	Junior
Rebecca Maclaren	Northern Highlands	Junior
Autumn Ritter	Northern Highlands	Junior
Allison Courtney	Northern Highlands	Junior
Mary Daclan	Paramus	Sophomore
Cellina Rabolli	Ridgewood	Junior
Avery Sheridan	Ridgewood	Junior

**2nd Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Ayla Cooke	Ridgewood	Sophomore
Brianna Braver	Ramapo	Senior
Sadie Meloro	Northern Highlands	Freshman
Katie Adams	Ridgewood	Freshman
Farrah Dello Russo	Northern Highlands	Sophomore
Micaela Chamberlin	Ramapo	Sophomore
Lola Jacqueline	Ridgewood	Sophomore

**Honorable Mention All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Maria Davila	Hackensack	Junior
Margaret Bainbridge	Northern Highlands	Senior
Hana Weisinger	Paramus	Junior
Carly Griffin	Ramapo	Senior
Eva Jacqueline	Ridgewood	Senior

**Coach of the Year:** \_\_\_\_\_ **Joel DeStaso** \_\_\_\_\_ **School:** \_\_\_\_\_ **Northern Highlands** \_\_\_\_\_

