



**Freedom**  
**Girls Cross Country**  
**2023**

**1st Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Cellina Rabolli	Ridgewood	Senior
Allison Courtney	Northern Highlands	Senior
Amelia Keogh	Ramapo	Senior
Eilat Kissil	Ridgewood	Junior
Rebecca Maclaren	Northern Highlands	Senior
Autumn Ritter	Northern Highlands	Senior
Avery Sheridan	Ridgewood	Senior

**2nd Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Ayla Cooke	Ridgewood	Junior
Katherine Keating	Ridgewood	Freshman
Brianna Potaki	Ramapo	Junior
Sadie Mello	Northern Highlands	Sophomore
Mary Daclan	Paramus	Junior
Lola Jacqueline	Ridgewood	Junior
Farrah Dello Russo	Northern Highlands	Junior

**Honorable Mention All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Maria Davila	Hackensack	Senior
Abby Gamarello	Northern Highlands	Senior
Sofia Lee	Paramus	Junior
Lauren Seals	Ramapo	Sophomore
Sofia Lanzisera	Ridgewood	Senior

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

