



Freedom

Girls Cross Country

2023

1st Team All-Division

| Student-Athlete Name | School | Year |
|----------------------|--------------------|--------|
| 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

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

Honorable Mention All-Division

| Student-Athlete Name | School | Year |
|----------------------|--------------------|-----------|
| 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

