

2025 Louisburg Sports Zone Female Athlete of the Year finalists



Louisburg seniors Ally Brown, Sabra Brueggen and Addy Stohs were named as finalists for the Louisburg Sport Zone Female Athlete of the Year.

For the eighth consecutive year, Louisburg Sports Zone will be handing out an Athlete of the Year honor to a male and female athlete at Louisburg High School. I wanted the opportunity to recognize those who exemplify what it means to be an "athlete."

Although I am giving out the award, I wanted the process to be subjective, so I asked the head coaches at LHS to help me out. I asked each coach to send me nominations of who they thought exemplified the Athlete of the Year honor. Then I sent the nominations back to the coaches and they voted for their top 3 male and female athletes. The recipient will be announced in the coming days.

(Editor's Note: Normally, the coaches send me their votes and

I tabulate the winner. However, due to a conflict of interest, I handed those duties to LHS AD Ty Pfannenstiel this year and he graciously gathered all the votes from the coaches and I was not a part of the process.)

Below are the three finalists for the Female Athlete of the Year award in alphabetical order by last name.



Ally Brown – Senior – Volleyball, Basketball, Soccer

Ally was a 3-time letterwinner this past season in volleyball, basketball and soccer. In volleyball, Brown earned honorable mention all-league honors for her work as a defensive specialist as she helped the Wildcats to the sub-state championship game. She finished with 228 digs, which was second on the team and was also second in aces with 47. She led Louisburg in serve attempts and points scored while she

was serving.

On the basketball court, Brown was a starter for the Wildcat basketball team and averaged four points a game. She also led the team in assists (35) and steals (24).

Brown joined the Wildcat soccer team for the first time in the spring and made the most of her opportunity. She started in goal and finished with 12 shutouts on the season as she helped the Wildcats to a fourth-place finish at the Class 4-1A state tournament and finished with a 16-5 record. Brown was also named second team All-Frontier League goalie as she had more than 80 saves on the year and had an 87 percent save percentage.



Sabra Brueggen – Senior –

Basketball, Swim

Sabra was a letterwinner for the Louisburg basketball and swim team this year. On the basketball court, Brueggen was a starter for the Lady Cats as she was third on the team with 85 rebounds on the year and averaged five points a contest.

Brueggen really made her mark in the pool as she earned two medals at the Class 5-1A state swim meet this spring. She medaled sixth in both the 200-yard individual medley and 100 backstroke. Throughout the season, Brueggen earned state qualifying times in all of the individual events and she also qualified in three relays.

She swam in two of those relays at the state meet as she helped the 200 freestyle relay to victory in the consolation finals and finished ninth overall. Brueggen also swam the 400 free relay as they took 13th. Overall, Brueggen earned at least one state medal in each of her four years with the program.



Addy Stohs – Senior – Basketball, Softball

Addy was a letterwinner for the Louisburg basketball and softball teams. It was in softball where Stohs made her biggest mark. The Louisburg senior was named to the All-Frontier League first team after strong season as the team's first baseman.

Stohs had a big year at the plate for Louisburg as she had a .435 average, which included 27 hits, four doubles and a home run, to go along with 13 RBIs. Stohs also had a .950 fielding percentage and only had 3 errors on the year.

On the basketball court, Stohs was a forward for the Wildcats as she had 23 rebounds on the year to go along with 10 blocked shots.