Heart O' North 2023 Softball All Conference

1st Team

| Riley Sprenger | Hayward | Senior | Pitcher |
|-------------------|----------------|-----------|----------|
| Ellie Peterson | Northwestern | Sophomore | Pitcher |
| Bryn Connors | St Croix Falls | Senior | Pitcher |
| Sadie Campbell | Hayward | Junior | Catcher |
| Callie Rozak | Ladysmith | Senior | Catcher |
| Emma Wennersten | Northwestern | Sophomore | Catcher |
| Gretta Hall | Cameron | Senior | Infield |
| Colby Sprenger | Hayward | Freshmen | Infield |
| Natalie Martin | Spooner | Senior | Infield |
| Sydney Greenfield | Spooner | Senior | Infield |
| Azalea Frokjer | St Croix Falls | Senior | Infield |
| Greta Woelber | Hayward | Sophomore | Outfield |

2nd Team

| Ashlie Falstad | Cameron | Senior | Pitcher |
|--------------------|--------------|-----------|----------|
| Peyton Steines | Spooner | Junior | Pitcher |
| Lily Hotchkiss | Spooner | Junior | Catcher |
| Ashley Kurschner | Barron | Junior | Infield |
| Orin Thompson | Cumberland | Senior | Infield |
| Jadyn Bechtel | Ladysmith | Sophomore | Infield |
| Madison Lucas | Ladysmith | Senior | Infield |
| Ashlynn Sutherland | Northwestern | Sophomore | Infield |
| Avery Chucka | Hayward | Junior | Outfield |
| Karly Nichols | Northwestern | Junior | Outfield |
| Jalyn Tuura | Northwestern | Junior | Outfield |

Honorable Mention

| Shelby Rozak | Ladysmith | Sophomore | Pitcher |
|---------------------|------------|-----------|----------|
| Mallory Duerkop | Cameron | Sophomore | Catcher |
| Madison Graf | Cumberland | Senior | Catcher |
| Adaline Lund | Ashland | Senior | Infield |
| Madi Bergschneider | Hayward | Junior | Infield |
| Maekayla Cadotte | Hayward | Senior | Infield |
| Marion VanderLinden | Cameron | Senior | Outfield |
| Casey Luther | Ladysmith | Sophomore | Outfield |

Heart O' North Player of the Year

Riley Sprenger Hayward Senior Pitcher

Players are listed alphabetically by schools, not votes.