

| YEAR | Coach | CAMP | OTHER | STATE | SOLOS | REGIONALS | UDA NATIONALS | GPA |
|-------------|---|--|--|--|---|---|---|-----|
| 2020-2021 | Jennifer Hammes Sami Herrera Jenna Printy | | | ISDTA Team Championship December 3-4, 2020 Wells Fargo Arena, Des Moines IA | ISDTA Solo Competition November 6-7, 2020 Newton High School, Newton IA | | UDA High School National's January 29, 30 & 31 2021 Walt Disney World Resort Orlando FL | |
| 2019-2020 | Jennifer Hammes Sami Herrera | Elite Camp Cedar Rapids, Iowa | | ISDTA 12/6/19 Des Moines, IA Pom - 1st Place Jazz - 1st Place & Judges Choice Award | ISDTA 11/2/19 Camryn Heynig - 4th Place Sarah Liang - 5th Place Madyson Severeid - 10th Place | UDA 1/11/20 Chicago, IL Pom - 1st Place Jazz - 1st Place & Costume Award | 1/31/20 - 2/2/20 Orlando, FL Pom - 3rd Place Jazz - 4th Place | |
| 2018-2019 | Jennifer Hammes Megan Colby Sami Herrera | Elite Camp No Home Routine | | ISDTA 11/30/18 Des Moines, IA Pom - 1st Place Jazz - 3rd Place | ISDTA CLASS VIII 11/3/18 All Division 1 Mady Severeid - 5th Place Sarah Liang - 6th Place | UDA 1/5/19 MINN, MN Pom - 1st Place & Best Choreo Jazz - 1st Place | 2/1/19 - 2/3/19 Orlando, FL Pom - 4th Place Jazz - 5th Place | |
| 2017 - 2018 | Jennifer Hammes | Elite Camp 1st Place Home Routine | | Pom - 1st Place & Judges Choice Award Lyrical - 1st Place Contemporary - 1st Place | CLASS VIII All Division 1 Kennedy Hannan - 7th Place Mady Severeid - 8th Place | UDA Regionals 1/6/18 MINN, MN Pom - 1st Place Jazz - 1st Place | Pom - 2nd Place Jazz - 5th Place | |
| 2016 - 2017 | Jennifer Hammes | Elite Camp No Home Routine | DTU Regionals 1/21/17 Cedar Rapids, Iowa Pom - 1st Place Jazz - 1st Place | Pom - 3rd Place Jazz - 3rd Place Hip Hop - 3rd Place | Kennedy Hannan - 2nd Place Madison Driscoll - 4th Place Cassidy Burns - 10th Place Isabel Berg, Kelly Johnson & Madison Japenga | UDA Regionals 1/7/17 MINN, MN Pom - 3rd Place Jazz - 2nd Place | Pom - 7th Place Jazz - 4th Place | |
| 2015 - 2016 | Jennifer Hammes | UDA Elite Convention Camp 1st Place Home Routine | UDA Iowa Dance Challenge Pom - 1st Place | Pom - 1st Place & Judges Choice Award Jazz - 1st Place Hip Hop - 3rd Place | All Division 1 Kennedy Hannan - 8th Place Cassidy Burns - 9th Place | | Pom - 6th Place Jazz - 5th Place | |
| 2014 - 2015 | | Elite Convention Camp 1st Place Home Routine | | Pom - 2nd Place Jazz - 3rd Place Hip Hop - 1st Place | All Division 1 Paige Schlotterback - 8th Place Jenna Printy, Suzanne Johnson, Sami Herrera & Katie Thul | | Pom - 8th Place Jazz - Prelims | |
| 2013 - 2014 | | Elite Camp 5th Place Home Routing - Superior Ranking 'A' Routine - Superior Trophy Drill Down - 1st Runner Up, Lexi Wright | | Pom - 3rd Place Jazz - 1st Place & Judges Choice Award Hip Hop - 3rd Place Character Counts Coach of the Year - Allison Schmidt | All Division 1 Lexi Wright - 8th Place Jenna Printy & Paige Schlotterback | | Pom - 15th Place Jazz - 10th Place | 3.6 |
| 2012 - 2013 | | Elite Camp 3rd Place, Coach's Award, Team Leadership Award | Westdale 1st Place | Pom - 2nd Place Jazz - 1st Place Hip Hop - 1st Place | All Division 1 Lexi Wright - 10th Place Reilly Trent, Claire Myers & Bryn Myers | | Pom - 10th Place Jazz - 13th Place | 3.6 |
| 2011 - 2012 | | Elite Camp 4th Place | Westdale 2nd Place | Pom - 2nd Place Jazz - 3th Place Hip Hop - 5th Place | | | Pom - 8th Place Jazz - 11th Place | 3.5 |
| 2010 - 2011 | | Elite Camp 2nd Place | Westdale 1st Place & Coach's Award | Pom - 1st Place Jazz - 5th Place Hip Hop - 1st Place | All Division 1 Megan Behr, Lisa Morgan, Courtney McColloh & Shannon Sindelar | | Pom - 5th Place Jazz - 13th Place | 3.5 |

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| 2009 - 2010 | | Elite Camp 2nd Place | Westdale 1st Place & Best Choreography | Pom - 1st Place Jazz - 2nd Place Hip Hop - 1st Place | All Division 1 Christine Bell & Lindsay Knott | | Pom - 5th Place Jazz - 7th Place | 3.5 |
| 2008 - 2009 | | Elite Camp 1st Place | Westdale 1st Place & Best Choreography | Pom - 1st Place Jazz - 1st Place & Judge's Choice Award Hip Hop - 1st Place | All Division 1 Lauren Schnieder - 3rd Place Lindsay Knott - 7th Place Hayley Rinehart - 9th Place Alex A'Hearn & McKay Frette | | Pom - 3rd Place Jazz - 6th Place | 3.6 |
| 2007 - 2008 | | Elite Camp 1st Place | Westdale 1st Place | Pom - 4th Place Jazz - 1st Place & Judges's Choice Award Hip Hop - 1st Place | All Division 1 Hayley Rinehart - 7th Place Erin Coppock, McKay Frette, Katie McNeil, Michelle Meier & Leah Ryan | | Pom - 10th Place Jazz - 11th Place | 3.6 |
| 2006 - 2007 | | Elite Camp 3rd Place | Westdale 1st Place & Best Choreography | Pom - 1st Place Jazz - 1st Place & Judge's Choice Award Hip Hop - 2nd Place | All Division 1 Emily Hauser - 8th Place Jessica Purdy - 10th Place Melissa Stevens - 10th Place Stacey Hamilton, Abby Koch & Kari Sindelar | | Pom - 7th Place Jazz - Semis | 3.7 |
| 2005 - 2006 | | Elite Camp 4th Place | Westdale 3rd Place | Pom - 1st Place Jazz - 2nd Place Hip Hop - 1st Place | | Pom - 1st Place Jazz - 3rd Place | | 3.5 |
| 2004 - 2005 | | 1st Place | Westdale 2nd Place & Best Choreography | Pom - 1st Place Jazz - 1st Place | Division 1 Lora Schumecker - 5th Place Honorable Mentions, Melissa Brendes, Stacey Hamilton & Jessica Purdy | Pom - 1st Place Jazz - 2nd Place | | 3.4 |
| 2003 - 2004 | | 1st Place | Westdale 1st Place | Pom - 2nd Place Jazz - 1st Place | Division 1 Rachel Reid - 3rd Place | | Pom - 15th Place Jazz - Prelims | 3.5 |
| 2002 - 2003 | | 1st Place | Westdale 1st Place | Pom - 2nd Place Jazz - 1st Place | Superior Rating of Everyone | | Pom - 13th Place Jazz - 6th Place | 3.7 |
| 2001 - 2002 | | 1st Place | Westdale 1st Place | Pom - 1st Place Jazz - 3rd Place | All Division 1 Stef Cary - 1st Place Kim Gladson - 3rd Place Jamie Leidigh - 5th Place | | Pom - Semis Jazz - Semis | 3.7 |
| 2000 - 2001 | | 2nd Place | Westdale 1st Place | Pom - 1st Place Jazz - 5th Place | All Division 1 Laura Blank - 2nd Place Stef Cary - 8th Place | | Pom - Semis Jazz - Prelims | 3.7 |
| 1999 - 2000 | | 1st Place | Westdale 1st Place | Pom - 2nd Place Jazz - 1st Place | All Division 1 Meghan Mc D - 3rd Place Laura Blank - 12th Place | Pom - 1st Place Jazz - 1st Place | | 3.5 |
| 1998 - 1999 | | 2nd Place | Westdale 1st Place | Pom - 1st Place Jazz - 2nd Place | All Division 1 Tiana Brown - 1st Place Deena Cary - 4th Place | | Jazz - 20th Place (semi finals) | |
| 1997 - 1998 | | 1st Place | Westdale 1st Place | Pom - 5th Place Jazz - 2nd Place | | Jazz - 2nd Place | | |
| 1996 - 1997 | | 1st Place | | Pom - 2nd Place Jazz - 1st Place | | | | |

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| 1995 - 1996 | | 1st Place | | Pom - 2nd Place | | | | |
| 1994-1995 | | | | Pom - 3rd Place (Class V) | | | | |
| 1993-1994 | | | | Pom - 2nd Place (Class V) | | | | |
| 1992-1993 | | | | Pom - 1st Place (Class V) | | | | |
| 1991-1992 | | | | Pom - 2nd Place (Class V) | | | | |