

ATTN: EDITORS: FOR RELEASE TUESDAY AM NOVEMBER 20, 2007

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2007 INA ALL-STATE FOOTBALL TEAMS ANNOUNCED

DES MOINES, IA – The Iowa Newspaper Association announced its 2007 All-State Football selections Tuesday, naming honorary captains in classes A, 1A, 2A, 3A, 4A and 8-Man.

Sports writers serving on the INA selection committees which made the honorary captain and team selections were: Mark Smidt, Keokuk Daily Gate City; Bill Haglund, Adel Dallas Co News; Jim Gries, Oskaloosa Herald; Lori Wisner, Ocheyedan Press-Melvin News; Jeff Benson, George Lyon County Reporter; Ryan Kronberg, Charles City Press; Doug Rieder, Jefferson Herald; Perry Bell, Pella Chronicle & Knoxville Journal-Express; Matt Gengler, Missouri Valley Times; John Jensen, Oelwein Daily Register; Heidi deGier, Oelwein Daily Register; Roger Bates, Muscatine Journal; Dan Voigt, Emmetsburg Publishing; Steve Thiltgen, Dewitt Observer; Scott Spurgeon, Bloomfield Democrat; Angie Boyd, Earlham Advocate; Jeff Dahn, Cedar Rapids Gazette; Terry Hersom, Sioux City Journal; Larry Peterson, Creston News Advertiser; Ben Fritsden, Creston News Advertiser; Ken Boesenberg, Manchester Press; Dana Becker, Mason City Globe Gazette; Jon Gremmels, Davenport Quad City Times; Craig Murphy, Newton Daily News; Don Carpenter, Dyersville Commercial & Cascade Pioneer; Kevin White, Omaha World-Herald; Mike Oeffner, Harlan Newspapers; Greg Granbianowski, Algona Upper Des Moines; Wayne Dominowski, Sergeant Bluff Advocate, Aaron Dominowski, Sergeant Bluff Advocate; Charley Townsley, Toledo Chronicle & Tama News-Herald; Brett Myers, Cedar Valley Daily Times; Ross Thede, Marshalltown Times-Republican

The following coaches and representatives of the Iowa Football Coaches Association assisted with statistical information: Ken Winkler, West Marshall State Center; Dave Messerili, Marion High School; Kreg Lensch, Glidden-Ralston; Tony Perkins, Marion High School; Brian Wilken, Newell-Fonda; Bob Jensen, Mt. Pleasant; Todd Quick, Hamburg; Tom Wilson, Dowling Catholic; Don Hicks, Stanton; Gary Swenson, West Des Moines Valley; Bob Mc Coy, Bedford; Denny Muller, SE Polk; Tom Stone, Pekin; Don Anderson, BCIG; Don Caves, Des Moines Christian; Scott Driskell, Earlham; Mike Stafford, East Buchanan; Steve Milder, West Central; John Seiser, Northeast Hamilton; Lyle Alumbaugh, Panorama; Phil Snyder, ArWeVa; Jim Carver, Alburnett; Jerry Shafrath, Hampton-Dumont.

Players named as captains by the committees of sports writers from around the state are:

The sportswriters in Class 4A selected Willie Argo as captain of that team. He was a two-way starter for Davenport Assumption, earning all-conference honors both ways. He led the Mississippi Athletic Conference in rushing with 1,533 yards on 203 carries. He also caught 15 passes for 321 yards. He broke conference records for single-season touchdowns (39) and points (234) and broke Tavian Banks' career scoring record. He was player of the year in the MAC, an all-state baseball player and a state placewinner in wrestling. He is expected to sign a Division I baseball scholarship in the spring.

In Class 3A, Keokuk quarterback James Vandenberg received captain's honors. He finished his high school career by leading his team to a 3-A title and by setting a handful of passing records along the way. Vandenberg's Chiefs (12-1) defeated Sioux City Bishop Heelan (11-2) 42-7 in the championship game. Among the records Vandenberg set are: most yards passing in a season (3,729), most TD passes in a season (49), most yards in a career (7,677) and most TD passes in a career (93). The senior also heads the list of 2,000-yard-plus passers in back-to-back seasons, racking up 2,654 yards in 2006. Vandenberg, a 3.9 GPA student and team captain, is mulling scholarship offers from Iowa, Nebraska and Northern Illinois.

The Hampton-Dumont Bulldogs came up with an outstanding season led through the versatility of Class 2A INA All-State Team Captain Ross Shafrath. Shafrath, a 6'2", 200 lb. halfback, rushed for 1,965 yards and scored 33 touchdowns with 4 receptions for 54 yards. On the defensive side of the ball, Ross made 147 tackles with 2 interceptions and a fumble recovery as a senior. In his career, Ross has rushed 634 times for 4,339 yards, scored 60 touchdowns, caught 13

receptions for 122 yards and made 307 tackles, 3 sacks, 6 knockdowns, 3 interceptions, 3 fumble recoveries and a blocked PAT. An excellent student, Shafrath currently has a 3.80 GPA.

Logan-Magnolia's Marshall Barney solidified his spot as one of the top players in the state as he was named captain of the Class 1A INA All-State Football Team. The 6'0", 188-lb senior running back toted the pigskin 257 times for 2,089-yards, scored 31 touchdowns, averaged 8.1 yards per carry, and joined an elite group of players to eclipse the 2,000-yard plateau. The Panthers running back ran for over 200-yards and scored three or more touchdowns in seven of the nine regular season games this fall. He has been a two-year starter at running back, led the team in tackles from the linebacker position the last three years, and has been part of a Lo-Ma Football Program which has qualified for the State Football Playoffs the last three straight seasons. The multi-sport Panther standout concluded his outstanding gridiron career with 478 carries, 3,597-yds, and 52 touchdowns while averaging over 7.5-yards per carry.

Wapsie Valley senior Garret McGrane was named captain of the INA Class A All-State team after leading his team to the Class A state championship. The 6' 2", 175-pounder switched positions this season arfter earning first-team honors at receiver in 2006. He threw for 1,174 yards and rushed for 792 yards and 17 TDs. He was also the Class A, District 5 Defensive MVP after playing an outstanding safety position on Wapsie Valley's defense. The state title comes one year after the Warriors lost in the previous year's state title game. They finished 25-1 over the last two years.

Alex McArdle of the Stanton Vikings received the captaincy of the INA 8-Man All-State team. A 6' 3" senior, McArdle excelled as a receiver and a linebacker. He caught 47 passes for 752 yards scoring 20 touchdowns this year. A returning first team honoree, he tackled 131 ball carriers and returned two of his 3 interceptions for touchdowns. An excellent and versatile all-around athlete, McArdle looks to be a four-year starter in football, basketball and baseball, as well as a state track qualifier.

Class 4A First Team

Offense	Tight End	Ben Cotton	Ames	6'6"	220	Sr.		
Offense	Wide Receiver	Edwin Arceo	Muscatine	5'7"	160	Jr.		
Offense	Wide Receiver	Keenan Davis	Washington (Cedar Rapids)	6'3"	180	Jr.		
Offense	Lineman	James Ferentz	City High(Iowa City)	6'2"	255	Sr.		
Offense	Lineman	Blake Hansen	Newton	6'5"	285	Sr.		
Offense	Lineman	Nathan Rouse	Ankeny	6'1"	270	Sr.		
Offense	Lineman	Asa Klein	Assumption (Davenport)	6'3"	240	Sr.		
Offense	Lineman	Dan Chapman	Johnston	6'7"	230	Sr.		
Offense	Quarterback	Tyler Peschong	Marshalltown	6'5"	212	Sr.		
Offense	Back	Zach Cutkomp	Valley (West Des Moines)	5'11"	180	Jr.		
Offense	Back	Willie Argo	Assumption (Davenport)	6'1"	210	Sr.		
Offense	Back	Jeff Woody	Southeast Polk	6'1"	205	Jr.		
Offense	Punter	Nate Meyer	Bettendorf	6'2"	180	Jr.		
Offense	Utility	John Phillips	Muscatine	6'1"	155	Sr.		
Defense	Lineman	Adam Coleman	Bettendorf	6'4"	255	Sr.		
Defense	Lineman	Jake McDonough	Valley (West Des Moines)	6'5"	240	Sr.		
Defense	Lineman	Zach Davison	Waukee	6'5"	235	Sr.		
Defense	Lineman	Ross Naylor	Ankeny	6'1"	185	Jr.		
Defense	Linebacker	Justin Ewald	Valley (West Des Moines)	6'5"	215	Sr.		
Defense	Linebacker	Andrew Foley	Ankeny	6'1"	220	Sr.		
Defense	Linebacker	Landan Zaputil	Cedar Falls	5'11"	215	Sr.		
Defense	Linebacker	Will Morio	Kennedy (Cedar Rapids)	6'2"	220	Sr.		
Defense	Back	Garrett Scott	Bettendorf	6'0"	190	Sr.		
Defense	Back	Jeff Getting	Waukee	6'3"	205	Sr.		
Defense	Back	Marcus James	North (Sioux City)	5'10"	190	Sr.		
Defense	Kicker	Shane Morelock	City High (Iowa City)	6'0"	175	Sr.		
Defense	Utility	Nate Doeden	Newton	6'1"	190	Sr.		

Class 4A Second Team

Offense	Tight End	Jeremy Snead	Southeast Polk	6'2"	195	Sr.		
Offense	Wide Receiver	Derek Williams	Marshalltown	6'3"	178	Sr.		
Offense	Wide Receiver	Bryce Colston	Xavier (Cedar Rapids)	5'9"	160	Sr.		
Offense	Lineman	Luke Goodson	Linn-Mar	6'4"	240	Sr.		
Offense	Lineman	Seth Mosbrucker	Bettendorf	6'2"	240	Sr.		
Offense	Lineman	Joe Johnson	Waukee	6'0"	220	Sr.		
Offense	Lineman	Tim Gentry	Valley (West Des Moines)	5'11"	305	Sr.		
Offense	Lineman	Noel Morris Jr.	Waterloo West	6'3"	265	Sr.		
Offense	Quarterback	Guy Martino	Kennedy (Cedar Rapids)	6'3"	195	Sr.		
Offense	Back	Ben Alison	Ankeny	6'1"	215	Sr.		
Offense	Back	Kyle Wood	Newton	5'11"	175	Sr.		
Offense	Back	Andrew Tindall	Cedar Falls	6'0"	190	Sr.		
Offense	Punter	Ryan Vonnahme	Wahlert (Dubuque)	5'6"	145	Sr.		
Defense	Lineman	Sam Elsner	Prairie (Cedar Rapids)	6'0"	165	Sr.		
Defense	Lineman	Cole Danner	Muscatine	6'4"	215	Sr.		
Defense	Lineman	Pete Kalber	Bettendorf	6'3"	225	Sr.		
Defense	Lineman	Adam Hodgins	Valley (West Des Moines)	6'0"	220	Sr.		
Defense	Linebacker	Preston West	Prairie (Cedar Rapids)	5'10"	200	Sr.		
Defense	Linebacker	LJ Gamblin	Lincoln (Des Moines)	6'3"	215	Sr.		
Defense	Linebacker	Anthony Losasso	Bettendorf	5'11"	210	Sr.		
Defense	Linebacker	Ethan Bass	Southeast Polk	6'1"	195	Jr.		
Defense	Back	Paul Helgens	Cedar Rapids Washington	6'2"	200	Sr.		
Defense	Back	Eric Wright	City High (Iowa City)	5'10"	166	Sr.		
Defense	Back	Michael Schindel	Cedar Falls	6'3"	185	Sr.		
Defense	Kicker	Zach Guyer	Johnston	6'3"	170	Sr.		

Class 4A Third Team

Offense	Tight End	Mitch Overstreet	Bettendorf	6'3"	235	Jr.		
Offense	Wide Receiver	Billy Rembold	Bettendorf	6'1"	180	Sr.		
Offense	Wide Receiver	Eric Schultz	Kennedy (Cedar Rapids)	6'0"	175	Sr.		
Offense	Lineman	Zach Bonnstetter	Dowling Catholic	6'2"	225	Sr.		
Offense	Lineman	Andrew Friederich	Assumption (Davenport)	6'1"	205	Sr.		
Offense	Lineman	Chris Henningsen	North Scott	6'2"	250	Sr.		
Offense	Lineman	Tyler Wells	Roosevelt (Des Moines)	6'5"	290	Sr.		
Offense	Lineman	John Swanson	East (Des Moines)	6'1"	295	Jr.		
Offense	Quarterback	John Teigland	Indianola	6'4"	210	Sr.		
Offense	Back	Walker Woods	Waukee	5'11"	167	Jr.		
Offense	Back	Jake Eikenberry	Bettendorf	5'8"	210	Sr.		
Offense	Back	Grant Mayfield	Dowling Catholic	5'9"	180	Jr.		
Offense	Punter	Dan Biddick	North Scott	6'0"	175	Sr.		
Defense	Lineman	Waj Arafat	Washington (Cedar Rapids)	6'2"	235	Sr.		
Defense	Lineman	Byron Tate	Clinton	6'0"	212	Sr.		
Defense	Lineman	Nate Stewart	Newton	5'11"	180	Sr.		
Defense	Lineman	Anthony Brown	West (Waterloo)	6'2"	250	Sr.		
Defense	Linebacker	Eric Gilmour	Xavier (Cedar Rapids)	6'0"	185	Sr.		
Defense	Linebacker	Ben Carr	Clinton	6'3"	190	Sr.		
Defense	Linebacker	Brian Keppy	West (Davenport)	6'1"	190	Sr.		
Defense	Linebacker	Chandler Ryan	Dowling Catholic	6'1"	210	Sr.		
Defense	Back	Andrew Host	Southeast Polk	6'2"	185	Sr.		
Defense	Back	Josh Lenz Hempstead	(Dubuque)	6'1"	180	Jr.		
Defense	Back	Adam Robinson	Lincoln (Des Moines)	5'9"	185	Sr.		
Defense	Kicker	Max Martin	North (Sioux City)	5'9"	180	Sr.		

Class 3A First Team

Offense	Tight End	Curtis Hubbell	Marion	6'3"	220	Sr.		
Offense	Wide Receiver	James Hurt	Keokuk	6'1"	185	Sr.		
Offense	Wide Receiver	Logan Granera	Keokuk	5'11"	175	Sr.		
Offense	Lineman	Dan Hoch Harlan	6'8"	290	Sr.			
Offense	Lineman	Drew Clark	Marion	6'4"	255	Jr.		
Offense	Lineman	Evan Isaacs	Keokuk	6'1"	220	Sr.		
Offense	Lineman	Will Maas DeWitt	6'1"	200	Sr.			
Offense	Lineman	Luke Upah	South Tama County	6'1"	220	Sr.		
Offense	Quarterback	James Vandenberg	Keokuk	6'3"	188	Sr.		
Offense	Back	Wilmot Wellington	Fairfield	5'11"	195	Sr.		
Offense	Back	Jordan Cotton	Mount Pleasant	6'1"	170	Jr.		
Offense	Back	Brandon Wegher	Bishop Heelan (Sioux City)	5'11"	190	Jr.		
Offense	Punter	Seth Thomas	Centerville	5'11"	160	Jr.		
Offense	Utility	Hunter Else	South Tama County	5'10"	160	Sr.		
Defense	Lineman	Jarod Sholly	Clear Lake	6'3"	240	Sr.		
Defense	Lineman	Buckley Wright	Bishop Heelan (Sioux City)	6'0"	210	Jr.		
Defense	Lineman	Nathan Rambler	Western Dubuque	6'6"	230	Sr.		
Defense	Lineman	Austin Steenhoek	Pella	6'2"	225	Sr.		
Defense	Linebacker	Cole Lockwood	Keokuk	6'2"	215	Sr.		
Defense	Linebacker	Chris Calvillo	Bishop Heelan (Sioux City)	6'2"	190	Sr.		
Defense	Linebacker	Connor Worthington	Carlisle	6'2"	185	Sr.		
Defense	Linebacker	Bryant Hummel	Clarinda	6'1"	205	Jr.		
Defense	Back	Shane Pudenz	Carroll	5'11"	175	Sr.		
Defense	Back	Michael D'Hooge	Marion	6'1"	170	Sr.		
Defense	Back	Sean McChesney	Clear Lake	6'3"	195	Sr.		
Defense	Kicker	Kyle Haake	Harlan	6'2"	170	Sr.		
Defense	Utility	Alex Klopfenstein	Washington	5'10"	185	Sr.		

Class 3A Second Team

Offense	Tight End	Wes Nordquist	ADM	6'6"	225	Jr.		
Offense	Wide Receiver	James Cairney	Harlan	5'10"	175	Jr.		
Offense	Wide Receiver	Bryan Woods	Oelwein	6'2"	183	Sr.		
Offense	Lineman	Eric Thompson	Waverly-Shell Rock	6'3"	255	Sr.		
Offense	Lineman	Nathan Siebert	Dallas Center-Grimes	6'1"	220	Soph.		
Offense	Lineman	Preston Sereg	Oskaloosa	6'4"	305	Sr.		
Offense	Lineman	Michael Witt	Carlisle	6'0"	205	Sr.		
Offense	Lineman	Garret Albers	Benton Community	6'1"	210	Sr.		
Offense	Quarterback	Jeff Hastert	Harlan	5'10"	160	Jr.		
Offense	Back	Chip Phillips	Pella	5'10"	185	Sr.		
Offense	Back	Reese Thompson	Benton Community	6'0"	170	Jr.		
Offense	Back	Zach Hutzell	ADM	6'1"	190	Sr.		
Offense	Punter	Spencer Pflughaupt	Marion	6'4"	250	Sr.		
Defense	Lineman	Matt HochHarlan	6'3"	210	Soph.			
Defense	Lineman	Jesse McMullin	Mount Pleasant	6'5"	255	Sr.		
Defense	Lineman	Michael Burke	DeWitt	6'3"	195	Sr.		
Defense	Lineman	Ben Kriegel	South Tama County	6'2"	240	Sr.		
Defense	Linebacker	Wallace Carter	Centerville	6'1"	220	Sr.		
Defense	Linebacker	Matt McCool	South Tama County	6'2"	215	Sr.		
Defense	Linebacker	Jesse Swanson	Knoxville	6'1"	190	Sr.		
Defense	Linebacker	Justin Denner	Waverly-Shell Rock	6'0"	170	Sr.		
Defense	Back	Brock Yossi	Dallas Center-Grimes	5'11"	165	Sr.		

Defense	Back	Joey Toale	Spencer	5'10"	160	Sr.	
Defense	Back	Kyle Whitcher	Waverly-Shell Rock	5'10"	175	Sr.	
Defense	Kicker	Troy Ticknor	ADM	6'1"	175	Sr.	

Class 3A 3rd Team

Offense	Tight End	Colin Straight	Denison-Schleswig	6'2"	220	Sr.	
Offense	Wide Receiver	Colton Kelly	Anamosa	6'1"	155	Sr.	
Offense	Wide Receiver	Clint Martin	Boone	6'1"	170	Sr.	
Offense	Lineman	Brian Bowles	ADM	6'4"	220	Sr.	
Offense	Lineman	Nathan King	West Delaware	6'4"	320	Sr.	
Offense	Lineman	Casey Tanner	Creston/Orient-Macksburg	6'1"	235	Sr.	
Offense	Lineman	Angel Ponce	Washington	5'9"	200	Sr.	
Offense	Lineman	Levi Tinderholt	Waukon	6'5"	285	Sr.	
Offense	Quarterback	Zach McCabe	Bishop Heelan (Sioux City)	6'5"	195	Soph.	
Offense	Back	Reid Murtaugh	Harlan	5'8"	175	Jr.	
Offense	Back	Kalab Evans	Creston/Orient-Macksburg	5'9"	175	Sr.	
Offense	Back	Luke Murray	Mount Vernon	5'11"	175	Sr.	
Offense	Punter	Brett Van Sloten	Decorah Community	6'6"	240	Sr.	
Defense	Lineman	Logan McKristy	Benton Community	6'4"	210	Sr.	
Defense	Lineman	Trent Tucker	Creston/Orient-Macksburg	5'9"	150	Sr.	
Defense	Lineman	Kyle Korte	Dallas Center-Grimes	6'4"	290	Sr.	
Defense	Lineman	Anthony Marr	Charles City	6'3"	280	Sr.	
Defense	Linebacker	Matt Berte	Humboldt	6'1"	205	Sr.	
Defense	Linebacker	Matt Pitzer	Dallas Center-Grimes	6'0"	180	Sr.	
Defense	Linebacker	Greg Oldsen	DeWitt	5'10"	190	Jr.	
Defense	Linebacker	Josh Stewart	Oelwein	6'2"	185	Jr.	
Defense	Back	Dylan Azinger	DeWitt	5'11"	160	Sr.	
Defense	Back	Jason Conrad	Centerville	6'1"	185	Sr.	
Defense	Back	Tim Rodriguez	Seargent Bluff	5'8"	155	Sr.	
Defense	Kicker	Cody Smith	Mount Pleasant	5'7"	155	Jr.	

Class 2A First Team

Offense	Tight End	Drew McDonough	East Sac	6'1"	185	Jr.	
Offense	Wide Receiver	Wade McDonough	East Sac	6'2"	165	Sr.	
Offense	Wide Receiver	Nate Meyer	Cascade	5'8"	145	Sr.	
Offense	Lineman	John Michael Sawhill	Jefferson-Scranton-Paton-Churdan	6'2"	235	Sr.	
Offense	Lineman	Jordan Einck	North Fayette	6'1"	180	Sr.	
Offense	Lineman	Marcus Stangl	Estherville-Lincoln Central	6'4"	230	Sr.	
Offense	Lineman	Josh Wolfe	Emmetsburg	6'3"	268	Jr.	
Offense	Lineman	Jon Orr	Maquoketa Valley	6'3"	257	Sr.	
Offense	Quarterback	Nate DeJong	Central Lyon/George-Little Rock	6'3"	215	Sr.	
Offense	Back	Ross Shafrath	Hampton-Dumont	6'2"	200	Sr.	
Offense	Back	James Morris	Solon	6'0"	200	Soph.	
Offense	Back	Jordan Eggers	Estherville-Lincoln Central	6'0"	170	Jr.	
Offense	Punter	Jake Vaughn	Emmetsburg	6'1"	160	Sr.	
Offense	Utility	Drake Austin	Wilton	5'10"	175	Sr.	
Defense	Lineman	Adam Kuhl	Maple Valley-Anthon-Oto	6'3"	230	Jr.	
Defense	Lineman	Spencer Schictl	Estherville-Lincoln Central	6'1"	215	Sr.	
Defense	Lineman	Tanner Butler	Solon	5'9"	180	Sr.	
Defense	Lineman	Aaron Raney	Hampton-Dumont	6'2"	200	Sr.	
Defense	Linebacker	Jordan Franzen	North Fayette	5'11"	185	Sr.	
Defense	Linebacker	Tyler McDermott	Cascade	6'3"	215	Sr.	
Defense	Linebacker	Ben Durbin	Gilbert	6'3"	225	Sr.	

Defense	Linebacker	Jordan Voss	Eagle Grove	6'3"	240	Jr.	
Defense	Back	Brian Waskow	Jefferson-Scranton Paton-Churdan	6'3"	175		Sr.
Defense	Back	Caleb Caboth	Estherville-Lincoln Central	6'1"	175	Sr.	
Defense	Back	Kyler Stahle	Solon 5'11" 170	Jr.			
Defense	Kicker	Patrick Schmadeke	Columbus (Waterloo)	5'10"	171	Jr.	
Defense	Utility	Ryan Steinkamp	Kuemper (Carroll) 6'0"	200		Sr.	

Class 2A Second Team

Offense	Tight End	Jack Bruns	Roland-Story	6'4"	211	Sr.	
Offense	Wide Receiver	Chris Campbell	Cherokee 5'11"	170		Sr.	
Offense	Wide Receiver	Wes McGraw	Central Lee	6'3"	170		Sr.
Offense	Lineman	Taylor Stockdale	Eagle Grove	6'0"	195	Jr.	
Offense	Lineman	Matt Tobin	Beckman (Dyersville)	6'7"	245		Sr.
Offense	Lineman	Jacob Place	Hampton-Dumont	6'0"	250	Sr.	
Offense	Lineman	Corey Debey	Central Lyon/George Little Rock	5'11"	225		Sr.
Offense	Lineman	Riley Sheetz	Sigourney-Keota	6'2"	215	Jr.	
Offense	Quarterback	Brent Watkins	Columbus (Waterloo)	6'1"	187		Sr.
Offense	Back	Joe Langenberg	Collins-Maxwell-Baxter	5'9"	165	Sr.	
Offense	Back	Marty Ball	Jefferson-Scranton-Paton-Churdan	6'2"	188	Sr.	
Offense	Back	Brennan Melloy	Cascade 5'9" 175	Sr.			
Offense	Punter	Max Miller	West Central Valley 6'6"	210		Jr.	
Defense	Lineman	Jesse Wolfe	Emmetsburg	6'1"	178		Sr.
Defense	Lineman	Kurt Eischeid	Kuemper (Carroll)	6'3"	200	Sr.	
Defense	Lineman	Steve Van Wyhe	Central Lyon/George Little Rock	6'2"	180		Sr.
Defense	Lineman	Tyler Hamry	North Fayette	6'3"	215	Sr.	
Defense	Linebacker	Scott Eben	Central Lyon/George Little Rock	5'10"	190		Jr.
Defense	Linebacker	Matt O'Donnell	Tipton Community	6'1"	220	Sr.	
Defense	Linebacker	Adam Wittrock	Kuemper (Carroll)	6'0"	205	Sr.	
Defense	Linebacker	Mac O'Brien	Columbus (Waterloo)	6'1"	230		Sr.
Defense	Back	Adam Pelzer	Tipton Community	6'2"	180	Jr.	
Defense	Back	Lane Ranck	Mediapolis Community	5'10"	175		Sr.
Defense	Back	Tanner Johansen	Hampton-Dumont	6'1"	185	Jr.	
Defense	Kicker	Joe Flanigan	Maple Valley-Anthon-Oto	6'4"	220	Jr.	

Class 2A Third Team

Offense	Tight End	Jon Dillinger	Missouri Valley	6'2"	190	Jr.	
Offense	Wide Receiver	Patrick Mulcahy	Beckman 6'6"	170		Sr.	
Offense	Wide Receiver	Collin Sleeper	Solon 6'2"	185		Sr.	
Offense	Lineman	Brian Boyle	Maple Valley-Anthon-Oto	6'1"	225		Sr.
Offense	Lineman	Travis Abben	Columbus (Waterloo)	6'3"	238	Sr.	
Offense	Lineman	Jesse Joyce	Collins-Maxwell-Baxter	6'0"	200	Sr.	
Offense	Lineman	Zach Gabeline	Mediapolis Community	6'0"	195	Sr.	
Offense	Lineman	Andrew Keller	Clarion-Goldfield 6'6"	230		Sr.	
Offense	Quarterback	Stephen Badding	Kuemper (Carroll)	6'0"	175		Sr.
Offense	Back	Nick Monzu	Missouri Valley	6'0"	180		Soph.
Offense	Back	Turrell Foster	Iowa Falls-Alden	5'10"	192	Sr.	
Offense	Back	Colby Wegter	Boyden-Hull/Rock Valley	5'10"	155		Sr.
Offense	Punter	Stevie Wirtz	Gilbert 5'9" 160	Sr.			
Defense	Lineman	Trevor Blessing	Solon 6'1" 215	Sr.			
Defense	Lineman	Chris Allen	Hampton-Dumont	6'0"	260	Sr.	
Defense	Lineman	Ben Skelly	Wilton 5'9" 190	Jr.			
Defense	Lineman	Alex Rutledge	Eagle Grove	5'10"	215	Sr.	
Defense	Linebacker	Max Eddy	Sibley-Ocheyedan	6'2"	185	Sr.	

Defense	Linebacker	Josh Ihnen	Sheldon	6'2"	195	Sr.		
Defense	Linebacker	Trail Kelly	New London-Danville		5'9"	200	Sr.	
Defense	Linebacker	Matt Tschetter	Okoboji	6'1"	200	Sr.		
Defense	Back	Nick Busta	South Winneshiek	6'0"	160	Sr.		
Defense	Back	Zach Devilder	South Hardin	5'11"	165	Sr.		
Defense	Back	Aaron Jay	Maquoketa Valley	6'1"	187	Sr.		
Defense	Kicker	Hadrian Meyer	Jefferson-Scranton	Paton-Churdan		5'9"	150	Sr.

Class 1A First Team

Offense	Tight End	Marc Baumert	St. Albert (Council Bluffs)		6'5"	210	Sr.	
Offense	Wide Receiver	Trevor Tiefenthaler	Sioux Central		6'0"	160	Jr.	
Offense	Wide Receiver	David Mueller	Bellevue	5'11"	155	Sr.		
Offense	Lineman	Mark Blessington	Southern Cal	6'5"	287	Jr.		
Offense	Lineman	Dallas Hendrikson	St. Ansgar	6'2"	305	Jr.		
Offense	Lineman	Derek Ketelsen	Northeast Goose Lake	6'2"	280	Sr.		
Offense	Lineman	Wil Van't Hof	West Lyon Community	6'2"	265	Jr.		
Offense	Lineman	Jason Schultz	Pekin	6'3"	258	Sr.		
Offense	Quarterback	Jake Waters	St. Albert (Council Bluffs)		5'10"	175	Soph.	
Offense	Back	Adam Buffington	Newman Catholic (Mason City)	6'0"	185	Sr.		
Offense	Back	Jordan Otdoerfer	Starmont	5'8"	180	Sr.		
Offense	Back	Marshall Barney	Logan-Magnolia	6'0"	188	Sr.		
Offense	Punter	Bryan Huss	St. Edmond (Fort Dodge)	6'1"	190	Jr.		
Offense	Utility	Jake Dever	Northeast Goose Lake	6'1"	210	Sr.		
Defense	Lineman	Lars Christianson	Lake Mills	6'0"	200	Sr.		
Defense	Lineman	Jacob Rummelhart	Regina (Iowa City)	5'7"	236	Sr.		
Defense	Lineman	Brad Pasker	Starmont	5'11"	200	Sr.		
Defense	Lineman	Dominic Alvis	Logan-Magnolia	6'4"	210	Jr.		
Defense	Linebacker	Kalen Richardson	Southern Cal	6'1"	195	Jr.		
Defense	Linebacker	Cameron Olson	South Hamilton	6'1"	215	Sr.		
Defense	Linebacker	John Simon	Aplington-Parkersburg		5'10"	180	Sr.	
Defense	Linebacker	Jake Reisen	Regina (Iowa City)	6'2"	206	Sr.		
Defense	Back	Chris Tracy	West Lyon Community	6'2"	205	Sr.		
Defense	Back	Austin Jager	Underwood	6'0"	180	Sr.		
Defense	Back	Kyle Baetsle	Pekin	5'10"	160	Sr.		
Defense	Kicker	Jon Recher	St. Albert (Council Bluffs)	5'8"	160	Sr.		
Defense	Utility	Tyler Moorehead	Newman Catholic (Mason City)	6'1"	205	Sr.		

Class 1A Second Team

Offense	Tight End	Owen Gerard	Regina (Iowa City)	6'2"	196	Sr.		
Offense	Wide Receiver	Chris Keninger	AGWSR	6'1"	165	Sr.		
Offense	Wide Receiver	Matt Waters	St. Albert (Council Bluffs)		6'1"	180	Jr.	
Offense	Lineman	Ryan Skriver	West Branch	6'3"	250	Sr.		
Offense	Lineman	Tyler Klyn Pella	Christian	6'1"	282	Jr.		
Offense	Lineman	Ryan Gray	North Polk	5'11"	195	Sr.		
Offense	Lineman	Jared Vlotho	West Sioux	6'2"	275	Sr.		
Offense	Lineman	Tyler Bazyn	Central Elkader	6'3"	225	Sr.		
Offense	Quarterback	Colton Calvert	Interstate 35	6'1"	185	Sr.		
Offense	Back	Matt Mercer	West Branch	6'0"	195	Sr.		
Offense	Back	Eli Kroll	Hinton	6'2"	227	Sr.		
Offense	Back	Terry Matney	BCLUW	6'0"	195	Sr.		
Offense	Punter	Shawn Krusey	Aplington-Parkersburg	6'5"	185	Sr.		
Defense	Lineman	Colby Kirby	Pleasantville	5'11"	205	Jr.		
Defense	Lineman	Matt Winkelman	Dike-New Hartford	6'3"	205	Sr.		

Defense	Lineman	Lucas Rorah	Northeast Goose Lake	6'2"	195	Sr.	
Defense	Lineman	Zach Rosol	Nashua-Plainfield	6'4"	235	Sr.	
Defense	Linebacker	Gus Mormann	Edgewood-Colesburg	6'2"	215	Sr.	
Defense	Linebacker	Kendall Sommerlot	Pocahontas Area	5'8"	180	Jr.	
Defense	Linebacker	Kasey Harmeyer	North Polk	5'10"	180	Sr.	
Defense	Linebacker	Cory Nikkel	Pella Christian	6'3"	215	Sr.	
Defense	Back	Jacob Breitbach	Panorama	5'11"	165	Sr.	
Defense	Back	Ben Coy	South Hamilton	6'2"	180	Sr.	
Defense	Back	Cory Westphal	Hinton	5'10"	165	Sr.	
Defense	Kicker	Ned Fleming	Regina (Iowa City)	5'6"	146	Sr.	

Class 1A Third Team

Offense	Tight End	Ross Fernstrum	South O'Brien	6'1"	215	Sr.	
Offense	Wide Receiver	Garin Burton	Denver	6'3"	160	Sr.	
Offense	Wide Receiver	Trevor Hook	Grundy Center	6'6"	185	Soph.	
Offense	Lineman	Brandon Williams	Newman Catholic (Mason City)	6'0"	195	Sr.	
Offense	Lineman	Jacob Eeling	Pekin	6'2"	195	Sr.	
Offense	Lineman	Kyle Kober	West Branch	5'10"	250	Jr.	
Offense	Lineman	Jeremy Bald	Audubon	5'10"	175	Sr.	
Offense	Lineman	John Hubbard	Aplington-Parkersburg	6'1"	202	Sr.	
Offense	Quarterback	John Sievert	Akron-Westfield	6'1"	185	Sr.	
Offense	Back	Jacob Lower	Central Elkader	5'9"	200	Sr.	
Offense	Back	Drake Ferch	West Marshall	5'11"	161	Soph.	
Offense	Back	Chris Schoning	Griswold	5'10"	185	Sr.	
Offense	Punter	Jason Teunissen	West Lyon Community	6'4"	190	Sr.	
Defense	Lineman	Tyler Malsom	North Polk	6'1"	195	Sr.	
Defense	Lineman	Mitch Grose	Mount Ayr	6'3"	165	Jr.	
Defense	Lineman	Michael Sieren	Pekin	6'0"	215	Sr.	
Defense	Lineman	Jake Boll	Hartley-Melvin-Sanborn High S.	6'7"	260	Sr.	
Defense	Linebacker	Spenser Brackey	Lake Mills	5'10"	170	Sr.	
Defense	Linebacker	Austin Boger	Battle Creek-Ida Grove	6'1"	175	Jr.	
Defense	Linebacker	Austin Buckingham	Centraul Decatur	6'1"	175	Sr.	
Defense	Linebacker	Jake McGruder	St. Albert	5'11"	175	Jr.	
Defense	Back	Jayme Rozeboom	West Lyon Community	6'3"	177	Sr.	
Defense	Back	Jay Bunte	St. Edmond	5'10"	170	Sr.	
Defense	Back	Matt Stubbs	Pleasantville	5'11"	175	Sr.	
Defense	Kicker	Brendan Ehlke	Saint Ansgar	6'3"	215	Sr.	

Class A First Team

Offense	Tight End	AJ Doughan	Bishop Garrigan (Algona)	6'5"	210	Sr.	
Offense	Wide Receiver	Brady Lakes	Lawton-Bronson	5'9"	136	Sr.	
Offense	Wide Receiver	Brian Knake	Lisbon	6'0"	170	Sr.	
Offense	Lineman	Jon Kono	Wapsie Valley	6'2"	190	Sr.	
Offense	Lineman	Dan Kruger	West Hancock	6'5"	275	Jr.	
Offense	Lineman	Robert Devereaux	Newell-Fonda	6'2"	215	Sr.	
Offense	Lineman	Cole Albright	Lawton-Bronson	6'3"	250	Sr.	
Offense	Lineman	Trent Fleener	North Mahaska	5'10"	160	Sr.	
Offense	Quarterback	Trent Rasmussen	Lisbon	5'10"	160	Sr.	
Offense	Back	Levi Keleher	Lawton-Bronson	5'7"	156	Soph.	
Offense	Back	Chayse Roth	WACO	6'0"	200	Sr.	
Offense	Back	Darin Lockard	West Central	5'10"	170	Sr.	
Offense	Punter	Chad Cosens	Madrid	6'2"	185	Sr.	
Offense	Utility	Cody Nesbitt	Alta	6'2"	175	Sr.	

Defense	Lineman	Gary Ewart	Bedford	6'2"	205	Sr.		
Defense	Lineman	Jared Simmons	Madrid	6'2"	225	Sr.		
Defense	Lineman	Spencer Otto	Kee (Lansing)	6'0"	215	Sr.		
Defense	Lineman	Scott Radke	Alta	6'2"	225	Sr.		
Defense	Linebacker	Tanner Frain	Treynor	6'3"	210	Sr.		
Defense	Linebacker	Alan Bladt	AHST	6'1"	195	Sr.		
Defense	Linebacker	John Hinshaw	HLV Community	6'0"	190	Sr.		
Defense	Linebacker	Nick Horstman	West Hancock	5'11"	210	Sr.		
Defense	Back	Garrett McGrane	Wapsie Valley	6'2"	175	Sr.		
Defense	Back	Danny Pattee	AHST	5'10"	160	Sr.		
Defense	Back	Taylor Christensen	Madrid	5'10"	175	Sr.		
Defense	Kicker	Lochland Monahan	Des Moines Christian	6'3"	177	Sr.		
Defense	Utility	Matthew Myers	Wapsie Valley	5'11"	185	Sr.		

Class A Second Team

Offense	Tight End	Ryan Stock	SCMT	6'4"	195	Sr.		
Offense	Wide Receiver	Josh Herbst	AHST	5'10"	160	Sr.		
Offense	Wide Receiver	Ian Stenzel	Des Moines Christian	5'8"	155	Sr.		
Offense	Lineman	Keith Amundson	Valley Elgin	6'2"	220	Sr.		
Offense	Lineman	Eric Croghan	IKM Community	6'4"	220	Jr.		
Offense	Lineman	Patrick Laensmann	Manning	5'8"	210	Sr.		
Offense	Lineman	Caleb Edgerly	Lisbon	6'2"	225	Sr.		
Offense	Lineman	Ryan Schares	Don Bosco (Gilbertville)	6'1"	205	Sr.		
Offense	Quarterback	Austin McBeth	WACO	6'1"	170	Sr.		
Offense	Back	Seth Thomas	Bedford	5'11"	170	Sr.		
Offense	Back	Matt Lewis	North Mahaska	5'10"	170	Sr.		
Offense	Back	Cody Mathewson	Madrid	6'2"	190	Jr.		
Offense	Punter	Nathan Schumann	Newell-Fonda	6'4"	255	Sr.		
Defense	Lineman	Kevin Rohe	Manning	6'2"	205	Sr.		
Defense	Lineman	Brad Boyle	North Mahaska	6'2"	210	Sr.		
Defense	Lineman	Ben Andresen	Galva-Holstein	6'3"	230	Sr.		
Defense	Lineman	Tyler Rickard	Lisbon	6'1"	190	Sr.		
Defense	Linebacker	Dakota Miller	Lawton-Bronson	6'1"	185	Jr.		
Defense	Linebacker	Jordan Bakke	Lisbon	5'10"	170	Sr.		
Defense	Linebacker	Tyler Christensen	Belmond-Klemme	6'3"	230	Sr.		
Defense	Linebacker	Nate Anderson	Madrid	6'3"	200	Sr.		
Defense	Back	Travis Leuer	Laurens-Marathon	6'4"	165	Sr.		
Defense	Back	Brady Wilson	West Hancock	6'3"	205	Sr.		
Defense	Back	Jake Weisert	Northwood-Kensett	5'9"	145	Sr.		
Defense	Kicker	Brad Puckett	Earlham	5'10"	165	Jr.		

Class A Third Team

Offense	Tight End	Isiah Stauffer	WACO	6'0"	205	Sr.		
Offense	Wide Receiver	Chris Gabriel	Gehlen Catholic (Lemars)	6'3"	164	Jr.		
Offense	Wide Receiver	Tyler Olson	Iowa Valley	5'10"	170	Sr.		
Offense	Lineman	Eric Refer	HLV Community	6'0"	235	Sr.		
Offense	Lineman	Alex Herink	North Tama	5'11"	175	Jr.		
Offense	Lineman	Darin Peters	AHST	6'0"	215	Jr.		
Offense	Lineman	Kassidy Cook	Postville	6'1"	205	Jr.		
Offense	Lineman	Isaac Jenkins	Kee (Lansing)	6'2"	220	Sr.		
Offense	Quarterback	Mason Howar	Iowa Valley Marengo	6'2"	180	Jr.		
Offense	Back	Wade Raymond	GMG	5'8"	160	Sr.		
Offense	Back	Jim Stessman	Manning	6'0"	210	Sr.		

Offense	Back	Logan Slusher	Earlham	6'0"	195	Jr.		
Offense	Punter	Jay Miller	Northern University	6'2"	190`	Sr.		
Defense	Lineman	Craig Radnich	English Valleys	5'11"	185	Sr.		
Defense	Lineman	Chase Keskovich	Kingsley-Pierson	6'2"	225	Sr.		
Defense	Lineman	Joe Jacobs	Cardinal Community	6'1"	230	Sr.		
Defense	Lineman	Mike Bullis	Van Meter Community	6'0"	185	Sr.		
Defense	Linebacker	Grant Vesely	North Tama	6'1"	190	Soph.		
Defense	Linebacker	Nate Steinbronn	West Central Community	6'4"	205	Sr.		
Defense	Linebacker	Evan Bettoff	Kee (Lansing)	5'10"	175	Sr.		
Defense	Linebacker	Austin Matthias	Wapsie Valley	5'10"	195	Sr.		
Defense	Back	Wyatt Hanus	North Tama	6'3"	175	Jr.		
Defense	Back	Mitchell Schultz	Postville	6'0"	180	Sr.		
Defense	Back	Jake Schechinger	IKM	5'10"	185	Sr.		
Defense	Kicker	Mike Smith	Lawton-Bronson	6'0"	180	Sr.		

8-Man First Team

Offense	Wide Receiver	Alex Whigham	Stanton	6'2"	185	Soph.		
Offense	Wide Receiver	Levi Helbling	East Mills	6'0"	165	Sr.		
Offense	Lineman	Logan Anderson	Armstrong-Ringsted	6'3"	225	Sr.		
Offense	Lineman	Matt Greve	ArWeVa	6'4"	237	Sr.		
Offense	Lineman	Shawn Oaks	Murray	6'2"	245	Sr.		
Offense	Quarterback	Chris Palmquist	Stanton	6' 0"	170	Jr.		
Offense	Back	Tyler Tonderum	Armstrong-Ringsted	5'10"	175	Jr.		
Offense	Back	Alex Feilmeier	Glidden-Ralston	6' 0"	175	Sr.		
Offense	Back	Jace Hawley	ArWeVa	5' 10"	160	Sr.		
Offense	Punter	Cody Weaver	Grandview Park Baptist	5'8"	140	Jr.		
Offense	Utility	Brett Tigges	Armstrong-Ringsted	6'3"	190	Sr.		
Defense	Lineman	Jordan Anderson	Northeast Hamilton	6'3"	235	Sr.		
Defense	Lineman	Seth Robinson	Lenox	6'1"	190	Sr.		
Defense	Lineman	Seth Griffith	Walnut	6'2"	260	Sr.		
Defense	Linebacker	Alex McArdle	Stanton	6'3"	175	Sr.		
Defense	Linebacker	Reggie Kock	ArWeVa	6'1"	196	Jr.		
Defense	Linebacker	Trey Christensen	Lenox	5'9"	160	Sr.		
Defense	Back	Jonathon Klein	St. Mary's (Remsen)	5'10"	190	Sr.		
Defense	Back	Dirk Timm	Northeast Hamilton	5'9"	175	Sr.		
Defense	Kicker	Ryan Frahm	Walnut	6'1"	180	Sr.		
Defense	Utility	Ethan Lensch	Glidden-Ralston	6'1"	195	Sr.		

8-Man Second Team

Offense	Wide Receiver	Chad Fonken	Northeast Hamilton	6'2"	190	Sr.		
Offense	Wide Receiver	Andy Golay	Coon Rapids-Bayard	6'2"	175	Sr.		
Offense	Lineman	James Beck	Lenox	6'0"	175	Sr.		
Offense	Lineman	Justin Metheny	Grandview Park Baptist	6'1"	247	Sr.		
Offense	Lineman	Tyler Burns	Essex	6'0"	235	Sr.		
Offense	Quarterback	Ryan Schmidt	Tri-County	5'10"	170	Sr.		
Offense	Back	Joe Studer	CWL	6'1"	185	Sr.		
Offense	Back	Caleb Byers	Murray	5'9"	160	Jr.		
Offense	Back	Shane Nicholson	Melcher-Dallas	5'10"	160	Jr.		
Offense	Punter	Nate Tool	Twin River Valley	6'1"	180	Jr.		
Defense	Lineman	Tyler Betz	Ventura	6'4"	220	Jr.		
Defense	Lineman	Grant McArdle	Stanton	6'2"	190	Jr.		
Defense	Lineman	Tyler Heetland	North Kossuth	6'0"	195	Sr.		
Defense	Linebacker	Aaron Siefken	Sentral	6'1"	210	Sr.		

Defense	Linebacker	Jim Hondred	Grandview Park Baptist	6'0"	170	Sr.
Defense	Linebacker	Morgan Starner	Sidney	6'4"	215	Sr.
Defense	Back	Nick Larsen	North Kossuth	5'8"	160	Jr.
Defense	Back	Grant Calvin	Lenox	5'8"	145	Sr.
Defense	Kicker	Morten Vermehren	Armstrong-Ringsted	5'8"	145	Jr.

8-Man Third Team

Offense	Wide Receiver	Willy Muhr	Exira	6'3"	170	Sr.
Offense	Wide Receiver	Jason Kock	ArWeVa	5'8"	160	Sr.
Offense	Lineman	Corey Meier	Stanton	6'0"	190	Sr.
Offense	Lineman	Matt Moyou	Harris-Lake Park	5'8"	196	Jr.
Offense	Lineman	Levi Trauger	Twin River Valley	6'3"	220	Sr.
Offense	Quarterback	Jared Bruce	Aurelia	5'9"	160	Sr.
Offense	Back	Chris Hemphill	Harris-Lake Park	6'0"	180	Sr.
Offense	Back	Ryan Pickens	Fremont-Mills	5'11"	180	Sr.
Offense	Back	Ethan Miller	Seymour	6'1"	180	Sr.
Offense	Punter	T.J. Flesher	Melcher-Dallas	6'2"	185	Jr.
Defense	Lineman	Ryan Schroeder	Remsen Union	5'10"	205	Jr.
Defense	Lineman	Nick Rohrbeck	Glidden-Ralston	6'0"	185	Sr.
Defense	Lineman	Brett Sink Stanton	6'0"	170	Sr.	
Defense	Linebacker	Seth Ward	Essex	6'0"	175	Sr.
Defense	Linebacker	Ben Kopp CAM	6'1"	185	Sr.	
Defense	Linebacker	Josh Henley	Ventura	6'1"	220	Sr.
Defense	Back	Matt Rowley	Twin Cedars	5'11"	170	Jr.
Defense	Back	Evan Genter	Glidden-Ralston	5'9"	150	Sr.
Defense	Kicker	Nate Brueggeman	Harris-Lake Park	5'10"	160	Sr.