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## 2010 INA ALL-STATE FOOTBALL TEAMS ANNOUNCED

DES MOINES, IA – The Iowa Newspaper Association announced its 2010 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 committee which made the team selections were: Perry Bell, Pella Chronicle; Ashley Schable, Carroll Daily Times Herald; Lori Wisner, Ocheyedan Press-Melvin News; Ryan Kronberg, Charles City Press; Matt Gengler, Missouri Valley Times-News; John Jensen, Grundy Center Register; Heidi deGier, Oelwein Daily Register; Dan Voigt, Emmetsburg Publishing; Ross Eberhart, DeWitt Observer; Scott Spurgeon, Bloomfield Democrat; Larry Peterson, Creston News Advertiser; Kevin White, Omaha World-Herald; Greg Granbianowski, Algona Upper Des Moines; Mark Pawlak, Marshalltown Times-Republican; Doug Rieder, Jefferson Herald; Mike Oeffner, Harlan Newspapers; Matt Cross, Muscatine Journal; Ben Frotscher, Newton Daily News and Kevin Ritchie, Bedford Times-Press; Terry Hersom, Sioux City Journal; K.J. Pilcher, Cedar Rapids Gazette; Mike Helle, Knoxville Journal-Express; Ryan Stonebraker, Tipton Conservative; Charley Townsley, Tama News-Herald; Kirk Hardcastle, Ames Globe Gazette; Wayne Dominowski, Sergeant Bluff Advocate; Beth Lutgen, Dyersville Commercial; Kelly Beaton Waterloo Courier; Jake Ryder, Muscatine Journal; Ross Thede Marshalltown Times Republican and Randy Fink, Fayette Leader.

The following coaches and representatives of the Iowa Football Coaches Association assisted with statistical information: Ken Winkler, West Marshall; Dave Messerili, Marion; Tony Perkins, Marion; Brian Wilken, Newell-Fonda; Tom Wilson, Dowling Catholic; Gary Swenson, West Des Moines Valley; Bob McCoy, Bedford; Steve Milder, West Central; Ryan Van Veen, Montezuma; Matt Oliver, Southeast Warren; Don Hicks, Stanton; John Seiser, Northeast Hamilton; Lyle Almbaugh, Panorama; Clint Hospodarsky, Clarksville; Tim Lewis, Cedar Rapids; Kelly Manker, Woodbury Central and Bob Jensen, Mount Pleasant.

Players named as captains are:

The Class 4A captain, quarterback Connor Bravard, led West Des Moines Dowling to a perfect 14-0 state championship season as an impressive dual threat, rushing for 1,181 yards and passing for 2,158. The 6-foot, 190-pound senior carried 20 times for 143 yards and completed 18 of 24 passes for another 269 as the Maroons outpointed defending champion Iowa City High in a 38-31 overtime state title game. Although a dominant Dowling team rarely had to punt (16 times in 14 games), Bravard handled those duties, as well, averaging 42.4 yards on 13 attempts.

Austin Blythe, of Williamsburg, was a big reason the Raiders posted a record of 8-1 during the regular season and made the Class 3A playoff field. The University of Iowa recruit was named the Class 3A Captain of the Iowa Newspaper Association all-state team. Blythe, tips the scales at 6'3" 285 pounds. He anchored the line for Williamsburg on both sides of the football. He earned a spot on the 2010 INA all-state squad as an offensive lineman, a position he is expected to play for the Hawkeyes once he reports to the team following graduation. Williamsburg finished the year 10-2 overall, posting playoff wins over Maquoketa and Clear Creek-Amara before eventually falling to Solon, the 2010 state champions in the semi-final round of the playoffs.

Iowa City Regina quarterback Jack Verducci was named captain of the class 2A team. Verducci, a three-year starter for the Regals, helped lead the Regals to the class 2A state championship this season. The Regals finished the season with 14 wins and zero losses. Verducci led the Regal offense that averaged 42.1 points a game and scored 590 team points in 2010. Verducci passed for 1,698 yards on 266 of 465 completions with 22 touchdowns and zero interceptions. He also rushed for 495 yards and five touchdowns. Verducci had a 2010 passer rating of 248.5 and a completion percentage of 69-percent. Verducci led class 2A in touchdown passes with 22 and was 3<sup>rd</sup> in passing yards in class 2A with 1,698. For his career, he is 33-4 as a starting quarterback and has thrown for 4,286 yards, 40 touchdowns, 13 interceptions and rushed for 1,112 yards with 14 touchdowns. He holds many school records including yards in a season (1,698) and touchdowns in a season (22).

Chosen as captain of the Class 1A team was Brendan Ter Wee of West Lyon High School. Ter Wee is a returning INA second team all stater linebacker. At 5-foot-11 and 260 pounds, he finished the 2010 season as the West Lyon Wildcats leading tackler with 104 tackles. This included eight tackles for loss and seven in the 1A title game. He led the defense in the semifinal and final games. He held top opponents to minimal yardage and carries through the season and finals.

North Tama senior quarterback Brendon Boerm has been named captain of the Class A all-state team. Boerm helped lead the Redhawks to a 14-0 record and the team's first state title. Boerm finished the season 170-for-285 passing for

2,350 yards and 29 touchdowns. He added 1,483 rushing yards and 20 touchdowns on 180 carries. Boerm – the school’s all-time leader in career touchdowns – also had three receiving touchdowns, one interception return score, two punt return touchdown’s and one kickoff return touchdown as a senior. Boerm accounted for six touchdowns in the state championship game, two rushing, receiving and passing each.

Spencer Clausen of Armstrong-Ringsted, was chosen as the captain of the 8-Man all-state team. As quarterback, he lead his team to back-to-back state titles this year. The team, which he has been a part of, has played in the state finals for four consecutives years. Clausen ran for 23 touch downs this year and passed for 28 more. On defense, he picked off 10 passes for Armstrong-Ringsted.

#### Class 4A First Team

Offense	Tight End	Ben Boesen	Dowling Catholic, West Des Moines	6-4	210	Sr.
Offense	Wide Receiver	Quenton James	Sioux City East	6-2	170	Sr.
Offense	Wide Receiver	Amara Darboh	Dowling Catholic, West Des Moines	6-2	200	Sr.
Offense	Lineman	Tyler Swope	Assumption, Davenport	6-4	265	Sr.
Offense	Lineman	Zach Thompson	Ankeny	6-3	240	Sr.
Offense	Lineman	Dan Mahoney	Dowling Catholic, West Des Moines	6-2	245	Sr.
Offense	Lineman	Dan Monchk	Iowa City, City High	6-0	240	Sr.
Offense	Lineman	Jake Arthur	North Scott, Eldridge	6-4	275	Sr.
Offense	Quarterback	Connor Bravard	Dowling Catholic, West Des Moines	6-0	190	Sr.
Offense	Back	Austin Ebertowski	Council Bluffs Abraham Lincoln	6-0	210	Sr.
Offense	Back	Barkley Hill	Cedar Falls	6-0	200	Jr.
Offense	Back	Jer Garman	Linn-Mar, Marion	5-9	170	Sr.
Offense	Kicker	Kevin Sheldon	Valley, West Des Moines	5-11	170	Sr.
Offense	Utility	Andrew McNulty	Iowa City, City High	6-2	192	Sr.
Defense	Lineman	Issac Ales	Muscatine	6-3	245	Sr.
Defense	Lineman	Jamison Lalk	Council Bluffs Abraham Lincoln	6-6	245	Sr.
Defense	Lineman	Brody Berrie	Bettendorf	6-1	285	Sr.
Defense	Lineman	Chase Kleopfer	Xavier, Cedar Rapids	6-3	220	Sr.
Defense	Linebacker	Christian French	Cedar Rapids, Kennedy	6-5	230	Sr.
Defense	Linebacker	Nate Shaw	Bettendorf	6-1	185	Jr.
Defense	Linebacker	Ben Challgren	Cedar Falls	6-2	218	Jr.
Defense	Linebacker	Alex Eaton	Valley, West Des Moines	6-0	195	Sr.
Defense	Back	Eric Lee	Dowling Catholic, West Des Moines	5-8	160	Sr.
Defense	Back	Darreis Caston	Fort Dodge	5-8	165	Sr.
Defense	Back	Travis Perry	Urbandale	6-3	215	Sr.
Defense	Punter	Logan Bieghler	Bettendorf	6-2	225	Sr.
Defense	Utility	Gage Ridenour	Bettendorf	6-1	190	Sr.

#### Class 4A Second Team

Offense	Tight End	Griffin Gaeta	Muscatine	6-6	200	Jr.
Offense	Wide Receiver	Tony Bakeris	Davenport Central	6-3	195	Sr.
Offense	Wide Receiver	James Harrington	Cedar Falls	6-1	165	Jr.
Offense	Lineman	Peter Ickes	Xavier, Cedar Rapids	6-0	195	Sr.
Offense	Lineman	Ross Ellsworth	Cedar Rapids, Kennedy	6-1	220	Sr.
Offense	Lineman	Dane Jensen	Ames	6-3	225	Sr.
Offense	Lineman	Jacob Whaley	Marshalltown	6-4	230	Sr.
Offense	Lineman	Landon Ashbrook	Fort Dodge	6-2	240	Sr.
Offense	Quarterback	Paul Jindrich	Muscatine	5-10	180	Sr.
Offense	Back	Alex Carr	Cedar Rapids, Washington	5-10	172	Jr.
Offense	Back	Aaron Huber	North Scott, Eldridge	6-2	200	Sr.
Offense	Back	Martin Looney	Valley, West Des Moines	6-0	170	Sr.
Offense	Kicker	Ben Trewyn	Pleasant Valley	5-10	175	Jr.
Defense	Lineman	Amos Lavela	Iowa City, City High	5-8	187	So.

Defense	Lineman	Mike Malek	Sioux City East	6-3	250	Sr.
Defense	Lineman	Josip Juric	Dowling Catholic, West Des Moines	6-3	245	Sr.
Defense	Lineman	Tyler Schmitt	Urbandale	6-1	235	Sr.
Defense	Linebacker	Brad Hagerla	Johnston	6-3	210	Sr.
Defense	Linebacker	Brandon Abernathy	Indianola	6-2	210	Sr.
Defense	Linebacker	Nate Cruise	Ames	6-1	190	Sr.
Defense	Linebacker	Rob Myers	Ankeny	6-0	190	Sr.
Defense	Back	Brad Duwe	Dubuque Hempstead	5-11	165	Sr.
Defense	Back	Tim Kilfoy	Assumption, Davenport	6-1	180	Jr.
Defense	Back	Josh Jahlas	Cedar Rapids, Kennedy	6-1	180	Jr.
Defense	Punter	Levi Peters	Fort Dodge	6-0	180	Sr.

#### Class 4A Third Team

Offense	Tight End	Sam Joens	Prairie, Cedar Rapids	6-3	185	Sr.
Offense	Wide Receiver	Devin Thomas	Council Bluffs Abraham Lincoln	5-8	150	Sr.
Offense	Wide Receiver	Conner Alberhasky	Iowa City, City High	6-0	182	Sr.
Offense	Lineman	Nick Beckman	Iowa City, City High	6-2	260	Sr.
Offense	Lineman	Mitch Berendes	Dubuque Hempstead	5-11	195	Sr.
Offense	Lineman	Hunter Spreen	Bettendorf	6-0	270	Sr.
Offense	Lineman	Ben Reinartz	Davenport Assumption	6-5	300	Sr.
Offense	Lineman	Mack Mahmens	Linn-Mar, Marion	6-2	295	Sr.
Offense	Quarterback	Kyle Anderson	Ames	6-2	200	Sr.
Offense	Back	Dalton Parrott	Dowling Catholic, West Des Moines	5-10	170	Sr.
Offense	Back	Pat Chizek	Xavier, Cedar Rapids	5-10	180	Sr.
Offense	Back	Josh Osborn	Burlington	5-11	175	Sr.
Offense	Kicker	Tanner Riley	Prairie, Cedar Rapids	5-10	195	Sr.
Defense	Lineman	Ethan Bartlett	Fort Dodge	6-0	200	Sr.
Defense	Lineman	Anthony Baker	Sioux City West	6-0	280	Jr.
Defense	Lineman	Bryan Varisco	Southeast Polk	5-10	230	Sr.
Defense	Lineman	Cody Tennison	Waukee	6-3	225	Sr.
Defense	Linebacker	Ryan Langford	Assumption, Davenport	6-3	205	Sr.
Defense	Linebacker	Ely Emery	Ottumwa	6-3	220	Sr.
Defense	Linebacker	Zach Swehla	Iowa City, City High	5-9	156	Sr.
Defense	Linebacker	Michael Donovan	Southeast Polk	6-1	230	Jr.
Defense	Back	Jason McMurray	Dowling Catholic, West Des Moines	6-1	175	Sr.
Defense	Back	Jeremy Johnson	Iowa City, City High	5-9	157	Jr.
Defense	Back	David Tann	Cedar Rapids, Washington	5-11	190	Jr.
Defense	Punter	Matt Andriano	Ankeny	5-11	160	Jr.

#### Class 3A First Team

Offense	Tight End	Henry Krieger-Coble	Mount Pleasant	6-4	218	St.
Offense	Wide Receiver	Brady Roland	Carlisle	6-2	160	Sr.
Offense	Wide Receiver	Nick Clancy	South Tama County, Tama	6-3	188	Sr.
Offense	Lineman	Austin Blythe	Williamsburg	6-3	285	Sr.
Offense	Lineman	Chris Bandstra	Pella	6-4	220	Sr.
Offense	Lineman	Mike Smithburg	Fairfield	6-4	305	Sr.
Offense	Lineman	Tyler Smith	Solon	6-0	220	Sr.
Offense	Lineman	Ben Wallace	Grinnell	6-6	240	Sr.
Offense	Quarterback	Paul Jacobsen	Bishop Heelan, Sioux City	6-1	180	Jr.
Offense	Back	Wes Burnside	Union Community, La Porte City	5-9	190	Jr.
Offense	Back	Dylan Barrett	Harlan	6-0	195	Sr.
Offense	Back	Michael Malloy	Bishop Heelan, Sioux City	6-0	175	Jr.
Offense	Kicker	Marshall Koehn	Solon	6-1	175	Sr.
Offense	Utility	Brandon Domyer	West Delaware, Manchester	6-0	195	Sr.

Defense	Lineman	Adam Wenck	Lewis Central	6-1	215	Sr.
Defense	Lineman	Robert Rathje	Benton, Van Horne	6-5	260	Jr.
Defense	Lineman	Joe Carber	DeWitt	6-4	260	Jr.
Defense	Lineman	Levi Epley	Waverly-Shell Rock	6-2	250	Sr.
Defense	Linebacker	Josh Pringle	Pella	6-3	180	Sr.
Defense	Linebacker	Taylor Berger	Carroll	5-8	175	Jr.
Defense	Linebacker	Jeremy Nelson	Bishop Heelan Catholic, Sioux City	6-1	205	Jr.
Defense	Linebacker	Jake McDonald	Marion	6-2	190	Jr.
Defense	Back	Darian Colton	Mount Pleasant	6-0	160	Sr.
Defense	Back	Cody Sacquitne	Decorah	6-2	165	Sr.
Defense	Back	Eric Larson	Waverly	6-2	165	Sr.
Defense	Punter	Pete Fitzsimmons	Bishop Heelan Catholic, Sioux City	6-2	170	Sr.
Defense	Utility	Alex Brown	Harlan	5-11	220	Sr.

#### Class 3A Second Team

Offense	Tight End	Adam Cave	Harlan	6-4	205	Sr.
Offense	Wide Receiver	Josh Rohret	Clear Creek-Amana	5-8	155	Sr.
Offense	Wide Receiver	Brad Christensen	Carroll	6-1	175	Jr.
Offense	Lineman	Sam Beard	Decorah	6-1	218	Sr.
Offense	Lineman	Chance Benoit	Winterset	6-2	245	Sr.
Offense	Lineman	Austin Kessler	Clear Lake	6-0	205	Sr.
Offense	Lineman	Tom McClimon	DeWitt	6-3	225	Sr.
Offense	Lineman	Nic Williams	Washington	6-3	265	Sr.
Offense	Quarterback	Gavin Glenn	ADM	6-1	165	Jr.
Offense	Back	Brett Waughop	Williamsburg	5-11	190	Sr.
Offense	Back	Zach Twedt	Benton, Van Horne	6-3	220	Sr.
Offense	Back	Adam Rowley	Oskaloosa	6-1	185	Jr.
Offense	Kicker	Trent Wendt	Harlan	5-10	150	Sr.
Defense	Lineman	Jake Morris	Solon	5-11	185	Jr.
Defense	Lineman	Colin Berins	Creston	6-5	230	Jr.
Defense	Lineman	Justin Baker	Bishop Heelan, Sioux City	6-1	240	Sr.
Defense	Lineman	Brent Tarr	Clear Lake	6-3	201	Sr.
Defense	Linebacker	James Perez	Hampton-Dumont	5-10	190	Jr.
Defense	Linebacker	Dallas Rozeboom	Rock Valley/Boyden-Hull	5-10	170	Soph.
Defense	Linebacker	Austin Kalzureck	Norwalk	6-4	240	Sr.
Defense	Linebacker	Jay Hildreth	Lewis Central			Sr.
Defense	Back	Dusty Albaugh	Marion	6-1	170	Sr.
Defense	Back	Spencer Boeyink	Pella	6-0	170	Sr.
Defense	Back	Michael McMahon	Algon	5-8	175	Sr.
Defense	Punter	Taylor Ostrich	Carroll	6-3	200	Sr.

#### Class 3A Third Team

Offense	Tight End	Colton Hoffman	Newton	6-6	220	Sr.
Offense	Wide Receiver	Josh Sampson	ADM	5-9	165	Sr.
Offense	Wide Receiver	Kyle Fink	Oelwein	6-0	172	Sr.
Offense	Lineman	Travis Zimmerman	Ballard	6-5	260	Sr.
Offense	Lineman	Luke Wright	Waverly	6-5	225	Sr.
Offense	Lineman	TJ Gray	Union	6-1	195	Sr.
Offense	Lineman	Dakota Holtkamp	Fort Madison	6-1	275	Sr.
Offense	Lineman	Cole Wentworth	Maquoketa	6-1	215	Jr.
Offense	Quarterback	Dillion Villhauer	Clear Creek-Amana	5-10	155	Jr.
Offense	Back	Keagan Parks	Webster City	6-1	185	Jr.
Offense	Back	Eillot Vandenberg	Keokuk	6-0	195	Sr.

Offense	Back	Jordan Fench	Grinnell	6-0	195	Sr.
Offense	Kicker	Zach Maxey	Bishop Heelan, Sioux City	6-0	250	Sr.
Defense	Lineman	Cole Stevens	West Delaware, Manchester	6-1	195	Sr.
Defense	Lineman	Tyler Kammes	LeMars	5-11	245	Sr.
Defense	Lineman	Matt Hotek	Fairfield	6-2	265	Sr.
Defense	Lineman	Matt Schmitz	Union	6-3	210	Sr.
Defense	Linebacker	Austin Palmer	West Delaware	6-1	195	Sr.
Defense	Linebacker	Zach Gardner	Dallas Center Grimes	6-0	184	Jr.
Defense	Linebacker	Derek Schwarts	Harlan	6-1	190	Sr.
Defense	Linebacker	Jackson Sawyber	Winterset	6-3	179	Sr.
Defense	Back	Nate Wilmes	Carlisle	5-10	170	Sr.
Defense	Back	Griffin Feller	Charles City	6-0	185	Sr.
Defense	Back	Eric Toole	Lewis Central	6-0	148	Sr.
Defense	Punter	B.J. Cordell	Spencer	5-6	170	Sr.

#### Class 2A First Team

Offense	Tight End	Brandon Van Zandt	Wilton	6-4	195	Jr.
Offense	Wide Receiver	Ty Traitman	Beckman Catholic	5-9	155	Jr.
Offense	Wide Receiver	Zach Pechous	Iowa City Regina	5-11	160	Sr.
Offense	Lineman	Owen Eckhart	West Marshall	5-11	263	Sr.
Offense	Lineman	Matt Romoser	Sigourney-Keota	6-4	205	Sr.
Offense	Lineman	Zach Ries	Iowa City Regina	5-10	250	Jr.
Offense	Lineman	Brock Dagel	Cherokee	6-7	250	Sr.
Offense	Lineman	Lathan Bass	South Central Calhoun	6-0	243	Sr.
Offense	Quarterback	Jack Verducci	Iowa City Regina	6-0	203	Sr.
Offense	Back	Andrew Utterback	Sigourney-Keota	6-0	185	Sr.
Offense	Back	Jake Greco	North Fayette	6-1	190	Jr.
Offense	Back	Dalton Ferch	West Marshall	5-10	175	Jr.
Offense	Kicker	Michael Schmadeke	Waterloo Columbus	5-11	170	Sr.
Offense	Utility	Lamar Sayles	Waterloo Columbus	6-2	215	Sr.
Defense	Lineman	Jared Henkenius	Kuemper Catholic, Carroll	6-1	230	Sr.
Defense	Lineman	Braden Lehman	Iowa City Regina	6-7	245	Sr.
Defense	Lineman	Colton Hill	North Polk	6-0	180	Sr.
Defense	Lineman	Patrick McCaffery	Iowa City Regina	6-3	240	Sr.
Defense	Linebacker	Cory Morrissey	Gilbert	6-4	230	Sr.
Defense	Linebacker	Kirby Kendrick	Beckman Catholic	5-10	210	Soph.
Defense	Linebacker	Noah Pickard	North Polk	6-2	200	Jr.
Defense	Linebacker	Kevin Vierow	North Fayette	6-0	175	Jr.
Defense	Back	Sam Tuedt	Pella Christian	5-8	150	Sr.
Defense	Back	Hutch Burns	PCM	5-9	160	Jr.
Defense	Back	Reid Nyss	North Fayette	6-3	195	Sr.
Defense	Punter	Wyatt Sann	Clarion-Goldfield	5-11	175	Jr.
Defense	Utility	Gabe Doornink	Sioux Center	6-0	165	Sr.

#### Class 2A Second Team

Offense	Tight End	Jacob Rathmacher	Roland-Story	6-5	240	Sr.
Offense	Wide Receiver	Dominik Lensing	South Winneshiek	6-0	175	Sr.
Offense	Wide Receiver	Andrew Broderck	CMB	5-11	185	Jr.
Offense	Lineman	Will Kincart	Davis County	6-2	225	Sr.
Offense	Lineman	Tyler Dunkel	Beckman Catholic	6-1	225	Sr.
Offense	Lineman	Trevor Hall	North Polk	6-1	220	Sr.
Offense	Lineman	Daniel Westphalen	Sheldon	6-0	215	Sr.

Offense	Lineman	Tanner Creery	North Fayette	6-2	200	Sr.
Offense	Quarterback	Kyle Nikkel	Pella Christian	6-0	160	Sr.
Offense	Back	Anthony Halsch	Iowa City Regina	5-11	190	Sr.
Offense	Back	Kile Overmeyer	Albia	5-9	171	Sr.
Offense	Back	Michael Strautman	Kuemper Catholic	5-7	175	Jr.
Offense	Kicker	Trey Hugen	Pella Christian	5-10	175	Sr.
Defense	Lineman	Bret Johnson	Roland Story	6-3	255	Sr.
Defense	Lineman	Willy Bremer	Davis County	5-9	200	Sr.
Defense	Lineman	Cole Blair	So. Central Calhoun	5-11	220	Sr.
Defense	Lineman	Sean Sellers	Sigourney-Keota	6-0	225	Sr.
Defense	Linebacker	Jacob Vollstedt	Iowa City Regina	6-0	222	Jr.
Defense	Linebacker	Ethan Calvert	I-35	6-0	200	Sr.
Defense	Linebacker	Brett Nieuwsma	Pella Christian	6-0	210	Sr.
Defense	Linebacker	Brian Hengeveld	Westein Christian	6-2	210	Sr.
Defense	Back	Dylan Stepleton	Wilton	6-2	155	Jr.
Defense	Back	Nick Eastburn	Monticello	6-3	210	Sr.
Defense	Back	Mike Sullens	Camanche	6-2	207	Sr.
Defense	Punter	Calvin Mathews	Davis County	6-1	190	Jr.

#### Class 2A Third Team

Offense	Tight End	Kyle Frisch	Sumner-Fredricksburg	6-3	210	Sr.
Offense	Wide Receiver	Robbie Anstoetter	Beckman Catholic	6-1	185	Jr.
Offense	Wide Receiver	Jacob Darbyshire	Mediapolis	6-1	165	Jr.
Offense	Lineman	Allen George	Bondurant-Farrar	6-2	260	Sr.
Offense	Lineman	Andrew Nochuedt	Central Springs	6-5	215	Jr.
Offense	Lineman	Trevor Van Den Top	West Christian	6-3	215	Jr.
Offense	Lineman	Justin Burgart	New Hampton	6-4	240	Sr.
Offense	Lineman	Blake Rasmussen	Clarion Goldfield	6-5	210	Sr.
Offense	Quarterback	Connor Golden	Beckman Catholic	6-0	160	Jr.
Offense	Back	Lee Schuhhardt	New Hampton	5-8	153	Sr.
Offense	Back	Brody Barthelman	Mid-Prairie	5-9	165	Sr.
Offense	Back	Max Lund	Central Springs	5-11	185	Sr.
Offense	Kicker	Curtis Prull	Monticello	6-1	215	Sr.
Defense	Lineman	Cody Grimes	North Fayette	6-2	200	Sr.
Defense	Lineman	Michael Goerd	Wat Columbus	6-1	230	Jr.
Defense	Lineman	Jerod Fransen	North Fayette	6-1	230	Sr.
Defense	Lineman	Zac Bietz	Mediapolis	6-3	190	Sr.
Defense	Linebacker	Nathan Van Zante	Eddyville-Blakesburg	5-8	135	Sr.
Defense	Linebacker	Will Janssen	Mediapolis	6-1	195	Sr.
Defense	Linebacker	Berkley Grimm	Iowa City Regina	6-0	240	Sr.
Defense	Linebacker	Brett Johnson	Camanche	6-1	162	Sr.
Defense	Back	Logan Chester	West Marshall	5-9	142	Sr.
Defense	Back	Logan Kline	Sigourney-Keota	6-1	180	Sr.
Defense	Back	Josh Marsching	Davis County	6-1	200	Sr.
Defense	Punter	Brian Goerd	Tipton	6-3	215	Sr.

#### Class 1A First Team

Offense	Tight End	Levi Ettleman	Logan-Magnolia	6-4	290	Sr.
Offense	Wide Receiver	Steve O'Neill	St. Albert, Council Bluffs	5-11	1655	Sr.
Offense	Wide Receiver	Josh Thompson	Garner-Hayfield	6-2	170	Sr.
Offense	Lineman	Jonathon Hodges	Woodward-Granger	6-2	220	Sr.
Offense	Lineman	Zach Toben	Aplington-Parkersburg	6-4	260	Sr.
Offense	Lineman	Joel Ter Wee	West Lyon, Inwood	6-3	215	Sr.
Offense	Lineman	Marco Naughton	St. Albert, Council Bluffs	6-1	285	Sr.

Offense	Lineman	Trent Erickson	Eagle Grove	6-0	266	Sr.
Offense	Quarterback	Jace Engdtler	Garner Hayfield	6-2	170	Jr.
Offense	Back	Eric Joblinske	Dike-New Hartford	5-10	190	
Offense	Back	Connor O'Brien	Wapsie Valley, Fairbank	6-1	195	
Offense	Back	Cody Ahrendt	West Lyon	6-2	215	
Offense	Kicker	Gabe Meis	St. Albert, Council Bluffs			
Offense	Utility	Jake Gentile	St. Albert, Council Bluffs	6-0	175	Sr.
Defense	Lineman	Ben McCain	Emmetsburg	6-1	165	Sr.
Defense	Lineman	Evan Mikels	Logan-Magnolia	6-1	270	Sr.
Defense	Lineman	Brendan Ter Wee	West Lyon	5-11	260	Sr.
Defense	Lineman	Troy Irvin	Dike-New Hartford	5-11	195	Sr.
Defense	Linebacker	Vincent Whipple	Eagle Grove	5-10	170	Sr.
Defense	Linebacker	Mitchell Schroeder	North Cedar, Stanwood	6-0	190	Sr.
Defense	Linebacker	Jackson Steinberg	Saint Ansgar	6-3	245	Jr.
Defense	Linebacker	Jack Manning	Woodward-Granger	5-11	175	Sr.
Defense	Back	Jake Allen	Treynor	5-10	165	
Defense	Back	Adam Teunissen	West Lyon, Inwood	6-4	180	Jr.
Defense	Back	Cody Marsh	Saint Ansgar	5-10	180	Sr.
Defense	Punter	Brandon Young	West Branch	6-1	180	Jr.
Defense	Utility	Josh Treybal	Hartley-Melvin-Sanborn	6-2	225	Sr.

#### Class 1A Second Team

Offense	Tight End	Logan Murry	West Branch	6-4	205	
Offense	Wide Receiver	Michael Wiedman	Dike-New Hartford	6-1	175	Sr.
Offense	Wide Receiver	Rilen Carew	West Branch	6-1	180	Sr.
Offense	Lineman	Dustin Pritchett	Mounty Ayr	6-2	275	Jr.
Offense	Lineman	Derrick Miller	West Branch	5-11	205	Jr.
Offense	Lineman	Tyler Henderson	Emmetsburg	6-0	240	Sr.
Offense	Lineman	Grant Greenfield	Sibley-Ocheyedan	6-5	239	Jr.
Offense	Lineman	Tanner Johnson	Dike-New Hartford	5-11	255	Sr.
Offense	Quarterback	Seth Tuttle	Westfork, Sheffield	6-8	200	Sr.
Offense	Back	Andrew Wellik	Emmetsburg	5-11	190	Soph.
Offense	Back	Jason Grill	Aplington-Parkersburg	5-10	175	Jr.
Offense	Back	Andrew McCune	Woodward-Granger	6-1	235	Soph.
Offense	Kicker	Carter Funke	Maqueoketa Valley, Delhi	5-11	190	Soph.
Defense	Lineman	Mitchell Udell	Hinton	6-3	285	Soph.
Defense	Lineman	Dante Copeland	Panorama, Panora	6-4	290	Soph.
Defense	Lineman	Zach Rathman	Lawton-Bronson	5-9	165	Soph.
Defense	Lineman	Logan Lukavsky	West Branch	6-2	215	Sr.
Defense	Linebacker	Dylan Bellows	Aplington-Parkersburg	6-1	205	Sr.
Defense	Linebacker	Greg Hegstad	Hartley-Melvin-Sanborn	6-1	180	Sr.
Defense	Linebacker	Jake Carlson	Emmetsburg	6-3	195	Sr.
Defense	Linebacker	Blake Quam	Nodaway Valley	5-9	175	Sr.
Defense	Back	Jacob Musser	Woodward-Granger	5-11	145	Jr.
Defense	Back	Brody Berkland	Emmetsburg	5-9	165	Jr.
Defense	Back	Austin Ryan	Aplington-Parkersburg	5-7	165	Sr.
Defense	Punter	Cameron Vinsand	Highland, Riverside	5-10	205	Sr.

#### Class 1A Third Team

Offense	Tight End	Beau Hassebroek	West Lyon, Inwood	6-3	215	Sr.
Offense	Wide Receiver	Spencer Scar	Nodaway Valley	6-3	185	Sr.
Offense	Wide Receiver	Cody Leng	Hartley-Melvin-Sanborn	6-2	165	Sr.
Offense	Lineman	Dillon Miller	Logan-Magnolia	5-8	180	Sr.
Offense	Lineman	Chris Noty	Garner-Hayfield	6-2	260	Sr.

Offense	Lineman	Kielen Sullivan	West Fork	5-10	235	Sr.
Offense	Lineman	Dalton Behounek	Gladbrook Reinbeck	5-11	255	Sr.
Offense	Lineman	Nathan Somsky	Woodward-Granger	6-0	270	Jr.
Offense	Quarterback	Cory Schultes	Emmetsburg	6-1	175	Sr.
Offense	Back	Matt Finch	Hartley-Melvin-Sanborn	5-9	155	Sr.
Offense	Back	Austin Rutherford	Eagle Grove	6-0	223	Sr.
Offense	Back	Jordan Mitchell	Turkey Valley, Jackson Junction	5-9	170	Jr.
Offense	Kicker	Chris Stuhrenberg	Manson-NW Websiter	6-1	195	Jr.
Defense	Lineman	Austin McCartan	Emmetsburg	6-0	180	Soph.
Defense	Lineman	Tanner Hulst	Gladbrook-Reinbeck	5-11	190	Sr.
Defense	Lineman	Jared Krucke	Maquoketa Valley, Delhi	6-5	233	Sr.
Defense	Lineman	Connor Marnin	West Central Valley, Stuart	6-2	270	Sr.
Defense	Linebacker	Si Eiklenborg	Dike-New Hartford	5-10	175	Jr.
Defense	Linebacker	Tanner Tenley	North Cedar, Stanwood	6-0	170	Jr.
Defense	Linebacker	Alex Severn	Treynor	5-10	210	Sr.
Defense	Linebacker	Nick Thompson	West Lyon	6-0	215	Sr.
Defense	Back	Bobby Coppa	Emmetsburg	6-0	170	Sr.
Defense	Back	Tanner Loots	Northeast, Goose Lake	5-10	160	Sr.
Defense	Back	J.C. Watts	Panorama, Panora	6-1	160	Sr.
Defense	Punter	Royce Byrnes	Lake Mills	6-2	170	Sr.

#### Class A First Team

Offense	Tight End	Jevohn Miller	B-G-M, Brooklyn	6-2	230	Sr.
Offense	Wide Receiver	Lucas Hefty	North Tama, Traer	6-5	205	Sr.
Offense	Wide Receiver	James Wright	Woodbury Central, Merville	6-5	215	Sr.
Offense	Lineman	Tyler Ahrens	Madrid	6-4	255	Sr.
Offense	Lineman	Zach Snyder	Belle Plaine	6-6	285	Sr.
Offense	Lineman	Jacob Armstrong	Bedford	5-10	170	Sr.
Offense	Lineman	Blake Louscher	Newman Catholic, Mason City	6-4	195	Sr.
Offense	Lineman	Nathan Jones	North Tama, Traer	6-0	285	Sr.
Offense	Quarterback	Brendon Boerm	North Tama, Traer	6-0	175	Sr.
Offense	Back	Timon Bell	Madrid	5-11	187	Sr.
Offense	Back	Jeremy Johnson	Madrid	5-11	160	Sr.
Offense	Back	Ben Buffington	Newman Catholic, Mason City	6-1	170	Sr.
Offense	Kicker	Steve Topete	West Sioux, Hawarden	5-6	145	Sr.
Offense	Utility	Grady Gallagher	Woodbury Central, Merville	6-0	165	Sr.
Defense	Lineman	Eric Simmons	Madrid	6-3	270	Sr.
Defense	Lineman	Brandou Svoboda	North Tama, Traer	6-0	180	Sr.
Defense	Lineman	Troy Farrier	Waco, Wayland	6-3	210	Sr.
Defense	Lineman	Dillon McKee	West Sioux, Hawarden	6-1	120	Sr.
Defense	Linebacker	Jordan Walston	Bedford	5-10	170	Sr.
Defense	Linebacker	Kyle Hawkins	B-G-M, Brooklyn	6-0	225	Sr.
Defense	Linebacker	Tevin Brinson	Newman Catholic, Mason City	5-11	180	Sr.
Defense	Linebacker	Cade Isenhower	North Tama, Traer	5-11	190	Sr.
Defense	Back	Scott Paulus	Rockford	6-1	185	Sr.
Defense	Back	Eric Loutsch	Gehlen Catholic, LeMars	6-2	205	Sr.
Defense	Back	Ryan Swanson	West Hancock, Britt	5-10	170	Sr.
Defense	Punter	Michael Kelchen	Edgewood-Colesburg	6-1	160	Jr.
Defense	Utility	Spencer Shepherd	Waco, Wayland	5-11	175	Sr.

#### Class A Second Team

Offense	Tight End	Willie Lawrence	Bedford	6-1	180	Sr.
Offense	Wide Receiver	Drew Verstegen	Newman Catholic, Mason City	6-3	180	Sr.
Offense	Wide Receiver	Austin Allen	Southeast Warren, Liberty Center	5-10	155	Jr.

Offense	Lineman	Tim Nemechek	Central Elkader	6-0	240	Sr.
Offense	Lineman	Mike Sievers	Madrid	6-6	235	Sr.
Offense	Lineman	Weston Neuendorf	Colo-Nesco	6-4	245	Jr.
Offense	Lineman	Ben Neal	Rockford	6-0	233	Jr.
Offense	Lineman	Micah Neary	Gehlen Catholic, LeMars	6-1	245	Jr.
Offense	Quarterback	Taylor Wurth	Gehlen Catholic, LeMars	6-2	184	Sr.
Offense	Back	Trevor Bouma	Gehlen Catholic, LeMars	5-11	190	Jr.
Offense	Back	Travis D0ugherty	Bedford	6-0	167	Jr.
Offense	Back	Cole Larsen	Guthrie Center	5-4	160	Sr.
Offense	Kicker	Blake Thompson	Corning	5-11	165	Sr.
Defense	Lineman	Garrett Hinrichs	ALV	6-2	210	Sr.
Defense	Lineman	Shane Walston	Bedford	6-1	175	Sr.
Defense	Lineman	Chris Eral	Gehlen Catholic, LeMars	5-10	196	Sr.
Defense	Lineman	Brandon Imoehl	Postville	6-2	200	Jr.
Defense	Linebacker	Dustin Clark	Guthrie Center	6-4	215	Sr.
Defense	Linebacker	Dillon McClenathan	HLV, Victor	5-10	175	Jr.
Defense	Linebacker	Kirk Salnave	Montezuma	5-10	175	Sr.
Defense	Linebacker	Joe Roden	West Harrison, Mondamin	6-0	195	Sr.
Defense	Back	Spencer Capitani	Northwood-Kensett	5-9	160	Sr.
Defense	Back	Garrett Ogan	Montezuma	5-9	160	Sr.
Defense	Back	Ben Knake	Lisbon	6-1	165	Jr.
Defense	Punter	Geoffery Tajaran	Central Elkader	5-10	165	Sr.

#### Class A Third Team

Offense	Tight End	Brock Hinkel	Madrid	6-6	220	Sr.
Offense	Wide Receiver	Tyler Reicks	Van Meter	5-5	150	Sr.
Offense	Wide Receiver	Matthew Wright	Woodbury Central, Moville	6-4	180	Soph.
Offense	Lineman	Blake Lanphier	North Mahaska	6-6	245	Sr.
Offense	Lineman	Randy Caraveo	Waco, Wayland	6-1	200	Sr.
Offense	Lineman	Evan McCarty	Clay Central-Everly	5-10	175	Sr.
Offense	Lineman	Joel Lawrence	Bedford	5-10	180	Sr.
Offense	Lineman	Elliot Randel	Grundy Center	6-3	245	Sr.
Offense	Quarterback	Seth Nutting	Southeast Warren, Liberty Center	6-5	180	Sr.
Offense	Back	Zach Tade	Central Elkader	5-7	175	Sr.
Offense	Back	Chris Schlewger	West Hancock	6-1	235	Soph.
Offense	Back	Jacob Behr	Bishop Garrigan, Algona	5-9	160	Sr.
Offense	Kicker	Colton Townsend	Bedford	5-9	150	Soph.
Defense	Lineman	Devin Grienhagen	Gehlen Catholic, LeMars	5-11	240	Se.
Defense	Lineman	Marcus Beuton	Van Meter	6-3	230	Sr.
Defense	Lineman	Brandon Clark	Guthrie Center	6-1	180	Sr.
Defense	Lineman	Kendall Leichty	Waco, Wayland	6-1	280	Jr.
Defense	Linebacker	Tyler Zook	North Tama, Traer	5-8	195	Sr.
Defense	Linebacker	Josh Haber	Woodbury Center	6-1	125	Jr.
Defense	Linebacker	Matt Bockes	Central Elkader	5-10	185	Sr.
Defense	Linebacker	Austin Larsen	Colo-Nesco	5-10	165	Sr.
Defense	Back	Bodhi Eagler	Waco, Wayland	6-1	150	Sr.
Defense	Back	Nick Efkamp	Madrid	6-0	160	Sr.
Defense	Back	Hunter Nelson	AHST	5-11	175	Sr.
Defense	Punter	Kevin Elbert	Bishop Garrigan, Algona	5-9	170	Sr.

#### 8-Man First Team

Offense	Wide Receiver	Travis Hantelman	Armstrong-Ringsted	6-4	190	Sr.
Offense	Wide Receiver	Clay Harreld	Northeast Hamilton, Blairsburg	6-3	170	Jr.
Offense	Lineman	Karter Schult	Tripoli	6-4	240	Jr.

Offense	Lineman	Nathan Christians	Glidden-Ralston	6-2	265	Sr.
Offense	Lineman	Landon Maynes	Lenox	6-2	195	Sr.
Offense	Quarterback	Spencer Clausen	Armstrong-Ringsted	6-5	185	Sr.
Offense	Back	Nate Howard	Graettinger-Terril	6-1	225	Sr.
Offense	Back	Marcus Mechelsen	Northeast Hamilton	5-9	160	Jr.
Offense	Back	Nate Meier	Fremont-Mills, Tabor	6-3	220	Jr.
Offense	Kicker	Jacob Esdohr	Coon-Rapids Bayard	6-0	160	Sr.
Offense	Utility	Austin Hancock	Lenox	5-10	175	Sr.
Defense	Lineman	Brett Thackery	Armstrong-Ringsted	5-11	190	Jr.
Defense	Lineman	Jake Johnston	West Central, Maynard	6-1	205	Sr.
Defense	Lineman	Zack Rohrbeck	Glidden-Ralston	6-3	210	Sr.
Defense	Linebacker	Lucas Dalton	Lenox	5-10	160	Sr.
Defense	Linebacker	Caleb Ciavarelli	Clarksville	6-0	210	Jr.
Defense	Linebacker	Tyler Lenox	Tripoli	6-1	215	Sr.
Defense	Back	Eric Hatland	Graettinger-Terril	6-2	185	Sr.
Defense	Back	Taylor Wheatley	Adair-Casey	5-10	170	Sr.
Defense	Punter	Mitch Bonnstetter	West Bend-Mallard	5-10	160	Jr.
Defense	Utility	Jason Feddersen	Preston	6-1	170	Jr.

#### 8-Man Second Team

Offense	Wide Receiver	Dylan Douglas	Lenox	6-0	185	Sr.
Offense	Wide Receiver	Cody Nilges	Tripoli	6-3	185	Sr.
Offense	Lineman	Dylan Meyer	Preston	6-3	240	Sr.
Offense	Lineman	Dominic Aistroppe	Fremont-Mills, Tabor	5-11	230	Sr.
Offense	Lineman	Colby Snyder	Remsen Union	5-10	240	Sr.
Offense	Quarterback	Tim Olejniczak	Ankeny Christian	5-11	165	Sr.
Offense	Back	Austin Christensen	Lenox	5-9	150	Sr.
Offense	Back	Evan Bolt	Janesville	5-10	170	Sr.
Offense	Back	Schylar Bardole	East Greene, Grand Junction	5-11	185	Sr.
Offense	Kicker	Jesus Flores	Newell-Fonda	5-7	125	Sr.
Defense	Lineman	Bryce Kaufman	Northeast Hamilton	6-3	210	Jr.
Defense	Lineman	Bryson Rezac	Armstrong-Ringsted	6-2	195	Sr.
Defense	Lineman	Troy Brase	West Central, Maynard	6-2	240	Jr.
Defense	Linebacker	Billy Steichen	St. Mary's Remsen	6-1	210	Sr.
Defense	Linebacker	Brandon Nielsen	Newell-Fonda	6-0	170	Sr.
Defense	Linebacker	Cody Eckles	Murray	6-1	175	Sr.
Defense	Back	Tyler Cooklin	East Greene, Grand Junction	5-11	155	Sr.
Defense	Back	Luke Schafer	East Mills	5-6	150	Jr.
Defense	Punter	Tyler Havrum	Stanton	6-2	210	Jr.

#### 8-Man Third Team

Offense	Wide Receiver	Tanner Runyan	CAM, Anita	6-3	190	Sr.
Offense	Wide Receiver	Stacy YoungBear	Meskwaki Settlement School	5-9	165	Sr.
Offense	Lineman	Tanner Bruellman	West Bend-Mallard	6-0	170	Sr.
Offense	Lineman	David Newkirk	Armstrong-Ringsted	6-0	210	Jr.
Offense	Lineman	Andrew Cerven	Stanton	6-4	215	Jr.
Offense	Quarterback	Michael Schwenk	Coon Rapids-Bayand	5-11	160	Sr.
Offense	Back	Brad Bohe	Newell-Fonda	5-9	185	Sr.
Offense	Back	Tyler McDanel	Moravia	5-7	150	Sr.
Offense	Back	Jordan Ricke	North Sentral Kossuth	6-0	170	Sr.
Offense	Kicker	Issac Lopez	Ankeny Christian	5-9	155	Sr.
Defense	Lineman	Joey Carlson	Fremont-Mills, Tabor	6-0	180	Sr.
Defense	Lineman	Zane Phillips	St. Mary's, Remsen	5-9	200	Sr.
Defense	Lineman	Austin Bechhold	Stanton	6-2	220	Jr.

Defense	Linebacker	Jason Carroll	C-W-L, Corwith	5-9	160	Sr.
Defense	Linebacker	Wade Hoyle	Glidden-Ralston	6-0	185	Sr.
Defense	Linebacker	Caleb Rapp	Northeast Hamilton	6-0	180	Sr.
Defense	Back	Austin Halls	Murray	6-0	155	Soph.
Defense	Back	Jalen Cooper	Kee Lansing	6-0	170	Sr.
Defense	Punter	Blaze Alesch	Graettinger-Terril			Soph.