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2013 INA ALL-STATE FOOTBALL TEAMS ANNOUNCED

DES MOINES, IA – The Iowa Newspaper Association announced its 2013 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: Corey Meints, Ackley World Journal; Greg Grabanowski, Algona Upper Des Moines; Daryl Schepanski, Anamosa Journal-Eureka; Scott Spurgeon, Bloomfield Democrat; Jeff Johnson, Cedar Rapids Gazette; Jon Gremmels, Clinton Herald; Larry Peterson, Creston News Advertiser; Scott Vicker, Creston News Advertiser; Matt Coss, Davenport Quad-City Times; Ross Eberhart, DeWitt Observer; Beth Lutgen, Dyersville Commercial; Dan Voigt, Emmetsburg Publishing; John McBride, Fort Dodge Messenger; John Jensen, Grundy Center Register; Bruce Thein, Guttenberg Press; Kristi Nixon, Hampton Chronicle; Mike Oeffner, Harlan Newspapers; Mike Helle, Knoxville Journal-Express; Troy Hyde, Marshalltown Times-Republican; Tyler Strand, Marshalltown Times-Republican; Ross Thede, Marshalltown Times-Republican; Matt Gengler, Missouri Valley Times-News; Nick Cusick, Muscatine Journal; Kevin White, Omaha World-Herald; Perry Bell, Pella Chronicle; Jeff Webster, Perry Chief; Terry Hersom, Sioux City Journal; Ryan Stonebraker, Tipton Conservative and Jim Nelson, Waterloo Courier..

The following coaches and representatives of the Iowa Football Coaches Association assisted with statistical information: Jerry Staton, Albia; Bob McCoy, Bedford; Tim Lewis, Cedar Rapids Kennedy; Tom Wilson, Dowling Catholic; Cory Faust, Glenwood; Kreg Lensch, Glidden-Ralston; Greg Thomas, Humboldt; Dave Messerili, Marion; Tony Perkins, Marion; Aaron Shipley, Marshalltown; Duane Orr, Mount Vernon; Brian Wilken, Newell-Fonda; Charlie Feller, North Cedar; Lyle Alumbaugh, Panorama; Bob Goodvin, Sioux City East; Steve Milder, West Central; Gary Swenson, West Des Moines Valley; Ken Winkler, West Marshall and George Ashman, Woodward-Granger.

Players named as captains are:

The Class 4A captain, John Swisher, led Dowling Catholic, West Des Moines to one of its strongest seasons turning defensive tackle into a spotlight position. The senior led the state with 17 solo sacks and 29 overall tackles for loss this season with 66 total tackles, 51 of which being solo as well. The 17 solo sacks were a Class 4A best and Swisher lead the defense team to give up no more than 49 points total through the 2013 playoffs.

The 6-1, 205-pound Trent Solsma was chosen as captain of the 3A Class. Solsma led Bishop Heelan, Sioux City to a 14-0 state championship season, completing 220 of 316 passes for 3,586 yards and 45 touchdowns. Solsma's 84 career TD passes in just two seasons ranks third in Iowa prep football history. During Solsma's junior year he led Heelan to a state runner-up finish, passing for city records of 3,177 yards and 39 touchdowns, which had tied for fourth best ever in the state.

The Class 2A captain, Cole Neary, was a three-year starter at quarterback for Kuemper Catholic and capped his career with a stellar senior season. He threw for 3,113 yards and 39 touchdowns against just six interceptions and lead Kuemper to its first-ever state championship. Neary also rushed for 276 yards and nine touchdowns. His 3,389 total yards of offense were most in the state by more than 500 yards and his 48 total touchdowns were also top in the state.

Riley Dixon has been named captain of Class 1A. The Iowa City Regina senior lead the Regals to the past two of their four consecutive state championships. The 5-foot-10, 175-pound running back paced the Regina offense with 1,400 rushing yards and 19 touchdowns while also catching 25 passes for 291 yards and a score. He finished the season strong, scoring nine touchdowns in the playoffs, including a 33-yard run that gave his team the lead in the state final.

Brandon Snyder was named captain of Class A. Snyder directed West Lyon to a 14-0 state championship campaign as a quarterback, safety and kicker. He carried six times for 187 yards in a 63-27 semifinal rout of previously undefeated Avoca AHST and turned seven attempts into 181 yards in a 49-7 domination of Brooklyn BGM, also previously unbeaten. Snyder ran for 878 yards on 83 carries on a team with a state-leading 4,736 rushing yards -- over 1,000 apiece by two running backs. Meanwhile, Snyder converted 53 of 58 PAT kicks and all three of his field goal tries, including a 51-yarder. He also had a team-leading 5 pass interceptions, returning two for touchdowns.

Don Bosco senior quarterback Jake Hogan was named captain of the 8-Man All-State team. Hogan led the team to the 8-Man state championship while rushing for 2,577 yards and 43 touchdowns and passing for 1,606 yards and 28 scores.

Hogan was a three-year starter for Don Bosco, also leading the team to the 8-Man title game in their first season of 8-Man football in 2012. In his career, Hogan was 34-4 as starting quarterback, passing for 4,539 yards and rushing for 5,071. Those numbers add up to 9,610 total yards in three seasons. He also accounted for 76 passing and 79 rushing touchdowns.

These six team captains will be in the running for the 4th Annual *Ed Thomas Mr. Football Award presented by the Iowa Newspaper Association*. The award recognizes a high school football player who has demonstrated excellent performance on the football field and exemplary character in all aspects of life and will be presented in the spring.

Class 4A First Team

Offense	Tight End/Wide Receiver	Allen Lazard	Urbandale	6-4	205	Sr.
Offense	Tight End/Wide Receiver	Ronald Nash	Sioux City, East	6-1	190	Sr.
Offense	Tight End/Wide Receiver	Alex Brammer	Ames	6-3	195	Sr.
Offense	Lineman	Ross Pierschbacher	Cedar Falls	6-4	290	Sr.
Offense	Lineman	Landon Carney	Pleasant Valley	6-6	285	Sr.
Offense	Lineman	Keegan Render	Indianola	6-4	315	Sr.
Offense	Lineman	Austin Holzer	Cedar Rapids, Kennedy	6-3	250	Sr.
Offense	Lineman	Lucas LeGrand	Dubuque, Senior	6-5	265	Sr.
Offense	Quarterback	Ryan Boyle	Dowling Catholic, West Des Moines	6-1	205	Jr.
Offense	Back	Clifford Kwaw-Mensah	Ames	5-7	182	Sr.
Offense	Back	Tyus Mason	West Des Moines, Valley	5-8	185	Sr.
Offense	Back	Xavier Washpun	Iowa City, City High	5-10	200	Sr.
Offense	Kicker	Miguel Recinos	Mason City	6-1	175	Sr.
Offense	Utility	Sam Straub	Ames	6-3	215	Sr.
Defense	Lineman	John Swisher	Dowling Catholic, West Des Moines	6-2	225	Sr.
Defense	Lineman	Max Morris	Dowling Catholic, West Des Moines	6-2	230	Jr.
Defense	Lineman	Daniel Vega	Cedar Rapids, Xavier	6-4	245	Sr.
Defense	Lineman	Matt Nelson	Cedar Rapids, Xavier	6-8	255	Sr.
Defense	Linebacker	Sam Ambrose	Bettendorf	6-0	205	Sr.
Defense	Linebacker	Jake Lewton	Dowling Catholic, West Des Moines	5-11	190	Sr.
Defense	Linebacker	Dakota Miller	Valley, West Des Moines	5-10	195	Sr.
Defense	Linebacker	Sean Ickes	Cedar Rapids, Xavier	6-1	190	Sr.
Defense	Back	Rico Gafford	Dowling Catholic, West Des Moines	5-9	170	Sr.
Defense	Back	Jake Gervase	Davenport, Assumption	6-1	195	Sr.
Defense	Back	Connor Sorge	Valley, West Des Moines	6-1	165	Sr.
Defense	Punter	Ryan Persick	Cedar Rapids, Xavier	6-1	175	Sr.
Defense	Utility	A.J. Allen	Waukee	6-1	190	Sr.

Class 4A Second Team

Offense	Tight End/Wide Receiver	Ricky Grimes	North Scott	6-3	195	Jr.
Offense	Tight End/Wide Receiver	Tate Christensen	Southeast Polk	6-3	215	Sr.
Offense	Tight End/Wide Receiver	Deontre Dean	Sioux City, North	6-3	185	Sr.
Offense	Lineman	Jon Raridon	Valley, West Des Moines	6-2	255	Soph.
Offense	Lineman	Bryce Meeker	Cedar Rapids Prairie	6-5	285	Jr.
Offense	Lineman	Jake Marnin	Southeast Polk	6-2	305	Jr.

Offense	Lineman	Wade Webster	Bettendorf	6-6	285	Sr.
Offense	Lineman	Ross Reynolds	Waukee	6-3	295	Sr.
Offense	Quarterback	Nate Boland	Iowa City, West	6-1	190	Sr.
Offense	Back	Lance Dunn	Waterloo, West	5-10	190	Sr.
Offense	Back	Trevor Allen	Waukee	5-11	190	Jr.
Offense	Back	John McLaughlin	Bettendorf	5-9	165	Sr.
Offense	Kicker	Hunter Sickels	Pleasant Valley	5-11	180	Sr.
Defense	Lineman	Drew Heitland	Cedar Rapids, Kennedy	6-3	230	Sr.
Defense	Lineman	Chase Kern	Sioux City, East	6-4	225	Sr.
Defense	Lineman	Matt Albert	Bettendorf	6-1	240	Sr.
Defense	Lineman	Nick Tweeten	Waukee	6-1	255	Jr.
Defense	Linebacker	Zach Adrian	Davenport, Assumption	5-11	215	Sr.
Defense	Linebacker	Pat Gray	Waukee	6-1	190	Jr.
Defense	Linebacker	Micah Kelsey	Iowa City, West	6-1	215	Sr.
Defense	Linebacker	Mitch Bowman	North Scott	6-1	195	Sr.
Defense	Back	Miles Sullivan	Cedar Rapids, Xavier	6-1	195	Sr.
Defense	Back	Matt Hoeg	Waukee	6-1	165	Sr.
Defense	Back	Reid Mathis	Muscatine	5-11	165	Sr.
Defense	Punter	Jake Leohr	Iowa City, City High	6-3	220	Sr.

Class 4A Third Team

Offense	Tight End/Wide Receiver	Brady Ernst	Clinton	6-8	205	Jr.
Offense	Tight End/Wide Receiver	Brandon Colpitts	Council Bluffs, Abraham Lincoln	6-1	195	Sr.
Offense	Tight End/Wide Receiver	Andrew Heuss	Johnston	6-1	185	Jr.
Offense	Lineman	Joe Bappe	Ames	6-0	260	Sr.
Offense	Lineman	Gabe Clark	Cedar Falls	6-1	275	Sr.
Offense	Lineman	Max Stewert	Sioux City, North	6-3	265	Sr.
Offense	Lineman	Morgan Paca	Dubuque, Hempstead	6-5	275	Sr.
Offense	Lineman	Jake Porter	Fort Dodge	6-3	280	Sr.
Offense	Quarterback	Logan Augustine	Urbandale	5-10	215	Sr.
Offense	Back	Sam Cook	Fort Dodge	5-9	190	Soph.
Offense	Back	Eli Berregaard	Cedar Falls	5-11	203	Sr.
Offense	Back	Miles Moa	Cedar Rapids, Kennedy	5-9	175	Sr.
Offense	Kicker	Nick McClellan	Dowling Catholic, West Des Moines	6-2	155	Jr.
Defense	Lineman	Hunter Williams	Davenport, Assumption	6-2	250	Sr.
Defense	Lineman	Blair VanStaaldvine	Marshalltown	6-2	170	Jr.
Defense	Lineman	Royal Silver	Cedar Rapids, Washington	6-3	275	Jr.
Defense	Lineman	Arturo Marquez	Des Moines, East	6-2	230	Sr.
Defense	Linebacker	Blake Thomas	Waterloo, West	6-2	185	Sr.
Defense	Linebacker	David Smith	Bettendorf	6-1	205	Jr.
Defense	Linebacker	Connor Vincent	Cedar Rapids, Washington	6-2	210	Jr.
Defense	Linebacker	Terrance Hall	Cedar Rapids, Kennedy	5-10	185	Jr.
Defense	Back	Alex Young	Waterloo, West	6-1	220	Sr.
Defense	Back	Clayton Bjornsen	Cedar Rapids, Washington	6-1	175	Sr.
Defense	Back	Noah Bryant	Pleasant Valley	6-2	185	Sr.
Defense	Punter	Wyatt Mounts	Sioux City, East	6-1	195	Sr.

Class 3A First Team

Offense	Tight End/Wide Receiver	Connor Niles	Bishop Heelan, Sioux City	6-0	180	Sr.
Offense	Tight	Philip Jacobson				

	End/Wide Receiver		Bishop Heelan, Sioux City	6-1	180	Sr.
Offense	Tight End/Wide Receiver					
	Receiver	Aaron Schultz	Williamsburg	5-9	160	Sr.
Offense	Lineman	Tommy Peterson	Washington	6-3	300	Jr.
Offense	Lineman	Dalton Ferguson	Solon	6-4	305	Sr.
Offense	Lineman	Ben Norgaard	Carroll	6-5	320	Sr.
Offense	Lineman	Chance Steward	Spencer	6-4	220	Sr.
Offense	Lineman	Drew Schroeder	Central Clinton, DeWitt	5-11	175	Sr.
Offense	Quarterback	Trent Solsma	Bishop Heelan, Sioux City	6-1	205	Sr.
Offense	Back	Alex Coker	Washington	6-0	195	Sr.
Offense	Back	Andrew Landgrebe	Oskaloosa	5-9	185	Sr.
Offense	Back	Spencer Smith	Glenwood	6-0	170	Sr.
Offense	Kicker	Cory Wirth	Maquoketa	5-9	155	Sr.
Offense	Utility	Eli Dunne	Grinnell	6-1	205	Sr.
Defense	Lineman	Austin Ashbacher	Decorah	6-1	253	Sr.
Defense	Lineman	Christian Brobst	Bishop Heelan, Sioux City	6-3	205	Sr.
Defense	Lineman	Garret Jansen	Pella	6-1	230	Jr.
Defense	Lineman	Shawn Schaben	Harlan	6-3	200	Sr.
Defense	Linebacker	Nathan Clayberg	Pella	6-3	235	Sr.
Defense	Linebacker	Trevor Frain	Creston/Orient-Macksburg	6-0	195	Sr.
Defense	Linebacker	Garrett Covington	Washington	5-10	175	Sr.
Defense	Linebacker	Brady Ross	Humboldt	6-1	220	Jr.
Defense	Back	Will Whiton	Perry	5-11	175	Jr.
Defense	Back	Connor Clayton	Harlan	6-1	155	Sr.
Defense	Back	Jake Hovden	Decorah	5-10	183	Jr.
Defense	Punter	Jacob Sherman	Saydel	6-2	175	Sr.
Defense	Utility	Pete Swenson	Clear Lake	6-3	211	Sr.

Class 3A Second Team

Offense	Tight End/Wide Receiver					
	Receiver	Quinn Cannoy	Marion	6-4	185	Sr.
Offense	Tight End/Wide Receiver					
	Receiver	T.J. Hockenson	Chariton	6-5	190	Soph.
Offense	Tight End/Wide Receiver					
	Receiver	Jake Rodgers	Lewis Central	6-1	185	Sr.
Offense	Lineman	Jacob Dye	Williamsburg	6-2	260	Sr.
Offense	Lineman	Josh Wright	Waverly-Shell Rock	6-2	265	Sr.
Offense	Lineman	Pierce Jensen	Spencer	5-11	185	Sr.
Offense	Lineman	Cody DeKruyff	Pella	6-1	250	Sr.
Offense	Lineman	Mitchell Jordan	Clear Lake	5-11	269	Sr.
Offense	Quarterback	Jacob Black	Solon	6-1	185	Sr.
Offense	Back	Coy Rousell	West Delaware	5-10	180	Soph.
Offense	Back	Anthony Beyerink	Carroll	5-7	180	Sr.
Offense	Back	Bryce Lidtka	Grinnell	5-11	185	Sr.
Offense	Kicker	Brandon Bichel	Glenwood	5-10	160	Sr.
Defense	Lineman	Chris Thomas	Lewis Central	6-1	210	Jr.
Defense	Lineman	Colton Thompson	Carroll	6-1	185	Sr.
Defense	Lineman	Logan Linderbaum	Solon	6-1	240	Jr.
Defense	Lineman	Austin Grosklags	Dallas Center-Grimes	6-0	180	Sr.
Defense	Linebacker	Tyler Smith	Bishop Heelan, Sioux City	6-2	205	Jr.
Defense	Linebacker	Tanner Knupp	Washington	5-8	165	Sr.
Defense	Linebacker	Nelson Ball	Webster City	5-9	190	Sr.
Defense	Linebacker	Jake Voss	West Delaware	5-11	180	Sr.
Defense	Back	Nick Rutledge	Oskaloosa	5-10	155	Sr.

Defense	Back	Noah Clayberg	Pella	5-11	180	Soph.
Defense	Back	Jake Kagemann	Central Clinton, DeWitt	5-9	165	Sr.
Defense	Punter	Sean Houston	Denison-Schleswig	6-0	180	Jr.

Class 3A Third Team

Offense	Tight End/Wide Receiver	Ben Daniels	Perry	6-1	180	Sr.
Offense	Tight End/Wide Receiver	Tate Jensen	A-D-M, Adel	6-1	170	Sr.
Offense	Tight End/Wide Receiver	Kolton Gonnerman	Centerville	6-1	180	Sr.
Offense	Lineman	Tanner Lindmark	Boone	6-1	255	Sr.
Offense	Lineman	Nathan Haley	Creston/Orient-Macksburg	6-2	260	Sr.
Offense	Lineman	Brett Kindley	Oskaloosa	6-1	250	Sr.
Offense	Lineman	Nate Cave	Harlan	6-4	215	Sr.
Offense	Lineman	Mason Frost	Boone	6-1	230	Sr.
Offense	Quarterback	Austin Simmons	Lewis Central	6-1	195	Jr.
Offense	Back	Holt Johansen	Decorah	6-1	198	Sr.
Offense	Back	Connor Larson	Webster City	5-9	195	Sr.
Offense	Back	Nate Gettys	Harlan	6-0	165	Sr.
Offense	Kicker	Michael Lortz	Dallas Center-Grimes	5-11	180	Sr.
Defense	Lineman	Isaac Norton	A-D-M, Adel	5-10	190	Sr.
Defense	Lineman	Jacob Sandoz	Sergeant Bluff-Luton	6-1	245	Jr.
Defense	Lineman	Keaton Slaughter	Bishop Heelan, Sioux City	6-5	220	Sr.
Defense	Lineman	Gabe Cowan	Centerville	5-10	190	Sr.
Defense	Linebacker	Tyler Frideres	Algona	5-11	185	Sr.
Defense	Linebacker	Marcus Johnson	Ballard	6-1	185	Jr.
Defense	Linebacker	Cohl Kueter	Maquoketa	5-11	195	Sr.
Defense	Linebacker	Sean Omar	Crestwood	6-1	180	Sr.
Defense	Back	Austin Kloewer	Dallas Center-Grimes	5-10	165	Soph.
Defense	Back	Hunter Cushman	Spencer	5-10	185	Sr.
Defense	Back	Dan Stensland	Waverly-Shell Rock	5-11	165	Sr.
Defense	Punter	Logan Kracht	Clear Lake	6-1	155	Sr.

Class 2A First Team

Offense	Tight End/Wide Receiver	Alex Drees	Kuemper Catholic, Carroll	6-4	190	Sr.
Offense	Tight End/Wide Receiver	Nate Bergfeld	Cascade, Western Dubuque	5-8	165	Jr.
Offense	Tight End/Wide Receiver	Zach Hugen	Albia	6-2	180	Sr.
Offense	Lineman	Wayne Doerscher	Davis County, Bloomfield	6-2	280	Sr.
Offense	Lineman	Sam Brincks	Kuemper Catholic, Carroll	6-6	220	Sr.
Offense	Lineman	Nick Yarkosky	Albia	6-2	250	Soph.
Offense	Lineman	Tanner Kroon	Spirit Lake	6-3	270	Sr.
Offense	Lineman	Marcel Connor	Louisa-Muscatine	6-4	270	Sr.
Offense	Quarterback	Cole Neary	Kuemper Catholic, Carroll	6-5	210	Sr.
Offense	Back	Duncan Ferch	West Marshall	6-2	210	Sr.
Offense	Back	Marcus Weymiller	Waukon	5-11	185	Sr.
Offense	Back	Chase Rupiper	Kuemper Catholic, Carroll	5-9	145	Sr.
Offense	Kicker	Austin Errthum	Mid-Prairie, Wellman	5-9	155	Sr.
Offense	Utility	Brett Leshen	Albia	6-2	180	Sr.

Defense	Lineman	Seth Snitker	Waukon	6-3	220	Sr.
Defense	Lineman	Glyeb Ewing	Waukon	6-2	235	Sr.
Defense	Lineman	Robbie Peters	Mount Vernon	6-3	235	Sr.
Defense	Lineman	Dalton Folkerts	Albia	5-9	185	Sr.
Defense	Linebacker	Parker Hesse	Waukon	6-3	210	Sr.
Defense	Linebacker	Taylor Niehaus	Kuemper Catholic, Carroll	6-1	205	Sr.
Defense	Linebacker	Dakota Ness	Waukon	5-0	190	Sr.
Defense	Linebacker	Devin Chesler	West Marshall	5-10	175	Sr.
Defense	Back	Jacob Ronan	Waukon	5-10	160	Jr.
Defense	Back	Brady Driscoll	Union, La Porte City	5-9	143	Jr.
Defense	Back	Mitch Steger	Beckman Catholic, Dyersville	5-9	165	Sr.
Defense	Punter	Jose Rendon	Shenandoah	5-8	165	Sr.
Defense	Utility	Ben Spaeth	Spirit Lake	6-2	200	Sr.

Class 2A Second Team

Offense	Tight End/Wide Receiver	Austin Folsom	Spirit Lake	5-10	145	Jr.
Offense	Tight End/Wide Receiver	Bryce Kemp	Collins-Maxwell-Baxter	6-5	205	Jr.
Offense	Tight End/Wide Receiver	Seth Bietz	Mediapolis	5-10	160	Sr.
Offense	Lineman	Logan Messenbrink	Gilbert	6-0	225	Sr.
Offense	Lineman	Logan Kruse	Beckman Catholic, Dyersville	6-4	245	Sr.
Offense	Lineman	Andy Cooper	Sheldon	6-6	310	Jr.
Offense	Lineman	Tyler Lyon	West Liberty	6-4	340	Sr.
Offense	Lineman	Jon Krogmann	Center Point-Urbana	6-5	235	Sr.
Offense	Quarterback	Jay Scheel	Union, La Porte City	6-0	185	Sr.
Offense	Back	Brandon Tomer	Louisa-Muscatine	5-11	185	Sr.
Offense	Back	Chase Dobson	Nevada	5-11	182	Jr.
Offense	Back	Brandon Kinsey	Center Point-Urbana	6-1	180	Jr.
Offense	Kicker	Raudel Fierro	West Liberty	5-9	155	Jr.
Defense	Lineman	Adam Drain	Mediapolis	6-2	190	Sr.
Defense	Lineman	Tanner Rentschler	New Hampton	6-4	182	Jr.
Defense	Lineman	Isaac Houghland	Davis County, Bloomfield	6-2	220	Sr.
Defense	Lineman	Steven Peterman	Kuemper Catholic, Carroll	6-4	215	Sr.
Defense	Linebacker	Ben Weber	Cascade, Western Dubuque	5-10	215	Sr.
Defense	Linebacker	Josh Irlbeck	Kuemper Catholic, Carroll	6-1	200	Sr.
Defense	Linebacker	Jared Gescheidler	Gilbert	6-2	215	Jr.
Defense	Linebacker	Bryce Leshen	Albia	5-10	160	Soph.
Defense	Back	Elijah Streeter	West Marshall	5-10	153	Sr.
Defense	Back	Andrew VanGinkel	Boyden-Hull/Rock Valley			Sr.
Defense	Back	Wyatt Rhoads	Gilbert	5-10	155	Jr.
Defense	Punter	Jake Pisarik	Mount Vernon	6-3	195	Sr.

Class 2A Third Team

Offense	Tight End/Wide Receiver	Carter Niehaus	East Sac Co.	6-1	180	Sr.
Offense	Tight End/Wide Receiver	TJ Lint	Greene County	6-1	190	Sr.
Offense	Tight End/Wide Receiver	Russell Greene	North Polk	6-3	170	Sr.

Offense	Lineman	Tommy Bomgaars	Sioux Center	6-1	200	Sr.
Offense	Lineman	Patrick Girard	Collins-Maxwell-Baxter	6-4	295	Jr.
Offense	Lineman	Andrew Meek	Bondurant-Farrar	6-3	265	Sr.
Offense	Lineman	Alex Merfeld	Nevada	6-4	183	Sr.
Offense	Lineman	Colton Lueck	Beckman Catholic, Dyersville	6-5	245	Sr.
Offense	Quarterback	Derek Lieurance	Cascade, Western Dubuque	5-11	175	Jr.
Offense	Back	Grant Petersen	Bondurant-Farrar	6-1	175	Jr.
Offense	Back	Drake Fuller	Bondurant-Farrar			Sr.
Offense	Back	Braden Meints	Garner-Hayfield/Ventura	6-2	180	Sr.
Offense	Kicker	Peyton Paddock	Monticello	5-9	175	Sr.
Defense	Lineman	Collin Hoshaw	North Polk	6-2	192	Sr.
Defense	Lineman	Tequesis Young	Clarinda	6-3	285	Sr.
Defense	Lineman	Kendrick Suntken	Hampton-Dumont	5-11	210	Jr.
Defense	Lineman	Troy Heick	West Liberty	6-4	200	Sr.
Defense	Linebacker	Reid Miller	Mid-Prairie, Wellman	5-11	190	Sr.
Defense	Linebacker	Connor Frerichs	New Hampton	6-1	185	Jr.
Defense	Linebacker	Tony Anstoetter	Beckman Catholic, Dyersville	6-5	195	Sr.
Defense	Linebacker	Derek Rupp	MOC-Floyd Valley	5-11	180	Sr.
Defense	Back	Jesse Henrichs	Central Lyon/George Little Rock	5-10	175	Sr.
Defense	Back	Drew Foster	Mediapolis	6-2	180	Sr.
Defense	Back	Nick Greteman	Kuemper Catholic, Carroll	6-0	160	Sr.
Defense	Punter	Derek Harsen	Camanche	6-0	175	Sr.

Class 1A First Team

Offense	Tight End/Wide Receiver	Jacob Hay	North Cedar	6-2	180	Sr.
Offense	Tight End/Wide Receiver	Trey Roehlk	Clayton Ridge	6-2	175	Sr.
Offense	Tight End/Wide Receiver	Jordan Rommes	South Winneshiek	6-1	195	Jr.
Offense	Lineman	Brian Coulthard	Dike-New Hartford	6-1	255	Sr.
Offense	Lineman	Mason Mercer	Mount Ayr	5-11	215	Sr.
Offense	Lineman	Trey Bowman	Saint Albert, Council Bluffs	6-5	220	Sr.
Offense	Lineman	Mike Sehl	Regina, Iowa City	6-4	218	Sr.
Offense	Lineman	Phil Arendt	Regina, Iowa City	6-5	265	Jr.
Offense	Quarterback	Drew Cook	Regina, Iowa City	6-5	205	Jr.
Offense	Back	Riley Dixon	Regina, Iowa City	5-10	275	Sr.
Offense	Back	Zach Niemann	South O'Brien	5-10	170	Sr.
Offense	Back	Ryan Parmely	Maquoketa Valley	6-0	225	Jr.
Offense	Kicker	Jacob Adam	Regina, Iowa City	5-11	155	Jr.
Offense	Utility	Kohle Helle	Clayton Ridge	5-11	180	Sr.
Defense	Lineman	Joe Ricker	Mount Ayr	6-0	290	Jr.
Defense	Lineman	Ryan Moser	Clayton Ridge	6-6	260	Jr.
Defense	Lineman	Elliott Halch	Regina, Iowa City	6-3	236	Sr.
Defense	Lineman	Chandler Harden	Tipton	6-1	195	Sr.
Defense	Linebacker	Michael Gould	West Branch	6-1	200	Sr.
Defense	Linebacker	Koy Snider	Wilton	5-9	180	Sr.
Defense	Linebacker	Mason Beezley	Saint Albert, Council Bluffs	5-9	173	Sr.
Defense	Linebacker	Dylan Preston	Clayton Ridge	6-2	210	Sr.
Defense	Back	Carson Parker	Dike-New Hartford	6-1	170	Sr.
Defense	Back	Shay Mortenson	Emmetsburg	5-11	160	Sr.
Defense	Back	Caleb Frey	Ogden	6-0	170	Sr.
Defense	Punter	Will Bentley	Durant-Bennett	6-1	180	Soph.
Defense	Utility	Tyler Hetzler	Wilton	6-2	160	Sr.

Class 1A Second Team

Offense	Tight End/Wide Receiver	Landon Peed	St. Edmond, Fort Dodge	6-1	170	Sr.
Offense	Tight End/Wide Receiver	Luke West	Ogden	5-11	170	Sr.
Offense	Tight End/Wide Receiver	Tyler Donovan	West Branch	5-9	175	Sr.
Offense	Lineman	Ramsey Bark	Nashua-Plainfield	6-0	215	Sr.
Offense	Lineman	Dalton Lape	North Fayette Valley	5-10	265	Sr.
Offense	Lineman	Scott Stueland	Tipton	5-11	250	Sr.
Offense	Lineman	Michael Stender	Nodaway Valley	6-3	247	Sr.
Offense	Lineman	Noah Sander	North Cedar	6-7	275	Jr.
Offense	Quarterback	Jayden Johnson	North Cedar	6-4	195	Jr.
Offense	Back	Vinnie Harvey	St. Edmond, Fort Dodge	6-1	225	Sr.
Offense	Back	Derrick Gray	North Cedar	6-2	190	Sr.
Offense	Back	Josh Mackey	North Fayette Valley	6-1	195	Jr.
Offense	Kicker	Byron Fritch	Dike-New Hartford	6-1	180	Sr.
Defense	Lineman	Adam Poduska	North Cedar	6-2	210	Jr.
Defense	Lineman	Spencer Benton	Van Meter	6-3	230	Sr.
Defense	Lineman	Greg Wesley	Emmetsburg	6-1	200	Jr.
Defense	Lineman	Cal Twait	Manson, Northwest Webster	6-5	260	Jr.
Defense	Linebacker	T.J. O'Toole	St. Edmond, Fort Dodge	5-10	175	Soph.
Defense	Linebacker	Henry Hagland	Ogden	5-10	170	Sr.
Defense	Linebacker	Jacob Sobotka	Mount Ayr	6-3	215	Sr.
Defense	Linebacker	Kris Ihde	Clayton Ridge	6-1	205	Sr.
Defense	Back	Spencer Halloran	West Fork	6-0	190	Sr.
Defense	Back	Trevor Ullstead	South Hamilton	5-11	170	Sr.
Defense	Back	Erik Freed	Mount Ayr	5-9	150	Sr.
Defense	Punter	Colten Rastetter	Clayton Ridge	6-2	185	Jr.

Class 1A Third Team

Offense	Tight End/Wide Receiver	Chase Hennen	Panorama	6-2	160	Sr.
Offense	Tight End/Wide Receiver	Caleb Schmidt	Wilton	6-1	155	Sr.
Offense	Tight End/Wide Receiver	Clayton Scott	West Central Valley	5-11	170	Sr.
Offense	Lineman	Tanner Hargrafen	Maquoketa Valley	6-0	230	Sr.
Offense	Lineman	Dakota Moore	North Fayette Valley	6-5	255	Sr.
Offense	Lineman	Jacob Kahle	Clayton Ridge	6-1	215	Sr.
Offense	Lineman	Austin Pohl	Manson, Northwest Webster	6-5	295	Sr.
Offense	Lineman	Joey Thraen	IKM-Manning			Sr.
Offense	Quarterback	Brandon Brittain	Van Meter	6-2	195	Sr.
Offense	Back	Zach Brewer	Nodaway Valley	5-10	157	Sr.
Offense	Back	Cody Blackwell	Van Meter	5-11	185	Jr.
Offense	Back	Allen Jensen	Emmetsburg	6-2	190	Sr.
Offense	Kicker	Jonas Possner	Panorama	6-0	150	Jr.
Defense	Lineman	Garrett Johnston	Panorama	6-3	260	Sr.
Defense	Lineman	Jacob Giese	Wilton	6-3	230	Jr.
Defense	Lineman	Jared Gerner	Clayton Ridge	5-10	160	Soph.
Defense	Lineman	Joel Hoyman	Emmetsburg	6-1	185	Sr.

Defense	Linebacker	Ben Wellman	Tri-Center, Neola	5-11	200	Sr.
Defense	Linebacker	Dean Livengood	Treynor	5-8	160	Sr.
Defense	Linebacker	Levi Lynch	Dike-New Hartford	5-11	190	Sr.
Defense	Linebacker	Nathan Yeager	Cardinal, Eldon	6-1	212	Jr.
Defense	Back	Eric Johnson	St. Albert, Council Bluffs	5-9	163	Sr.
Defense	Back	Kyle Hanson	Saint Ansgar	5-6	145	Sr.
Defense	Back	Josh Arens	Sumner-Fredericksburg	6-2	190	Sr.
Defense	Punter	Jalen Tranberger	Sumner-Fredericksburg	5-11	190	Sr.

Class A First Team

Offense	Tight End/Wide Receiver	Chance Hoffman	Akron-Westfield	6-4	193	Sr.
Offense	Tight End/Wide Receiver	Patrick Sheehey	Pleasantville	5-11	145	Sr.
Offense	Tight End/Wide Receiver	Taylor Sams	BCLUW, Conrad	5-9	150	Sr.
Offense	Lineman	Matt Metzger	West Lyon, Inwood	6-0	208	Sr.
Offense	Lineman	Matt Fett	Audubon	6-2	225	Sr.
Offense	Lineman	B.J. Weepie	Wapsie Valley, Fairbank	6-0	270	Sr.
Offense	Lineman	Drew Young	A-H-S-T, Avoca	6-4	195	Sr.
Offense	Lineman	Derek Schipper	AGWSR, Ackley	6-4	240	Sr.
Offense	Quarterback	Brandon Snyder	West Lyon, Inwood	6-1	192	Sr.
Offense	Back	Kaleb Heyer	West Lyon, Inwood	6-0	186	Sr.
Offense	Back	Jack Kline	BGM, Brooklyn	5-10	160	Sr.
Offense	Back	Chase Clark	Gladbrook-Reinbeck	6-3	205	Sr.
Offense	Kicker	Kyle Gritsch	BGM, Brooklyn	6-1	200	Sr.
Offense	Utility	Joe Burgmeier	Newman Catholic, Mason City	6-1	195	Sr.
Defense	Lineman	Jake Newborg	West Lyon, Inwood	6-4	270	Jr.
Defense	Lineman	Tanner Canova	Woodward-Granger	6-2	215	Sr.
Defense	Lineman	Devan Amick	Lawton-Bronson	6-2	230	Soph.
Defense	Lineman	Zach Pierce	Gladbrook-Reinbeck	6-4	240	Jr.
Defense	Linebacker	Connor Langerman	Bishop Garrigan-Algona	6-0	205	Sr.
Defense	Linebacker	Adam Hawkins	BGM, Brooklyn	6-0	210	Sr.
Defense	Linebacker	Austin Fink	A-H-S-T, Avoca	5-9	175	Sr.
Defense	Linebacker	Michael Story	East Mills	5-9	170	Sr.
Defense	Back	Kyle Groeneweg	West Lyon, Inwood	5-11	165	Sr.
Defense	Back	Nathan Herbst	A-H-S-T, Avoca	5-11	165	Soph.
Defense	Back	Cole Ashman	Woodward-Granger	6-1	170	Jr.
Defense	Punter	Chris Loss	Bishop Garrigan, Algona	6-4	210	Sr.
Defense	Utility	Luke Kuennen	Turkey Valley, Jackson Junction	6-4	245	Sr.

Class A Second Team

Offense	Tight End/Wide Receiver	Lucas Smith-Peterson	Audubon	5-9	165	Sr.
Offense	Tight End/Wide Receiver	Austin Heitland	AGWSR, Ackley	6-4	193	Sr.
Offense	Tight End/Wide Receiver	Paul Prins	Lake Mills	6-2	170	Sr.
Offense	Lineman	Brady Hook	Grundy Center	6-3	235	Sr.
Offense	Lineman	Lorenzo Romero	West Lyon, Inwood	6-1	265	Sr.
Offense	Lineman	David Howell	East Mills	6-0	275	Sr.
Offense	Lineman	Clay Kirkpatrick	Madrid	6-1	265	Sr.
Offense	Lineman	Eric Adam	Pekin	6-1	205	Sr.

Offense	Quarterback	Bryan Kriegel	BCM, Brooklyn	6-0	175	Sr.
Offense	Back	Ethan Kleitsch	Wapsie Valley, Fairbank	5-8	160	Sr.
Offense	Back	Kyle Bauerkemper	A-H-S-T, Avoca	5-10	170	Sr.
Offense	Back	Marshall Nieland	Woodward-Granger	5-10	200	Sr.
Offense	Kicker	Steven Jacobson	A-H-S-T, Avoca	6-1	208	Jr.
Defense	Lineman	Jared Bond	Pekin	6-1	240	Sr.
Defense	Lineman	Bailee Samson	Lynnville-Sully	5-10	165	Sr.
Defense	Lineman	Trevor Bakken	AGWSR, Ackley	6-1	237	Sr.
Defense	Lineman	Blake Sappingfield	Lawton-Bronson	5-9	220	Sr.
Defense	Linebacker	Ben Vaske	Bishop Garrigan, Algona	5-11	185	Jr.
Defense	Linebacker	Clay Meinders	AGWSR, Ackley	5-10	215	Jr.
Defense	Linebacker	Clayton Taylor	Prairie Valley, Gowrie	6-2	210	Sr.
Defense	Linebacker	Dylan Jensen	Audubon	5-10	170	Sr.
Defense	Back	Nick Novotny	Madrid	5-9	170	Sr.
Defense	Back	Derek Trotter	Wapsie Valley, Fairbank	6-2	160	Sr.
Defense	Back	TJ Cunningham	Lynnville-Sully	5-11	175	Sr.
Defense	Punter	Nathan Karsjens	AGWSR, Ackley	6-4	210	Fr.

Class A Third Team

Offense	Tight End/Wide Receiver	Bryce Newcomb	GMG	6-2	155	Jr.
Offense	Tight End/Wide Receiver	Dillon Wills	Logan-Magnolia	6-4	205	Sr.
Offense	Tight End/Wide Receiver	Vance Bohlen	Belle Plaine	5-8	145	Jr.
Offense	Lineman	Garrett Graves	Oakland, Riverside	6-0	225	Sr.
Offense	Lineman	Nick Andreasen	Audubon	5-9	225	Sr.
Offense	Lineman	Riley Buchheit	Turkey Valley, Jackson Junction	6-6	209	Sr.
Offense	Lineman	Pete Meyers	Gladbrook-Reinbeck	5-11	185	Sr.
Offense	Lineman	Nolan Emley	BCLUW, Conrad	6-3	255	Sr.
Offense	Quarterback	Logan Rickard	Lisbon	6-0	170	Sr.
Offense	Back	Collen Gibbons	Madrid	6-0	153	Jr.
Offense	Back	Ken Clary	Griswold	5-9	175	Sr.
Offense	Back	Brayton Loss	Bishop Garrigan, Algona	6-2	205	Sr.
Offense	Kicker	Wyatt Swanson	Gladbrook-Reinbeck	6-1	170	Sr.
Defense	Lineman	Mitchell Hoefling	Hinton	6-3	234	Sr.
Defense	Lineman	Logan VanNoort	West Sioux	6-3	255	Sr.
Defense	Lineman	Dylan Nixon	Woodward Granger	6-0	215	Sr.
Defense	Lineman	Blake Dunning	Lawton-Bronson	6-2	200	Sr.
Defense	Linebacker	Cole Johnston	Hinton	6-1	177	Sr.
Defense	Linebacker	Kyle Reicks	Turkey Valley, Jackson Junction	6-3	200	Sr.
Defense	Linebacker	Stone Kane	Wapsie Valley, Fairbank	5-11	190	Sr.
Defense	Linebacker	Caden Doll	Lynnville-Sully	5-10	170	Sr.
Defense	Back	Mitch Gibson	Montezuma	6-0	160	Sr.
Defense	Back	Shane Promes	Prairie Valley, Gowrie	5-10	145	Jr.
Defense	Back	Trevor Smith	Audubon	5-9	160	Jr.
Defense	Punter	Austin Vaughn	GMG	5-11	155	Sr.

8-Man First Team

Offense	Wide Receiver	Garret Pettyjohn	Twin Cedars	5-10	165	Sr.
Offense	Wide Receiver	Zack Hickson	Don Bosco, Gilbertville	6-2	195	Jr.
Offense	Lineman	Hud Johnson	West Central	6-3	215	Sr.
Offense	Lineman	Dalton Becker	Don Bosco, Gilbertville	6-4	210	Sr.

Offense	Lineman	Tanner Venteicher	Glidden-Ralston	5-10	250	Sr.
Offense	Quarterback	Jake Hogan	Don Bosco, Gilbertville	5-10	185	Sr.
Offense	Back	Elias Nissen	Springville	6-6	205	Sr.
Offense	Back	Clayton Plowman	Adair-Casey	6-0	220	Sr.
Offense	Back	Brady Bohe	Newell-Fonda	5-9	185	Sr.
Offense	Kicker	Brian Allsup	Springville	5-9	155	Sr.
Offense	Utility	Andrew Rider	Murray	5-10	170	Sr.
Defense	Lineman	Tyler Stewart	Springville	6-1	205	Sr.
Defense	Lineman	Dan Ertz	Glidden-Ralston	6-3	240	Sr.
Defense	Lineman	George Barber	Murray	6-3	205	Sr.
Defense	Linebacker	Nathan Grimm	West Bend-Mallard	5-10	180	Sr.
Defense	Linebacker	Nick Peppers	Exira-EHK	5-11	185	Sr.
Defense	Linebacker	Brandon Brockman	Northwood-Kensett	6-1	210	Sr.
Defense	Back	Drew Peppers	Exira-EHK	5-11	180	Jr.
Defense	Back	Dalton Anderson	Newell-Fonda	6-3	190	Sr.
Defense	Punter	Jason Zinnel	West Bend-Mallard	6-2	195	Sr.
Defense	Utility	Brennan Riedemann	River Valley	5-8	145	Sr.

8-Man Second Team

Offense	Wide Receiver	Caleb Heltenberg	Lamoni	6-3	215	Sr.
Offense	Wide Receiver	Tanner Hilbrands	Remsen-Union	6-3	175	Sr.
Offense	Lineman	Chris Draman	Adair-Casey	6-2	215	Sr.
Offense	Lineman	Drew Hoskins	Springville	6-0	225	Sr.
Offense	Lineman	Andrew Temple	Newell-Fonda	6-1	200	Sr.
Offense	Quarterback	Brent Parker	Twin Cedars	6-0	190	Sr.
Offense	Back	Chris Osborn	Sidney	5-10	175	Sr.
Offense	Back	Jamison Peterson	Lansing Kee	5-11	185	Sr.
Offense	Back	Clayton Kiefer	Wayne	5-7	160	Jr.
Offense	Kicker	Hunter Meyer	Janesville	5-7	175	Sr.
Defense	Lineman	Keegan Longabaugh	Southwest Valley	6-1	195	Sr.
Defense	Lineman	Corey Harrell	Twin Cedars	6-1	285	Sr.
Defense	Lineman	Brett Johnson	Exira-EHK	6-1	195	Sr.
Defense	Linebacker	Mitch Corkery	Don Bosco, Gilbertville	5-10	165	Sr.
Defense	Linebacker	Sam Rockhold	Murray	6-1	185	Sr.
Defense	Linebacker	Tad Chapin	Tripoli	5-9	180	Sr.
Defense	Back	Rhett Nowotny	HLV, Victor	5-11	160	Sr.
Defense	Back	Dillon Lain	Wayne	6-1	175	Sr.
Defense	Punter	Andrew Driscoll	Easton Valley	5-10	185	Sr.

8-Man Third Team

Offense	Wide Receiver	Michael Holste	Cam-Anita	6-0	150	Sr.
Offense	Wide Receiver	Elliott Conover	St. Mary's-Remsen	6-1	175	Jr.
Offense	Lineman	Scott Michalek	HLV	6-2	215	Sr.
Offense	Lineman	Sam Meyne	Janesville	6-0	200	Jr.
Offense	Lineman	Nick Gavin	Lansing Kee	5-10	225	Sr.
Offense	Quarterback	Jesse Zinnel	West Bend-Mallard	6-1	180	Sr.
Offense	Back	Spencer Phillips	Freemont Mills-Tabor	6-2	240	Jr.
Offense	Back	Tanner Strudthoff	HLV, Victor	5-9	165	Jr.
Offense	Back	Chase Zaruba	Eastern Valley	6-1	165	Sr.
Offense	Kicker	Emmit Wheatley	Adair-Casey	5-8	130	Jr.
Defense	Lineman	Jesse Robertson	Springville	6-2	195	Sr.
Defense	Lineman	T.J. Even	Don Bosco, Gilbertville	5-9	190	Sr.

Defense	Lineman	Cole Banwart	West Bend Mallard	6-4	244	Soph.
Defense	Linebacker	Zach Barton	Southwest Valley	5-9	185	Sr.
Defense	Linebacker	Hunter Embray	Twin Cedars	5-11	205	Sr.
Defense	Linebacker	Adam Ewoldt	Glidden-Ralston	5-8	205	Sr.
Defense	Back	Jack Thode	Janesville	6-3	160	Sr.
Defense	Back	Trevor Fenneman	Clarksville	5-10	155	Jr.
Defense	Punter	Caleb Lange	Lenox	6-4	185	Jr.