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2014 INA ALL-STATE FOOTBALL TEAMS ANNOUNCED

DES MOINES, IA – The Iowa Newspaper Association announced its 2014 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; Daryl Schepanski, Anamosa Journal-Eureka; Scott Spurgeon, Bloomfield Democrat; Jeff Johnson, Cedar Rapids Gazette; Larry Peterson, Creston News Advertiser; Scott Vicker, Creston News Advertiser; Matt Coss, Davenport Quad-City Times; Ross Eberhart, DeWitt Observer; Doug Hammel, Dyersville Commercial; Beth Lutgen, Dyersville Commercial; Dan Voigt, Emmetsburg Publishing; John Jensen, Grundy Center Register; Kristi Nixon, Hampton Chronicle; Mike Oeffner, Harlan Newspapers; Andy Heintz, Marshalltown Times-Republican; Ross Thede, Marshalltown Times-Republican; Matt Gengler, Missouri Valley Times-News; Troy Hyde, Newton Daily News; Lori Wiser, Ocheyedan Press-Melvin News; Kevin White, Omaha World-Herald; Perry Bell, Pella Chronicle; Jonathan Krueger, Perry Chief; Terry Hersom, Sioux City Journal; Allison Graham, Tama News Herald and Nick Petaros, Waterloo Courier.

The following coaches and representatives of the Iowa Football Coaches Association assisted with statistical information: Jerry Staton, Albia; Brian White, Cedar Rapids Kennedy; Jon Pedersen, Central Decatur; Chris Arians, Clarksville; Jeff Lietz, Colfax-Mingo; Tom Wilson, Dowling Catholic; P.J. Hedrington, Forest City; Cory Faust, Glenwood; Kreg Lensch, Glidden-Ralston; Greg Thomas, Humboldt; Brian Wilken, Newell-Fonda; Charlie Feller, North Cedar; Lyle Alumbaugh, Panorama; Donnie Sears, Sidney; Bob Goodvin, Sioux City East; Steve Milder, West Central; Gary Swenson, Valley West Des Moines and George Ashman, Woodward-Granger.

Players named as captains are:

The Class 4A captain, Ryan Boyle, led Dowling Catholic, West Des Moines to its second straight 4A championship, rushing for 1,124 yards and 19 touchdowns and throwing for 1934 yards and 18 touchdowns. He is a University of Iowa commitment.

Garret Jansen has been named captain of Class 3A. He was a two-way starter for the Pella High Dutch, who captured the Class 3A state football title for the first time in school history. Jansen will continue his career at the University of Cincinnati next year as he is an early verbal commitment to the Bearcat program. Jansen led Pella's defense with 44 solo tackles, 20 of them behind the line of scrimmage, despite being double-teamed most of the time.

Josh Mackey was named Class 2A captain. On offense he is the leading rusher for a team that was second in the state in rushing with 4,683 yards on the ground. Mackey has 1,669 of those yards on a team-leading 293 carries for an average of 5.7 yards per carry. In the Class 2A championship game, Mackey ran 38 times for 131 yards and two touchdowns, and was named the MVP. Defensively, Mackey is an All-District linebacker who leads NFV with 86 tackles, including 51 solo stops.

Drew Cook was named Class 1A team captain. The Iowa City Regina quarterback guided the Regals to an unprecedented fifth consecutive state championship. He passed for 2,504 yards and 31 touchdowns. He also rushed for 706 yards and 16 touchdowns. Cook plans to continue his football career at the University of Iowa.

Maquoketa Valley's Ryan Parmely was named the captain of Class A. He was the top rusher in Class A with 329 carries for 3,180 yards and 45 touchdowns. He also caught five passes for 176 yards and three touchdowns. Not only was Parmely the leader of the Wildcats' high-powered offensive team that was the top-ranked team in Class A for most of the season, but he also led the team in tackles (80 solo, 35 assisted and 21 tackles for loss including two sacks). He intercepted two passes and returned one for a touchdown. He also helped the team on special teams as the punter averaging 48.5 yards a kick on 13 attempts.

Newell-Fonda's Brady Dicks was named 8-Man team captain. Dicks helped rally Newell-Fonda from an 0-3 start to the season to its first-ever state football title. The Mustangs won their final 11 games. In his first and only year as a starter, Dicks threw for 1,756 yards and 30 touchdowns while rushing for 898 yards and 13 scores. He also led N-F defensively with nine interceptions, which ranked among the top five in the entire state.

These six team captains will be in the running for the 5th 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	Austin Ahrendt	Sioux City, East	6-3	210	Sr.
Offense	Tight End/Wide Receiver	Dominique Dafney	Valley, West Des Moines	6-0	200	Sr.
Offense	Tight End/Wide Receiver	Ricky Grimes	North Schott, Eldridge	6-2	190	Sr.
Offense	Lineman	Erik Nelson	Waukee	6-7	255	Sr.
Offense	Lineman	John Raridan	Valley, West Des Moines	6-4	270	Jr.
Offense	Lineman	Cole Wymore	Dowling Catholic, West Des Moines	5-10	205	Sr.
Offense	Lineman	Julian Good-Jones	Cedar Rapids, Washington	6-6	275	Sr.
Offense	Lineman	Jake Marnin	Southeast Polk	6-2	290	Sr.
Offense	Quarterback	Ryan Boyle	Dowling Catholic, West Des Moines	6-2	215	Jr.
Offense	Back	Trevor Allen	Waukee	5-11	195	Sr.
Offense	Back	Riley Newberg	Ankeny	6-0	190	Sr.
Offense	Back	Justice O'Conner	Bettendorf	5-7	170	Sr.
Offense	Kicker	Jarod Amundson	Sioux City, East	6-2	215	Sr.
Offense	Utility	Austin Simmons	Council Bluffs, Lewis Central	6-1	205	Sr.
Defense	Lineman	Max Morris	Dowling Catholic, West Des Moines	6-3	240	Sr.
Defense	Lineman	Anthony Nelson	Waukee	6-8	215	Sr.
Defense	Lineman	Jack Kallenberger	Bettendorf	6-5	240	Sr.
Defense	Lineman	Hezekiah Applegate	Johnston	6-4	255	Sr.
Defense	Linebacker	Rodney Harris	Dowling Catholic, West Des Moines	5-9	210	Sr.
Defense	Linebacker	Pat Gray	Waukee	6-2	220	Sr.
Defense	Linebacker	Connor Vincent	Cedar Rapids, Washington	6-2	220	Sr.
Defense	Linebacker	David Smith	Bettendorf	6-2	210	Sr.
Defense	Back	Nolan Wengert	Johnston	6-2	195	Sr.
Defense	Back	John Milani	Iowa City, West	6-2	185	Sr.
Defense	Back	Nick Wilson	Dowling Catholic, West Des Moines	6-3	205	Sr.
Defense	Punter	Nick McLellan	Dowling Catholic, West Des Moines	6-2	170	Sr.
Defense	Utility	Reid Snitker	Cedar Rapids, Washington	5-10	180	Sr.

Class 4A Second Team

Offense	Tight End/Wide Receiver	Colby Shane	Ames	6-1	165	Jr.
Offense	Tight End/Wide Receiver	Eric Fardal	Dowling Catholic, West Des Moines	6-2	180	Jr.
Offense	Tight End/Wide Receiver	Shaun Beyer	Cedar Rapids, Kennedy	6-6	200	Jr.
Offense	Lineman	Dalton Kuehl	Cedar Rapids, Jefferson	6-6	250	Sr.
Offense	Lineman	Elliot Klim	Bettendorf	6-2	260	Sr.
Offense	Lineman	Ryan Spelhaug	Pleasant Valley	6-4	250	Sr.
Offense	Lineman	Elijah Swehla	Dowling Catholic, West Des Moines	6-3	305	Sr.
Offense	Lineman	Collin Olson	Ankeny Centennial	6-3	255	Sr.
Offense	Quarterback	Ryan Schmidt	Linn-Mar, Marion	6-5	230	Sr.
Offense	Back	Drew Gray	Valley, West Des Moines	5-9	170	Sr.
Offense	Back	Alex Stueve	Sioux City, East	6-2	200	Sr.

Offense	Back	Sam Cook	Fort Dodge	5-11	210	Jr.
Offense	Kicker	Tommy Zinselmeier	Johnston	5-10	175	Sr.
Defense	Lineman	Royal Silver	Cedar Rapids, Washington	6-4	275	Sr.
Defense	Lineman	Jojo Simpson	Prairie, Cedar Rapids	6-2	250	Sr.
Defense	Lineman	Cassin Wolfe	Bettendorf	6-4	195	Sr.
Defense	Lineman	Nick Tweeten	Waukee	6-2	275	Sr.
Defense	Linebacker	O'Rien Vance	Cedar Rapids, Washington	6-4	190	Soph.
Defense	Linebacker	Gray Gochenour	Dowling Catholic, West Des Moines	5-11	220	Sr.
Defense	Linebacker	Deion Mikesell	Southeast Polk	6-0	215	Sr.
Defense	Linebacker	Kyle Boulanger	Waukee	5-11	205	Sr.
Defense	Back	Landon Akers	Cedar Rapids, Washington	6-2	175	Sr.
Defense	Back	Dante Campero	Dowling Catholic, West Des Moines	5-9	160	Sr.
Defense	Back	Keller Prien	Valley, West Des Moines	5-9	170	Sr.
Defense	Punter	Matt Wieskamp	Muscatine	6-0	175	Sr.

Class 4A Third Team

Offense	Tight End/Wide Receiver	Oliver Martin	Iowa City, West	6-2	185	Soph.
Offense	Tight End/Wide Receiver	Dom Marschel	Des Moines, Hoover	6-3	180	Jr.
Offense	Tight End/Wide Receiver	Trey Burt	Waterloo, West	6-4	210	Jr.
Offense	Lineman	Eric McDonald	Iowa City, City High	6-2	265	Sr.
Offense	Lineman	Bryce Meeker	Prairie, Cedar Rapids	6-6	300	Sr.
Offense	Lineman	Spencer Williams	Cedar Falls	6-4	265	Jr.
Offense	Lineman	Kane Johnson	North Scott, Eldridge	6-6	250	Sr.
Offense	Lineman	Jake Heinrich	Urbandale	6-5	275	Jr.
Offense	Quarterback	Brock Larsen	Des Moines, Hoover	5-10	185	Sr.
Offense	Back	Tavian Patrick	Cedar Rapids, Washington	5-9	160	Jr.
Offense	Back	Keagan Pinter	Prairie, Cedar Rapids	5-10	180	Sr.
Offense	Back	Darius Shumpert	Des Moines, Abraham Lincoln	5-11	190	Sr.
Offense	Kicker	Austin Adamson	Pleasant Valley	5-9	150	Jr.
Defense	Lineman	Talon Burke	Muscatine	5-10	235	Sr.
Defense	Lineman	Cale Anselme	Ankeny Centennial	6-4	235	Sr.
Defense	Lineman	Parker Steffen	Cedar Rapids, Kennedy	6-4	200	Sr.
Defense	Lineman	Mitchell Brinkman	Lewis Central	6-3	225	Jr.
Defense	Linebacker	Royce Willett	Cedar Falls	5-10	210	Sr.
Defense	Linebacker	Osha Wylie	Ottumwa	6-2	186	Sr.
Defense	Linebacker	Ben Slavens	Pleasant Valley	5-10	190	Jr.
Defense	Linebacker	Colin Kreiter	North Scott, Eldridge	6-0	210	Sr.
Defense	Back	Peyton Imhof	Dubuque, Hempstead	5-9	165	Sr.
Defense	Back	Jacob Houghton	Davenport, Central	6-1	175	Sr.
Defense	Back	Isaiah Kramme	Ankeny Centennial	6-4	200	Sr.
Defense	Punter	Robert Neustrom	Sioux City, North	6-3	215	Sr.

Class 3A First Team

Offense	Tight End/Wide Receiver	T.J. Hockenson	Chariton	6-5	210	Jr.
Offense	Tight End/Wide Receiver	Luke Greenslade	Norwalk	6-2	170	Sr.
Offense	Tight End/Wide Receiver	Jacob Sloss	A-D-M, Adel	6-0	175	Sr.
Offense	Lineman	Tommy Peterson	Washington	6-5	325	Sr.

Offense	Lineman	Tim Otting	Xavier, Cedar Rapids	6-2	235	Sr.
Offense	Lineman	Logan Linderbaum	Solon	6-2	245	Sr.
Offense	Lineman	Luke Oja	Carlisle	6-2	285	Sr.
Offense	Lineman	Colin Brown	West Delaware, Manchester	6-3	290	Jr.
Offense	Quarterback	Alex Nielsen	Creston	6-1	195	Sr.
Offense	Back	Matt George	Sergeant Bluff-Luton	5-11	180	Jr.
Offense	Back	Grant Petersen	Bondurant-Farrar	6-2	185	Sr.
Offense	Back	Tony Tobin	Bishop Heelan, Sioux City	5-10	185	Sr.
Offense	Kicker	Seth Johnson	Pella	5-11	170	Sr.
Offense	Utility	Addison Ross	Carroll	6-4	206	Sr.
Defense	Lineman	Garret Jansen	Pella	6-3	250	Sr.
Defense	Lineman	Joe Kayl	Bishop Heelan, Sioux City	6-3	205	Sr.
Defense	Lineman	Jacob Sandoz	Sergeant Bluff-Luton	6-0	260	Sr.
Defense	Lineman	Drew Wagner	Clear Creek-Amana	6-6	310	Sr.
Defense	Linebacker	Brady Ross	Humboldt	6-0	230	Sr.
Defense	Linebacker	Tyler Smith	Bishop Heelan, Sioux City	6-2	215	Sr.
Defense	Linebacker	Daryn Sebelius	Washington	6-2	225	Sr.
Defense	Linebacker	Seth Maitlen	Creston	6-3	225	Jr.
Defense	Back	Noah Clayberg	Pella	5-11	190	Jr.
Defense	Back	Will Whiton	Perry	6-0	175	Sr.
Defense	Back	Jake Hovden	Decorah	5-11	186	Sr.
Defense	Punter	Grant Sherman	Saydel	6-2	185	Sr.
Defense	Utility	Austin Kloewer	Dallas Center-Grimes	6-0	169	Jr.

Class 3A Second Team

Offense	Tight End/Wide Receiver	Tucker Spears	Bishop Heelan, Sioux City	6-5	225	Sr.
Offense	Tight End/Wide Receiver	Eli Cleveland	Carroll	6-2	175	Sr.
Offense	Tight End/Wide Receiver	Tyler Borchers	LeMars	6-7	215	Sr.
Offense	Lineman	Garrett Gibson	Dallas Center-Grimes	6-0	250	Jr.
Offense	Lineman	Connor Lindaman	Davenport, Assumption	6-6	245	Jr.
Offense	Lineman	Conor Meislahn	Bondurant-Farrar	6-2	230	Sr.
Offense	Lineman	Brandon Bahlman	Waverly-Shell Rock	6-3	220	Sr.
Offense	Lineman	Jordan Thompson	Creston	6-3	215	Sr.
Offense	Quarterback	Brent Lammers	West Delaware, Manchester	6-2	195	Sr.
Offense	Back	Coy Roussell	West Delaware, Manchester	5-11	185	Jr.
Offense	Back	Brandon Kramer	Solon	5-11	185	Sr.
Offense	Back	Chase Shiltz	Creston	5-10	175	Soph.
Offense	Kicker	Conner Pals	Creston	5-8	160	Sr.
Defense	Lineman	Mike Maher	Xavier, Cedar Rapids	6-2	225	Sr.
Defense	Lineman	Jacob Protzman	Dallas Center-Grimes	6-5	220	Sr.
Defense	Lineman	Gavin Dinsdale	Webster City	6-2	220	Jr.
Defense	Lineman	Brett Bowers	Independence	6-3	245	Sr.
Defense	Linebacker	Matt Baur	Winterset	6-3	175	Jr.
Defense	Linebacker	Ben Wellendorf	Carroll	5-11	185	Sr.
Defense	Linebacker	Kyle Van Ginkel	Boyden-Hull/Rock Valley	6-0	185	Jr.
Defense	Linebacker	Joe Doran	Greene County	6-2	205	Sr.
Defense	Back	Will Warner	Pella	6-2	185	Jr.
Defense	Back	Tanner Dunkin	Knoxville	5-11	165	Sr.
Defense	Back	Jaxon Heinz	Humboldt	5-11	165	Sr.
Defense	Punter	James Grell	Central Clinton, DeWitt	6-2	199	Sr.

Class 3A Third Team

Offense	Tight End/Wide Receiver	Nick Easley	Newton	6-0	190	Sr.
Offense	Tight End/Wide Receiver	Colton Marlin	Keokuk	6-2	185	Jr.
Offense	Tight End/Wide Receiver	Dax Hatfield	Gilbert	5-10	160	Sr.
Offense	Lineman	Cameron Gordon	Webster City	6-4	250	Sr.
Offense	Lineman	Kelly Pierce	Gilbert	6-3	225	Sr.
Offense	Lineman	Jake Noel	Bishop Heelan, Sioux City	6-3	240	Jr.
Offense	Lineman	Tyler Johnson	Epworth, Western Dubuque	6-6	240	Sr.
Offense	Lineman	Justin Schwennen	Central Clinton, DeWitt	6-4	216	Sr.
Offense	Quarterback	Nick McCann	Bishop Heelan, Sioux City	6-0	160	Sr.
Offense	Back	Isaiah Johnson	Ballard	5-11	175	Sr.
Offense	Back	Jacob Hennigan	Washington	5-10	175	Sr.
Offense	Back	Riley Hasken	Wahlert, Dubuque	6-4	200	Sr.
Offense	Kicker	Jose Fuentes	Carlisle	5-10	205	Sr.
Defense	Lineman	Cole Schlenker	Bondurant-Farrar	6-4	210	Jr.
Defense	Lineman	Mitch Daharsh	Gilbert	6-3	205	Sr.
Defense	Lineman	Austin Schulte	Pella	6-4	240	Jr.
Defense	Lineman	Tyler Strong	Sergeant Bluff-Luton	5-9	185	Sr.
Defense	Linebacker	Andrew Ragsdale	Waverly Shell-Rock	6-2	210	Sr.
Defense	Linebacker	Michael Sorfonden	Harlan	6-0	215	Sr.
Defense	Linebacker	Quinton Murphy	Pella	5-8	180	Sr.
Defense	Linebacker	Beau Ohm	LeMars	6-3	205	Sr.
Defense	Back	Brett Buchmann	Bishop Heelan, Sioux City	6-0	170	Sr.
Defense	Back	Andrew Meyer	Epworth, Western Dubuque	6-2	180	Sr.
Defense	Back	Henry Sanders	Carlisle	6-1	175	Sr.
Defense	Punter	Spencer Wyant	Sergeant Bluff-Luton	6-1	205	Sr.

Class 2A First Team

Offense	Tight End/Wide Receiver	Bryce Kemp	Collins-Maxwell/Baxter	6-5	210	Sr.
Offense	Tight End/Wide Receiver	Nate Bergfield	Cascade, Western Dubuque	5-9	175	Sr.
Offense	Tight End/Wide Receiver	Austin Folsom	Spirit Lake	5-10	145	Sr.
Offense	Lineman	Nick Yarkosky	Albia	6-2	290	Jr.
Offense	Lineman	Patrick Girard	Collins-Maxwell/Baxter	6-3	310	Sr.
Offense	Lineman	Andy Cooper	Sheldon	6-6	310	Sr.
Offense	Lineman	Ian Slagle	South Tama	6-4	311	Sr.
Offense	Lineman	Colton Lueck	Beckman Catholic, Dyersville	6-5	260	Sr.
Offense	Quarterback	Derek Lieurance	Cascade, Western Dubuque	5-11	175	Sr.
Offense	Back	Carter Isley	Albia	6-1	220	Jr.
Offense	Back	Josh Mackey	North Fayette Valley	6-2	210	Sr.
Offense	Back	Chandler Diercks	Clear Lake	6-0	155	Sr.
Offense	Kicker	Joey Nissen	Collins-Maxwell/Baxter	6-0	160	Sr.
Offense	Utility	Trenton Sann	Clarion-Goldfield	6-3	240	Sr.
Defense	Lineman	Braden DeBoer	Sioux Center	6-5	235	Sr.
Defense	Lineman	Mario Pena	Hampton-Dumont	5-10	265	Sr.
Defense	Lineman	Tanner Rentschler	New Hamtpon	6-4	182	Sr.
Defense	Lineman	Wyatt Sadler	Center Point-Urbana	5-9	165	Sr.
Defense	Linebacker	Ryan Sarver	Albia	5-11	175	Sr.

Defense	Linebacker	Connor Frerichs	New Hampton	6-2	200	Sr.
Defense	Linebacker	Christian Rozeboom	Sioux Center	6-3	205	Sr.
Defense	Linebacker	Tyler Hirsch	Beckman Catholic, Dyersville	5-11	192	Jr.
Defense	Back	Tanner Thompson	Forest City	5-10	175	Sr.
Defense	Back	Blake Bayer	Albia	5-11	170	Jr.
Defense	Back	Tucker Tenge	New Hampton	5-9	160	Sr.
Defense	Punter	Peyton Paddock	Monticello	5-11	185	Sr.
Defense	Utility	Brady Stover	Collins-Maxwell/Baxter	6-2	185	Jr.

Class 2A Second Team

Offense	Tight End/Wide Receiver	Ricky Reeve	PCM, Monroe	5-9	170	Sr.
Offense	Tight End/Wide Receiver	Matt Cox	North Polk	5-7	150	Jr.
Offense	Tight End/Wide Receiver	Nick Wall	Northeast, Goose Lake	6-2	155	Sr.
Offense	Lineman	Nathan Decker	Anamosa	6-2	210	Sr.
Offense	Lineman	Brock Brandt	Clear Lake	6-7	275	Sr.
Offense	Lineman	Hunter Gerths	Albia	6-5	265	Sr.
Offense	Lineman	Ethan Lape	North Fayette Valley	5-10	250	Soph.
Offense	Lineman	Jared DeVoe	Clarinda	6-5	310	Sr.
Offense	Quarterback	Alec Henrickson	Spirit Lake	6-2	185	Sr.
Offense	Back	Mitchell Stahl	Williamsburg	5-10	170	Sr.
Offense	Back	Brandon Kinsey	Center Point-Urbana	6-1	180	Sr.
Offense	Back	Isaiah Vaughn	Union Community, LaPorte City	5-10	167	Soph.
Offense	Kicker	Adrian Castanon	South Tama	5-9	165	Sr.
Defense	Lineman	Josh Hof	Mount Vernon	6-0	195	Sr.
Defense	Lineman	Nashua Lansing	North Fayette Valley	6-0	210	Sr.
Defense	Lineman	Ben Kincart	Davis County, Bloomfield	6-2	255	Jr.
Defense	Lineman	Justin Bossard	Albia	6-1	235	Sr.
Defense	Linebacker	Steven Holloway	Mediapolis	6-2	205	Sr.
Defense	Linebacker	Tyler Duster	Aplington-Parkersburg	5-11	175	Jr.
Defense	Linebacker	Ko Kieft	Sioux Center	6-5	210	Jr.
Defense	Linebacker	Tyler Frasher	Anamosa	5-11	200	Sr.
Defense	Back	Brady Driscoll	Union Community, LaPorte City	5-9	143	Sr.
Defense	Back	Trevor Eiklenborg	Hampton-Dumont	5-9	163	Sr.
Defense	Back	Noah Heitshusen	Williamsburg	5-9	145	Jr.
Defense	Punter	Jacob Jones	Davis County, Bloomfield	5-11	160	Sr.

Class 2A Third Team

Offense	Tight End/Wide Receiver	Eric Mulder	South Hardin	6-0	185	Sr.
Offense	Tight End/Wide Receiver	Charlie Flickinger	Hampton-Dumont	6-2	163	Sr.
Offense	Tight End/Wide Receiver	Xavier Williams	West Burlington	6-2	170	Jr.
Offense	Lineman	Clayton Weltha	Collins-Maxwell/Baxter	6-1	230	Sr.
Offense	Lineman	Danny McElmeel	Cascade, Western Dubuque	6-2	220	Sr.
Offense	Lineman	Nick Wright	East Sac County	6-2	230	Sr.
Offense	Lineman	Harold O'Brien	Louisa-Muscatine	6-4	285	Jr.
Offense	Lineman	Caleb Wagner	Tipton	6-0	230	Sr.

Offense	Quarterback	Cole Miller	Hampton-Dumont	6-1	183	Sr.
Offense	Back	Graham Zomermand	Sioux Center	6-0	210	Sr.
Offense	Back	Jerry Lowe	South Tama	5-10	200	Jr.
Offense	Back	Brock Isaacson	Red Oak	5-9	165	Jr.
Offense	Kicker	Chase Wilkie	PCM, Monroe	5-11	175	Jr.
Defense	Lineman	Glendon Mesch	South Hardin	6-4	220	Sr.
Defense	Lineman	Zach Zwiefel	Clear Lake	6-1	225	Sr.
Defense	Lineman	Connor Bodeker	Williamsburg	6-2	220	Sr.
Defense	Lineman	Luke Funke	Beckman Catholic, Dyersville	6-1	235	Soph.
Defense	Linebacker	Kendrick Sunkten	Hampton-Dumont	6-2	225	Sr.
Defense	Linebacker	Jace Hadachek	Union Community, LaPorte City	6-0	233	Sr.
Defense	Linebacker	Peyton Rutledge	South Tama	6-2	185	Jr.
Defense	Linebacker	C.J. Roths	Central Lyon/George-Little Rock	6-0	195	Jr.
Defense	Back	Kolin Schulte	Anamosa	6-1	160	Jr.
Defense	Back	Ernie Miszewski	Clear Lake	5-7	142	Sr.
Defense	Back	Luke Pendroy	PCM, Monroe	5-11	180	Sr.
Defense	Punter	Christian Matthews	Kuemper Catholic, Carroll	6-2	163	Sr.

Class 1A First Team

Offense	Tight End/Wide					
	Receiver	Jordan Rommes	South Winneshiek	6-2	205	Sr.
Offense	Tight End/Wide					
	Receiver	Ian Malaby	North Cedar, Stanwood	6-0	185	Jr.
Offense	Tight End/Wide					
	Receiver	Nathan Stenger	Regina, Iowa City	6-4	190	Jr.
Offense	Lineman	Phil Arendt	Regina, Iowa City	6-4	290	Sr.
Offense	Lineman	Noah Sander	North Cedar, Stanwood	6-7	250	Sr.
Offense	Lineman	John St. John	West Branch	6-5	270	Sr.
Offense	Lineman	Brett Van Roekel	West Lyon	6-7	259	Sr.
Offense	Lineman	Cal Twait	Manson-NW Webster	6-7	275	Sr.
Offense	Quarterback	Drew Cook	Regina, Iowa City	6-6	220	Sr.
Offense	Back	TJ O'Toole	St. Edmond, Ft. Dodge	5-11	175	Jr.
Offense	Back	Vaughn Moser	West Lyon	6-2	195	Sr.
Offense	Back	Trent Johnson	Dike-New Hartford	5-5	160	Soph.
Offense	Kicker	Jacob Adam	Regina, Iowa City	6-2	165	Sr.
Offense	Utility	Trenton Wells	Central Decatur, Leon	6-2	190	Sr.
Defense	Lineman	Jake Newborg	West Lyon	6-5	285	Sr.
Defense	Lineman	Adam Poduska	North Cedar, Stanwood	6-2	200	Sr.
Defense	Lineman	Luis Uribe	South Winneshiek	5-9	150	Sr.
Defense	Lineman	Jacob Giese	West Branch	6-5	270	Sr.
Defense	Linebacker	Jake Brinkman	Regina, Iowa City	6-2	205	Sr.
Defense	Linebacker	Gavin Richey	Panorama	6-4	195	Sr.
Defense	Linebacker	David Kacmarynski	Pella Christian	6-4	215	Soph.
Defense	Linebacker	Greg Wesley	Emmetsburg	6-0	205	Sr.
Defense	Back	Cole Ashman	Woodward-Granger	6-1	170	Jr.
Defense	Back	Landon Peed	St. Edmond, Fort Dodge	6-1	185	Sr.
Defense	Back	Noah Bishop	Central Decatur, Leon	5-11	155	Sr.
Defense	Punter	Colton Rastetter	Clayton Ridge, Guttenberg	6-3	205	Sr.
Defense	Utility	Ryan Moser	Clayton Ridge, Guttenberg	6-7	280	Sr.

Class 1A Second Team

Offense	Tight End/Wide	Blake Simons				
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Offense	Receiver		Hartley-Melvin-Sanborn	6-6	215	Sr.
	Tight					
	End/Wide					
Offense	Receiver	Nick Phillips	Regina, Iowa City	5-10	173	Jr.
	Tight					
	End/Wide					
Offense	Receiver	Peyton Pedersen	Central Decatur, Leon	6-4	180	Jr.
Offense	Lineman	Tommy Irvin	Dike-New Hartford	6-2	270	Sr.
Offense	Lineman	Brett Waechter	Hartley-Melvin-Sanborn	6-6	255	Sr.
Offense	Lineman	Cal Remsburg	St. Edmond, Fort Dodge	6-3	255	Sr.
Offense	Lineman	Clayton Romitti	Madrid	6-2	235	Sr.
Offense	Lineman	Burke Prins	Hinton	6-5	252	Jr.
Offense	Quarterback	Jayden Johnson	North Cedar, Stanwood	6-5	195	Sr.
Offense	Back	Luke Lenocho	West Branch	5-9	180	Soph.
Offense	Back	Sam Wegner	IKM-Manning	6-1	198	Sr.
Offense	Back	Austin Lentz	Ogden	6-0	185	Jr.
Offense	Kicker	Steven Jacobsen	A-H-S-T, Avoca	6-2	230	Sr.
Defense	Lineman	Tim Butcher	Manson, NW Webster	6-2	265	Jr.
Defense	Lineman	Nick Chapman	Emmetsburg	6-3	235	Sr.
Defense	Lineman	Landers Kuboushek	South Winneshiek	6-2	200	Jr.
Defense	Lineman	Luke Gallagher	Regina, Iowa City	6-2	205	Sr.
Defense	Linebacker	Ryan Hageman	South Winneshiek	6-2	195	Sr.
Defense	Linebacker	Peyton Gilbert	Central Decatur, Leon	5-9	210	Sr.
Defense	Linebacker	Scott Sievert	Saint Ansgar	6-2	189	Sr.
Defense	Linebacker	Gavin Blake	Durant	6-0	180	Jr.
Defense	Back	Tyler Banowetz	Bellevue	5-11	165	Sr.
Defense	Back	Levi Leiferman	Panorama	6-1	150	Soph.
Defense	Back	Colton Hacker	IKM, Manning	6-0	150	Sr.
Defense	Punter	Will Bentler	Durant	6-3	190	Jr.

Class 1A Third Team

Offense	Tight					
	End/Wide					
Offense	Receiver	Alex Heinke	Bellevue	6-3	175	Sr.
	Tight					
	End/Wide					
Offense	Receiver	Levi Jungling	Pella Christian	5-10	155	Soph.
	Tight					
	End/Wide					
Offense	Receiver	Luke West	Ogden	6-2	180	Sr.
Offense	Lineman	Nick Frommelt	North Cedar, Stanwood	6-5	260	Sr.
Offense	Lineman	Lane Kooiker	Woodward-Granger	6-3	225	Sr.
Offense	Lineman	Chase Brumm	Saint Ansgar	6-1	221	Sr.
Offense	Lineman	Drew Finnegan	West Branch	6-2	240	Jr.
Offense	Lineman	Neil Metzger	West Lyon	6-2	215	Sr.
Offense	Quarterback	Keenan Ploessl	Bellevue	6-0	165	Sr.
Offense	Back	Gabe Richey	Panorama	5-11	165	Jr.
Offense	Back	Cody Blackwell	Van Meter	6-0	200	Sr.
Offense	Back	Michael Santi	Madrid	5-11	158	Soph.
Offense	Kicker	Bobby Patterson	Saint Ansgar	6-2	171	Sr.
Defense	Lineman	Kyser Allen	Sumner-Fredricksburg	6-4	230	Sr.
Defense	Lineman	Carson Lensing	South Winneshiek	6-5	220	Jr.
Defense	Lineman	Raff Naughton	St. Edmond, Fort Dodge	6-0	225	Sr.
Defense	Lineman	Tameron McGurren-Leal	A-H-S-T, Avoca	5-11	195	Jr.
Defense	Linebacker	Michael Connor	Woodward-Granger	6-0	225	Sr.
Defense	Linebacker	Zane Harvey	Missouri Valley	5-9	175	Sr.
Defense	Linebacker	Cody Eischeid	IKM-Manning	6-1	195	Sr.

Defense	Linebacker	Rylan Richardson	South Central Calhoun	6-2	210	Jr.
Defense	Back	Connor Neuroth	Dike-New Hartford	5-7	140	Jr.
Defense	Back	Paul TerWee	West Lyon	6-4	194	Sr.
Defense	Back	Terry Shannon	A-H-S-T, Avoca	6-2	170	Jr.
Defense	Punter	Chase Rath	Highland, Riverside	6-1	145	Soph.

Class A First Team

Offense	Tight End/Wide					
	Receiver	Brandon Plecker	Van Buren, Keosauqua	6-0	140	Sr.
Offense	Tight End/Wide					
	Receiver	Keaton Winn	Pekin	6-4	190	Jr.
Offense	Tight End/Wide					
	Receiver	Blake Summy	Colfax-Mingo	5-8	130	Jr.
Offense	Lineman	Jeremiah Clemons	AGWSR, Ackley	6-2	225	Sr.
Offense	Lineman	Landan Paulsen	Woodbury Central	6-5	290	Sr.
Offense	Lineman	Dalton Schwartz	Gladbrook-Reinbeck	5-11	245	Jr.
Offense	Lineman	Matt Lansing	Maquoketa Valley	6-2	190	Sr.
Offense	Lineman	Tucker Winemiller	Mount Ayr	6-3	275	Sr.
Offense	Quarterback	Camden Kickbush	Gladbrook-Reinbeck	6-0	180	Sr.
Offense	Back	Brady Charbonneau	Logan-Magnolia	5-7	165	Sr.
Offense	Back	Eric Stoakes	Gladbrook-Reinbeck	6-2	180	Jr.
Offense	Back	Ryan Parmely	Maquoketa Valley	6-2	215	Sr.
Offense	Kicker	Jon Meyerring	St. Albert, Council Bluffs	5-11	178	Sr.
Offense	Utility	Garrett Saunders	Van Buren, Keosauqua	5-11	155	Sr.
Defense	Lineman	Joe Ricker	Mount Ayr	6-0	275	Sr.
Defense	Lineman	Zach Pierce	Gladbrook-Reinbeck	6-6	250	Sr.
Defense	Lineman	Levi Paulsen	Woodbury Central	6-5	290	Sr.
Defense	Lineman	Ty Pitt	Logan-Magnolia	5-10	185	Sr.
Defense	Linebacker	Clay Meinders	AGWSR, Ackley	6-2	238	Sr.
Defense	Linebacker	Drake Cohrs	Logan-Magnolia	5-11	175	Sr.
Defense	Linebacker	Bryce Ehlers	Gladbrook-Reinbeck	6-2	190	Jr.
Defense	Linebacker	Riley Weehler	Mount Ayr	6-2	185	Sr.
Defense	Back	Gabe Holben	Logan-Magnolia	5-10	155	Sr.
Defense	Back	Jordan Klingman	Nashua-Plainfield	6-6	205	Sr.
Defense	Back	Michael Sparkman	Denver	6-2	170	Jr.
Defense	Punter	Nathan Karsjens	AGWSR, Ackley	6-6	225	Soph.
Defense	Utility	Jacob Lietz	Colfax-Mingo	6-1	181	Jr.

Class A Second Team

Offense	Tight End/Wide					
	Receiver	Will Mertens	Van Buren, Keosauqua	6-4	185	Jr.
Offense	Tight End/Wide					
	Receiver	Dylan Irizarry	Akron-Westfield	5-10	177	Soph.
Offense	Tight End/Wide					
	Receiver	Kezden Blankenship	West Sioux, Hawarden	5-9	170	Jr.
Offense	Lineman	Jackson Scott-Brown	St. Albert, Council Bluffs	6-5	290	Sr.
Offense	Lineman	Tyler Larson	Nashua-Plainfield	6-4	205	Sr.
Offense	Lineman	Dillon Bonham	Logan-Magnolia	5-10	210	Sr.
Offense	Lineman	Anthony Lappe	Griswold	6-0	190	Jr.
Offense	Lineman	Luke Holman	Gladbrook-Reinbeck	6-2	240	Sr.
Offense	Quarterback	Jared Myers	Colfax-Mingo	6-2	186	Jr.
Offense	Back	Levi Stockdale	AGWSR, Ackley	6-0	185	Jr.
Offense	Back	Mitch Stevens	Montezuma	5-11	175	Sr.

Offense	Back	Derek Hensley	Earlham	5-10	165	Sr.
Offense	Kicker	Brock Rohler	Grundy Center	6-2	190	Sr.
Defense	Lineman	Brady Heusinvelt	Denver	6-2	260	Sr.
Defense	Lineman	Matt Wieland	Lone Tree	6-3	210	Sr.
Defense	Lineman	Zach Schreck	Earlham	6-5	230	Sr.
Defense	Lineman	Curtis Hinkle	Nashua-Plainfield	6-4	270	Sr.
Defense	Linebacker	Cole Reighard	Pekin	6-1	175	Sr.
Defense	Linebacker	Izaak Shedenhelm	Denver	6-2	200	Jr.
Defense	Linebacker	Matthew Smith-Petersen	Audubon	5-11	157	Jr.
Defense	Linebacker	Colton Massengale	BGM, Brooklyn	6-2	190	Jr.
Defense	Back	Trevor Smith	Audubon	5-8	160	Sr.
Defense	Back	Jackson Lamb	Nodaway Valley	6-2	160	Jr.
Defense	Back	Zach Allen	Westwood, Sloan	5-8	140	Jr.
Defense	Punter	Kolton Jackson	Danville	6-2	200	Jr.

Class A Third Team

Offense	Tight End/Wide Receiver	Christian Wittrock	Pekin	5-9	165	Sr.
Offense	Tight End/Wide Receiver	Jayce Knight	BGM, Brooklyn	6-4	180	Soph.
Offense	Tight End/Wide Receiver	Clayton Braden	Edgewood-Colesburg	6-3	165	Sr.
Offense	Lineman	Joe Peck	Montezuma	6-2	250	Sr.
Offense	Lineman	Rob Bockenstedt	Maquoketa Valley	6-3	210	Jr.
Offense	Lineman	Eric Jones	South O'Brien	6-3	271	Sr.
Offense	Lineman	Luke Worden	Belmond-Klemme	6-3	265	Jr.
Offense	Lineman	Jake Ricker	Mount Ayr	6-3	195	Sr.
Offense	Quarterback	Trever Northrup	Pekin	5-10	175	Soph.
Offense	Back	Vance Bohlem	Belle Plaine	5-8	155	Sr.
Offense	Back	Caleb Schaaf	Griswold	6-2	175	Sr.
Offense	Back	Reece Reams	Nashua-Plainfield	5-8	160	Sr.
Offense	Kicker	Travis Gillham	Lone Tree	6-2	200	Sr.
Defense	Lineman	Caleb Meinders	AGWSR, Ackley	6-3	215	Soph.
Defense	Lineman	Tanner Armstrong	Nodaway Valley	6-2	197	Sr.
Defense	Lineman	Devan Amick	Lawton-Bronson	6-4	260	Jr.
Defense	Lineman	Tyler Eiffler	Gladbrook-Reinbeck	6-1	215	Jr.
Defense	Linebacker	Noah Zylstra	Lynnville-Sully	6-2	190	Sr.
Defense	Linebacker	Nathan Yeager	Cardinal, Eldon	6-2	210	Sr.
Defense	Linebacker	Brandon Marks	Nashua-Plainfield	6-4	215	Sr.
Defense	Linebacker	Mitchell Siech	Denver	6-2	195	Jr.
Defense	Back	Zach Salow	Maquoketa Valley	6-0	175	Sr.
Defense	Back	Lane Nichols	Woodbury Central	5-7	170	Jr.
Defense	Back	Cody Williams	AGWSR, Ackley	6-3	205	Sr.
Defense	Punter	Sam Jennings	Winfield-Mt. Union	6-3	230	Jr.

8-Man First Team

Offense	Wide Receiver	Connor Wolterman	Newell-Fonda	5-11	165	Jr.
Offense	Wide Receiver	Joe Wolfe	West Central, Maynard	6-2	180	Sr.
Offense	Lineman	Noah Borkowski	Glidden Ralston	6-1	230	Sr.
Offense	Lineman	Bret Blackburn	Fremont Mills	6-2	230	Sr.
Offense	Lineman	Cody Thompson	Graettinger-Terril/Ruthven-Ayrshire	5-11	285	Sr.
Offense	Quarterback	Brady Dicks	Newell-Fonda	6-3	200	Sr.

Offense	Back	Nathan Fitzgerald	Central Elkader	5-11	200	Sr.
Offense	Back	Clayton Kiefer	Wayne	5-7	155	Sr.
Offense	Back	Zach Evans	Coon Rapids-Bayard	5-9	175	Jr.
Offense	Kicker	Erick Rodriguez	Sidney	5-9	205	Sr.
Offense	Utility	Mason Svoboda	Don Bosco	5-10	165	Sr.
Defense	Lineman	Louis Kriegel	HLV, Victor	6-1	185	Sr.
Defense	Lineman	Isaiah Petersen	Marcus-Meriden-Cleghorn	6-1	210	Sr.
Defense	Lineman	Haydn Meier	Fremont-Mills	6-1	210	Sr.
Defense	Linebacker	Samuel Meyne	Janesville	6-1	205	Sr.
Defense	Linebacker	Spencer Phillips	Fremont-Mills	6-2	245	Sr.
Defense	Linebacker	Isaiah Hopp	Central Elkader	6-2	180	Sr.
Defense	Back	Drew Peppers	Exira-EHK	5-11	180	Sr.
Defense	Back	Trevor Fenneman	Clarksville	5-10	160	Sr.
Defense	Punter	Nolan Robert	West Bend-Mallard/Gilmore City- Bradgate	5-9	150	Sr.
Defense	Utility	Levi Klimesh	Turkey Valley	5-11	212	Sr.

8-Man Second Team

Offense	Wide Receiver	Reed Block	Boyer Valley	5-10	174	Sr.
Offense	Wide Receiver	Chase Wetterling	Melcher-Dallas	6-2	180	Sr.
Offense	Lineman	Sam Halverson	Coon Rapids-Bayard	6-2	230	Sr.
Offense	Lineman	Tyler Schuck	Marcus-Meriden-Cleghorn	6-1	280	Sr.
Offense	Lineman	Tom Yezek	Northwood-Kensett	6-2	235	Jr.
Offense	Quarterback	Michael Girres	Graettinger-Terril/Ruthven-Ayrshire	5-11	205	Jr.
Offense	Back	Travis Fehr	West Bend-Mallard/Gilmore City-Bradgate	5-8	149	Jr.
Offense	Back	Austin Laabs	Guthrie Center	6-1	195	Sr.
Offense	Back	Colton Ranney	Lamoni	5-9	165	Sr.
Offense	Kicker	Emmitt Wheatley	Adair-Casey	5-6	140	Sr.
Defense	Lineman	T.J. Even	Don Bosco, Gilbertville	5-9	200	Sr.
Defense	Lineman	Alex Paulson	North Iowa, Buffalo Center	6-1	220	Jr.
Defense	Lineman	Mason Scheidegger	Newell-Fonda	6-5	255	Jr.
Defense	Linebacker	Wesley Reeve	Glidden-Ralston	6-1	185	Sr.
Defense	Linebacker	Jacob Hoch	Melcher-Dallas	5-9	175	Sr.
Defense	Linebacker	Skylar Cudmore	Harris-Lake Park	6-1	200	Sr.
Defense	Back	Austin Tull	Lamoni	6-0	145	Jr.
Defense	Back	Dalton Kriegel	HLV, Victor	6-1	170	Jr.
Defense	Punter	Zach Sommerfelt	Clarksville	5-9	160	Jr.

8-Man Third Team

Offense	Wide Receiver	Brady Johnson	Stanton	6-2	180	Jr.
Offense	Wide Receiver	Jack Thode	Janesville	6-3	180	Jr.
Offense	Lineman	Colton Dirks	Midland, Wyoming	6-2	225	Sr.
Offense	Lineman	Carson Wirtz	West Bend-Mallard	5-11	239	Sr.
Offense	Lineman	Kennie Orr	Central Elkader	5-11	215	Sr.
Offense	Quarterback	Noah Dodd	Janesville	5-10	165	Jr.
Offense	Back	Christopher Brown	Glidden-Ralston	6-0	175	Jr.
Offense	Back	Connor Holmes	Marcus-Meriden-Cleghorn	6-1	185	Sr.
Offense	Back	Dylan Meister	Tripoli	5-10	205	Sr.
Offense	Kicker	Sam Honold	Coon Rapids-Bayard	6-3	150	Sr.
Defense	Lineman	Carter Kelm	Clarksville	6-5	190	Sr.
Defense	Lineman	Keegan Hosfelt	CAM, Anita	6-1	220	Jr.
Defense	Lineman	Trevor Hulett	Springville	5-8	200	Sr.

Defense	Linebacker	Tyler Sawyer	Turkey Valley	5-10	195	Sr.
Defense	Linebacker	Marquise Phillips	Kee, Lansing	6-1	185	Sr.
Defense	Linebacker	Coleby Bratrud	Northwood-Kensett	5-8	165	Sr.
Defense	Back	Parker Powers	Fremont-Mills	6-1	150	Soph.
Defense	Back	Michael Coates	Sidney	5-11	165	Sr.
Defense	Punter	Drew Ticknor	CAM, Anita	6-0	205	Jr.