

Iowa Newspaper Association All-State Baseball Teams chosen

DES MOINES - The Iowa Newspaper Association announced its 2010 All-State Baseball selections Tuesday, selecting first, second, third teams and team captains for classes 1A, 2A, 3A, and 4A.

The four seniors selected as team captains are 4A – Jon Keller, Cedar Rapids Xavier; 3A – Marcus Heemstra, Boyden Hull – Rock Valley; 2A – Cody Ege, Cherokee; and 1A – Ryan Powers, Calamus-Wheatland.

Jon Keller of Cedar Rapids Xavier, 4A team captain is known for his right arm, yet his bat was just as potent this season. As his team's cleanup hitter, he hit a team-best .473 with six home runs and 37 RBIs. But it's pitching that has Keller the captain of the 4A team. Using a fastball clocked as high as 95 miles per hour at times, the University of Nebraska commitment struck out 93 hitters in just 56 innings. He had a 6-2 record, two saves and 1.75 earned run average. Keller was an 11th-round draft pick of the Seattle Mariners in June's Major League Baseball First-Year Player Draft and is deciding between college and a professional career.

Marcus Heemstra of Boyden-Hull/Rock Valley was selected as captain of the Class 3A all-state team. A 6'7" athlete, Heemstra was a mainstay for the Nighthawks both on the mound and at the plate as B-H/RV held down the No. 1 spot in the Iowa High School Baseball Coaches Association poll most of the season. Heemstra hit .462 with 41 hits in 91 plate appearances and had a slugging percentage of .723 with four home runs, two triples and eight doubles. He drove in 30 runs and scored 34 times. As a pitcher, Heemstra was the work-horse of the staff, throwing 64-2/3 innings and compiling a 0.87 earned run average, while posting a 9-1 record. Heemstra struck out 98 and walked only 17, limiting opponents to a .138 batting average while he was on the mound. Heemstra was also a standout on Rock Valley's two-time Class 1A state basketball champion team during his junior and senior years.

Cherokee's Cody Ege was selected captain of the Class 2A all-state baseball team after leading his team to its sixth consecutive state tournament appearance. The senior left-hander entered the state tournament with a 6-1 record and 123 strikeouts in just 59 innings of work (2.1 strikeouts per inning). He walked just nine batters all season and had a sterling 0.83 earned run average. Ege nearly single-handedly shut down Sheldon in the substate final, holding the Orabs to a single hit while striking out 12 in the 10-0 victory. Ege was just as impressive with the bat, hitting .461 on the season with nine home runs, 32 runs scored and 34 RBIs in 30 games. He will go on to play Division I college baseball next spring at the University of Louisville.

Ryan Powers of Calamus-Wheatland was selected as Class 1A all-state baseball captain. Powers is a three-time all-state player and was a first-team pick last year also. The senior led the state with a .634 batting average and is second in hits with 71. This season he had 20 doubles, 5 triples, 6 home runs, 64 RBI's and 46 runs scored for a Calamus-Wheatland team, which was ranked most of the year. Powers' .634 batting average is the state's all-time highest for players with 100+ AB's.

Writers in attendance were: Ross Thede, Marshalltown Times-Republican; Mark Pawlak, Marshalltown Times-Republican; Matt Gengler, Missouri Valley Times-News; Jim Sullivan, Waterloo Courier; Kevin White, Omaha World-Herald; Jeff Webster, Perry Chief; Perry Bell, Knoxville Journal-Express/Pella Chronicle; Ryan Kronberg, Charles City Press; Ross Eberhart, DeWitt Observer; Kevin Ritchie, Bedford Times-Press; Doug Dornath, Marengo Pioneer-Republican; Bill Haglund, Adel Dallas County News; Matt Coss, Muscatine Journal; Beth Lutgen, Dyersville Commercial; Drew Herron, Atlantic News-Telegraph; and John Jensen, Grundy Center Register.

Coaches attending included Garrett Hawkins, Dowling Catholic and Bob Mantell, Treynor.

CLASS 4A - FIRST TEAM

| Position | Name | School | Grade | W-L | ERA | BA |
|------------|----------------|-----------------------|-------|-----|------|------|
| Pitcher | Jon Musser | Dowling Catholic, WDM | Sr. | 6-0 | 0.90 | |
| Pitcher | Brandon Platts | Mason City | Jr. | 9-0 | 1.06 | |
| Pitcher | Andrew Redman | Dubuque, Hempstead | Sr. | 9-0 | 0.45 | |
| Catcher | Spencer Navin | Dowling Catholic, WDM | Sr. | | | .423 |
| First Base | Adam Prybil | Iowa City High | Jr. | | | .418 |
| Infield | Jon Keller | Cedar Rapids, Xavier | Sr. | | | .473 |
| Infield | Damek Tomscha | Sioux City North | Sr. | | | .470 |
| Infield | Sean Moore | Iowa City West | Sr. | | | .462 |

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|----------|--------------------|-------------------------------|-----|--|--|------|
| Outfield | Eric Toole | Lewis Central, Council Bluffs | Jr. | | | .475 |
| Outfield | Britt Anderson | Sioux City East | Jr. | | | .432 |
| Outfield | Austin Christensen | Cedar Rapids, Kennedy | Jr. | | | .474 |
| Utility | Jake Peter | Mason City | Jr. | | | .483 |
| Utility | Alex Timmerman | Dubuque, Hempstead | Sr. | | | .505 |

CLASS 4A - SECOND TEAM

| | | | | | | |
|------------|----------------|----------------------------|-----|------|------|------|
| Pitcher | Ryan Rumpf | Iowa City West | Jr. | 10-0 | 1.96 | |
| Pitcher | Nick Bakeris | Davenport, Central | Sr. | 7-1 | 1.92 | |
| Pitcher | Andrew Hedrick | Ankeny | Jr. | 9-1 | 0.66 | |
| Catcher | Trevor Kenyon | Davenport, Central | Sr. | | | .515 |
| First Base | Collin Crowl | Council Bluffs Abe Lincoln | Sr. | | | .439 |
| Infield | Jake Yacinich | Dowling Catholic, WDM | Jr. | | | .447 |
| Infield | Connor McClain | Waterloo, West | Sr. | | | .480 |
| Infield | Nick Sanders | Muscatine | Sr. | | | .438 |
| Outfield | Dalton Parrott | Dowling Catholic, WDM | Jr. | | | .488 |
| Outfield | Jarred Carlson | Marshalltown | Sr. | | | .411 |
| Outfield | Marshall Mahr | Indianola | Sr. | | | .395 |
| Utility | Lee Gealow | Mason City | Sr. | | | .382 |
| Utility | Jake Mangler | Clinton | Sr. | | | .430 |

CLASS 4A - THIRD TEAM

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|------------|-----------------|-------------------------|-----|-----|------|------|
| Pitcher | Brad Chelleen | Dowling Catholic, WDM | Jr. | 7-0 | 1.87 | |
| Pitcher | Eric McGlauflin | Sioux City North | Sr. | 8-2 | 3.10 | |
| Pitcher | Ryker Fox | Bettendorf | Sr. | 7-1 | 1.65 | |
| Catcher | Levi Peters | Fort Dodge | Jr. | | | .391 |
| First Base | James Kohler | Ames | Jr. | | | .323 |
| Infield | Matt Beer | Cedar Rapids, Jefferson | Sr. | | | .405 |
| Infield | Nick Suckow | Waukee | Jr. | | | .426 |
| Infield | Austin Shaver | Burlington | Jr. | | | .450 |
| Outfield | Ben Engler | North Scott | Jr. | | | .477 |
| Outfield | Ryan Voves | Mason City | Jr. | | | .436 |
| Outfield | Nick Thimesch | Marshalltown | Sr. | | | .331 |
| Utility | Dakota Freese | Cedar Rapids Washington | Jr. | | | .301 |
| Utility | Ben Lott | Ottumwa | Sr. | | | .541 |

CLASS 3A - FIRST TEAM

| | | | | | | |
|------------|---------------------|-------------------------|-------|-----|------|------|
| Pitcher | Marcus Heemstra | Boyden Hull-Rock Valley | Sr. | 9-1 | 0.87 | |
| Pitcher | Taylor Kaufman | Glenwood | Jr. | 8-0 | 0.87 | |
| Pitcher | Jared Shoning | Carlisle | Jr. | 6-2 | 1.94 | |
| Catcher | Seth Thompson | ADM | Sr. | | | .429 |
| First Base | Carsen Anderson | Storm Lake | Jr. | | | .458 |
| Infield | Henry Krieger-Coble | Mount Pleasant | Jr. | | | .479 |
| Infield | Matt Kastli | Oelwein | Sr. | | | .441 |
| Infield | Tyler Smith | Decorah | Sr. | | | .402 |
| Outfield | Brandon Jasper | Central Clinton, DeWitt | Jr. | | | .500 |
| Outfield | Jordan McCoy | Centerville | Sr. | | | .518 |
| Outfield | Tommy Argo | Davenport, Assumption | Jr. | | | .500 |
| Utility | Tyler Peyton | Dallas Center-Grimes | Soph. | 7-1 | 2.03 | .417 |
| Utility | Eric Croghan | Harlan | Sr. | | | .521 |

CLASS 3A - SECOND TEAM

| | | | | | | |
|---------|-------------------|----------------|-----|-----|------|--|
| Pitcher | Steven Grotzinger | Hampton-Dumont | Sr. | 6-1 | 1.63 | |
| Pitcher | Eric Jones | Knoxville | Jr. | 9-2 | 1.69 | |

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|------------|-------------------|-------------------------|-------|-----|------|------|
| Pitcher | Adam Moline | Dallas Center-Grimes | Sr. | 7-1 | 1.69 | |
| Catcher | J.J. Reimer | Dubuque, Wahlert | Jr. | | | .405 |
| First Base | Keaton Grevengoed | Boyden Hull-Rock Valley | Sr. | | | .416 |
| Infield | Derek Dunn | Carlisle | Sr. | | | .357 |
| Infield | Keaton Hosch | Independence | Sr. | | | .439 |
| Infield | Dalton Combs | Marion | Sr. | | | .437 |
| Outfield | Austin Krohn | Sergeant Bluff-Luton | Soph. | | | .474 |
| Outfield | Kyle Simpson | Norwalk | Sr. | | | .412 |
| Outfield | James Perez | Hampton-Dumont | Soph. | | | .455 |
| Utility | Cory Ferm | ADM | Sr. | | | .371 |
| Utility | Lance Daugherty | Knoxville | Jr. | | | .407 |

CLASS 3A - THIRD TEAM

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|------------|-------------------|---------------------------|-----|-----|------|------|
| Pitcher | Jordan VanderWerf | Charles City | Sr. | 7-4 | 2.56 | |
| Pitcher | Scott Burke | Central Clinton, Dewitt | Sr. | 7-2 | 2.38 | |
| Pitcher | Brady Collison | Algona | Sr. | 7-2 | 0.94 | |
| Catcher | Davis Bloemendaal | MOC-Floyd Valley | Sr. | | | .411 |
| First Base | Bret Nyquist | Dallas Center-Grimes | Sr. | | | .380 |
| Infield | Spencer Mallonee | Davenport, Assumption | Jr. | | | .444 |
| Infield | Blake McWilliams | Knoxville | Sr. | | | .433 |
| Infield | A.J. Staiert | Bishop Heelan, Sioux City | Sr. | | | .504 |
| Outfield | Jake Kruger | Perry | Jr. | | | .476 |
| Outfield | Josh Bubke | Spencer | Sr. | | | .419 |
| Outfield | Keaton Rowe | LeMars | Sr. | | | .495 |
| Utility | Bradon Shull | Mount Pleasant | Jr. | 7-2 | 2.29 | |
| Utility | Andrew Withers | Waverly-Shell Rock | Jr. | 7-1 | 2.04 | |

CLASS 2A - FIRST TEAM

| | | | | | | |
|------------|--------------------|--------------------------|-------|------|------|------|
| Pitcher | Cody Ege | Cherokee, Washington | Sr. | 6-1 | 0.83 | |
| Pitcher | Calvin Mathews | Davis County, Bloomfield | Soph. | 14-0 | 0.74 | |
| Pitcher | Brandon Shulista | Solon | Jr. | 10-0 | 1.45 | |
| Catcher | Trenton Northrup | Pekin | Sr. | | | .488 |
| First Base | A.J. Reuter | Monticello | Jr. | | | .602 |
| Infield | Taylor Zeutenhorst | Sheldon | Sr. | | | .500 |
| Infield | Nick Day | Solon | Jr. | | | .488 |
| Infield | Marshall Koehn | Solon | Jr. | | | .504 |
| Outfield | Tanner Hageman | South Winneshiek | Sr. | | | .486 |
| Outfield | Derrick Loveless | Solon | Jr. | | | .522 |
| Outfield | Travis Jameson | Nodaway Valley | Sr. | | | .530 |
| Utility | Joe Goodman | Gilbert | Jr. | 10-0 | | .427 |
| Utility | Kyle Holmes | Wilton | Sr. | 8-0 | | .379 |

CLASS 2A - SECOND TEAM

| | | | | | | |
|------------|-----------------|-----------------------------|-------|------|------|------|
| Pitcher | Eric DeSousa | Beckman, Dyersville | Sr. | 8-4 | 1.19 | |
| Pitcher | Alec Crawford | Wilton | Sr. | 10-2 | 1.65 | |
| Pitcher | Jordan Hohense | BGM, Brooklynn | Sr. | 10-4 | 0.71 | |
| Catcher | Nick Maas | Columbus Catholic, Waterloo | Sr. | | | .453 |
| First Base | Taylor Johnson | East Marshall | Sr. | | | .535 |
| Infield | Josh Martsching | Davis County, Bloomfield | Soph. | | | .483 |
| Infield | Mitch Peschon | Spirit Lake | Jr. | | | .537 |
| Infield | Spencer Behne | Central Springs, Manly | Sr. | | | .494 |
| Outfield | Ryan Friedrich | Alta | Jr. | | | .533 |

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|----------|----------------|---------------|-------|--|------|
| Outfield | Jake Greco | North Fayette | Soph. | | .533 |
| Outfield | Jaye Nauman | North Linn | Sr. | | .464 |
| Utility | Ray Zalabowski | Okoboji | Sr. | | .400 |
| Utility | Cale Henke | Hudson | Soph. | | .449 |

CLASS 2A - THIRD TEAM

| | | | | | |
|------------|---------------------|--------------------------|-------|------|------|
| Pitcher | Blake Brommel | I-35 | Sr. | 7-3 | 1.32 |
| Pitcher | Chris Throne | Lake Mills | Sr. | 7-2 | 1.32 |
| Pitcher | Logan Felton | Monticello | Sr. | 8-1 | 1.81 |
| Catcher | Cole Kleinwolterick | Sheldon | Sr. | | .488 |
| First Base | Tyler Smith | Solon | Jr. | | .430 |
| Infield | Zach Mosbey | Pekin | Sr. | | .494 |
| Infield | Noah Pickard | North Polk | Soph. | | .468 |
| Infield | Anthony Flattery | St. Edmond, Fort Dodge | Jr. | | .476 |
| Outfield | Eric Joblinske | Dike – New Hartford | Jr. | | .468 |
| Outfield | Spencer Lueders | Northeast, Goose Lake | Sr. | | .477 |
| Outfield | Zack Fligg | Davis County, Bloomfield | Jr. | | .478 |
| Utility | Isaac Willenbring | Beckman, Dyersville | Sr. | 8-1 | 1.22 |
| Utility | Zac Soukup | South Winneshiek | Sr. | 10-1 | 1.79 |

CLASS 1A - FIRST TEAM

| | | | | | |
|------------|------------------|-----------------------------|-----|------|------|
| Pitcher | Ethan Westphal | Martensdale-St. Mary's | Jr. | 14-0 | 0.15 |
| Pitcher | Carson Smith | EHK-Exira | Sr. | 11-1 | 1.01 |
| Pitcher | Blake Louscher | Newman Catholic, Mason City | Jr. | 7-0 | 0.50 |
| Catcher | Jacob Esdohr | Coon Rapids-Bayard | Jr. | | .459 |
| First Base | Tim Schweitzer | Bedford | Sr. | | .548 |
| Infield | Ryan Powers | Calamus-Wheatland | Sr. | | .634 |
| Infield | Jake Allen | Treynor | Jr. | | .515 |
| Infield | Hunter King | Newman Catholic, Mason City | Jr. | | .419 |
| Outfield | Cole Welter | Don Bosco, Gilbertville | Sr. | | .544 |
| Outfield | Andrew Utterback | Sigourney | Jr. | | .506 |
| Outfield | Brendon Boerm | North Tama | Jr. | | .430 |
| Utility | Austin Hughes | Preston | Sr. | | .467 |
| Utility | Ryan Shumaker | Woodward-Granger | Sr. | | .465 |

CLASS 1A - SECOND TEAM

| | | | | | |
|------------|-------------------|----------------------------------|-------|-----|------|
| Pitcher | Ben Hecker | St. Albert, Council Bluffs | Soph. | 8-0 | 1.62 |
| Pitcher | Austin Vaske | Bishop Garrigan, Algona | Sr. | 6-3 | 2.50 |
| Pitcher | Tanner Kockler | St. Mary's, Remsen | Sr. | 9-3 | 1.96 |
| Catcher | Brandon Welter | Don Bosco, Gilbertville | Jr. | | .411 |
| First Base | Jacob Milton | Kee, Lansing | Sr. | | .453 |
| Infield | Kyle Denning | Cedar Falls, Northern University | Jr. | | .569 |
| Infield | Clay Welter | Don Bosco, Gilbertville | Jr. | | .505 |
| Infield | Dillon Coates | Martensdale-St. Mary's | Jr. | | .489 |
| Outfield | Andrew Brown | St. Albert, Council Bluffs | Sr. | | .437 |
| Outfield | Andrew Stone | Cedar Falls, Northern University | Jr. | | .474 |
| Outfield | Riley Hochstedler | Iowa Mennonite | Jr. | | .422 |
| Utility | Jake Larsen | North Sentral Kossuth | Jr. | | .461 |
| Utility | Jake Defenbaugh | Martensdale-St. Mary's | Sr. | | .512 |

CLASS 1A - THIRD TEAM

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|---------|-------------|-----------|-----|-----|------|
| Pitcher | Seth Nutter | SE Warren | Jr. | 7-2 | 3.80 |
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|------------|-------------------|-----------------------------|-----|-----|------|------|
| Pitcher | Tyler Boeke | Coon Rapids-Bayard | Sr. | 8-0 | 3.48 | |
| Pitcher | Sheldon Gryp | HLV, Victor | Sr. | 7-0 | 1.66 | |
| Catcher | Mike Burroughs | Kee, Lansing | Jr. | | | .476 |
| First Base | Jordan Lammeert | Treynor | Jr. | | | .489 |
| Infield | Tanner McClenahan | Keota | Jr. | | | .494 |
| Infield | Tyler Cizek | North Tama | Jr. | | | .447 |
| Infield | Russell Hemeter | Nishnabotna | Sr. | | | .462 |
| Outfield | Blake Pederson | North Sentral Kossuth | Sr. | | | .438 |
| Outfield | Drew Verstegen | Newman Catholic, Mason City | Jr. | | | .359 |
| Outfield | Brett Capesius | Bishop Garrigan, Algona | Sr. | | | .406 |
| Utility | Chris Linenmeyer | Bedford | Sr. | | | .429 |
| Utility | Nolan Himmelberg | EHK-Exira | Sr. | | | .463 |