

2009-10 MVC ALL-CONFERENCE Wrestling Team

Mississippi Division

FIRST TEAM ALL-DIVISION

Weight	Name	Overall Rec.	School	Grade
103	<i>Alonzo Henderson</i>	<i>25-5</i>	<i>Waterloo West</i>	<i>11</i>
	Kegan Wakefield	21-1	Iowa City West	9
112	Jack Hathaway	39-2	Iowa City West	10
119	Jon Skarda	31-9	Iowa City West	12
125	Luke Kremer	32-4	C.R. Kennedy	10
130	Braxton Chicchelly	26-7	C.R. Xavier	11
135	Gradey Gambrall	38-5	Iowa City West	10
140	Kevin Brimeyer	24-11	Dubuque Hempstead	11
145	Jordan Baskerville	24-12	C.R. Kennedy	11
152	Justin Koethe	24-1	Iowa City West	10
160	Nick Moore	41-0	Iowa City West	12
171	David Solis	20-10	Iowa City West	12
189	Dexter Curry	16-3	Iowa City City	12
215	Brock Haas	32-3	Dubuque Hempstead	12
285	Josh McDonald	29-4	C.R. Xavier	12

COACH OF THE YEAR - Mark Reiland & Iowa City West Coaching Staff

SECOND TEAM ALL-DIVISION

Weight	Name	Overall Rec.	School	Grade
103				
112	Ben Feuerhelm	24-15	C.R. Kennedy	10
119	Ryan Rodriguez	24-13	C.R. Kennedy	10
125	Shane Broderick	24-9	Dubuque Wahlert	10
130	Shane Williams	25-13	C.R. Kennedy	10
135	Sam Hunter	5-Sep	C.R. Kennedy	12
140	Logan Kubovec	20-14	C.R. Kennedy	11
145	Evan Smith	18-16	Dubuque Hempstead	11
152	Ryan Sheldon	29-9	C.R. Kennedy	11
160	Zach Parsons	26-8	C.R. Kennedy	12
171	<i>Mike Steimel</i>	<i>21-13</i>	<i>Waterloo West</i>	<i>12</i>
189	Mitch Berendes	23-12	Dubuque Hempstead	11
215	Mickey Pelfrey	33-9	Iowa City West	9
285	Colin Johnson	26-10	Dubuque Hempstead	12

2009-10 MVC ALL-CONFERENCE Wrestling Team

Mississippi Division

HONORABLE MENTION ALL-DIVISION

Weight	Name	Overall Rec.	School	Grade
103	Taylor Moss	15-13	C.R. Kennedy	9
112	Michael Roe	17-11	Waterloo West	12
	Greg Vance	21-13	Dubuque Wahlert	10
119	Jacob Showalter	13-Oct	Waterloo West	9
125	Alex Jensen	23-17	Iowa City City	12
	Sam Chalkley	26-14	Iowa City West	10
130	Dustin Phillips	18-13	Waterloo West	12
	Tracy Bowers	22-14	Iowa City West	12
135	John Slater	15-15	C.R. Xavier	12
140	Jon Kane	14-20	Dubuque Wahlert	12
	Andrew Martin	16-15	Waterloo West	10
145	Jon Stegall	21-15	Iowa City West	12
152	Brent Hamm	25-13	Iowa City City	11
160	Ian Brauer	20-14	Waterloo West	11
171	Kody Dailey	21-16	Iowa City City	10
	Peter Ickes	18-6	C.R. Xavier	11
189	Austin Moore	15-15	Waterloo West	10
215	David Ryberg	21-10	C.R. Xavier	12
285	Jamal Thompson	15-11	Iowa City West	12
	Cody Donnelly	24-17	Iowa City City	11

WRESTLING ACADEMIC HONORS

Drew Johnson	C.R. Kennedy
Chas Mollenhauer	
Josh McDonald	C.R. Xavier
Jason Milke	
Brian Ensign	Dubuque Hempstead
Brock Haas	
Ben Berning	Dubuque Wahlert
Jon Kane	
Isaac Thompson	Iowa City City
Alex Sullivan	
Nick Moore	Iowa City West
Griffin Weihe	
Ian Brauer	Waterloo West

2009-10 MVC ALL-CONFERENCE Wrestling Team**Valley Division****FIRST TEAM ALL-DIVISION**

Weight	Name	Overall Rec.	School	Grade
103	Joel Northrup	32-3	Linn-Mar	9
112	Bryce Lynn	23-4	Dubuque Senior	11
119	Kirk Sallis	18-1	Waterloo East	12
125	Dan Radig	20-19	Linn-Mar	11
130	Demetrious Taylor	20-2	Waterloo East	12
135	Josh Pederson	26-9	Linn-Mar	10
140	Tim Toerner	17-12	Cedar Falls	12
145	Zach Witte	28-3	C.R. Prairie	10
152	Michael Kelly	30-1	Cedar Falls	12
160	K.C. Groomes	19-15	Cedar Falls	11
171	Mark Atwater	24-6	Linn-Mar	10
189	Kyven Gadson	23-0	Waterloo East	12
215	Josh Lambrecht	17-0	C.R. Prairie	12
285	Mac Mahmens	20-5	Linn-Mar	11
	Conner Herman	25-1	C.R. Jefferson	11

COACH OF THE YEAR - Doug Streicher & Linn-Mar Coaching Staff

SECOND TEAM ALL-DIVISION

Weight	Name	Overall Rec.	School	Grade
103	Zach Becicka	27-7	C.R. Prairie	10
112	DeShawn Robertson	22-6	Waterloo East	10
119	Jordan Eicher	16-13	C.R. Washington	10
125	Blake Carson	19-13	C.R. Jefferson	11
130	Jeremy Severin	18-15	Linn-Mar	11
135	Dylan Moenck	12-21	C.R. Jefferson	11
140	Cameron Rathje	20-11	C.R. Prairie	9
145	Dailey Johnson	31-5	Linn-Mar	12
	Stephen Settlage	18-11	C.R. Jefferson	12
152	Peyton Wagner	24-5	C.R. Prairie	10
160	Austin Gould	8-3	C.R. Prairie	9
171	Alex Steenblock	25-11	C.R. Prairie	
189	Riley Welsh	19-14	C.R. Jefferson	11
215	Cody Hirsch	17-12	Cedar Falls	11
285				

2009-10 MVC ALL-CONFERENCE Wrestling Team

Valley Division

HONORABLE MENTION ALL-DIVISION

Weight	Name	Overall Rec.	School	Grade
103				
112	Jayden Flege	23-12	C.R. Prairie	9
119	Dehrik Bevins	13-14	Linn-Mar	10
125				
130	Casey Becker	13-11	C.R. Prairie	9
135	Sam Dagit	11-18	Cedar Falls	11
140	Jeremy Helgeson	19-13	Waterloo East	11
145				
152	John Conner	22-15	Linn-Mar	10
160	Kyle Boesenberg	18-18	C.R. Jefferson	12
171	David Langely	9-12	Cedar Falls	10
189	Andrew Netolicky	21-11	C.R. Prairie	9
215	Michael Smock	7-5	Waterloo East	11
285	Tyler Burrell	18-17	C.R. Washington	10

WRESTLING ACADEMIC HONORS

<u>NAME</u>	<u>SCHOOL</u>
Michael Kelley	Cedar Falls
Tim Toerner	
Zac Builta	C.R. Jefferson
Stephen Settlage	
Derek Dozier	C.R. Prairie
Jordan Netolicky	
Zach Pilcher	C.R. Washington
Justin Cole	
TJ Weidemann	Dubuque Senior
Enoch Warnke	
Michael Green	Linn-Mar
Dailey Johnson	
Jeremy Helgeson	Waterloo East
Kendrick Veasley	