

Jeffery tops All-Metro wrestling team

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Linn-Mar state champion Alijah Jeffery has been named the Athlete of the Year on the 2014 All-Metro wrestling team, selected by the Metro wrestling coaches.

Jeffery won the 120-pound title at the state meet last week. He was the only state champion from the Metro area this year.

Blake Williams of Prairie was named the Coach of the Year on the All-Metro team.

Linn-Mar claimed five of the 14 spots on the first team with Jeffery (120), Damon Griffin (126), Ross Lembeck (152), Andrew Holladay (195) and Sam Nowak (220).

Xavier had four spots on the first team with Clint Lembeck (132), Nick Drahozal (145), Sean Ickes (170) and Cole Turner (285).

Prairie had two first-team selections with Josh Wenger (138) and Skyler St. John (160). Jefferson also had two picks with Brenden Baker (106) and Josh Allen (182). Nolan Hrmidko (113) of Kennedy also made the top unit.

ALL-METRO WRESTLING

Second Team

- 106 - Marcus England (Prairie)
- 113 - Noah Ajram (Linn-Mar)
- 120 - Sam Uthoff (Prairie)
- 126 - Logen Rodriguez (Kennedy)
- 132 - Matt Wempen (Linn-Mar)
- 138 - Trey Schuler (Washington)
- 145 - Tavian Rashed (Jefferson)

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152 - Trey Blaha (Prairie)
160 - Shea Hartzler (Linn-Mar)
170 - Nick Hogan (Prairie)
182 - Jarod Cadena (Prairie)
195 - Jesse Hynek (Prairie)
220 - William Orr (Jefferson)
220 - Jonah Manson (Prairie)
285 - Dalton Kuehl (Jefferson)

Honorable Mention

106 - Jeff Vipond (Xavier)
113 - Joseph Sibomana (Jefferson)
113 - Dylan Kleinschmidt (Prairie)
120 - Kyle Briggs (Jefferson)
126 - Zack Fiser (Prairie)
132 - Seth Wennermark (Prairie)
132 - Michael Moncivais (Jefferson)
138 - Matt Culver (Jefferson)
138 - Colin Conway (Marion)
145 - Toby Northrup (Linn-Mar)
145 - Taylor Mehmen (Prairie)
152 - Kelly May (Jefferson)
160 - Luke Sedlacek (Jefferson)
170 - Nick Dreckman (Jefferson)
195 - Erik Hovey (Jefferson)
285 - Dallas McFarland (Linn-Mar)