

## Connor Vincent wins Metro Spotlight Award

Written by Metro Sports Report

Sunday, 05 October 2014 19:43 - Last Updated Monday, 06 October 2014 11:51

---



Cedar Rapids Washington senior Connor Vincent is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Vincent is one of the stars for the top-ranked Washington football team.

Vincent, 6-foot-1, 220 pounds, packs a wallop at linebacker for the undefeated Warriors and also sees spot duty in the backfield on offense.

Vincent leads Washington (6-0) with 57 tackles. That number includes 40 solo tackles, 15 tackles for loss, and three sacks. He scored an 18-yard touchdown on defense when he stripped the ball from a Muscatine ballcarrier and raced into the end zone.

He has carried the ball 14 times for 109 yards and one touchdown for a 7.8 yard average. He also has two catches for 21 yards and a touchdown.

Vincent is a strong candidate for Class 4A all-state honors this season. He is big, strong, fast, an excellent leader and plenty tough.

Washington visits Prairie Friday night.