

## **Hawks, Lions, J-Hawks dominate all-MVC wrestling**

Written by Metro Sports Report

Tuesday, 05 February 2013 17:04 - Last Updated Thursday, 07 February 2013 11:34

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The Prairie Hawks, Linn-Mar Lions and Jefferson J-Hawks claimed five first-team spots on the all-Mississippi Valley Conference wrestling team.

Sam Uthoff, Josh Wenger, Trey Blaha, Cameron Rathje and Andrew Netolicky of Prairie were named first team in the Valley Division.

Matt Wempen, Alijah Jeffery, Joel Northrup, Ross Lembeck and Justin Green of Linn-Mar also were named first team in the Valley Division.

P.J. Rashed, Kelly May, Luke Sedlacek, Josh Allen and Drake Allen of Jefferson were named first team in the Mississippi Division.

The other first-team picks from the Metro area were Dax Dills of Washington and Logen Rodriguez of Kennedy.

Blake Williams of Prairie was named the Valley Division Coach of the Year.

### **ALL-MVC WRESTLING**

#### **VALLEY DIVISION**

##### **First Team**

106 - Sam Uthoff (Prairie), 113 - Matt Wempen (Linn-Mar), 120 - Alijah Jeffery (Linn-Mar), 126 - Josh Wenger (Prairie), 132 - Dax Dills (Washington), 138 - Trey Blaha (Prairie), 145 - Joel Northrup (Linn-Mar), 152 - Ross Lembeck (Linn-Mar), 160 - Clark Doyle (Cedar Falls), 170 - Cameron Rathje (Prairie), 182 - Nick Hagedorn (Cedar Falls), 195 - Marcus Harrington (Waterloo West), 220 - Justin Green (Linn-Mar), 285 - Andrew Netolicky (Prairie).

##### **Second Team**

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106 - Noah Ajram (Linn-Mar), 113 - Maison Hubrig (Waterloo West), 120 - Daniel Kelly (Cedar Falls), 126 - Damon Griffin (Linn-Mar), 132 - Manny Jeffery (Linn-Mar), 138 - Shea Hartzler (Linn-Mar), 145 - Skyler St.John (Prairie), 152 - Jamie Day (Prairie), 160 - Dakota Digmann (Linn-Mar) and River Whitters (Prairie), 170 - Weslee Haynes (Wahlert), 182 - Austin Gould (Prairie), 195 - Casey Becker (Prairie), 220- Jesse Hynek (Prairie), 285 - Zac Gillis (Washington).

### **MISSISSIPPI DIVISION**

#### **First Team**

106 - Chase Lynn (Senior), 113 - Logen Rodriguez (Kennedy), 120 - P.J. Rashed (Jefferson), 126 - Chris Walters (IC West), 132 - Jake Duccini (Hempstead), 138 - Kegan Wakefield (IC West), 145 - Kelly May (Jefferson), 152 - Brandon Haas (Hempstead), 160 - Luke Sedlacek (Jefferson), 170 - Donovan Doyle (IC West) and Josh Allen (Jefferson), 182 - Drake Allen (Jefferson), 195 - Mickey Pelfrey (IC West), 220 - Micah Kelsay (IC West), Gannon Gremmel (Hempstead) and Ryan Maas (IC High), 285 - Colin Foerstner (IC West).

#### **Second Team**

106 - Nolan Hromidko (Kennedy), 113 - Kyle Briggs (Jefferson), 120 - Taylor Moss (Kennedy), 126 - Cody Hensel (Jefferson), 132 - J.D. Ruzicka (Kennedy), 138 - Enoc Alvarenga (Senior), 145 - Tyler Hebl (IC West), 152 - John Milani (IC West), 160 - Jackson Voigt (IC West), 170 - No Selection, 182 - Mitch Yoerger (IC West), 195 - Dalton Kuehl (Jefferson), 220 - No Selection, 285 - Chris Poynter (Senior).

### **HONORABLE MENTION**

#### **Metro Only**

Jefferson - Brenden Baker, Michael Moncivais, Dale Deaton  
Kennedy - A.J. Losch, Austen Winders, Nick Polum  
Prairie - Zack Fiser  
Xavier - Clint Lembeck, Jerry Duball, Sean Ickes, Cole Turner  
Washington - J.P. Mercado  
Linn-Mar - Andrew Holladay

### **ALL-ACADEMIC**

#### **Metro Only**

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Jefferson - Cody Hensel, Michael Moncivais

Kennedy - Taylor Moss, J.D. Ruzicka

Prairie - Andrew Netolicky, Jordan Struck

Washington - Zac Gillis, Trey Schuler

Xavier - Jerry Duball, Nick Robinson

Linn-Mar - Joel Northrup, Ted Petersen