

## 5 Metro boys make all-MVC hoops

Written by Metro Sports Report  
Thursday, 06 March 2014 15:44 -

---

Five players from the Metro area have received first-team honors on the 2014 Mississippi Valley Conference boys basketball team.

Adam McDermott of Xavier, Jordan Bohannon of Linn-Mar and Mike Mims of Prairie were named first team all-conference in the Valley Division.

A.J. Carter of Kennedy and Jacob Olson of Jefferson were named first team all-conference in the Mississippi Division.

All five players are guards. McDermott, Bohannon and Carter were unanimous selections.

### 2014 MVC BASKETBALL

#### VALLEY DIVISION

##### First Team

Adam McDermott (Xavier), Cordell Pemsl (Wahlert), Jordan Bohannon (Linn-Mar), Mike Mims (Prairie), Keeon Johnson (Cedar Falls), Josh Carter (Wahlert), Lincoln Conrey (Waterloo West).

##### Second Team

Durrell Jackson (Cedar Falls), Jared Walker (Wahlert), Nolan Timp (Wahlert), Calvin Winker (Xavier), Jared Printy (Washington), Nic Uhler (Linn-Mar), Alex Landers (Waterloo West).

##### Honorable Mention (Metro Only)

Prairie - Mitch Lorenz, Cal Clark

Washington - Maurice Arrington, Jake Kramer

Xavier - Matt Nelson, Mitchell Burger

Linn-Mar - Lane Halupnik, Jon Schlotterback

## 5 Metro boys make all-MVC hoops

Written by Metro Sports Report  
Thursday, 06 March 2014 15:44 -

---

### All-Academic

(Metro Only)

Prairie - Austin Schrader, Michael Mims

Washington - Carlos Nelson, Jacob Kramer

Xavier - Matt Nelson, Michael Biermann

Linn-Mar - Jon Schlotterback, Darrin Eby

Athlete of the Year - Cordell Pemsl, Wahlert

Coach of the Year - Tom English, Wahlert

## MISSISSIPPI DIVISION

### First Team

Kyle Haber (Dubuque Senior), Wyatt Lohaus (Iowa City West), A.J. Carter (Kennedy), David DiLeo (Iowa City West), Jacob Olson (Jefferson), Martell Wilson (Hempstead), Seth Bonifas (Dubuque Senior).

### Second Team

Luke McDonnell (Dubuque Senior), Cole Murdock (Kennedy), Robert Duax (Hempstead), Ondrea Bradford (Waterloo East), Tyler Konigsmark (Jefferson), Ladarius Taylor (Iowa City High), Chike Ukah (Iowa City West).

### Honorable Mention

(Metro Only)

Jefferson - Brandon Wiederin, Jake Van Oort

Kennedy - Drew Heitland, John Bardsley

### All-Academic

Jefferson - Jake Van Oort, Curtis Waltmann

Kennedy - Austin Holzer, Drew Heitland

## **5 Metro boys make all-MVC hoops**

Written by Metro Sports Report  
Thursday, 06 March 2014 15:44 -

---

Athletes of the Year - Kyle Haber, Dubuque Senior; Wyatt Lohaus, Iowa City West  
Coach of the Year - Wendell Eimers, Dubuque Senior