

Atwater MVC football Athlete of the Year

Written by Metro Sports Report

Tuesday, 01 November 2011 21:09 - Last Updated Thursday, 15 December 2011 20:58

Linn-Mar senior quarterback Mark Atwater is the Mississippi Valley Conference Mississippi Division Athlete of the Year for the 2011 football season.

The conference announced its postseason teams Monday. They were chosen by vote of the conference coaches.

Atwater guided the Lions to an undefeated regular season, a Mississippi Division title and No. 2 ranking in the state. He completed nearly 64 percent of his passes for 1,715 yards and 25 touchdowns and also was Linn-Mar's second-leading rusher with 808 yards and 12 touchdowns.

Atwater was one of five Lions selected to the Mississippi Division first team offense and defense. Kennedy and Washington had four apiece.

Xavier had four first-team picks in the Valley Division, Prairie three and Jefferson one.

Linn-Mar senior running back Mitch Wantock rushed for 1,109 yards and nine touchdowns before suffering a broken ankle in the Lions' regular season finale at Xavier. Senior wide receiver Andy Henry caught 53 passes for 1,020 yards and an MVC record 18 touchdowns. Senior defensive lineman AJ Garcia had seven tackles for loss. Senior linebacker Tommy Feller had 86 tackles, eight for loss.

Washington, which knocked Linn-Mar out of the Class 4A playoffs in Monday's second round, was led by senior wide receiver Flynn Heald, who set conference and school records with 21 receptions in a game against Kennedy. He caught 58 passes for 899 yards and five touchdowns. Senior linebacker/safety David Tann had 97 tackles, including 17 for loss. Senior linebacker Sean Bredl had 91 tackles, eight for loss. Senior punter Michael Peterson averaged 39.3 yards per kick.

Kennedy had two first team players on offense and two on defense. Running back/flanker

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Trevor Heitland rushed for 714 yards and 12 touchdowns, and caught 29 passes for 542 yards and five touchdowns. Senior quarterback Chico Lizarraga passed for 1,385 yards and eight touchdowns. Senior defensive end Logan Letellier had 10 tackles for loss among his 93 stops. Senior safety/linebacker Josh Jahlas had a team-high 116 tackles and three interceptions.

Xavier also had two first teamers on offense and defense. Senior offensive lineman William Wright, and junior quarterback Reggie Schulte, who completed 65.5 percent of his passes for 1,501 yards and 12 touchdowns, were on offense. Senior defensive end Kevin Hosch had 32 tackles, and senior linebacker Jack Boland had 39 stops.

Prairie junior Jarred Edmonds, who caught 26 passes for 559 yards and seven touchdowns, was chosen to the first team on offense. The Hawks had two picks on defense. Senior defensive back Brayton Carlson had 30 tackles and three interceptions, and sophomore Tristan Beyer had 52 tackles.

Jefferson senior defensive lineman Mic Vesey was the J-Hawks' lone representative on the first team.

The Valley Division Athlete of the Year is Barkley Hill of Cedar Falls, who has rushed for 2,196 yards and 35 touchdowns heading into Friday's quarterfinal round playoff game against Washington at Kingston Stadium.

Bob Forsyth and the Linn-Mar coaching staff were chosen Mississippi Division coaches of the year. The Cedar Falls staff won the same honor in the Valley Division.

MISSISSIPPI VALLEY CONFERENCE
All-Conference Teams

Mississippi Division

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First Team Offense

Mitch Wantock (Linn-Mar), sr., 6-1, 200
Mark Atwater (Linn-Mar), sr., 6-1, 205
Andy Henry (Linn-Mar), sr., 6-2, 190
Ronald Thompson (Iowa City High), sr. 6-2, 203
Steve Ferentz (Iowa City High), sr., 6-0, 222
Jimmy Lizarraga (Kennedy), 6-2, 180
Trevor Heitland (Kennedy), 5-11, 180
Flynn Heald (Washington), sr., 6-0, 188
Riley McCarron (Wahlert), sr., 5-7, 165
Brady Williams (Wahlert), sr., 6-1, 190
Keegan Gallery (Dubuque Senior), jr., 5-10, 175
Austin Moore (Waterloo West), 6-3, 230
PK - Sam Koenig (Wahlert), sr., 5-9, 175

First Team Defense

Amos Lavela (Iowa City High), jr., 5-9, 194
Jasper Washington (Iowa City High), sr., 6-0, 192
Sawyer Theisen (Wahlert), sr., 5-11, 215
Streat Hoerner (Dubuque Senior), jr., 5-11, 190
David Tann (Washington), sr., 5-11, 180
Sean Bredl (Washington), sr., 6-4, 245
AJ Garcia (Linn-Mar), sr., 6-3, 220
Tommy Feller (Linn-Mar), sr., 5-11, 190
Logan Letellier (Kennedy), sr., 6-3, 220
Josh Jahlas (Kennedy), sr., 6-1, 185
P - Michael Peterson (Washington), sr., 6-2, 230

Second Team Offense

Stohrm Henry (Washington), sr., 6-0, 295
Jake White (Wahlert), sr., 5-9, 165
Sam Koenig (Wahlert), sr., 5-9, 175
Robbie Jones (Dubuque Senior), sr., 5-11, 180
Jon Powers (Dubuque Senior), sr., 6-3, 200
Dustin Smith (Linn-Mar), sr., 6-2, 220
Austin Holzer (Kennedy), soph., 6-3, 245
Alex Hillyer (Kennedy), jr., 5-9, 175
Tanner Odle (Iowa City High), jr., 6-1, 240
Nile Banks (Iowa City High), sr., 6-4, 276
MaKayle Phillips (Waterloo West), jr., 6-2, 250
Dequayvious Martin (Waterloo West), jr., 5-10, 195

Second Team Defense

Shane Williams (Kennedy), sr., 5-11, 180
Michael Lawshea (Kennedy), sr., 5-8, 165
Colton Sanchez (Linn-Mar), sr., 6-2, 210

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Travis Kvach (Linn-Mar), sr., 5-7, 150
Michael Redmond (Linn-Mar), sr., 5-11, 170
John Law (Iowa City High), sr., 6-0, 205
Jeremy Johnson (Iowa City High), sr., 5-10, 165
Michael Daughtery (Washington), sr., 6-1, 190
Ryan Cain (Washington), sr., 6-1, 188
Alec Dietzel (Wahlert), jr., 5-10, 165

Honorable Mention

Kennedy - Gage Berry, David Hynek, Riley Fergus, Jacob Frazier-Flores, Drew Heitland
Washington - Tyler Burrell, Mitch Bredeson, Zac Gillis, McCauley Todd, Mitch Blades
Linn-Mar - Jacob Hutchins, Zach Martins, Nick Trabucco, Justin Green, Bryan Goings

Academic All-Conference

Kennedy - Ben Feltes, Josh Jahlas
Washington - Braedon Tovey, Tyler Burrell
Linn-Mar - Brandon Ophoff, Jack Halupnik

Athlete of the Year - Mark Atwater (Linn-Mar)

Coach of the Year - Bob Forsyth and Linn-Mar coaching staff

Valley Division

First Team Offense

James Harrington (Cedar Falls), sr., 6-0, 170
Barkley Hill (Cedar Falls), sr., 6-0, 210
Ross Pierschbacher (Cedar Falls), soph., 6-4, 275
Jarred Edmonds (Prairie), jr., 6-2, 179
Charles Rogers (Iowa City West), sr., 6-1, 195
Dondre Alexander (Iowa City West), jr., 6-3, 205
William Wright (Xavier), sr., 6-3, 230
Reggie Schulte (Xavier), jr., 6-2, 195
Desmond VanArsdale (Waterloo East), jr., 6-0, 202
Alex Smith (Hempstead), sr., 6-0, 150
PK - Jacob Fagersten (Cedar Falls), 5-9, 160

First Team Defense

Ben Challgren (Cedar Falls), sr., 6-2, 218
Brayton Carlson (Prairie), sr., 5-9, 144
Tristan Beyer (Prairie), soph., 5-11, 176
Anthony Brown (Iowa City West), sr., 5-11, 200
Ben Hilmer (Iowa City West), jr., 6-2, 240
Ezra Reiners (Iowa City West), jr., 5-10, 170
Kelvin Clark (Waterloo East), jr., 6-2, 215
Russell Jones (Waterloo East), jr., 6-1, 198

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Kevin Hosch (Xavier), sr., 6-4, 210
Jack Boland (Xavier), sr., 5-11, 185
Brett Haas (Hempstead), sr., 6-1, 230
Mic Vesey (Jefferson), sr., 6-3, 270
P - Nate Sahr (Waterloo East), sr., 6-0, 185

Second Team Offense

Zach Rahnavardi (Cedar Falls), sr., 6-0, 225
Sam Manternach (Prairie), sr., 6-4, 230
Bryce Meeker (Prairie), fr., 6-4, 250
Mondo Williams (Iowa City West), sr., 5-10, 150
Jeremy Morgan (Iowa City West), jr., 6-5, 160
Darrell Caldwell (Waterloo East), jr., 5-11, 243
LeTray Reed (Waterloo East), sr., 5-10, 163
Carter Valentine (Xavier), sr., 6-2, 190
Ryan Eivins (Jefferson), sr., 6-2, 300
Christian Knox (Jefferson), sr., 6-0, 175
Mike Canfield (Hempstead), sr., 6-5, 220

Second Team Defense

Shawn Hagarty (Cedar Falls), sr., 5-9, 175
Parker Smith (Cedar Falls), sr., 5-11, 205
Randy Bryan (Cedar Falls), jr., 6-1, 205
Mitch Dellamuth (Prairie), soph., 5-9, 145
Colin Foerstner (Iowa City West), jr., 5-11, 255
Jessie Peterson (Iowa City West), jr., 6-1, 195
Jordan Johnson (Waterloo East), jr., 5-11, 178
Colm Larkin (Xavier), sr., 6-3, 200
Jordan Weber (Xavier), sr., 6-1, 180
Connor Ehlers (Hempstead), sr., 6-1, 175

Honorable Mention

Jefferson - Tanner Lund, Taylor Birkicht, Austin Goodell, Alex Baxter, Austin Short
Prairie - Jace Hanna, Demetrius Harper, Bryce Alberts, Jason Vizzini, Cam Rathje
Xavier - Corbin Woods, Seth Fahnle, Matt Hansen, Jordan Hoffman, Josh Giles

Academic All-Conference

Jefferson - Jordan Dee, Mitchell Khader
Prairie - Sam Manternach, Bryce Alberts
Xavier - Joseph Pape, Tyler Laska

Athlete of the Year - Barkley Hill (Cedar Falls)

Coach of the Year - Pat Mitchell, Brad Remmert and Cedar Falls coaching staff