

2009-2010  
MISSISSIPPI VALLEY ALL-CONFERENCE  
WRESTLING TEAM

MISSISSIPPI DIVISION

FIRST TEAM ALL-DIVISION

<b>Weight</b>	<b>Name</b>	<b>Record</b>		<b>Grade</b>
		<b>Overall</b>	<b>School</b>	
<b>103</b>	Alonzo Henderson	25-5	Waterloo West	11
	Kegan Wakefield	21-1	Iowa City West	9
<b>112</b>	Jack Hathaway	39-2	Iowa City West	10
<b>119</b>	Jon Skarda	31-9	Iowa City West	12
<b>125</b>	Luke Kremer	32-4	C.R. Kennedy	10
<b>130</b>	Braxton Chicchelly	26-7	C.R. Xavier	11
<b>135</b>	Gradey Gambrall	38-5	Iowa City West	10
<b>140</b>	Kevin Brimeyer	24-11	Dubuque Hempstead	11
<b>145</b>	Jordan Baskerville	24-12	C.R. Kennedy	11
<b>152</b>	Justin Koethe	24-1	Iowa City West	10
<b>160</b>	Nick Moore	41-0	Iowa City West	12
<b>171</b>	David Solis	20-10	Iowa City West	12
<b>189</b>	Dexter Curry	16-3	Iowa City City	12
<b>215</b>	Brock Haas	32-3	Dubuque Hempstead	12
<b>285</b>	Josh McDonald	29-4	C.R. Xavier	12

COACH OF THE YEAR Mark Reiland & Iowa City West Coaching Staff

**MISSISSIPPI VALLEY ALL-CONFERENCE  
WRESTLING TEAM**

MISSISSIPPI DIVISION

SECOND TEAM ALL-DIVISION

<b>Weight</b>	<b>Name</b>	<b>Record Overall</b>	<b>School</b>	<b>Grade</b>
<b>103</b>				
<b>112</b>	Ben Feuerhelm	24-15	C.R. Kennedy	10
<b>119</b>	Ryan Rodriguez	24-13	C.R. Kennedy	10
<b>125</b>	Shane Broderick	24-9	Dubuque Wahlert	10
<b>130</b>	Shane Williams	25-13	C.R. Kennedy	10
<b>135</b>	Sam Hunter	9-5	C.R. Kennedy	12
<b>140</b>	Logan Kubovec	20-14	C.R. Kennedy	11
<b>145</b>	Evan Smith	18-16	Dubuque Hempstead	11
<b>152</b>	Ryan Sheldon	29-9	C.R. Kennedy	11
<b>160</b>	Zach Parsons	26-8	C.R. Kennedy	12
<b>171</b>	Mike Steimel	21-13	Waterloo West	12
<b>189</b>	Mitch Berendes	23-12	Dubuque Hempstead	11
<b>215</b>	Mickey Pelfrey	33-9	Iowa City West	9
<b>285</b>	Colin Johnson	26-10	Dubuque Hempstead	12

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MISSISSIPPI DIVISION

HONORABLE MENTION ALL-DIVISION

<b>Weight</b>	<b>Name</b>	<b>Record Overall</b>	<b>School</b>	<b>Grade</b>
<b>103</b>	Taylor Moss	15-13	C.R. Kennedy	9
<b>112</b>	Michael Roe	17-11	Waterloo West	12
	Greg Vance	21-13	Dubuque Wahlert	10
<b>119</b>	Jacob Showalter	10-13	Waterloo West	9
<b>125</b>	Alex Jensen	23-17	Iowa City City	12
	Sam Chalkley	26-14	Iowa City West	10
<b>130</b>	Dustin Phillips	18-13	Waterloo West	12
	Tracy Bowers	22-14	Iowa City West	12
<b>135</b>	John Slater	15-15	C.R. Xavier	12
<b>140</b>	Jon Kane	14-20	Dubuque Wahlert	12
	Andrew Martin	16-15	Waterloo West	10
<b>145</b>	Jon Stegall	21-15	Iowa City West	12
<b>152</b>	Brent Hamm	25-13	Iowa City City	11
<b>160</b>	Ian Brauer	20-14	Waterloo West	11
<b>171</b>	Kody Dailey	21-16	Iowa City City	10
	Peter Ickes	18-6	C.R. Xavier	11
<b>189</b>	Austin Moore	15-15	Waterloo West	10
<b>215</b>	David Ryberg	21-10	C.R. Xavier	12
<b>285</b>	Jamal Thompson	15-11	Iowa City West	12
	Cody Donnelly	24-17	Iowa City City	11