Written by Scott Unash Tuesday, 27 September 2011 17:41 - Last Updated Tuesday, 27 September 2011 22:54



A quick look at all eight Metro football teams at the halfway mark of the 2011 season. The teams appear in alphabetical order:

# CEDAR VALLEY CHRISTIAN (0-4)

The first year of football has ended for the Huskies and it went as was to be expected for a first-year football school. The win-loss record was not important for the Huskies this fall. What was important was that they learn the game and get kids excited to play the game. Let's remember, the Huskies only had one player with any football experience coming into the year.

What needs to be done in the second half?

Cedar Valley will be playing some JV games in the next few weeks. That is just what the doctor ordered. Get the kids more experience and more practice, just avoid any injuries.

JEFFERSON (0-5)

If you're a football fan you have to feel for Coach Jim Womochil and the J-Hawks. After a somewhat promising start to the season, the injury bug hit with a vengeance once again and Jefferson is moving personnel all around the field. That usually doesn't bode well in the tough MVC. Still, there are chances for a Jefferson win coming up and that would be a great tonic.

What needs to be done in the second half?

The J-Hawks need to get healthy, get some breaks, stay close and sneak out a win. If ever a

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program deserves to have this happen it is Jefferson.

KENNEDY (2-3)

Interestingly enough the Cougars are ahead of where they were last year when they put together their big second-half run into the playoffs. The question is can they pick things up again? Kennedy is certainly a dangerous team with a pair of tough runners and a defense that has improved. Some big games loom as the Cougars try to improve their postseason positioning.

What needs to be done in the second half?

The Cougars need to continued to improve on offense and win the games they will be favored to win.

LINN-MAR (5-0)

What more can be said of the first five games of the year for the Lions? Undefeated, opened a great new stadium, and continued to improve in each game. That's the recipe for success. Big starts in each game have propelled the Lions. Mark Atwater continues to make a case as the Metro's top player.

What needs to be done in the second half?

The schedule gets tougher after a home date this Friday with Dubuque Senior. The Lions face Washington, City High and Xavier over the last three games with two of those on the road. An unbeaten regular season would be great, but more importantly the Lions need to keep everyone healthy and position themselves for a deep postseason run.

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MARION (4-1)

After dropping their district opener, the Indians have rebounded with a bang with a dominant running game and a tough defense. Colton Storla is one of the best running backs in 3A and is on the verge of putting himself alongside some of the greats at Marion, such as Carey Bender and Todd Twachtmann.

What needs to be done in the second half?

The last three games will determine the season for the Indians. District 5 is much tougher this season and the Indians close with three toughies in DeWitt Central, Union and Maquoketa. The good thing is that two of those games are at Thomas Park. Win two out of three and the Indians should be in the postseason with no problem.

WASHINGTON (3-2)

The Warriors have had a yo-yo of a season so far. The injury bug hit early and hard forcing some personnel moves and then after a good start the Warriors hit a small speed bump over back-to-back weeks. Now people are starting to get healed up and it's a good thing because the next three weeks will be tough, starting at City High on Friday night. Flynn Heald has emerged as one of the state's top receivers.

What needs to be done in the second half?

The Warriors play at City High, are home to Linn-Mar and at Iowa City West, a schedule that is. in a word, brutal. After somewhat of a slow start, the experienced offensive and defensive lines are starting to put things together and with Will Griffin slated to come back soon, that is good news. The Warriors need to keep their heads above water over the next three games and get things pointed in the right direction for the playoffs.

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**XAVIER (3-2)** 

It has certainly been a tough couple of weeks for the Saints. Back-to-back games with the state's top two teams were tough, but will more than likely pay dividends later for Xavier. Friday is a big night to see where the psyche is of this football team is as they play another top 10, lowa City West, on the the road.

What needs to be done in the second half?

Xavier has all the parts assembled, but can it get things back on the track after a pair of tough games? Saints teams usually get better as the year moves along. Despite the two losses this team may still be one of the best in the Metro and the MVC.

(Scott Unash is the sports and program director at KGYM-AM 1600. He is a six-time winner of the Iowa Broadcast News Association play-by-play Announcer of the Year Award. Scott and Mark Dukes co-host the Gym Class weekdays from 3-4 p.m. on KGYM)