

Cougars top All-Metro baseball team

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Derek Jacobus, Sammy Lizarraga, Zach Daniels and Blake Hargens from Kennedy High School have been named first team All-Metro by the Metro baseball coaches.

Spencer Van Scoyoc and Marcus Colbert made the first unit from Jefferson. Adam Pick and Bryce Grimm were named from Xavier. Landen Akers and Trey Leonard were honored from Washington.

Quinn Cannoy of Marion, Manny Jeffery of Linn-Mar and Jalen Rima of Prairie also made the top unit.

Kennedy Coach Bret Hoyer and his assistants were named the Coach of the Year.

FIRST TEAM

Derek Jacobus (Kennedy), Sammy Lizarraga (Kennedy), Zach Daniels (Kennedy), Blake Hargens (Kennedy), Spencer Van Scoyoc (Jefferson), Marcus Colbert (Jefferson), Adam Pick (Xavier), Bryce Grimm (Xavier), Quinn Cannoy (Marion), Landen Akers (Washington), Trey Leonard (Washington), Manny Jeffery (Linn-Mar), Jalen Rima (Prairie).

SECOND TEAM

Lucas Larson (Jefferson), Spencer Hunt (Jefferson), Nolan Arp (Xavier), Colin O'Connell

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(Xavier), Christian Stekl (Marion), David Kuhn (Marion), Matt Troendle (Washington), Johnny Dobbs (Washington), Ben Milks (Prairie), Ben Larson (Linn-Mar).

HONORABLE MENTION

Xavier - Nolan Even, Ryan Flaherty

Jefferson - Ben Koering, Jared Eivins

Marion - Logan Fuller, Trevor Hardman

Washington - Jared Thorson, Chris Harrington

Linn-Mar - Caleb Reimer, Ryan Wyant

Kennedy - Ben Sass, Matt Stevens

Prairie - Cal Clark, Trey Beckman