

Evans, Decker grab MVC honors

Written by Metro Sports Report
Tuesday, 22 October 2013 20:19 -

Josh Evans and Amber Decker of Linn-Mar have been named Athletes of the Year on the Mississippi Valley Conference cross country teams in the Valley Division, the league announced Tuesday.

Todd Goodell of Linn-Mar was named the Coach of the Year.

Tanner Rathje and Michael Mather of Linn-Mar joined Evans on the Valley Division first team. Jake Moore, Isaiah Vlasek, Mitch Pritts and Tysen VanDraska of Prairie joined the three Linn-Mar runners on the first unit.

Maddie Saville and Morgan Garcia of Linn-Mar joined Decker on the Valley Division first team. Shannon Gorman of Washington and Jenny Dickes of Xavier also made the top honor squad.

Alyssa Averhoff and Allison Culver of Kennedy were named first team all-conference in the Mississippi Division.

2013 MVC CROSS COUNTRY TEAMS

VALLEY DIVISION BOYS

First Team

Josh Evans (Linn-Mar), Jake Moore (Prairie), Tanner Rathje (Linn-Mar), Isaiah Vlasek (Prairie), Mitch Pritts (Prairie), Michael Mather (Linn-Mar), Tysen VanDraska (Prairie).

Second Team

Daniel Murphy (Linn-Mar), Jonathon Smith (Cedar Falls), Jared Failor (Cedar Falls), Timothy

Evans, Decker grab MVC honors

Written by Metro Sports Report
Tuesday, 22 October 2013 20:19 -

Sevcik (Cedar Falls), Dylan Southall (Cedar Falls), Jake Hartman (Cedar Falls), Spencer Van Dorn (Cedar Falls).

Honorable Mention

Ryan Murphy (Linn-Mar), Greyson Dolezal (Linn-Mar), Andrew Donovan (Wahlert), Steve Culpepper (Xavier), Mitch Black (Waterloo West), Dietz Meyer (Wahlert), Ross Adams (Prairie).

All-Academic

(Metro Only)

Logan Heitz (Prairie), Jesse Hellman (Prairie), Michael Andersland (Washington), Sam Kline (Washington), Jacob Schmitt (Xavier), Bryce Volk (Xavier), Tanner Rathje (Linn-Mar), Josh Evans (Linn-Mar).

Athlete of the Year - Josh Evans, Linn-Mar

Coach of the Year - Todd Goodell, Linn-Mar

MISSISSIPPI DIVISION BOYS

First Team

Jonathan Specht (Hempstead), Mark Fairley (Dubuque Senior), Daniel Gardarsson (Iowa City West), Joe Meehan (Hempstead), Akash Borde (Iowa City West), Cole Folken (Dubuque Senior), Ryan Dorman (Iowa City High).

Second Team

Chris Ohrt (Iowa City High), Jarrett Purdy (Iowa City High), Will Smith (Hempstead), Mark Whalen (Dubuque Senior), Wynton Karanja (Iowa City West), Patrick Cyubahiro (Iowa City High), Abdalla Ali (Iowa City West).

Honorable Mention

Alec Rutkowski (Hempstead), Rasheem Shivers (Iowa City High), Joel Bender (Iowa City High), Michael Fink (Hempstead), Taylor Donner (Dubuque Senior), Matthew Dodge (Iowa City High), Nick Feeley (Iowa City West).

Evans, Decker grab MVC honors

Written by Metro Sports Report
Tuesday, 22 October 2013 20:19 -

All-Academic

(Metro Only)

Aaron Jencks (Jefferson), Brandon Wise (Jefferson), Matthew Stevens (Kennedy), Ethan Williams (Kennedy).

Athlete of the Year - Jonathan Specht, Hempstead

Coach of the Year - Mark Ressler, Hempstead

VALLEY DIVISION GIRLS

First Team

Amber Decker (Linn-Mar), Shannon Gorman (Washington), Sammie Sproul (Waterloo West), Maddie Saville (Linn-Mar), Morgan Garcia (Linn-Mar), Jenny Dickes (Xavier), Emily Moes (Wahlert).

Second Team

Cayla Renwick (Prairie), Sydney Johnston (Linn-Mar), Rachel Perry (Linn-Mar), Hanna Saville (Linn-Mar), Maddie Mann (Linn-Mar), Emiko Coffey (Xavier), Cassidy Christopher (Cedar Falls).

Honorable Mention

Amanda Fishel (Cedar Falls), Katie Costigan (Prairie), Addy Hoffman (Xavier), Eilish Stanek (Prairie), Morgan Stuckenschneider (Washington), Holly Schmitz (Cedar Falls), Victoria Enyart (Prairie).

All-Academic

(Metro Only)

Anna Rubsam (Prairie), Abby Rubsam (Prairie), Holly Wisnousky (Prairie), Mikayla Frye (Washington), MJ Kamin (Washington), Marinna Schroud (Xavier), Lauren Smith (Xavier), Morgan Uridil (Linn-Mar), Dana Sublett (Linn-Mar).

Athlete of the Year - Amber Decker, Linn-Mar

Evans, Decker grab MVC honors

Written by Metro Sports Report
Tuesday, 22 October 2013 20:19 -

Coach of the Year - Todd Goodell, Linn-Mar

MISSISSIPPI DIVISION GIRLS

First Team

Ashlynn Yokom (Iowa City West), Alyssa Averhoff (Kennedy), Allison Culver (Kennedy), Mollie Shepherd (Iowa City High), Mary Arch (Iowa City High), Jessie Skopec (Iowa City West), Emmie Skopec (Iowa City West).

Second Team

Elly Tebon (Dubuque Senior), Olivia Moore (Iowa City West), Carolyn Stone (Kennedy), Gabby Skopec (Iowa City West), Lauren Meyer (Kennedy), Emma Tonn (Dubuque Senior), Alesha Duccini (Hempstead).

Honorable Mention

Laura Feld (Kennedy), Kendra Conforti (Dubuque Senior), Victoria Vail (Dubuque Senior), Victoria O'Hare-Healey (Dubuque Senior), Meredith Koenigsfeld (Jefferson), Kristen Savary (Dubuque Senior), Fanta Traore (Iowa City High).

All-Academic

(Metro Only)

Lucy Schneekloth (Jefferson), Alyssa Averhoff (Kennedy), Allison Culver (Kennedy), Jamie Vogl (Kennedy).

Athlete of the Year - Ashlynn Yokom, Iowa City West

Coach of the Year - Mike Parker, Iowa City West