

2019 Lakeland All-Conference - Football

Offense - First Team		School	Position	Height	Weight	Year
	Adam Waite	Turtle Lake	QB	6'	170	Sr
	Tate Sauerwein	LH-C	RB	5'10"	190	Sr
	Ivan Ruble	Clear Lake	RB	5'10"	180	Sr
	Aden Story	LH-C	FB	6'	200	Sr
	Luke Flaherty	Unity	TE	6'3"	200	Sr
	Casey Kahl	Turtle Lake	SE	6'4"	170	Sr
	Lucas Torgerson	Turtle Lake	AP	6'2"	185	Sr
	Cody Hassel	Turtle Lake	OL	6'	225	Sr
	Carson Johnson	Unity	OL	6'1"	240	Sr
	Jordan Spegal	LH-C	OL	5'11"	310	Sr
	Ike Lee	Grantsburg	OL	6'2"	240	Jr
	Ashton Duden	Clear Lake	OL	6'1"	240	Jr
POY	Tate Sauerwein	LH-C				

Offense - Second Team		School	Position	Height	Weight	Year
	Jake Bloom	Unity	QB	6'3"	195	Sr
	Dalton Binkowski	E-PC	RB	5'9"	180	Sr
	Isaac Quimby	Grantsburg	RB	5'10"	160	Soph
	Reed Arnold	Grantsburg	TE	5'11"	185	Sr
	Zach Miller	Grantsburg	SE	6'3"	190	Soph
	Coleton Peterson	Webster	AP	6'4"	190	Sr
	Trent Keppen	Turtle Lake	OL	6'2"	210	Sr
	Harlo Olson	Webster	OL	6'3"	325	Sr
	Andrew Solfest	E-PC	OL	5'11"	260	Jr
	Owen Raboin	Unity	OL	5'10"	260	Sr
	Tyler Harycki	LH-C	OL	6'3"	255	Sr

Offense - Honorable Mention		School	Position	Height	Weight	Year
	Sterling McKinley	Grantsburg	QB	5'11"	160	Jr
	Nathan Stadler	Webster	RB	5'10"	185	Sr
	Josh Jones	LH-C	AP	5'9"	140	Sr
	Dylan Nitchey	Turtle Lake	AP	5'11"	160	Sr
	Mike Nelson	Unity	OL	6'3"	275	Soph
	Jacob Berg	Webster	OL	5'9"	225	Sr
	Brendan Strenke	Turtle Lake	SE	6'1"	170	Soph
	John Henn	E-PC	OL	6'2"	215	Sr
	Carter Lillie	Clear Lake	OL	5'11"	225	Soph
	Carter Johnson	Grantsburg	OL	6'1"	230	Jr
	Adam Weihe	Unity	RB	5'9"	185	Jr
	Heath Foeller	Unity	RB	6'1"	180	Jr
	Riley Ewer	Flambeau	RB	6'1"	175	Soph

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Defense - First Team					
	School	Position	Height	Weight	Year
Ivan Ruble	Clear Lake	ILB	5'10"	180	Sr
Tate Sauerwein	LH-C	ILB	5'10"	190	Sr
Dalton Binkowski	E-PC	ILB	5'9"	180	Sr
Jack Nelson	Unity	OLB	6'3"	195	Sr
Cody Hassel	Turtle Lake	OLB	6'	225	Sr
Mason Heffner	Turtle Lake	DL	6'	175	Sr
Dakota Miller	Flambeau	DL	6'3"	255	Sr
Mike Nelson	Unity	DL	6'3"	275	Soph
Luke Flaherty	Unity	DB	6'3"	200	Sr
Dane Jensen	Grantsburg	DB	6'	160	Sr
Dylan Nitchey	Turtle Lake	DB	5'11"	160	Sr
Jared VanWatermeulen	Grantsburg	K	6'5"	175	Jr
POY Jack Nelson	Unity				
Defense - Second Team					
Trent Keppen	Turtle Lake	ILB	6'2"	210	Sr
Tim Fornengo	Webster	ILB	6'1"	225	Jr
Adam Weihe	Unity	ILB	5'9"	185	Jr
Reed Arnold	Grantsburg	OLB	5'11"	185	Sr
Aden Story	LH-C	OLB	6'	200	Sr
Levi Miller	Grantsburg	DL	5'11"	190	Sr
Harlo Olson	Webster	DL	6'4"	290	Sr
Jordan Spegal	LH-C	DL	5'11"	310	Sr
Josh Jones	LH-C	DB	5'9"	140	Sr
Keith Glienke	Webster	DB	5'10"	160	Sr
Jake Bloom	Unity	DB	6'3"	195	Sr
Jarrett Marlett	Clear Lake	DB	6'1"	180	Sr
Defense - Honorable Mention					
Evan Sikorski	Webster	ILB	5'9"	190	Soph
Harley Opachan	Flambeau	OLB	6'5"	205	Soph
Zach Peterson	Unity	DL	6'1"	205	Sr
Heath Foeller	Unity	DB	6'1"	180	Jr
Hunter Heintz	Turtle Lake	DL	6'	190	Sr
Ike Lee	Grantsburg	DL	6'2"	240	Jr
Garret Johnson	Grantsburg	DB	5'9"	155	Sr
Brock Flater	LH-C	OLB	5'11"	160	Jr
Caleb Balow	LH-C	DB	5'11"	150	Sr
Kaden Crank	LH-C	DE	6'	170	Jr
Ashton Duden	Clear Lake	DL	6'1"	240	Jr
Riley Peterson	Clear Lake	DE	6'5"	190	Soph
Ryan Lybert	Flambeau	DL	5'11"	260	Jr