

## Mid Empire Conference / All Conference / 2009 Football

### Offense:

Offensive MVP : Co	School	Yr.	Ht.	Wt.	J #
Jake Strickler	Mendocino	S	6'2"	195	2
Cody Allen	Sacramento	F	6'2"	210	4

Offensive Line	School	Yr.	Ht.	Wt.	J #
Zack McKnight	Mendocino	S	6'4"	290	72
Nate Goodwin	Siskiyou	S	6'3"	285	77
Brooks Abel	Siskiyou	F	6'5"	310	68
Larry Wriedt	Sacramento	S	6'5"	280	72
Kevin Brockman	Feather River	S	6'1"	320	71
Casey Griffiths	American River	F	6'6"	270	66
Syd Finch	American River	F	6'6"	280	78
Scott Hodges	Sacramento	F	6'9"	300	71

Quarterbacks	School	Yr.	Ht.	Wt.	J #
Jake Strickler	Mendocino	S	6'2"	195	2
Cody Allen	Sacramento	F	6'2"	210	4
Jared Gavard	American River	S	6'5"	215	12

Wide Receivers	School	Yr.	Ht.	Wt.	J #
Ricky Roberts	Mendocino	S	5'11"	180	1
Illich Solano	Mendocino	S	5'9"	175	4
Zach Young	Siskiyou	S	5'9"	175	8
Jamar Brown	Feather River	S	6'2"	215	18
Emile Senghor	Feather River	S	6'1"	175	4
Victor Spencer	Sacramento	S	5'11"	175	9
Jeremiah Oates	Sacramento	F	6'3"	185	2

Running Backs	School	Yr.	Ht.	Wt.	J #
Mike Dutra	American River	S	5'10"	215	34
Patrick Lunney	Siskiyou	S	5'9"	175	30
Sterling Jackson	Mendocino	S	6'1"	220	27
Justin Duncan	Feather River	S	5'9"	215	14

Kicker (1)	School	Yr.	Ht.	Wt.	J #
Bryan Folsom	American River	F	5'11"	160	29

Return Specialist (1)	School	Yr.	Ht.	Wt.	J #
Alex Hines	American River	S	5'10"	170	6

All - Purpose (1)	School	Yr.	Ht.	Wt.	J #
Rico Pendergrass	Feather River	S	5'11"	200	21

Punter (1)	School	Yr.	Ht.	Wt.	J #
Donavan Ramsdal	Siskiyou	F	5'10"	185	15

### Defense:

Defensive MVP	School	Yr.	Ht.	Wt.	J #
Russell Merritt	Sacramento	F	6'1"	205	8

Defensive Line	School	Yr.	Ht.	Wt.	J #
Immanuel Satterwhite	Sacramento	F	6'2"	220	10
Jamar Hardy	Mendocino	F	5'10"	205	43
Matt Candalaria	Mendocino	F	6'1"	265	90
Devin Dyer	Siskiyou	F	6'1"	290	74
Devin Howard	Siskiyou	F	6'2"	240	58
Jerome Culp	Feather River	F	6'3"	300	65
Harrison Willfley	American River	S	6'5"	255	81

Linebackers	School	Yr.	Ht.	Wt.	J #
Russell Merritt	Sacramento	F	6'1"	205	8
Stephen Zaina	Mendocino	S	6'0"	210	51
Andrew Oakerman	Mendocino	F	5'10"	210	44
Micah McMurry	Sacramento	F	6'2"	225	44
John Davis	American River	S	6'3"	215	8
Chris Outten	Feather River	F	6'2"	235	40
Kendall Keel	Feather River	S	5'11"	220	41

Defensive Backs	School	Yr.	Ht.	Wt.	J #
Myron Johnson	Siskiyou	S	6'2"	195	2
Reshaude Miller	Feather River	S	6'4"	200	9
Robert Cherry	Feather River	S	6'0"	185	23
Ryan Davis	American River	S	5'11"	190	2
Kevin Johnston	Sacramento	S	5'10"	195	20
Angelo Pree	Sacramento	F	5'9"	175	5
Mike McMillian	Mendocino	S	5'11"	195	5
Daniel Dieudonne	Mendocino	S	6'5"	205	20

**Co-Head Coach of the Year: Tom Gang / Danny Walker**