

# MRAC BOYS BASKETBALL HISTORY

## Regular Season Champions

<b>YEAR</b>	<b>SCHOOL</b>	<b>RECORD</b>	<b>COACH</b>
2000-01	Abraham Lincoln	9-0	Dick Wettengel
2001-02	Sioux City East	9-1	Jeff Vanderloo
	Sioux City Heelan	9-1	Tom Betz
2002-03	Sioux City East	8-2	Jeff Vanderloo
2003-04	Sioux City Heelan	8-2	Tom Betz
2004-05	Sioux City East	9-1	Jeff Vanderloo
2005-06	Sioux City East	8-2	Jeff Vanderloo
	Sioux City North	8-2	John Vanderloo
2006-07	Sioux City Heelan	9-1	Tom Betz
2007-08	Sioux City Heelan	10-0	Tom Betz
2008-09	Sioux City Heelan	9-1	Tom Betz
2009-10	Sioux City East	8-2	Jeff Vanderloo
	Sioux City North	8-2	Joe Burkhart
2010-11	Sioux City East	11-1	Jeff Vanderloo
	Sioux City Heelan	11-1	Tom Betz
2011-12	Sioux City East	12-0	Ras Vanderloo
2012-13	Sioux City East	12-0	Ras Vanderloo
2013-14	Sioux City North	11-1	Cody Fisher
2014-15	Abraham Lincoln	10-2	Jason Isaacson
2015-16	Abraham Lincoln	12-0	Jason Isaacson
2016-17	Sioux City East	11-1	Ras Vanderloo
2017-18	Sioux City East	10-2	Ras Vanderloo
2018-19	Sioux City East	11-1	Ras Vanderloo
2019-20	Abraham Lincoln	14-0	Jason Isaacson
2020-21	Abraham Lincoln	14-0	Jason Isaacson
2021-22	Abraham Lincoln	13-1	Jason Isaacson
2022-23	Sioux City East	13-1	Ras Vanderloo
2023-24	Sioux City East	13-1	Ras Vanderloo
2024-25	Abraham Lincoln	13-1	Jason Isaacson
	Sioux City East	13-1	Ras Vanderloo
2025-26	Abraham Lincoln	13-1	Jason Isaacson



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<u>2000-01</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2007-08</u>	<u>CONF</u>	<u>OVERALL</u>	West	2-10	5-16
Abraham Lincoln	9-0	19-1	**Heelan	10-0	20-5	Thomas Jefferson	1-11	4-18
**Heelan	6-3	19-7	**North	7-2	17-7			
**East	7-3	16-7	East	6-3	17-6	<b><u>2014-15</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
West	4-6	9-12	Abraham Lincoln	4-6	7-15	Abraham Lincoln	10-2	19-4
Thomas Jefferson	2-8	8-14	West	1-9	5-15	**North	9-3	14-10
North	1-9	8-14	Thomas Jefferson	1-9	2-20	East	8-4	16-7
						Heelan	7-5	9-13
<b><u>2001-02</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2008-09</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	West	4-8	8-14
**East (SC)	9-1	25-1	**Heelan (SC)	9-1	25-2	Sergeant Bluff-Luton	4-8	12-11
**Heelan	9-1	22-4	**East	8-2	17-7	Thomas Jefferson	0-12	1-21
Abraham Lincoln	4-6	7-15	West	5-5	13-10			
North	4-6	8-13	North	4-6	11-11	<b><u>2015-16</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
Thomas Jefferson	2-8	14-9	Abraham Lincoln	4-6	9-14	**Abraham Lincoln	12-0	22-2
West	2-8	6-14	Thomas Jefferson	0-10	3-19	East	10-2	18-5
						Sergeant Bluff-Luton	7-5	12-9
<b><u>2002-03</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2009-10</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	Heelan	7-5	14-9
**East	8-2	17-6	**East	8-2	21-5	North	4-8	10-13
Heelan	7-3	15-6	North	8-2	14-9	West	2-10	6-16
West	6-4	11-10	**Heelan (SC)	7-3	22-4	Thomas Jefferson	0-12	1-21
Abraham Lincoln	4-6	10-13	Abraham Lincoln	4-6	7-15			
Thomas Jefferson	3-7	10-12	Thomas Jefferson	2-8	5-19	<b><u>2016-17</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
North	2-8	7-15	West	1-9	4-17	**East	11-1	23-2
						Abraham Lincoln	10-2	18-4
<b><u>2003-04</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2010-11</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	Heelan	8-4	17-7
Heelan	8-2	19-5	**East	11-1	19-5	**Sergeant Bluff-Luton	6-6	17-10
**North	7-3	17-7	**Heelan (SC)	11-1	25-2	West	5-7	12-10
Abraham Lincoln	7-3	12-10	Abraham Lincoln	7-5	12-10	North	2-10	6-16
East	5-5	13-10	North	6-6	8-15	Thomas Jefferson	0-12	3-19
West	3-7	5-17	Sergeant Bluff-Luton	5-7	10-12			
Thomas Jefferson	0-10	4-18	Thomas Jefferson	1-11	1-21	<b><u>2017-18</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
			West	1-11	1-21	**East	10-2	19-4
<b><u>2004-05</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2011-12</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	Abraham Lincoln	10-2	13-10
**East	9-1	21-4	**East	12-0	21-4	Heelan	8-4	14-10
Heelan	8-2	20-4	**Heelan	10-2	18-7	**Sergeant Bluff-Luton	6-6	15-10
Thomas Jefferson	6-4	15-8	North	8-4	10-12	West	5-7	12-11
Abraham Lincoln	4-6	10-13	Sergeant Bluff-Luton	6-6	14-8	North	2-10	4-18
West	2-8	6-17	West	3-9	6-17	Thomas Jefferson	0-12	4-18
North	1-9	6-16	Thomas Jefferson	2-10	3-19			
			Abraham Lincoln	1-11	1-21	<b><u>2018-19</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
<b><u>2005-06</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2012-13</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	**East	11-1	21-2
**East	8-2	18-7	East	11-1	22-2	West	10-2	17-5
North	8-2	14-9	**North	10-2	21-3	**Sergeant Bluff-Luton	9-3	20-4
Heelan	6-4	16-8	Heelan	8-4	16-8	Abraham Lincoln	5-7	14-9
Thomas Jefferson	5-5	14-9	Sergeant Bluff-Luton	6-6	12-10	North	4-8	6-16
West	2-8	5-17	West	3-9	8-14	Heelan	3-9	8-14
Abraham Lincoln	1-9	3-19	Abraham Lincoln	3-9	5-17	Thomas Jefferson	0-12	2-20
			Thomas Jefferson	1-11	1-20			
<b><u>2006-07</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2013-14</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>	<b><u>2019-20</u></b>	<b><u>CONF</u></b>	<b><u>OVERALL</u></b>
**Heelan	9-1	22-5	**North	11-1	22-5	Abraham Lincoln	14-0	21-2
**North	8-2	17-7	East	9-3	17-5	East	12-2	17-5
East	5-5	9-13	Heelan	7-5	14-10	**Sergeant Bluff-Luton	9-5	16-11
Thomas Jefferson	4-6	8-13	Sergeant Bluff-Luton	6-6	14-9	Le Mars	9-5	15-9
Abraham Lincoln	3-7	10-13	Abraham Lincoln	6-6	12-11	West	6-8	12-12
West	1-9	4-17				Heelan	4-10	7-15
						Thomas Jefferson	2-12	5-17
						North	0-14	1-21

# MRAC BOYS BASKETBALL HISTORY

<u>2020-21</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2023-24</u>	<u>CONF</u>	<u>OVERALL</u>	**State qualifier (SC) – State Champs
**Abraham Lincoln	14-0	19-5	East	13-1	21-3	
Le Mars	12-2	17-6	Thomas Jefferson	11-3	18-4	
East	9-5	13-10	Abraham Lincoln	10-4	16-7	
**Sergeant Bluff-Luton	8-6	17-8	Heelan	10-4	14-10	
West	6-8	11-11	Sergeant Bluff-Luton	6-8	12-11	
Heelan	4-10	6-16	Le Mars	3-11	7-15	
North	2-12	4-18	North	2-12	5-17	
Thomas Jefferson	1-13	1-21	West	1-13	3-18	
<u>2021-22</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2024-25</u>	<u>CONF</u>	<u>OVERALL</u>	
Abraham Lincoln	13-1	15-6	Abraham Lincoln	13-1	19-3	
East	12-2	16-6	East	13-1	19-4	
Le Mars	9-5	13-10	Sergeant Bluff-Luton	9-5	13-10	
Heelan	8-6	13-10	Heelan	7-7	11-13	
Sergeant Bluff-Luton	6-8	9-13	North	7-7	9-13	
West	5-9	7-15	Le Mars	5-9	7-15	
North	2-12	2-20	Thomas Jefferson	2-12	3-19	
Thomas Jefferson	1-13	1-20	West	0-14	2-19	
<u>2022-23</u>	<u>CONF</u>	<u>OVERALL</u>	<u>2025-26</u>	<u>CONF</u>	<u>OVERALL</u>	
East	13-1	21-3	Abraham Lincoln	13-1	18-5	
Abraham Lincoln	12-2	15-7	Sergeant Bluff-Luton	10-4	18-7	
**Heelan	9-5	19-7	East	9-5	11-13	
Sergeant Bluff-Luton	9-5	14-8	Heelan	9-5	12-10	
West	7-7	12-12	West	8-6	16-7	
Le Mars	4-10	4-17	Le Mars	5-9	9-14	
Thomas Jefferson	3-11	3-19	North	2-12	2-21	
North	1-13	4-18	Thomas Jefferson	0-14	2-21	

# MRAC BOYS BASKETBALL HISTORY

## All-Conference

2001

### FIRST TEAM

Michael Kalin, North; Nathan Funk, Heelan; Ben Jacobson, East; John Turek, Abraham Lincoln; Jason Isaacson, Abraham Lincoln; Austin Rau, Abraham Lincoln.

### SECOND TEAM

Scott Heinrichs, East; Erron Coleman, West; Justin McIntyre, Abraham Lincoln; Ryan Galoway, West; Mike Lewis, Thomas Jefferson; Landon Scott, East.

### HONORABLE MENTION

Bobby Pyper, East; Jared Small, Heelan; Aaron Althaus, Heelan; Dusty Smith, North; Theo Funderman, West; Mike Driver, Thomas Jefferson.

2002

### FIRST TEAM

Ben Jacobson, East; Nathan Funk, Heelan; Dylan Grimsley, Heelan; Dusty Smith, North; Landon Scott, East; Kirk Brown, West.

### SECOND TEAM

Mark Flaharty, Thomas Jefferson; Ted Christiansen, Abraham Lincoln; Bobby Pyper, East; James Patterson, West; Rickie Kellar, Abraham Lincoln; Ryan Block, Heelan.

### HONORABLE MENTION

Lewis DeJong, East; Jason Keck, East; Justin Hegg, North; Matt Muller, North; Dustin Townsend, Thomas Jefferson; Thomas Hensley, Thomas Jefferson.

2003

### FIRST TEAM

Landon Scott, East; Dylan Grimsley, Heelan; Kirk Brown, West; Travis Hardgraves, West; Thomas Hensley, Thomas Jefferson; Brock Cooper, East.

### SECOND TEAM

Matt Johnson, Abraham Lincoln; Deric Manrique, North; Matt Cleveland, Heelan; Jason Sandy, East; James Patterson, West; Chris Story, Thomas Jefferson; Adi Cizmic, Heelan.

### HONORABLE MENTION

Mark Storm, East; Michael Washburn, East; Carter Black, Heelan; Justin Hegg, North; Michael Henry, North; Jon Taylor, West; Chuckie Kinney, Abraham Lincoln; Kyle Miller, Abraham Lincoln; Ryan Garrison, Thomas Jefferson.

2004

### FIRST TEAM

Adi Cizmic, Heelan; Dylan Grimsley, Heelan;

Dillon Allen, North; Matt Johnson, Abraham Lincoln; Dan Bohall, East; Deric Manrique, North.

### SECOND TEAM

Greg Nelson, North; Chuck Kinney, Abraham Lincoln; Pat Grace, Heelan; Ian Banks, East; Derek Townsend, Thomas Jefferson; James Johnkin, West.

### HONORABLE MENTION

Chase Gill, East; Michael Henry, East; Matt Cleveland, Heelan; Grant Mastbergen, North; Roman Gentry, West; Roger Sanchau, Abraham Lincoln; Eric Johnson, Abraham Lincoln; James Smith, Thomas Jefferson; Sean Johnson, Thomas Jefferson.

2005

### FIRST TEAM

Mike Allmon, Abraham Lincoln; Dan Bohall, East; Roman Gentry, East; Pat Grace, Heelan; Danny Mousel, Heelan; Derek Townsend, Thomas Jefferson.

### SECOND TEAM

Matt Cleveland, Heelan; Patrick Hartley, Heelan; Sean Johnson, Thomas Jefferson; Chuck Kinney, Abraham Lincoln; Darrin Kraus, North; Trenton Lee, West.

### HONORABLE MENTION

Ian Banks, East; Zach Fenceroy, East; Jordan Wall, East; Mike Tillo, North; Adam Palmer, North; Lenny Grinols, West; James Smith, Thomas Jefferson; Tom Cannon, Thomas Jefferson; Ole Olsen, Thomas Jefferson.

2006

### FIRST TEAM

Sean Johnson, Abraham Lincoln; Roman Gentry, East; Zach Fenceroy, East; Josh Collins, West; Adam Palmer, North; Clint Sargent, Heelan.

### SECOND TEAM

Mike Allmon, Abraham Lincoln; John Wolfe, Abraham Lincoln; Joe Wendte, Heelan; Mike Tillo, North; Ole Olsen, Thomas Jefferson; David Calloway, Thomas Jefferson.

### HONORABLE MENTION

Dallas Moorner, East; Aaron Goede, North; Tyler Glidden, North; Brian Wanner, North; Lenny Grinols, West; Dylan McClary, West.

2007

### FIRST TEAM

David Calloway, Thomas Jefferson; Josh Collins, West; Brennan Cougill, Heelan; Eric Jorgensen, East; Clint Sargent, Heelan; Alex Walker, North.

### SECOND TEAM

Dino Cizmic, Heelan; Andy Dougherty, East; Tyler Johnson, Abraham Lincoln; Jehmica McDaniel, North; Cory Peterson, Abraham Lincoln; Mike Tillo, North.

### HONORABLE MENTION

Daniel Larson, East; John Daniels, Heelan; Dylan McClary, West; Tyler Alitz, Abraham Lincoln; Andy Gray, Thomas Jefferson; Ryan Peckham, Thomas Jefferson.

2008

### FIRST TEAM

Brennan Cougill, Heelan; Eric Jorgensen, East; Zach McCabe, Heelan; Damek Tomscha, North; Alex Walker, North; Brian Wanner, North.

### SECOND TEAM

Tyler Alitz, Abraham Lincoln; John Daniels, Heelan; Jordan Gentry, East; Tyler Johnson, Abraham Lincoln; Dane Larson, East; Ryan Peckham, Thomas Jefferson.

### HONORABLE MENTION

Taylor Follow, East; Matt Calderon, Abraham Lincoln; Tony Liston, Abraham Lincoln; Dex Gordon, West; Benn Peterson, West; Tanner Ferguson, Heelan; Ben Sitzmann, Heelan.

2009

### FIRST TEAM

Brennan Cougill, Heelan; Jordan Gentry, East; Zach McCabe, Heelan; Taylor Follow, East; Wesley Staten, West; Alex Walker, North.

### SECOND TEAM

Matt Calderon, Abraham Lincoln; Tanner Ferguson, Heelan; Dex Gordon, West; Tyler Johnson, Abraham Lincoln; Danny Rudeen, North; Nick Tillo, North.

2010

### FIRST TEAM

Adam Woodbury, East; Jeff Sponder, East; Danny Rudeen, North; Damek Tomscha, North; Zach McCabe, Heelan; Alex Malloy, Heelan.

### SECOND TEAM

Jordan Thomas, East; Quinton Behlers, East; Dylan Ohl, North

2011

### FIRST TEAM

Alex Imming, East; Adam Woodbury, East; Alex Malloy, Heelan; Wesley Staten, Heelan; Jared Evers, North; Alex Olsen, Abraham Lincoln.

### SECOND TEAM

Shane Graves, Heelan; Cole Croston, Sergeant Bluff-Luton; Dom Schweder, North; Mading Thok, East; Quinton Behlers, East; Logan Shine, Sergeant Bluff-Luton.

# MRAC BOYS BASKETBALL HISTORY

## HONORABLE MENTION

J.C. Fuller, East; Marcel Dunson, East; Jordan Menard, East; Michael Malloy, Heelan; David Kerian, Heelan; Jawad Najdawi, North; Anthony Baker, West; Spencer Kleve, Sergeant Bluff-Luton; Nolan Webster, Abraham Lincoln; Alex Crowl, Abraham Lincoln; Wyatt Fallett, Thomas Jefferson; Alex Korner, Thomas Jefferson.

## 2012

### FIRST TEAM

Cole Croston, Sergeant Bluff-Luton; J.C. Fuller, East; Shane Graves, Heelan; Alex Imming, East; Daniel Tillo, North; Adam Woodbury, East.

### SECOND TEAM

Colby Casper, North; Marcel Dunson, East; Wyatt Fallett, Thomas Jefferson; Nate Glisar, Sergeant Bluff-Luton; Kyle Heaton, Heelan; Travis McGlaufflin, North.

## 2013

### FIRST TEAM

Marcel Dunson, East; Shane Graves, Heelan; Kyle Heaton, Heelan; Greg Kirwan, East; Daniel Tillo, North; Thomas Wisecup, Sergeant Bluff-Luton.

### SECOND TEAM

Brian Collinson, Thomas Jefferson; Deontre Dean, North; Carlos Elizalde, North; Trevor George, Sergeant Bluff-Luton; Nate Glisar, Sergeant Bluff-Luton; Colton Tracy, Abraham Lincoln.

## 2014

### FIRST TEAM

Nate Gilsar, Sergeant Bluff-Luton; Wyatt Mounts, East; Ikenna Okwarabizie, East; Keaton Slaughter, Heelan; Daniel Tillo, North; Thomas Wisecup, Sergeant Bluff-Luton.

### SECOND TEAM

DeAndre Burnside, Heelan; Deontre Dean, North; Carlos Elizalde, North; Bryce Hanson, Sergeant Bluff-Luton; Colby Hill, West; Colton Tracy, Abraham Lincoln.

## 2015

### FIRST TEAM

Tony Bonner, Abraham Lincoln; Andre Harris, East; Colby Hill, West; Robert Neustrom, North; Joe Northup, Abraham Lincoln; Daniel Tillo, North.

### SECOND TEAM

DeAndre Burnside, Heelan; Kyle Crowl, Abraham Lincoln; Chris Kroll, Sergeant Bluff-Luton; Conner Murrell, East; Xavier Scarlett, North;

Steven Womack, West.

## 2016

### FIRST TEAM

Jailen Billings, North; Tony Bonner, Abraham Lincoln; DeAndre Burnside, Heelan; Kyle Crowl, Abraham Lincoln; Conner Murrell, East; Van Res, East.

### SECOND TEAM

Elijah Hazekamp, Heelan; TreVonte Jones, Abraham Lincoln; Chris Kroll, Sergeant Bluff-Luton; Noah McWell, West; Jacob Shultz, Sergeant Bluff-Luton; Jackson Wright, Sergeant Bluff-Luton.

## 2017

### FIRST TEAM

Elijah Hazekamp, Heelan; Troy Houghton, Abraham Lincoln; Chris Kroll, Sergeant Bluff-Luton; Van Rees, East; Aidan Vanderloo, East; Jackson Wright, Sergeant Bluff-Luton.

### SECOND TEAM

Jailen Billings, East; Blake Elam, Abraham Lincoln; James King, West; Trey Nixon, Abraham Lincoln; Kyrese Peck, Heelan; Landon Torneten, Abraham Lincoln.

## 2018

### FIRST TEAM

Conner Groves, Sergeant Bluff-Luton; Elijah Hazekamp, Heelan; Troy Houghton, Abraham Lincoln; Cliff McCray, West; Van Rees, East; Aidan Vanderloo, East.

### SECOND TEAM

Sam DeMoss, Sergeant Bluff-Luton; Preston Fant, Abraham Lincoln; Colin Kasperbauer, Heelan; Jeremiah Khat, Sergeant Bluff-Luton; Jack Peterson, East; Kory Woodruff, West.

## 2019

### FIRST TEAM

Adien Belt, West; Conner Groves, Sergeant Bluff-Luton; Jevonte Keck, East; Cliff McCray, West; Aidan Vanderloo, East; Daniel Wright, Sergeant Bluff-Luton.

### SECOND TEAM

Sam DeMoss, Sergeant Bluff-Luton; Jaleque Dunson, East; Trent Frerichs, North; Hunter Hendrix, Abraham Lincoln; Jadin Johnson, Abraham Lincoln; Nate Reed, North.

## 2020

### FIRST TEAM

Josh Dix, Abraham Lincoln; Jaleque Dunson, East; Spencer Mackey, Le Mars; Quran Owens, Abraham Lincoln; Nate Reed, North; Daniel Wright, Sergeant Bluff-Luton.

## SECOND TEAM

Sayvion Armstrong, East; Danny Callahan, East; Alec Dreckman, Le Mars; Deric Fitzgerald, Sergeant Bluff-Luton; Marcus McCray, West; Christian Tidiane, Abraham Lincoln.

## 2021

### FIRST TEAM

Josh Dix, Abraham Lincoln; Jamison Gruber, Abraham Lincoln; Keeon Hutton, West; Spencer Mackey, Le Mars; Majok Majouk, Sergeant Bluff-Luton; DaVares Whitaker, East.

### SECOND TEAM

Alec Dreckman, Le Mars; Keavian Hayes, West; Jake Layman, Sergeant Bluff-Luton; Bie Ruei, East; Noah Sandbothe, Abraham Lincoln; Christian Tidiane, Abraham Lincoln.

## 2022

### FIRST TEAM

Josh Dix, Abraham Lincoln; Jamison Gruber, Abraham Lincoln; Caleb Dreckman, Le Mars; Bie Ruei, East; Keavian Hayes, West; Tyler Smith, Sergeant Bluff-Luton.

### SECOND TEAM

Matt Noll, Bishop Heelan; Nick Miller, Bishop Heelan; Preston Dobbs, East; Jason Jones, Abraham Lincoln; Konnor Calhoun, Le Mars; Jake Duffey, Abraham Lincoln.

## 2023

### FIRST TEAM

Preston Dobbs, East; Matt Noll, Bishop Heelan; Fitz Grant, East; Mathok Mathok, Abraham Lincoln; Dylon Schaap, Sergeant Bluff-Luton; Lamarion Mothershead, West.

### SECOND TEAM

Keavian Hayes, West; Cole Arnold, Abraham Lincoln; Carter Kuehl, Bishop Heelan; Tyler Smith, Sergeant Bluff-Luton; Sam Jons, East; Jordan Dewaele, Thomas Jefferson; Creighton Bracker, Abraham Lincoln.

## 2024

### FIRST TEAM

Matt Noll, Bishop Heelan; Fitz Grant, East; Cole Arnold, Abraham Lincoln; Creighton Bracker, Abraham Lincoln; Bilal Yusuf, East; Jayden Calabro, Thomas Jefferson.

### SECOND TEAM

Scott Dickson, Sergeant Bluff-Luton; Quinn Olson, Bishop Heelan; Emiliano Gonzalez, Sergeant Bluff-Luton; Manasse Kasongo, East; Jordan Dewaele, Thomas Jefferson; Etienne Higgins, Abraham Lincoln.

# MRAC BOYS BASKETBALL HISTORY

**2025**

**FIRST TEAM**

Creighton Bracker, Abraham Lincoln; Manasse Kasongo, East; Kai Chamberlain, North; Ajay Vander Schaaf, Sergeant Bluff-Luton; Jeremiah Slaughter, Abraham Lincoln; Bilal Yusuf, East.

**SECOND TEAM**

Noah Conley, Heelan; Etienne Higgins, Abraham Lincoln; Gavin Ahrendt, Sergeant Bluff-Luton; Josh Mogensen, North; Jang Ruei, East; Tate Murphy, Le Mars.

**2026**

**FIRST TEAM**

Kalen Steinbeck, Abraham Lincoln; Roman Henry, West; Eddie Frazier, West; Jeremiah Slaughter, Abraham Lincoln; Noah Conley, Heelan; Kylan Vander Schaaf, Sergeant Bluff-Luton.

**SECOND TEAM**

Bilal Yusuf, East; Ajay Vander Schaaf, Sergeant Bluff-Luton; Gavin Ahrendt, Sergeant Bluff-Luton; Jack Wells, Le Mars; Jake Babbitt, Abraham Lincoln; Abe Scott, Heelan.