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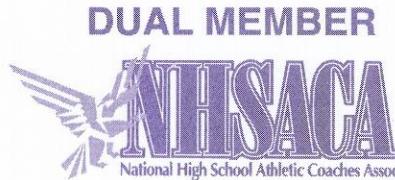
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## 2010 NDHSCA-Shrine All-Star Football

### 11-Man East Roster

| <b>F. Name</b> | <b>L. Name</b> | <b>Height</b> | <b>Weight</b> | <b>School</b>              | <b>High School Head Coach</b>  |
|----------------|----------------|---------------|---------------|----------------------------|--------------------------------|
| Justin         | Anderson       | 6'2           | 255           | Langdon HS                 | Andy DeleBarre                 |
| Michael        | Bangs          | 6'0           | 180           | Jamestown HS               | Bill Cahill                    |
| Sam            | Callahan       | 6'1           | 210           | Fargo South HS             | Kevin Feeney                   |
| Adam           | Coykendall     | 6'2           | 200           | Lisbon HS                  | Robert Bubach                  |
| Jon            | Dinius         | 5'9           | 155           | Langdon HS                 | Andy DeleBarre                 |
| Chase          | Elliott        | 6'4           | 195           | May-Port/CG HS             | Michael Bradner                |
| Alex           | Feldt          | 5'10          | 185           | Detroit Lakes (MN) HS      | Flint Motschenbacher           |
| Tyler          | Gefroh         | 6'0           | 210           | Grand Forks Red River HS   | Vyrn Muir                      |
| Mitch          | Grochow        | 6'2           | 300           | Rugby HS                   | Scott Grochow                  |
| Jacob          | Grosz          | 5'8           | 170           | Barnesville (MN) HS        | Bryan Strand                   |
| Jason          | Hagen          | 5'11          | 185           | Oakes HS                   | Shawn Sagert                   |
| Brett          | Harmelink      | 6'2           | 180           | Fargo Oak Grove HS         | Terry Haus                     |
| Alex           | Hickel         | 6'3           | 195           | Grand Forks Red River HS   | Vyrn Muir                      |
| Kyle           | Iverson        | 6'3           | 230           | Wahpeton HS                | Mike McCall                    |
| Zac            | Johnson        | 6'3           | 250           | Fargo South HS             | Kevin Feeney                   |
| Bryce          | Jorgenson      | 6'0           | 195           | West Fargo HS              | Jay Gibson                     |
| Cody           | Kasprick       | 6'3           | 230           | Oakes HS                   | Shawn Sagert                   |
| Derek          | Kohler         | 5'11          | 180           | Valley City HS             | Scott Roehrich & Trevar Hansen |
| Jacob          | Mogen          | 5'10          | 155           | Central Cass HS            | Patrick Metzger                |
| Ross           | Montgomery     | 6'2           | 230           | West Fargo HS              | Jay Gibson                     |
| Blake          | Nelson         | 6'1           | 195           | North Prairie HS           | Davy Zinck                     |
| Bryce          | O'Neill        | 6'2           | 205           | Grand Forks Red River HS   | Vyrn Muir                      |
| Andrew         | Oppegard       | 5'11          | 210           | Dilworth-Glyndon-Felton HS | Tony Soderberg Nic             |
| Jordan         | Piatz          | 5'11          | 175           | Jamestown HS               | Bill Cahill Elby               |
| Brandon        | Schell         | 5'10          | 190           | Lisbon HS                  | Robert Bubach                  |
| Ger            | Schmidt        | 6'0           | 160           | Grand Forks Central HS     | William Lorenz                 |
| Ryan           | Smith          | 5'8           | 160           | Wahpeton HS                | Mike McCall                    |

### **All Star Games Chairpersons**

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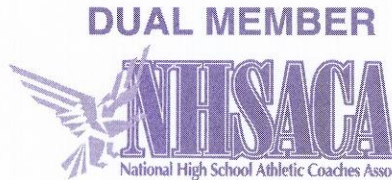
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## 11-Man East Roster (continued-page 2)

| <b>F. Name</b> | <b>L. Name</b> | <b>Height</b> | <b>Weight</b> | <b>School</b>            | <b>High School Head Coach</b> |
|----------------|----------------|---------------|---------------|--------------------------|-------------------------------|
| Cody           | Strom          | 6'0           | 170           | Fargo North HS           | Kelly Kalina                  |
| Aaron          | Teigen         | 5'11          | 150           | Rugby HS                 | Scott Grochow                 |
| Dillon         | Trosen         | 5'10          | 170           | Cavalier HS              | Sandy Laxdal                  |
| Chris          | Waind          |               |               | Grand Forks Red River HS | Vyrn Muir                     |
| Cody           | Zarak          | 5'8           | 175           | Wahpeton HS              | Mike McCall                   |

### ALTERNATES:

|         |               |  |  |                         |                    |
|---------|---------------|--|--|-------------------------|--------------------|
| Dave    | Bierrekot     |  |  | Jamestown HS            | Bill Cahill        |
| Michael | Bonn          |  |  | North Prairie HS        | Davy Zinke         |
| Bryce   | Brady         |  |  | Grafton HS              | Tom Maus           |
| Darian  | Brevik        |  |  | Cavalier HS             | Sandy Laxdal       |
| Jake    | Buchholz      |  |  | West Fargo HS           | Jay Gibson         |
| Hunter  | Carter        |  |  | Lisbon HS               | Robert Bubach      |
| Alex    | Feil          |  |  | Langdon HS              | Andy DeleBarre     |
| Trevor  | Goerts        |  |  | Central Cass HS         | Patrick Metzger    |
| Pake    | Hagen         |  |  | Rugby HS                | Scott Grochow      |
| Ty      | Haynes        |  |  | Larimore HS             | Paul Peterson      |
| Jaden   | Heider        |  |  | Larimore HS             | Paul Peterson      |
| Drew    | Jaeger        |  |  | Grand Forks Central HS  | William Lorenz     |
| Jacob   | Kiefer        |  |  | West Fargo HS           | Jay Gibson         |
| Taylor  | LaHaise       |  |  | Grand Forks Central HS  | William Lorenz     |
| Connor  | Lindenberg    |  |  | Cavalier HS             | Sandy Laxdal       |
| Alex    | Loeeyson      |  |  | Jamestown HS            | Bill Cahill        |
| Seth    | Lunneborg     |  |  | Milnor-North Sargent HS | Eric Olson Ethan   |
| Jordan  | Rasmussen     |  |  | Jamestown HS            | Bill Cahill        |
| Landin  | Rognlin       |  |  | Fargo North HS          | Kelly Kalina       |
| Bryan   | Schlittenhard |  |  | Cavalier HS             | Sandy Laxdal Tyler |
| Aaron   | Nelson        |  |  | Larimore HS             | Paul Peterson      |
| Nick    | Verdi         |  |  | Larimore HS             | Paul Peterson      |

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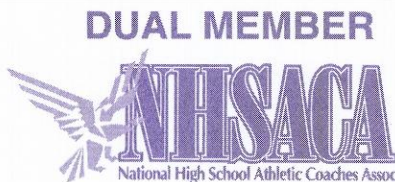
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## 11-Man East Roster (continued-page 3)

| <b>F. Name</b> | <b>L. Name</b> | <b>Height</b> | <b>Weight</b> | <b>School</b>          | <b>High School Head Coach</b> |
|----------------|----------------|---------------|---------------|------------------------|-------------------------------|
| AJ             | Von Bank       |               |               | Maple Valley HS        | Brett Kapaun & Tom Milbrandt  |
| Jeremy         | Zahradka       |               |               | Grand Forks Central HS | William Lorenz                |

### COACHING STAFF:

**Head Coach:** Mike McCall; Wahpeton HS

**Assistant Coaches:** Andy DelaBarre; Langdon HS  
 Sandy Laxdal; Cavalier HS  
 Vyrn Muir; Grand Forks Red River HS

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