

Mountain Valley Conference

2009 All-MVC Football Team

FIRST TEAM

OFFENSE

TIGHT END: Greg Kessel, senior, East Stroudsburg-South (*unanimous & 3-way selection*)

SPLIT END: Dan Cason, senior, East Stroudsburg-South (*unanimous selection*)

TACKLES: Clayton Ginder, senior, East Stroudsburg-South
Matt McLynch, senior, Stroudsburg

GUARDS: Rob Stumpe, senior, East Stroudsburg-South
Matt Mazza, senior, Pocono Mt. East

CENTER: Allen Marvin, senior, Stroudsburg

QUARTERBACK: Rob Moyer, senior, East Stroudsburg-South (*unanimous selection*)

RUNNING BACKS: Eddie Helm, junior, Pocono Mt. East
Mike Costanza, junior, Stroudsburg
Collin Hegarty, junior, East Stroudsburg-South

FLANKER: Anthony Bumbulsky, senior, Pleasant Valley

DEFENSE

ENDS: Tom McManus, senior, East Stroudsburg-South
Curtis Parker, senior, Pocono Mt. West

INTERIOR
LINEMEN: Allen Marvin, senior, Stroudsburg (*2-way selection*)

Matt Jensen, senior, Pocono Mt. East
Greg King, senior, East Stroudsburg-South
Josh Gonzalez, junior, Pocono Mt. West

LINEBACKERS: Sam Bergen, senior, East Stroudsburg-South
Greg Kessel, senior, East Stroudsburg-South (*3-way selection*)
Josh Garcia, senior, Pleasant Valley

DEFENSIVE
BACKFIELD: Keith Hinds, senior, East Stroudsburg-South

Kyshoen Jarrett, junior, East Stroudsburg-South (*unanimous selection*)
Sean Connors, senior, East Stroudsburg-South
Kyle Labar, senior, Stroudsburg

PUNTER: Greg Kessel, senior, East Stroudsburg-South (*3-way selection*)

PLACE KICKER: Tyler Sickler, senior, Pocono Mt. East

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SECOND TEAM

OFFENSE

TIGHT END: Brandon Fenner, junior, Stroudsburg

SPLIT END: Kyle Labar, senior, Stroudsburg

TACKLES: John Frisbie, senior, East Stroudsburg-South
Matt Jensen, senior, Pocono Mt. East

GUARDS: Josh Gonzalez, junior, Pocono Mt. West
Cedric McCoy, senior, Pocono Mt. West

CENTER: Jake Jardel, senior, East Stroudsburg-South

QUARTERBACK: Brendan Woods, senior, East Stroudsburg-North

RUNNING BACKS: Jeremy Desire, senior, Stroudsburg
Timmy Sulzer, senior, Lehigh
Omar Richardson, senior, East Stroudsburg-North

FLANKER: Sean Connors, senior, East Stroudsburg-South

DEFENSE

ENDS: Sean Weidner, senior, Stroudsburg
James Coscia, junior, East Stroudsburg-South

INTERIOR
LINEMEN: David Pinto, junior, East Stroudsburg-North
Kyle Plattenburg, junior, Pleasant Valley
Josh Mathiesen, junior, Stroudsburg
Cody Johnson, junior, East Stroudsburg-North

LINEBACKERS: Timmy Sulzer, senior, Lehigh
Rich Adams, senior, Pocono Mt. West
Mike Costanza, junior, Stroudsburg
Ethan Morgan, senior, Pocono Mt. East

DEFENSIVE
BACKFIELD: J.T. Keer, junior, Lehigh
Rich Irving, junior, Pleasant Valley
Anthony Bumbulsky, senior, Pleasant Valley
Dave Ohmachnt, senior, Pocono Mt. East

PUNTER: Joe Clouse, sophomore, East Stroudsburg-North

PLACE KICKER: Ryan Habick, senior, Pleasant Valley

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HONORABLE MENTION

OFFENSE

SPLIT END: Rich Irving, junior, Pleasant Valley

TACKLE: Saide Saddiq, junior, East Stroudsburg-North
Mike Bryan, junior, Pocono Mt. East
Joe Ford, senior, Pocono Mt. West

CENTER: Mike Guyer, senior, East Stroudsburg-North

RUNNING BACK: Isaac Reid, senior, East Stroudsburg-North
Kyshoen Jarrett, junior, East Stroudsburg-South
Robert Getz, sophomore, Pleasant Valley

FLANKER: Lamont Tillery, junior, Pocono Mt. East

DEFENSE

END: Cale Craig, senior, Pleasant Valley
Chris Savage, senior, Pocono Mt. East

INTERIOR
LINEMEN: Willie O'Brien, junior, East Stroudsburg-South
Kevin Eichoff, senior, Lehigh
Matt Dorward, senior, Lehigh
Matt Mazza, senior, Pocono Mt. East
Mike Bryan, junior, Pocono Mt. East
Joe Ford, senior, Pocono Mt. West

DEFENSIVE
BACKFIELD: Isaac Reid, senior, East Stroudsburg-North
Nick Tomol, junior, Pocono Mt. West

PLACEKICKER: Rob Moyer, senior, East Stroudsburg-South