

CLASS 5A IFCA ALL-STATE SELECTIONS 2025

1st Team Offense			1st Team Defense		
Position	Player	School	Position	Player	School
QB	Mack Heitland	Northwest	DL	David Fason	CR Prairie
RB	Ian Middleton	Dowling	DL	Ryan Bobo	Dowling
RB	Daniel Larmie	Ankeny	DL	Alonzo Jimenez	Valley
RB	JJ Morgan	Centennial	DL	Joel Thompson	SEP
WR	Jeffrey Roberts	Dowling	LB	Carlos Blount Jr.	Dowling
WR	Jordon Green	Northwest	LB	Julian Manson	IC West
WR	Ethan Headings	IC West	LB	Gavin Stecker	Bettendorf
TE/FB	Luke Brewer	Norwalk	LB	Landon Bell	Liberty
OL	Colin Whitters	IC West	DB	Jayden McGregory	Valley
OL	Carter Barrett	Dowling	DB	Chris Ford	SC East
OL	Carson Nielsen	Waterloo West	DB	La'Marious Clark	Ankeny
OL	Andrew Hine	Waukee	DB	Logan Laubenthal	Liberty
OL	Dalton DeBoer	Northwest	P	Austin McIntire	Centennial
OL	Noah White	SEP	Ret	Bryce Beachem	Johnston
K	Ryan Kuhn	Dowling	Def Util	Max Mincks	Johnston
Off Util	Cal Jepsen	SC East	Def Util	Kason Clayborne	SC East
Off Util	Beckett Bakker	Waukee			
2nd Team Offense			2nd Team Defense		
Position	Player	School	Position	Player	School
QB	Drake DeGroote	Valley, WDM	DL	Melakhi Hickey	Waterloo West
RB	Stanley Cooper	SEP	DL	Colin Pittenger	SC East
RB	Jaden Montgomery	Hempstead	DL	Jaden Ubben	Cedar Falls
RB	Blake Dorenkamp	Valley, WDM	DL	Peyton Wilbur	Indianola
WR	Isaiah Oliver	Northwest	LB	Dawson Whiting	Ankeny
WR	Eli Robbins	Norwalk	LB	Connor Stolpe	DCG
WR	Sam Drexler	Dowling	LB	Jacob Breyfogle	SC East
TE/FB	Teague Cantrall	SEP	LB	Hayden Demaray	Valley
OL	Braylin Dieken-Keahey	Centennial	DB	Blake Ludwig	Northwest
OL	Colton McClish	Johnston	DB	Brayden Lewis	SEP
OL	Cohen Vannausdle	Johnston	DB	Jordan Watson	Dowling
OL	Ari Raridon	Valley, WDM	DB	Brady Peterka	Prairie
OL	Hayden Bishop	Cedar Falls	P	Jordan Schroeder	Liberty
OL	Jaryn Sertterh	Liberty	Ret	William Remmert	Cedar Falls
K	Ricky Solis Downing	Johnston	Def Util	Miciah LeLaCheur	Valley
K	Conley Harne	Valley, WDM	Def Util	Wyatt Valenta	DCG
K	Cam Scupham	Bettendorf			
Off Util	Jayden Brown	Valley, WDM			
Off Util	Pryor Reiners	Liberty			

HONORABLE MENTION	Adrian Clerry, Liberty	Campbell Janis, IC West
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CLASS 5A: POTY	Reece Rettig - IC Liberty
5A - Reece Rettig steered the Lightning to a 21-4 record as a 2 year starter that included back to back trips to the Dome. In the 2025 season, Rettig was 239-335 passing completing 71.3% of his attempts for 2465 yards and 22 TDs. He also rushed 171 times for 908 yards to average 5.3 ypc with 14 TDs. Rettig led Class 5A in total offense and TDs. Reece guided Liberty to its first State Finals appearance with his playmaking ability and fiery leadership.	