

FIRST TEAM

Offense

Defense

QUARTERBACK



Connor Yoder
High school: North Star
Class: Senior
Height: 5-9 **Weight:** 180
2023 season: Four-year starter completed 112 of 222 passes for an area-high 2,358 yards and 28 touchdowns, leading North Star to its first playoff appearance in a decade. Rushed for 535 yards and seven TDs. Made 60 tackles, with 47 solo stops, two interceptions and two fumble recoveries.

RUNNING BACK



Jack Sheredy
High school: Northern Cambria
Class: Senior
Height: 5-8 **Weight:** 175
2023 season: Carried 159 times for an area-high 1,681 yards, 27 touchdowns and 10 games with 100 rushing yards on a 10-2 team. Made an area-high 149 tackles, with 88 solo stops, 29 tackles for loss of yardage and four sacks. Overall, had 29 of his team's 48 touchdowns and 174 points scored.

RUNNING BACK



Caden McCully
High school: United Valley
Class: Senior
Height: 5-8 **Weight:** 160
2023 season: Carried 172 times for 1,231 yards and 19 rushing TDs on a 9-2 Heritage Conference championship team. Rushed for 100-plus yards in six of 11 games. Led United Valley with 99 tackles, including 75 solo stops, three sacks and two fumble recoveries.

DEFENSIVE LINE



Declan Piscatello
High school: Richland
Class: Senior
Height: 6-3 **Weight:** 265
2023 season: Made 85 tackles, with 55 solo stops and seven sacks on an 11-2 District 6 Class 2A runner-up team. Also a key part of an offensive line that helped Richland rush for 2,046 yards and pass for 2,231 yards.

DEFENSIVE LINE



Garrett Jasper
High school: Cambria Heights
Class: Junior
Height: 6-2 **Weight:** 240
2023 season: Made 127 tackles, including 29 solos, five sacks and 30.5 tackles for loss of yardage for the District 1A champions. He caused three fumbles, recovering two, and blocked two field goals. On offense, made nine catches for 220 yards and three TDs, and carried 34 times for 286 yards and four TDs.

DEFENSIVE LINE



Braden Ickes
High school: Chestnut Ridge
Class: Senior
Height: 6-2 **Weight:** 195
2023 season: Tied for third in the area with seven sacks. Had 11 tackles for loss of yardage. Overall had 46 stops on a District 5-8 Class 2A subregional semifinalist team.

RUNNING BACK



Xander Richardson
High school: Forest Hills
Class: Sophomore
Height: 5-11 **Weight:** 170
2023 season: Carried 135 times for 1,005 yards and 13 TDs on an 8-4 District 6 Class 2A semifinalist team. Caught 36 passes for 505 yards and five TDs. Had 18 TDs and 110 points. On defense, made 117 tackles, including 76 solo stops.

WIDE RECEIVER



Gavin Harrold
High school: Penn Cambria
Class: Junior
Height: 5-11 **Weight:** 180
2023 season: Made 51 receptions for 737 yards and nine TDs. Carried 51 times for 411 yards, six TDs on District 6-3A runner-up. Produced 1,614 all-purpose yards and 16 TDs. Threw two TD passes. Averaged 25 yards per kickoff return and took one kick to the end zone. Made 91 tackles, intercepted four passes and had 16 passes defended and a fumble recovery.

WIDE RECEIVER



Carter McDermott
High school: Penn Cambria
Class: Senior
Height: 5-11 **Weight:** 165
2023 season: Caught 42 passes for 866 yards, averaging 20.6 yards per catch, and had 10 receiving TDs as the Panthers advanced to their third straight District 6-3A championship contest. Carried 16 times for 142 yards and a TD. Had 1,458 all-purpose yards and 14 TDs. Made 100 tackles with four interceptions and one pick returned for a TD. Also recovered a fumble for a touchdown.

DEFENSIVE LINE



Dawson Shutt
High school: Northern Cambria
Class: Senior
Height: 6-1 **Weight:** 225
2023 season: Finished with 101 tackles, including 54 solo stops, and 24½ tackles for loss of yardage. Had 3½ sacks on a Northern Cambria team that reached the District 6 Class 1A semifinals.

LINEBACKER



Jeb Emerick
High school: Chestnut Ridge
Class: Senior
Height: 5-8 **Weight:** 192
2023 season: Two-way standout led Chestnut Ridge with 97 tackles, including 40 solo stops and one sack. Carried 184 times for 1,172 rushing yards and 16 touchdowns. Averaged 6.4 yards a carry. Rushed for 100-plus yards in six of 11 games for the 7-4 District 5-8 Class 2A semifinalist Lions.

LINEBACKER



Cooper Huston
High school: Berlin Brothersvalley
Class: Junior
Height: 6-1 **Weight:** 210
2023 season: Made 87 tackles, including 39 solo stops and 12 tackles for loss of yardage, on a 10-win, District 5-8 Class 2A subregional runner-up. Had eight sacks, three fumble recoveries and two blocked punts.

OFFENSIVE LINE



Ethan Janidlo
High school: Richland
Class: Senior
Height: 5-11 **Weight:** 205
2023 season: A veteran leader among a group that helped 11-2 Richland rush for 2,231 yards and pass for 2,046 yards en route to runner-up finishes in both the Laurel Highlands Athletic Conference and District 6 Class 2A. Signed to play baseball at Seton Hill.

OFFENSIVE LINE



Preston Farabaugh
High school: Penn Cambria
Class: Junior
Height: 6-0 **Weight:** 230
2023 season: Played both guard and tackle on the District 6 Class 3A runner-up Panthers line. Dominant run blocker on a team that rushed for 2,016 yards.

OFFENSIVE LINE



Ryan Grohal
High school: Windber Area
Class: Junior
Height: 5-8 **Weight:** 205
2023 season: An anchor on a line that allowed the District 5-1A runner-up Ramblers to average 208.1 rushing yards a game. Windber rushed for 2,497 yards and 40 touchdowns while the Ramblers also passed for 1,248 yards and 12 TDs.

LINEBACKER



Cody Kimmel
High school: Berlin Brothersvalley
Class: Senior
Height: 6-1 **Weight:** 175
2023 season: 2022's Defensive Player of the Year made 126 tackles, including 70 solos, on a 10-2 District 5-8 Class 2A subregional runner-up team. Added six sacks and one fumble recovery. Caught 18 passes for 394 yards.

LINEBACKER



Luke Mulraney
High school: Cambria Heights
Class: Junior
Height: 5-10 **Weight:** 175
2023 season: Led the first-time District 6 Class 1A champions with 143 tackles, including 39 solo stops. Averaged 10.2 tackles a game for the 10-4 Highlanders. Had one interception, six passes defended, two fumble recoveries and one fumble caused.

DEFENSIVE BACK



Austin Yarnick
High school: Richland
Class: Junior
Height: 5-10 **Weight:** 175
2023 season: Playmaker on offense, defense and special teams had 28 tackles and an interception on an 11-win District 6 Class 2A runner-up squad. Caught 52 passes for 679 yards and seven touchdowns. Averaged 20.3 kickoff return yards and 6.2 punt return yards.

OFFENSIVE LINE



Cody Livengood
High school: Berlin Brothersvalley
Class: Sophomore
Height: 6-2 **Weight:** 272
2023 season: Had a breakout season on the line as a sophomore for the District 5-8 Class 2A runner-up Mountaineers. Berlin Brothersvalley had four different players post 100-yard rushing games (eight overall). The Mountaineers collected 2,732 yards and 28 TDs on the ground, and 1,518 passing yards and 21 TDs.

OFFENSIVE LINE



Jaden Trentini
High school: Forest Hills
Class: Senior
Height: 6-3 **Weight:** 255
2023 season: Brought size and strength to a unit that helped the Rangers win six consecutive games en route to a District 6-2A semifinal round appearance. Forest Hills ran for 2,079 yards, an average of 173.3 a game, with 29 TDs, and passed for 1,961 yards and 22 scores.

ATHLETE



Nate Whyson
High school: Chestnut Ridge
Class: Senior
Height: 6-3 **Weight:** 192
2023 season: Completed 110 of 179 passes (61.5%) for 1,539 yards and 12 touchdowns on a District 5-8 Class 2A subregional playoff team. Rushed for 665 yards and 16 touchdowns. Collected 2,204 total yards. Averaged 36.6 yards a punt. A baseball pitcher signer with NCAA Division I Wake Forest University.

DEFENSIVE BACK



Malachi Carr
High school: Meyersdale Area
Class: Senior
Height: 6-4 **Weight:** 180
2023 season: Led the area with eight interceptions. He averaged 9.8 yards per interception return. Had five passes defended. Made 25 receptions for a team-high 346 yards and four touchdowns.

DEFENSIVE BACK



Bentley Bainey
High school: McCort-Carroll Catholic
Class: Freshman
Height: 6-2 **Weight:** 150
2023 season: Among area leaders with six interceptions. Averaged nearly 10 yards a return after the picks. Had 25 solo tackles among his 30 stops. Made five receptions for 104 yards, including a 51-yard touchdown catch against Richland. Had at least one interception in five games, including two picks in the season opener.

DEFENSIVE BACK



John Jablunovsky
High school: Ligonier Valley
Class: Junior
Height: 5-10 **Weight:** 161
2023 season: Versatile athlete earned three All-WPIAL selections this season at running back, defensive back and special teams. Rushed for 892 yards and had 10 touchdowns and 60 points. Made 49 tackles and had one interception. Kicked off for the Rams and returned kicks and punts.

ATHLETE



Ethan Smith
High school: North Star
Class: Junior
Height: 6-0 **Weight:** 180
2023 season: Carried 119 times for 705 yards and 11 TDs. Caught 27 passes for an area-high 903 yards and 17 TDs. Had 1,989 all-purpose yards, an average of 180.8 yards a game. Led the area with 31 touchdowns and 186 points on a 7-4 team that ended a streak of nine losing seasons.

KICKER/PUNTER



Bryson Costa
High school: Windber Area
Class: Senior
Height: 5-10 **Weight:** 165
2023 season: Made 51 of 52 extra-point kicks for the 8-4 Ramblers. Successful on three of five field-goal attempts, including a long of 42 yards. Collected a total of 60 kicking points. Averaged 58 yards per kickoff with 48 touchbacks on 69 attempts. Averaged 48.8 yards per punt on 25 punts.

DEFENSIVE BACK



Marcus Lilly
High school: Penn Cambria
Class: Senior
Height: 5-9 **Weight:** 190
2023 season: Made six interceptions and returned one for a touchdown on a Panthers team that finished as District 6 Class 3A runner-up. Made 63 total tackles and totaled 30 passes defended.

ATHLETE



Ty Dumm
High school: Northern Cambria
Class: Junior
Height: 5-11 **Weight:** 160
2023 season: Made 94 tackles, with 51 solo stops and five interceptions. Started the season as area receiving leader, but moved to quarterback due to a teammate's injury. Carried 96 times for 903 yards, passed for 615 yards and had 293 receiving yards. Collected 1,811 total yards and 12 TDs for 74 points.

ATHLETE



Quincy Swaim
High school: Bedford
Class: Junior
Height: 5-9 **Weight:** 190
2023 season: Rushed for 400 yards and four TDs and had 466 receiving yards and four scores. Made 104 tackles, including 24 stops against Central Cambria. Combined for 423 return yards on kickoffs and punts.