

2023 WATERLOO-CEDAR FALLS COURIER ALL-IRON MAN TEAM

THE IRON MEN



Grundy Center junior  
Tiernan Vokes

For the second consecutive year, the Waterloo-Cedar Falls Courier is introducing its all-Iron Man football team.

This team is comprised of 20 area football players that if the Courier Sports Staff were to take into battle as coaches...these warriors would be the squad and would have to play both ways and we threw in a couple of reserves just in case.

It would've been easy to pick a team full of skill players, because there was a horde of them this fall, but you need some gritty, hard-nosed guys to man the offensive and defensive fronts. This was a banner year for linemen in the area as we had multiple Division I and future college players to choose from.

We might have chosen a few wrestlers who dabble in football, the two sports really go hand-in-hand for success.

Compiled by Courier Sports  
Editor Jim Nelson

Photos by Chris Zoeller  
Courier Staff Photographer



Grundy Center senior  
Colin Gordon



**COLIN GORDON**  
**Quarterback**  
**Grundy Center**  
One of our repeat selections from a year ago, Gordon led the Spartans to their second consecutive state championship while throwing for 2,013 yards and 26 touchdowns. He also rushed for nearly 700 yards and 11 more scores. Gordon is so good we are going to let him do our punting and place-kicking duties.



**DRAKE GELHAUS**  
**Back**  
**Cedar Falls**  
The senior, now two-time 1,000-yard rusher, missed the early portion of the Tigers schedule, but when he returned the CF offense kicked into another gear as he finished with 1,015 rushing yards and nine scores.



**PARKER KJELDTSEN**  
**Back**  
**Columbus Catholic**  
The senior running back rushed for 1,550 yards and 17 scores for the state quarterfinalists. He was a threat as a receiver out of the backfield and played a critical role in the defensive backfield.



**TATE JIROVSKY**  
**Receiver**  
**Grundy Center**  
A member of the 2022 team, at 6-foot-5, Jirovsky caught 30 passes for 366 yards and six scores. He also was a valuable defender in the Spartans defensive backfield.



**TIERNAN VOKES**  
**Tight End**  
**Grundy Center**  
At 6-foot-4, Vokes is a future college tight end. He led Grundy Center with 42 catches for 625 yards and 12 scores. He also recorded 12 ½ tackles for loss from his defensive end position.



**LOGAN WROE**  
**Receiver**  
**Cedar Falls**  
Wroe, at 6-foot-1, is our big play guy and will do all our kick returning. He was a threat to go the distance every time he touched the ball this fall. Wroe averaged 33.4 yards per punt return this fall, returning two punts for touchdowns.



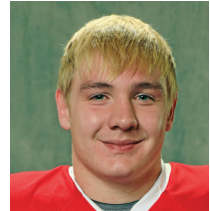
**AHDAN MUHAMMAD**  
**Receiver**  
**Waterloo East**  
Muhammad averaged 16.4 yards per catch for the Trojans this fall as he finished with 61 catches for 1,001 yards and nine touchdowns. The 6-foot-2, 190-pound receiver was a deep threat every time the ball was thrown.



**TRENT CAKERICE**  
**Lineman**  
**Grundy Center**  
The future Iowa Hawkeye recorded 56 ½ tackles, 16 ½ for loss while being a menace on defense, while also helping pave the way for a strong Grundy Center ground game.



**ZACH ADELMUND**  
**Lineman**  
**Dike-New Hartford**  
A fierce wrestler, this senior played defensive line like a ferocious predator while earning his district's lineman of the year in a season he recorded 23 ½ tackles for loss, including six sacks. He finished with 54 ½ total tackles.



**DREW CAMPBELL**  
**Lineman**  
**Cedar Falls**  
Another future Hawkeye, Campbell was dominate force at defensive end while week in, and week out going against some of the state's best offensive tackles. During his senior season he recorded 21 ½ tackles for loss among his 64.5 tackles.



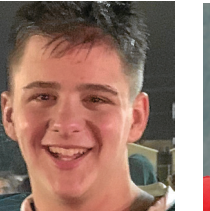
**CADEN HOTZ**  
**Lineman**  
**Waverly-Shell Rock**  
A repeat selection from a year ago, Hotz will take his talents to FCS powerhouse South Dakota State next fall. When the Go-Hawks needed an extra yard this fall, they ran behind Hotz.



**JACOB MULLER**  
**Defensive Back**  
**Waterloo West**  
The third-leading tackler for the Wahawks, Muller, who played a key role for three seasons, racked up all-conference and all-district awards this fall for West while anchoring the defensive backfield.



**KAIDEN KNAACK**  
**Back**  
**Don Bosco**  
The hard-nosed three-sport star rushed for 1,743 yards and led the state with 34 rushing touchdowns. And when he hits you on defense, you will feel it tomorrow.



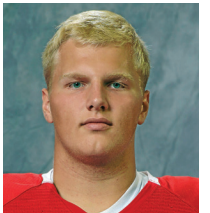
**MASON KNIPP**  
**Lineman**  
**Columbus Catholic**  
Knipp, a 2022 Iron Man team member, lined up at defensive tackle, defensive end and linebacker this fall, and he made plays at all three positions finishing with 78 tackles, 36 ½ for loss including 11 sacks. He was unblockable all year long.



**DREW GERDES**  
**Linebacker**  
**Cedar Falls**  
Gerdes led the Tigers with 85 ½ tackles and he picked off three passes. He is a repeat selection from 2022. We might put him at full-back on occasion. Who would know how to take a middle linebacker out of a play better than a fellow middle linebacker.



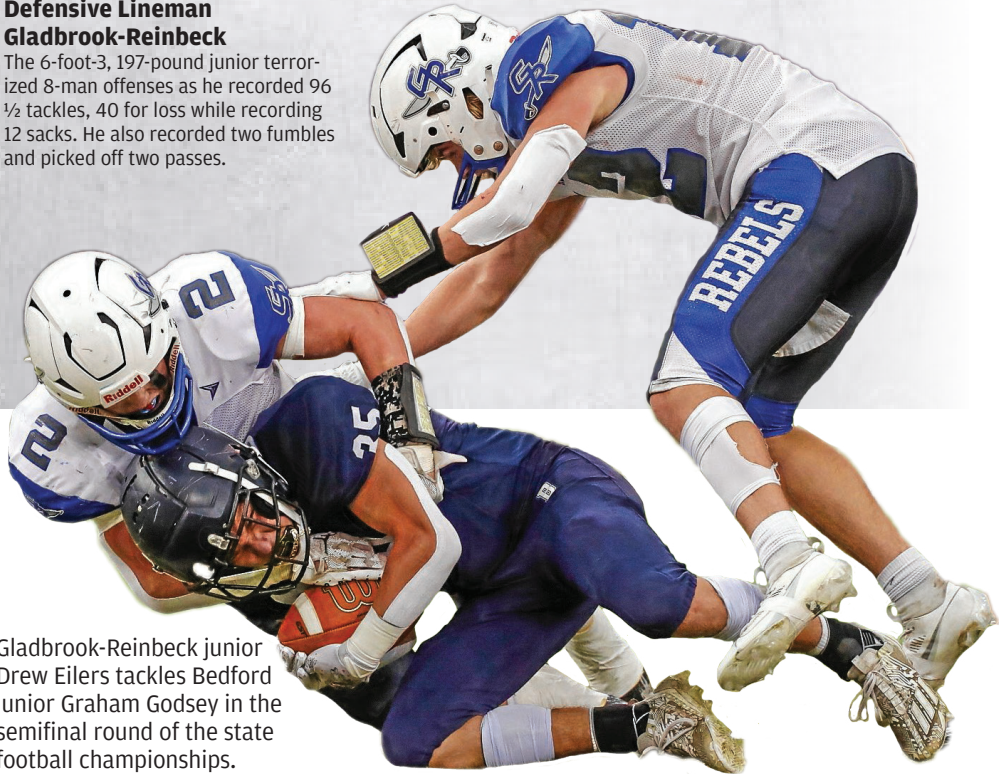
**COLIN COONRADT**  
**Safety**  
**Cedar Falls**  
Another repeat selection from 2022, Coonradt is a hard-hitting safety that recorded 8 ½ tackles. He can play all over the defensive backfield and cover a lot of ground doing it.



**JAKE PETERS & WILL TOMPKINS**  
**Linemen**  
**Cedar Falls**  
These two road pavers, Peters headed to Nebraska next fall, and Tompkins, a junior, who has multiple Power-5 offers, keyed a Tiger rushing attack that rushed for 2,250 yards and 25 scores while reaching the 5A state quarterfinals. CF averaged 5.8 yards per carry this fall.

**DREW EILERS**  
**Defensive Lineman**  
**Gladbrook-Reinbeck**

The 6-foot-3, 197-pound junior terrorized 8-man offenses as he recorded 96 ½ tackles, 40 for loss while recording 12 sacks. He also recorded two fumbles and picked off two passes.



Gladbrook-Reinbeck junior  
Drew Eilers tackles Bedford junior  
Graham Godsey in the  
semifinal round of the state  
football championships.

**TRAETON SAUERBREI**  
**Back**  
**Wapsie Valley**

Sauerbrei rushed for 1,370 yards and 19 scores, and he picked off seven passes defensively to be among the state leaders in that category. We like his ability to contribute on both sides of the ball.



Wapsie Valley senior Traeton  
Sauerbrei runs the ball for  
yardage against  
Danville in the  
Class A playoffs  
in Fairbank.