

2013 Mid-Suburban League Coaches - All-Star Team

Short Sprints

1st Team Scott Miller (Bar)
 Jake Lewis (Fr)

2nd Team Jan Dimaano (Sch)
 Juwann Richard (Sch)

Honorable Mention – Cameron DeCoursey (Wh),
Paul Ifianayi (EG), Kyle Lewis (Fr)

Long Sprints

1st Team Paul Ifianayi (EG)
 Konrad Eiring (Bar)
 Jawan Gaines (Fr)

2nd Team Cameron DeCoursey (Wh)

Honorable Mention – Parker Deloye (Bar),
Juwann Richard (Sch), Derrick Gaines, (Fr),
Scott Miller (Bar)

Middle Distance

1st Team Nick Bernardo (BG)
 Robert Somary (JH)

2nd Team David Cerny (Bar)
 Konrad Eiring (Bar)
 Nick Vuovich (Fr)

Honorable Mention – Jack Hutchinsen (Con), Joe
Sulentic (Con)

Long Distance

1st Team Quentin Schaeffer (Pro)
 Zach Dale (Con)

2nd Team Joe Sulentic (Con)
 Christian Zambrano (Pal)

Honorable Mention – Graham Brown (Pal),
Andrew Philipose (JH)

Hurdles

1st Team David Kendzera (Pro)
 Matt Konopka (Fr)

2nd Team Cam Kuska (Pal)
 Joshua Yamamoto (Fr)

Honorable Mention –

Throws

1st Team Pat Costello (Pro)
 Ed Beyer (JH)

2nd Team Lee Duhs (Sch)
 Tim Leuver (RM)

Honorable Mention – Brad Walls (Pal), Jakub
Szylak (RM)

Vertical Jumps

1st Team Parker Deloye (Bar)
 Tom Meyer (Fr)

2nd Team Kevin Newman (BG)
 Kody Cagwin (RM)

Honorable Mention –Kevin Winberg (Fr), Pawel Klimek (Fr), Jared Bruemmer (HE)

Horizontal Jump

1st Team Stacey Smith (Sch)
 Dave Kendziera (Pro)
 Cam Kuska (Pal)

2nd Team Keyshawn Brown (EG)

Honorable Mention –Edwin Kelly (Sch)