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LORAS' McGREW NAMED IIAC FOOTBALL MVP BUENA VISTA'S ANDERSON NAMED COACH OF THE YEAR FOOTBALL ALL-CONFERENCE TEAM ANNOUNCED

CEDAR RAPIDS, IOWA . . . The Iowa Intercollegiate Athletic Conference (IIAC) announced today that Loras College senior running back **Alex McGrew** (Van Horne, Iowa/Benton Community) has been named the 2008 IIAC Football Most Valuable Player and Buena Vista head coach **Jay Anderson** has been named the 2008 IIAC Football Coach of the Year.

McGrew rushed for 1,592 yards and 20 touchdowns on 316 carries in ten games, setting new single-season records for rushing touchdowns (old record, 18), rushing attempts (old record, 295), and most 100-yard games (old record, 8). He also scored five rushing touchdowns against Dubuque to tie the modern-era Loras single-game mark. He concludes his career in third place all-time at Loras in rushing yards (2,936) and attempts (668). He is also fourth in career points with 176.

He rushed for 200-plus yards three times this season and surpassed the century mark in nine of 10 games, being held to only 90 yards against Simpson Nov. 8. With 82 receiving yards (on six receptions), 262 punt return yards and 428 kick return yards, McGrew averaged 236.4 all-purpose yards per game and 159.2 yards of total offense per game. He led the IIAC in all-purpose yards (by 84.8 ypg) and ranked seventh in total offense, first among non-quarterbacks. Also the Duhawks regular punter, McGrew punted 53 times for 1,764 yards for a 33.3-yard average. Following the regular-season, McGrew ranked second in Division in all-purpose yards per game, fifth in rushing yards per game, and ninth in scoring (12.2 ppg).

McGrew is the first Loras player since **Kendall Griffin** in 1993 to be named Iowa Conference MVP.

Anderson led the Beavers to a 7-3 mark overall and a 6-2 mark in the Iowa Conference, good for second place in the final league standings. BVU's runner-up finish marked the best finish for the school since 1986 when the Beavers were second and were selected for the NCAA field. Under his guidance this year, Buena Vista ranks among the top-three in the Conference in 13 statistical categories including leading the IIAC in scoring defense (14.4 ppg). The Beavers also ranked second in red zone defense, holding opponents to scores on only 60 percent (18 of 30) of red zone chances. This is the seventh time a Buena Vista coach has been named Coach of the Year and the first since current Loras head coach **Steve Osterberger** picked up the honor in 2004.

The IIAC also announced today the 2008 All-Conference Football Team. The 54-member Team includes 18 repeat All-Conference honorees, including four individuals - Simpson running back **Adam Reutzel**, Wartburg defensive back **Jason Lansing**, Buena Vista linebacker **Michael Sly**, and Wartburg linebacker **Kyle Goodchild** - who become three-time All-Conference performers. In addition, Cornell's **Travion Hardman** received Second Team honors at both running back and return specialist.

Iowa Conference champion Wartburg College had an IIAC-best 12 All-Conference players, including a league-high seven First Team members, while runner-up Buena Vista University and Coe College each had eight All-Conference players. The Kohawks had five players selected to the First Team, second only to Wartburg, while the Beavers had four. Loras received six All-Conference honors followed by University of Dubuque, Luther College, and Simpson College with five All-IIAC selections each. Four of Simpson's honorees were named to the First Team.

The complete 2008 IIAC All-Conference Football Team follows this release.

2008 All-Iowa Conference Football Team
Most Valuable Player – Alex McGrew, Sr., RB, Loras
Coach of the Year - Jay Anderson, Buena Vista

First Team - Offense	School	Year	Pos.	Hometown/High School
Nick Yordi	Wartburg	Jr.	QB	Solon, Iowa/Solon
Alex McGrew %	Loras	Sr.	RB	Van Horne, Iowa/Benton Community
Adam Reutzel # \$	Simpson	Sr.	RB	Cedar Rapids, Iowa/Prairie
Sam Hammes	Coe	Jr.	RB	Story City, Iowa/Roland-Story
Eric Bertelsen	Buena Vista	Sr.	WR	Polk City, Iowa/North Polk
Ben McMahon	Loras	Sr.	WR	Waterloo, Iowa/Columbus
Justin Vetter	Wartburg	Sr.	WR	Nashua, Iowa/Nashua-Plainfield
Bill Carroll	Simpson	Jr.	OL	Littleton, Colo./Heritage
Jon Pereiro	Loras	Sr.	OL	Orland Park, Ill./Carl Sandburg
Trevor Urich	Buena Vista	Sr.	OL	Garner, Iowa/Garner-Hayfield
Shaun Lehmann	Coe	Sr.	OL	Wadena, Iowa/Valley Community
Morgan O'Connor	Wartburg	Sr.	OL	Fort Dodge, Iowa/Fort Dodge

First Team - Defense	School	Year	Pos.	Hometown/High School
Rahn Franklin Jr.	Buena Vista	Sr.	DB	North Kansas City, Mo./North Kansas City
Josh Faaborg %	Wartburg	Sr.	DB	Cedar Rapids, Iowa/Jefferson
Jason Lansing % ~	Wartburg	Sr.	DB	West Union, Iowa/North Fayette
Kyle Brockmeyer	Coe	Sr.	DB	Cedar Rapids, Iowa/Kennedy
Al Mierau	Luther	Sr.	LB	Rushford, Minn./Rushford-Peterson
Tate Harrison %	Coe	Jr.	LB	Nevada, Iowa/Nevada
Tim Stover %	Simpson	Sr.	LB	Muscatine, Iowa/Muscatine
Michael Sly % !	Buena Vista	Sr.	LB	Grimes, Iowa/Dallas Center-Grimes
Luke Stover %	Simpson	Sr.	DL	Muscatine, Iowa/Muscatine
Collins Eboh	Dubuque	Sr.	DL	Des Moines, Iowa/Roosevelt
Cody Webb	Luther	Sr.	DL	Decorah, Iowa/Decorah
Aaron Hadenfeldt	Coe	Sr.	DL	Solon, Iowa/Solon

First Team - Specialists	School	Year	Pos.	Hometown/High School
Spencer Herzberg ^ ~	Wartburg	Sr.	PK	Iowa Falls, Iowa/Iowa Falls
Kurtis Brondyke #	Central	So.	P	Clinton, Iowa/Clinton
Josh VanDenHul	Wartburg	Fr.	RS	North Sioux City, S.D./Dakota Valley

Second Team - Offense	School	Year	Pos.	Hometown/High School
Matt Pearey	Buena Vista	Sr.	QB	Guthrie Center, Iowa/Guthrie Center
Cory Donscheski	Buena Vista	So.	RB	Dunlap, Iowa/Boyer Valley
Travion Hardman ^ ~	Cornell	Sr.	RB	Oak Park, Ill./Oak Park River Forest
Trent Svendsen	Buena Vista	Sr.	WR	Harlan, Iowa/Harlan
Matt Vermeer	Central	Sr.	WR	Montezuma, Iowa/Montezuma
Adam Burken ^	Dubuque	Sr.	TE	Camanche, Iowa/Camanche
Ryan Hoerner %	Wartburg	Sr.	TE	Epworth, Iowa/Western Dubuque
Spenser Remick #	Central	Sr.	OL	Hillsboro, Iowa/Mount Pleasant
Dustin Vertin	Dubuque	Sr.	OL	Morgan Hill, Calif./Live Oak
Michael Schaefer	Loras	Jr.	OL	Lake Bluff, Ill./Lake Forest
John Stoltenberg	Luther	Jr.	OL	St. Paul, Minn./Mahtomedi
Ryan Laffey	Simpson	Jr.	OL	Runnells, Iowa/Dowling Catholic

Second Team - Defense	School	Year	Pos.	Hometown/High School
Tom Breitbach #	Coe	Sr.	DB	Cedar Rapids, Iowa/Xavier
Orlando Walton ^	Dubuque	Sr.	DB	Muskegon, Mich./Muskegon
Trevor Theobald	Luther	Jr.	DB	Blanchardville, Wis./Pecatonica
Marcus Hemaseth	Wartburg	Sr.	DB	Norway, Iowa/Benton Community
Jeremy Laskowski	Dubuque	Sr.	LB	Washington, Ind./Washington
Reed Peterson	Loras	Sr.	LB	West Des Moines, Iowa/Dowling Catholic
Kyle Goodchild # ~	Wartburg	Sr.	LB	Van Horne, Iowa/Benton Community
Ryan Gerardy ~	Wartburg	Sr.	LB	Eldridge, Iowa/North Scott
Jordan Wilkens #	Coe	Sr.	DL	Altoona, Iowa/Southeast Polk
Kenny Kikilas	Loras	Jr.	DL	Hickory Hills, Ill./Marist
Ben Chukuske	Buena Vista	Sr.	DL	Sherburn, Minn./Martin County West
Bobby Kuennen	Luther	Jr.	DL	Decorah, Iowa/Decorah
Second Team - Specialists	School	Year	Pos.	Hometown/High School
Elliott Rausa	Coe	So.	PK	Waterloo, Iowa/Columbus
Stevan Kingery %	Wartburg	Sr.	P	Traer, Iowa/North Tama
Travion Hardman ^ ~	Cornell	Sr.	RS	Oak Park, Ill./Oak Park River Forest

Honorable Mention	School	Year	Pos.	Hometown/High School
Ben Hansen	Buena Vista	Jr.	LB	Red Oak, Iowa/Red Oak
Shane Wong	Central	Fr.	DL	Des Moines, Iowa/Southeast Polk
Calvin Thomas	Coe	Jr.	LB	Westchester, Ill./St. Joseph's
Don Bladt	Cornell	Jr.	DB	Shelby, Iowa/AHST
Matt Pilger	Cornell	Sr.	OL	Arvada, Colo./West
Alex Macey	Cornell	Jr.	TE	Oceanside, Calif./Vista
Colton Hansen	Dubuque	Jr.	QB	Olin, Iowa/Olin Consolidated
DeMacus Fleming	Dubuque	Fr.	RS	Deerfield, Fla./Deerfield Beach Highway
Matt Maginot	Loras	Jr.	OL	Glenview, Ill./Glenbrook South
Josh Patterson	Luther	So.	DB	Zion, Ill./Zion-Benton
Brandon Rickertsen	Luther	Sr.	DL	Bryant, Iowa/Northeast
Kendall Grieme	Simpson	Sr.	OL	Lawton, Iowa/Lawton-Bronson
Rodney Stevenson	Wartburg	Sr.	DL	Lime Springs, Iowa/Crestwood

- # - 2007 First Team All-Conference
- % - 2007 Second Team All-Conference
- ^ - 2007 Honorable Mention All-Conference
- ! - 2006 First Team All-Conference
- ~ - 2006 Second Team All-Conference
- \$ - 2005 Second Team All-Conference