



**Suburban One League
American Conference
2024 All-League Football Teams**



First Team All-League - Offense						
Position	School	Name	#	Gr	Height	Weight
Quarterback	Wissahickon	Nolan Pounds	12	12	6'	172
Running Back	Plymouth-Whitemarsh	Everett Baker	1	12	5'8	170
Running Back	Wissahickon	Quasir Sampson	32	10	5'10	195
Running Back	Upper Moreland	Aidan Tuffy	7	12	6'2	175
Offensive Lineman	Wissahickon	Ethan Baritz	74	12	6'0	265
Offensive Lineman	Upper Moreland	Jimmy Baker	71	12	6'1	240
Offensive Lineman	Hatboro-Horsham	Colin Schwartz	63	12	5'9	195
Offensive Lineman	Plymouth-Whitemarsh	Jared Thomas-Payne	72	12	6'4	320
Offensive Lineman	Springfield	Nick Formoso	60	12	6'5	280
Tight End	Wissahickon	Aidan Wescott	13	12	6'2	188
Wide Receiver	William Tennent	Joey Hebling	20	12	6'0	165
Wide Receiver	Plymouth-Whitemarsh	Marcus Laffredo	5	12	5'10	155
Place Kicker	Upper Moreland	Luke Sword	85	11	6'2	170
First Team All-League - Defense						
Position	School	First	#	Gr	Height	Weight
Defensive Lineman	Upper Moreland	Jimmy Baker	71	12	6'1	240
Defensive Lineman	Plymouth-Whitemarsh	Jadon Joseph	36	12	6'2	245
Defensive End	William Tennent	AJ Alwan	1	12	6'4	210
Defensive End	Plymouth-Whitemarsh	Nobi Morffiah	50	12	5'11	235
Linebacker	Plymouth-Whitemarsh	Kevin Hegarty	7	12	6'1	185
Linebacker	Upper Moreland	Frankie McDermott	3	12	6'3	185
Linebacker	Wissahickon	Kareem Lee	21	12	5'8	155
Linebacker	Wissahickon	Quasir Sampson	32	10	5'10	195
Linebacker	Upper Moreland	Larry Hughes	16	11	6'2	175
Defensive Back	Plymouth-Whitemarsh	Chase Smith	3	12	6'1	175
Defensive Back	Wissahickon	Dom Harvey-Sheppard	7	11	5'9	155
Defensive Back	Wissahickon	Amari Nash	5	12	6'1	165
Punter	Upper Moreland	Luke Sword	85	11	6'2	165

2024 SOL American Conference Champion:

Plymouth-Whitemarsh High School

2024 SOL American Conference Player of the Year:

Everett Baker #1 - Plymouth-Whitemarsh HS

2024 SOL American Conference Team Sportsmanship Award Winner:

Hatboro-Horsham High School and Upper Moreland High School



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Second Team All-League - Offense

Position	School	Name	#	Gr	Height	Weight
Quarterback	Upper Moreland	Alex Foley	11	12	6'	190
Running Back	Springfield	CJ Johnson	10	12	5'10	170
Running Back	Hatboro-Horsham	Luke Foley	6	12	5'9	175
Running Back	William Tennent	Isaiah Rosario	7	12	5'9	155
Offensive Lineman	Plymouth-Whitemarsh	Eddie Moyett	55	12	5'9	265
Offensive Lineman	Plymouth-Whitemarsh	Max Vizza	52	12	5'11	255
Offensive Lineman	Wissahickon	Billy Stout	62	10	5'11	245
Offensive Lineman	William Tennent	Nick Taylor	55	12	6'2	255
Offensive Lineman	Hatboro-Horsham	Michael Randa	67	11	6'3	225
Tight End	Upper Moreland	Larry Hughes	16	11	6'3	175
Wide Receiver	Wissahickon	Xavier Johnson	2	11	6'1	165
Wide Receiver	Wissahickon	Quentin West	14	11	6'0	160
Place Kicker	Springfield	Bobby Hartman	15	12	6'2	185

Second Team All-League - Defense

Position	School	First	#	Gr	Height	Weight
Defensive Lineman	Plymouth-Whitemarsh	Eddie Moyett	55	12	5'9	265
Defensive Lineman	Hatboro-Horsham	Nathan Gockley	32	11	5'11	195
Defensive End	Hatboro-Horsham	Dan Rash	57	12	6'1	215
Defensive End	Upper Moreland	Alex Costanzo	4	12	6'3	200
Linebacker	Springfield	Aaron Kaufman	13	11	5'10	205
Linebacker	William Tennent	Justin Frederic	0	12	5'10	165
Linebacker	Plymouth-Whitemarsh	Chase Rarrick	8	12	5'10	190
Linebacker	Plymouth-Whitemarsh	Luke Laviola	9	12	5'9	175
Linebacker	Springfield	Bryce McManus	51	12	5'8	200
Defensive Back	William Tennent	Joey Hebling	20	12	6'0	165
Defensive Back	Upper Moreland	Aidan Tuffy	7	12	6'2	175
Defensive Back	Upper Moreland	Jamir Williams	9	12	5'11	160
Punter	Springfield	Bobby Hartman	15	12	6'2	185



**Suburban One League
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Honorable Mention All-League - Offense

Position	School	Name	#	Gr	Height	Weight
Quarterback	Plymouth-Whitemarsh	Caiden Leszczynski	6	12	6'2	170
Running Back	Plymouth-Whitemarsh	Christian DiCiurcio	26	12	5'9	185
Running Back	Hatboro-Horsham	Kayden Collazo	24	12	5'11	200
Running Back	Springfield	Theo Ferragame	48	12	5'9	225
Offensive Lineman	Plymouth-Whitemarsh	Nobi Morffiah	50	12	5'11	235
Offensive Lineman	Upper Moreland	Darrius Whetstone	54	11	6'3	250
Offensive Lineman	William Tennent	Sean Hazlett	53	12	5'10	195
Offensive Lineman	Wissahickon	Trey Atchinson	50	12	5'9	265
Offensive Lineman	Springfield	Ryan Baranaukas	62	12	6'4	245
Tight End	William Tennent	AJ Alwan	1	12	6'4	210
Wide Receiver	Springfield	Bobby Hartman	15	12	6'2	185
Wide Receiver	Upper Moreland	Braden Moore	2	12	6'1	180
Place Kicker	Plymouth-Whitemarsh	Max Peterson	38	10	6'1	160

Honorable Mention All-League - Defense

Position	School	First	#	Gr	Height	Weight
Defensive Lineman	Springfield	Theo Ferragame	48	12	5'9	225
Defensive Lineman	Springfield	Ryan Vernick	58	12	5'8	220
Defensive End	Springfield	Nick Ebner	30	12	5'10	225
Defensive End	Wissahickon	Cole Lilienfield	33	11	5'10	225
Linebacker	Upper Moreland	Travis Quirk	8	11	6'0	165
Linebacker	William Tennent	Dan Ellis	52	12	5'10	190
Linebacker	Hatboro-Horsham	Quinn Fullmer	36	10	5'6	175
Linebacker	Hatboro-Horsham	Owen King	56	12	5'9	185
Linebacker	Plymouth-Whitemarsh	Christian DiCiurcio	26	12	5'9	185
Defensive Back	Springfield	Jack McGuckin	7	12	6'0	165
Defensive Back	Plymouth-Whitemarsh	Marcus Laffredo	5	12	5'10	155
Defensive Back	Upper Moreland	Braden Moore	2	12	6'1	180
Punter	Plymouth-Whitemarsh	Everett Baker	1	12	5'8	170