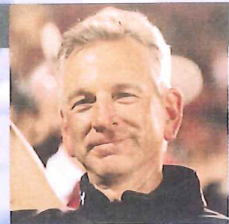


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4-5A QUICK TAKE

PRESEASON OFFENSIVE MVP

RB Tavarreon Dickerson, Arlington

PRESEASON DEFENSIVE MVP

LB Jaquious Jackson, Bowie

ARLINGTON COLTS

Coach: Scott Peach. Lettermen R/L: 42/16. Starters returning O/D: 9/10. 2010: 7-4 DII bi-district finalist/5-2 district. Key losses: Miles Onyegbule (UT), Laderice Sanders (TCU), Damon Martin (Kansas).

Players to watch: RB Tavarreon Dickerson (5-10, 180, 4.4), LB Curtis Douglas (6-1, 170, 4.5), OG Daniil Lysenko (6-3, 280, 5.0), FS Tim Ochola (6-1, 170, 4.5). Top juniors: LB Sammy Douglas (6-3, 190, 4.8), WR Dontha Robinson (5-9, 155, 4.5). Top sophomore: CB Jacob Nwangwa (6-1, 170, 4.8).

Other prospects: OT Daniel Montiel, LB Gavin Hawbaker, WR Calvin Parker, OG Jeremiah Robbins, DB Shammah Saidi, DT Kenya Thomas, QB Josh Greer, CB Devin Harris, C Daireck Hicks, DE Merveil Lufuluabo, DE Troy Tickle, WR Emilio Vera, DT Ignacio Nolasco.

2011 notes: Coach Peach watched a young group perform exceptionally well last year. He returns nearly all of his starters and has expectations of a deep postseason run. RB Dickerson (181-1,617, 18 TDs) returns and could be the district's next 2,000-yard rusher with the help of a lineman such as OG Lysenko (112 knock-downs). LBs Curtis Douglas (89 tackles, 1 INT) and Hawbaker (114 tackles) are two of the district's best defenders. FS Ochola (81 tackles, 6 INTs) has a habit of making game-changing plays.

BOWIE VOLUNTEERS

Coach: Kenny Perry. Lettermen R/L: 22/35. Starters returning O/D: 4/4. 2010: 7-4 DI bi-district finalist/6-1 district. Key loss: Michael Amaefula (Minnesota).

Players to watch: QB Kolby Listenbee (6-0, 170, 4.4), DT Demonte Hood (6-1, 290, 5.2), LB Jaquious Jackson (5-11, 215, 4.7), RB Russell Hansbrough (5-8, 185, 4.4), DE Jesse Rogers (6-5, 240, 4.9). Top juniors: LB Caleb Potter (6-1, 225, 4.8), WR Wesley Thomas (5-8, 165, 4.6). Top sophomore: DB Edwin Freeman (6-0, 190, 4.7).

Other prospects: DB Robert Zenon, DB Devin Williams, OL Jaylin McDuffie, RB Blake Bradford, DL Brian Fisher, WR D.J. White, WR Aaron McGee, K Jose Jara, OL Marcus Gordon.

2011 notes: Bowie is only bringing back eight starters, but they're at the most important positions — especially QB, where TCU-bound Listenbee threw for nearly 1,000 yards and rushed for 1,015 in just eight starts. He was also the district champ in the 200 meters. The Bowie defense will be as athletic as always, with high-motor DT Hood and '10 4-5A Defensive MVP LB Jackson both in the mix. The key to all of it might be RB Hansbrough (916, 5 TDs) — the quicksilver three-year starter has explosive speed and would be a much bigger name if he hadn't missed some time due to injury. These Vols aren't far off the pace for the district title.

LAMAR VIKINGS

Coach: Trent Fuller. Lettermen R/L: 20/39. Starters returning O/D: 2/7. 2010: 5-6 DII bi-district finalist/4-3 district.

Players to watch: SS Paris Watson (5-11, 190, 4.6), LB Deandre Wilson (6-0, 210, 4.8), DT Derrick White (5-11, 240, 4.9), QB Connor Berry (6-0, 175, 4.7), OL Tate Causey (6-4, 240, 5.1). Top sophomore: RB Cameron Smith (5-5, 150, 4.5).

Other prospects: RB Greg Brown, WR Trey Morgan, DB Davion Jackson, OL Landon Lancaster, OL Brandon Tolbert, DL Semaj Harris, WR Connor Jennings, K Conner Curran, WR Kavonta Mayweather, DE James Junious, DE Shayne Allen.

2011 notes: The Vikings lost a staggering 39 lettermen from last year's playoff squad, but the majority of the 4-2-5 defense returns intact, led by big-hitting SS Watson

RETURNING STAT LEADERS

Rusher: Tavarreon Dickerson, Arlington;
1,617-18 TDs

Passer: Chris Hanson, Paschal; 1,108-9 TDs

Receiver: Terrell Varnes, Sam Houston; 208-1 TDs

(10 TFL) and powerful LB Wilson (90 tackles). QB Berry takes over under center, and his strong understanding of the spread offense makes him another coach on the field. Filling in the rest of the offense around him could be troublesome; the Vikings scored more than 27 points per game a year ago, but OL Causey is really the only experienced guy in the trenches.

MARTIN WARRIORS

Coach: Bob Wager. Lettermen R/L: 23/32. Starters returning O/D: 4/8. 2010: 10-3 DI regional semifinalist/7-0 district. Key losses: Danzel Williams (OU), Russell Bellomy (Michigan), Deryck Gildon (TCU), Ryan Pollard (Air Force).

Players to watch: LB/RB Cameron Williams (5-10, 195, 4.5), DE Devonte Fields (6-4, 240, 4.8), OL Steven Baggett (6-4, 260, 5.6), DB Stephen Amoako (5-11, 195, 4.5). Top juniors: RB Kyle Hicks (6-0, 190), DT Ty Smalley (6-0, 215), LB Jordan Avery (5-10, 190).

Other prospects: DL Mustafa Haboul, QB Brodie Lambert, WR Chris Turner, RB/LB Cameron Knight, C Trey Enterline, DB Eric Amoako, DB Matt Waller.

2011 notes: The Warriors had a big 2010 and will begin defense of their district championship with eight starters back on a traditionally strong defense. Seems like things have turned around overnight; Martin missed the playoffs every year from 1999-2005, then qualified every year since then. DE Fields (66 tackles, 6 sacks) and DB Eric Amoako (59 tackles, 2 sacks, 2 INTs) are among the various leaders on the defensive side of the ball. The offense only returns four starters, including OT Baggett (32 pancakes) and C Enterline. QB Lambert will take over the starting duties after playing behind Bellomy last year.

NORTH CROWLEY PANTHERS

Coach: Keeath Magee. Lettermen R/L: 16/24. Starters returning O/D: 5/4. 2010: 2-8/2-5 district.

Players to watch: WR Xavier Mathews (6-2, 174, 4.6), RB A.J. Hartfield (5-7, 190, 4.6), QB Josh Price (6-0, 193, 4.6), DB Kelton Levy (5-10, 168, 4.5), LB Jaquan Richmond (6-0, 215, 4.6). Top juniors: QB E.J. Speed (6-3, 200, 4.6), WR Rod Young (6-3, 165, 4.5). Top sophomore: DB Darron Giles (5-9, 170, 4.6).

Other prospects: WR Josh Sweet, RB Paul Sneed.

2011 notes: A team loaded with speed and athleticism, North Crowley had some growing pains in coach Magee's first season, but the 2011 football campaign is expected to see some positive turnaround. Magee has high expectations for WR Mathews, a good athlete with great speed. QBs Price and Speed will share time calling plays. RBs Hartfield and Sneed could put up big rushing numbers this year. Lightning-quick DB Levy is the only returning starter in the secondary, but DB Giles may be one of the hardest hitters in the district.

PASCHAL PANTHERS

Coach: Matt Cook. Lettermen R/L: 18/24. Starters returning O/D: 6/5. 2010: 1-9/0-7 district.

Players to watch: QB Chris Hanson (6-0, 181, 5.0), LB Daniel Reiling (6-2, 202, 4.9), LB Ian Croschere (5-11, 180), TE Connor Fanning (6-2, 200), RB Matt Young (5-9, 185). Top juniors: DB Alfredo Retana (5-11, 180, 4.7), WR Ben Noel (5-11, 4.7). Top sophomore: WR/RB Darrell James (5-9, 178, 4.6).

Other prospects: RB Tyler Armer, LB Ben Hoyt, WR Rory Giusburg, CB Michael Garcia, DT Walker Moore, WR Brian Munoz, LB Andrew Pillow, WR Etuk Repairer.

2011 notes: Paschal has had its share of down seasons, but coach Cook is trying to build the program into a consistent contender. QB Hanson (108-217-1,108-11, 9



RANKING 4-5A

Here are the four predicted playoff teams in this district (enrollment numbers in parentheses, Division I representatives in italics).

1. *Arlington Martin* (3,263)
2. *Arlington Bowie* (3,160)
3. *Arlington* (2,962)
4. *Arlington Lamar* (2,937)

5. *Arlington Sam Houston* (2,870)
6. *Weatherford* (2,165)
7. *North Crowley* (2,421)
8. *Fort Worth Paschal* (2,407)

Overview:

District 4-5A graduated some of Texas' most elite talent in the offseason, so prepare to welcome in the next wave of Arlington-based athletes. Martin retains enough from last year's title contender to start as the district favorites, but Bowie can go toe-to-toe with the Warriors when it comes to talent.

TDs) will run the offense, while RBs Young and Amer (18-107) will split carries in the backfield. WR Noel will be a target in the spread offense. LB Reiling (26 tackles) played on the line last season. DB Retana (41 tackles, 3 INTs) will be the leader of the secondary.

SAM HOUSTON TEXANS

Coach: Open. Lettermen R/L: 14/18. Starters returning O/D: 3/4. 2010: 4-6/3-4 district. Key losses: Jamal Turner (Nebraska), Tony Morales (TTU), Alfredo Morales (TTU), Kameel Jackson (OU).

Players to watch: OLB Russell Perkins (6-2, 200, 4.6), WR Terrell Varnes (5-11, 175, 4.6), OT Ignatius Osando (6-0, 220, 5.0), WR Lekeith Smith (5-9, 155, 4.6), OLB Jeremy Hall (5-10, 185, 4.7), ILB Kevin Fuller (5-9, 180). Top junior: RB Andrew Alvarado (5-7, 4.5). Top sophomore: OLB Daylon Woods (5-10, 185, 4.6).

2011 notes: The Texans missed out on the playoffs by a game last year, which especially hurts now that they graduated four offensive players to the Big 12 ranks in the offseason. The defense is heavy on linebackers, most notably OLBs Perkins and Hall; they both need to step up as leaders after the defense gave up more than 40 points per game last year. RB Alvarado (67-360, 1 TD), a second-team all-district choice as a sophomore, could be the new face of the offense, but 2011 will be more of a rebuilding year than a contending one for Sam Houston.

WEATHERFORD KANGAROS

Coach: Reid Waller. Lettermen R/L: 30/34. Starters returning O/D: 6/8. 2010: 1-9/1-6 district.

Players to watch: QB Trooper Reynolds (5-11, 213, 4.7), DT John Tow (6-3, 242, 4.9), LB Tyler Reynolds (5-11, 195, 4.5), LB Jansen Hinkle (5-9, 175, 4.6), RB Jake Bartels (5-10, 160, 4.5). Top juniors: LB Dylan Powell (5-10, 175, 4.8), DB Brock Riebe (5-11, 175, 4.6).

Other prospects: CB Austin Van Houton, CB Micah Blanton, RB Austin Livingston, OL Hayden Davis, OL Sammy Stephens, LB Mike Garner, DL Hunter Linn.

2011 notes: Despite coming off a one-win season, Weatherford is expecting a good year with eight players returning on defense. LBs Reynolds (53 tackles) and Hinkle (41 tackles) are quick athletes who have good football IQ. Coaches have high expectations for DT Tow (29 tackles). QB Reynolds (1,016 total yards, 12 TDs) will lead the Weatherford offense. Weatherford's junior varsity team had a winning season, and Waller, in his second year with the Roos, is hoping the new varsity players can make an impact early.