

**2010 ALL CONFERENCE 1<sup>st</sup> TEAM**

<b>Player</b>	<b>Position</b>	<b>School</b>
<b>Alex Fridley</b>	<b>DL</b>	<b>Williamsport</b>
<b>Eric Davis</b>	<b>Secondary</b>	<b>Williamsport</b>
<b>Reggie Russ</b>	<b>Fullback</b>	<b>Williamsport</b>
<b>Tyler Myers</b>	<b>OLB</b>	<b>Williamsport</b>
<b>Zach Nalley</b>	<b>Guard</b>	<b>Williamsport</b>

**2010 ALL CONFERENCE 2<sup>nd</sup> TEAM**

<b>Player</b>	<b>Position</b>	<b>School</b>
<b>Josh Miller</b>	<b>MLB</b>	<b>Williamsport</b>
<b>Matt Cody</b>	<b>DL</b>	<b>Williamsport</b>
<b>Nate Willis</b>	<b>TE</b>	<b>Williamsport</b>

**2010 ALL CONFERENCE HON. MENTION**

<b>Player</b>	<b>Position</b>	<b>School</b>
<b>Antonio Murphy</b>	<b>Guard</b>	<b>Williamsport</b>
<b>Nate Downs</b>	<b>MLB</b>	<b>Williamsport</b>
<b>Nate Willis</b>	<b>Punter</b>	<b>Williamsport</b>
<b>Reggie Russ</b>	<b>OLB</b>	<b>Williamsport</b>