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Missouri Valley Football Conference Recognizes "All-Select NFL Team"

ST. LOUIS -- Founded in 1985 as the Gateway Football Conference, the Missouri Valley Football Conference will celebrate its 25th season of FCS (Football Championship Subdivision) football during the 2009 season. To kick off the league's 25th Year Celebration, the Missouri Valley Football Conference is paying tribute to its all-time greats - those who have had stellar careers or played with distinction in the National Football League.

Included in the list are former NFL Most Valuable Players, Pro-Bowl selections and Super Bowl participants. In all, former conference players have combined to play in 15 Pro Bowls and earned four MVP honors, while 12 players have combined for 23 Super Bowl appearances. Notably, 16 former league players on the list are currently active in the NFL.

In addition, the league is honoring an "institutional greats" category, recognizing student-athletes who played at current member schools while those schools were not a part of the league.

During the season, fan voting will be conducted to help select a "Silver Anniversary Team," recognizing the league's all-time greats. Voting can be accessed at www.valley-football25.org. Team composition for the league's Silver Anniversary Team will be determined by a committee and fan voting. Fans can also vote to determine an Offensive and Defensive MVP of the league's All-Select NFL Team.

The conference office, with consultation from institutional personnel, compiled the list of honorees.



OFFENSE (last year indicates final year of college)

Pos., Name	School	Last Year	Pro Teams	Dates of Pro Career
QB Kurt Warner <i>4-time Pro Bowler; 2-time NFL MVP; Super Bowl XXXIV MVP; 3rd all-time in career passer rating; 2,327-of-3,557 for 28,591 career yards and 182 career TDs</i>	UNI	1993	Rams, Giants, Cardinals	1998-present
RB Brandon Jacobs <i>Giants featured back in 2007 and 2008; 555 carries for 2,620 yards and 35 TDs in first 4 years in the league</i>	Southern Illinois	2004	Giants	2005-present
RB Aaron Stecker <i>2,655 career rushing/receiving yards, 16 career starts in 9-year career</i>	Western Illinois	1998	Buccaneers, Saints	2000-08
RB Aveion Cason <i>1,217 career rushing/receiving yards in 8-year career</i>	Illinois State	1998	Lions, Cowboys, Rams	2001-present
FB Jeremi Johnson <i>Started 50 games for the Bengals in his first five years in the league</i>	Western Kentucky	2002	Bengals	2003-present
WR Don Beebe <i>Played on more Super Bowls than any other league player (6), 219 career catches for 3,416 yards and 23 TDs</i>	Western Illinois	1987	Bills, Panthers, Packers	1989-97
WR Dedric Ward <i>33 starts, including all 16 games for the Jets in 2000; 167 career catches for 2,307 yards and 12 TDs</i>	UNI	1996	Jets, Miami, Ravens, N.E., Dallas	1997-04
WR Mike Furrey <i>Led the NFL in receiving with 98 catches for 1,086 yards in 2006; 198 catches for 2,128 yards and 7 TDs in first six years</i>	UNI	1999	Rams, Lions, Browns	2003-present
WR Kenny Shedd <i>Was kick returner and wideout for five NFL teams over a seven-year career</i>	UNI	1992	Jets, Bears, Raiders, Redskins	1993-00
WR Frisman Jackson <i>In four seasons with the Browns, caught 40 passes, including 24 for 287 yards and a TD in 2004</i>	Western Illinois	2001	Browns	2002-05
WR Eddie Berlin <i>Played 5 years and in 62 games; best season was in 2004 with the Titans - 20 catches for 278 yards</i>	UNI	2000	Titans, Bears	2001-05
WR Fabien Bowens <i>Played in 70 games over six seasons with the Bears and Seahawks, had 12 catches for 146 yards in his second season with Bears</i>	Western Illinois	1994	Bears, Seahawks	1995-01
TE Damon Jones <i>Played in 40 games over five seasons with 22 starting assignments; 11 career TDs</i>	Southern Illinois	1996	Jaguars	1997-01
TE Ryan Hannam <i>Started 5 games for the Seahawks during the 2005 season and was on team for Super Bowl XXL</i>	UNI	2001	Seahawks, Cowboys	2002-06
OL Brad Meester <i>Has started all 129 contests in which he has played for the Jacksonville Jaguars</i>	UNI	1999	Jaguars	2000-present
OL Frank Winters <i>1-time Pro Bowler (1997); 141 starts in 231 career games with four different teams; played in two Super Bowls with Green Bay</i>	Western Illinois	1986	Browns, Giants, Chiefs, Packers	1987-2002
OL Mark Rodenhauser <i>Played on more teams (7) than any other former league player</i>	Illinois State	1986	Bears, Vikings, Chargers, Lions, Panthers, Steelers, Seahawks	1987-99
OL Jason Whittle <i>Has started 44 of 137 career games played with four different NFL teams</i>	Missouri State	1997	Giants, Buccaneers, Vikings, Bills	1998-present
OL Rich Seubert <i>Has started 58 of 74 career games with the New York Giants; was on winning Super Bowl team following 2007 season</i>	Western Illinois	2000	Giants	2001-present

DEFENSE (last year indicates final year of college)

Pos., Name	School	Last Year	Pro Teams	Dates of Pro Career
DL David Bowens <i>Has started 22 of 136 career games on the defensive line; 187 career tackles and 32.5 career sacks</i>	Western Illinois	1998	Denver, G.B., Redskins, Miami, Jets	1999-present
DL James Jones <i>Started 140 of 160 games on the defensive line with four NFL teams; recording 37 career sacks</i>	UNI	1990	Browns, Broncos, Ravens, Lions	1991-00
DL John Jurkovic <i>Started 95 of 114 career games on the defensive line with three different teams</i>	Eastern Illinois	1989	Packers, Jaguars, Browns	1991-99
LB Bryan Cox <i>3-time NFL Pro Bowl Selection; played in Super Bowl XXXVI with New England; started 144 of his 165 career games played</i>	Western Illinois	1990	Miami, Bears, Jets, Patriots, Saints	1991-02
LB Bart Scott <i>Pro-Bowl (2007); started all 48 games in final 3 years with Ravens (2006-07-08); 433 career tackles, career-best 103 in 2006</i>	Southern Illinois	2001	Ravens, Jets	2002-present
LB Bryce Paup <i>NFL Defensive MVP in 1995 (with Buffalo); 4-time Pro Bowl selection; 75 career sacks (season-best 17.5 in MVP season in 1995)</i>	UNI	1989	Packers, Bills, Jaguars, Vikings	1990-00
LB Ed Hartwell <i>Started 57 of 77 career games, recording 400 career tackles and seven sacks</i>	Western Illinois	2000	Ravens, Falcons	2001-06
LB Boomer Grigsby <i>Has played special teams and has been moved to fullback while entering his 5th NFL season</i>	Illinois State	2004	Chiefs, Dolphins, Texans	2005-present
LB Tim Johnson <i>Recorded 114 tackles over 5-year career; played in Super Bowl XXXVII with Oakland, blocking a punt that was returned for a TD</i>	Youngstown State	2001	Raiders, Ravens	2002-06
DB Rodney Harrison <i>Only player in NFL history with 30+ sacks and 30+ interceptions, 2-time Pro Bowler; played on 4 Super Bowl teams in his career</i>	Western Illinois	1993	Chargers, Patriots	1994-08
DB Benny Sapp <i>125 career tackles; four career interceptions; 15 career PBUs; while making 10 career starts in 70 games played</i>	UNI	2003	Chiefs, Vikings	2004-present
DB William James <i>253 career tackles; six career interceptions; 30 career PBUs; while making 46 career starts in 76 games played</i>	Western Illinois	2000	Giants, Eagles, Jaguars	2001-present
DB Ray McElroy <i>Played in 81 career games with nine starting assignments in six-year NFL career</i>	Eastern Illinois	1994	Colts, Bears, Lions	1995-01
P Mike Scifres <i>44.1 yards per punt, placing 144 inside the 20; career long of 71 yards; first-alternate for Pro Bowl following 2007 and 2008 seasons</i>	Western Illinois	2002	Chargers	2003-present
P Derrick Frost <i>41.2 yards per punt, placing 105 inside the 20, while kicking for three different NFL teams</i>	UNI	2002	Browns, Redskins, Packers	2003-present
LS Brad St. Louis <i>Has played in 139 contests as the long snapper for the Cincinnati Bengals</i>	Missouri State	1999	Bengals	2000-present

INSTITUTIONAL GREATS - players who played at league schools before schools were members of the MVFC (which began in 1985 as the Gateway Conference). Only current league schools' former players are listed below

DB Estus Hood	Illinois State	1977	Packers	1978-84
<i>31-straight starting assignments, 11 career interceptions</i>				
OL Dennis Nelson	Illinois State	1968	Baltimore Colts, Eagles	1970-77
<i>77 NFL games, on Super Bowl championship team in 1971</i>				
DB Mike Prior	Illinois State	1984	Buccaneers, Colts, Packers	1985-98
<i>198 career games (two Super Bowls), 35 career interceptions</i>				
OL Tunch Ilkin	Indiana State	1979	Steelers, Packers	1980-93
<i>Played 176 career games with the Pittsburgh Steelers over a 14-year NFL career</i>				
DB Vencie Glenn	Indiana State	1985	N.E., Chargers, Saints, Vikings, Giants	1986-95
<i>Played 153 career games with 35 career interceptions</i>				
DL Phil Hansen	North Dakota State	1990	Bills	1991-01
<i>Played 156 career games, with 61.5 career sacks, appeared in three-straight Super Bowls (1991-93)</i>				
WR Stacy Robinson	North Dakota State	1983	Giants	1985-90
<i>Played for Super Bowl champion New York Giants in 1987 and 1991</i>				
DB Steve Nelson	North Dakota State	1973	Patriots	1974-87
<i>Played 174 career games, all with the Patriots, over 14 NFL seasons, recording 17 career interceptions</i>				
DB Tyrone Braxton	North Dakota State	1986	Broncos, Dolphins	1987-99
<i>Played 181 career games, with 36 career interceptions (4 of which he returned for touchdowns)</i>				
PK Adam Vinatieri	South Dakota State	1994	Patriots, Colts	1996-present
<i>The first kicker ever to play in five Super Bowls and win four Super Bowl rings.</i>				
TE Steve Heiden	South Dakota State	1998	Chargers, Browns	1999-present
<i>Has had 191 receptions for 1,616 yards, and 13 TDs in his first 10 seasons in the league</i>				
WR/TE/RB Pete Retzlaff	South Dakota State	1952	Eagles	1956-66
<i>452 career catches for 7,412 yards and 47 TDs in 11 seasons with the Eagles, 5-time Pro-Bowl selection; Eagles retired his #44</i>				
OL Jim Langer	South Dakota State	1969	Dolphins, Vikings	1970-81
<i>Played in 151 career games over 12 seasons; Pro Football Hall of Fame; six-time Pro Bowl selection; NFL 1970s All-Decade Team</i>				
OL Adam Timmerman	South Dakota State	1994	Packers, Rams	1995-06
<i>Started 172 of 187 games played in his 12 seasons in the league, playing in three Super Bowls</i>				
OL Carl Mauck	Southern Illinois	1968	Colts, Dolphins, Chargers, Oilers	1969-81
<i>Played in 166 career games, including 156 in a row in a 13-year career in the NFL</i>				
QB Jim Hart	Southern Illinois	1965	Cardinals, Redskins	1966-84
<i>4-time Pro Bowler (1974-77), NFC Player of the Year in 1974, 34,655 career passing yards</i>				
WR Kevin House	Southern Illinois	1979	Buccaneers, LA Rams	1980-87
<i>299 career catches, 5,169 career yards, 34 touchdowns in 8-year career</i>				
DB Terry Taylor	Southern Illinois	1983	Seahawks, Lions, Browns, Falcons	1984-95
<i>25 interceptions over a 12-year NFL career with four different teams</i>				
DB Mike Wagner	Western Illinois	1970	Steelers	1971-80
<i>36 career interceptions, and won four Super Bowls as part of the Steel Curtain defense; 2-time Pro-Bowl selection</i>				
QB Ron Jaworski	Youngstown State	1973	LA Rams, Eagles, Dolphins, Chiefs	1974-89
<i>Pro Bowl selection in 1980, NFL Player of the Year in 1980, Super Bowl appearance in 1980, 28,190 career passing yards</i>				
QB Cliff Stoudt	Youngstown State	1976	Steelers, STL Cardinals, Miami, Dallas	1977-89
<i>Threw for 4,506 yards in his career and 23 touchdowns over 13 seasons</i>				
PK Jeff Wilkins	Youngstown State	1993	Eagles, 49ers, Rams	1994-07
<i>All-time scoring leader for St. Louis Rams, 307 career FGs, Pro Bowl 2003; NFL record holder with 371 straight PATs without a miss</i>				
PK Paul McFadden	Youngstown State	1983	Eagles, Giants, Falcons	1984-89
<i>2-time All-Pro, NFC Rookie of the Year, made 120-of-163 field goals in his NFL career</i>				