

Benson, Walter, Pearson lead 2023-24 All-Journal Boys Basketball

First Team

Colton Benson, Sr.,



F, New Ulm

The City of New Ulm's all-time leading scorer for boys basketball with 2,207 points, Benson finished his senior season with his third All-Conference selection, a Minnesota Boys Basketball All-Star Selection and made the Minnesota Mr. Basketball watch list. Benson averaged 27.5 points, 6.7 rebounds, 2.7 assists, 1.7 blocks/deflections, and 1 steal per game, shooting 42.7% from the floor and 38.2% from 3-point range. New Ulm head coach Matt Dennis said Benson is a generational player who could take over a game in moments. Along with the career points record, Benson also set the record for most 3-pointers in a season (118) and in a career (318) at New Ulm High School.

Will Walter, Sr., G,

St. Mary's

The Tomahawk Conference Player of the Year, Walter averaged 27.3 points, 6.7 rebounds and 2.8 assists on 53/39/81 shooting splits. Walter finishes his career with 1,796 points, third all-time for St. Mary's boys basketball, and led his team to a 20-8 overall record. Walter will be attending Bethany Lutheran College next season to play basketball.

Ben Pearson, Sr.,

G, MVL

A two-time Unanimous Tomahawk All-Conference selection, Pearson averaged 24.3 points, 9.8 rebounds, 3.7 assists and 2.5 steals per game this season. Pearson was second in the conference in scoring and fifth in rebounding from his point guard position and shot 42.2% from 3 and 72% from the line as one of the conference's top shooters. MVL

head coach Craig Morgan said Pearson was an outstanding player who spent all of his free time working on his game. Pearson finishes his career with 1,685 points (third in school history), 240 made 3s, 646 rebounds (sixth in school history), 285 assists (10th in school history), and 251 steals (sixth in school history) and holds school records for points in a game (46), points in a season (680), 3-pointers made in a season (96), 3-pointers attempted in a season (221), field goals made in a season (260) and field goals attempted in a season (514).

Landon Wendinger, Jr., F, Sleepy Eye

The 6-8 Wendinger led the Tomahawk Conference in blocks with 6 per game and set the school record for blocks and rebounds in a season, establishing himself as a dominant force in the paint. Wendinger also averaged 17 points and 13 rebounds, helping the Indians improve to 19 wins this season in an All-Conference year. Currently, Wendinger has 689 points and 639 rebounds in his career.

Jevan Wilfahrt, Sr.,

G, Cathedral

The Greyhounds' all-time leading scorer with 1,783 career points, Wilfahrt averaged 21 points, 9.7 rebounds, 129 assists, 2.2 steals and 1.5 blocks in his senior season. Wilfahrt is a 3-time Unanimous All-Conference selection and also is second in school history in career rebounds with 838. Cathedral head coach Alan Woitas said Wilfahrt's competitiveness and drive are second to none and his numbers speak for themselves.

Second Team

James Osborne,

Sr., G, New Ulm

As the point guard for the Big South Conference Champion Eagles, Osborne averaged 18.9 points, 5.9 rebounds, 4.9 assists and 2.2 steals on his way to his third All-Conference selection. New Ulm head coach Matt Dennis said Osborne was an elite defender who often took on the opposing team's top scorer while also being a dynamic playmaker and scorer for New Ulm.

Dominic Rose, Sr.,

G, GFW

Rose set several single-season records for Gibbon-Fairfax-Winthrop this season, including most career steals (289), most field goals in a season, most offensive rebounds in a season, most defensive rebounds in a season, most total rebounds in a season (10.8 per game), most steals in a season (3.9 per game), most points in a game, most rebounds in a game and most steals in a game. A 1,000-point scorer for the Thunderbirds, Rose was a Unanimous All-Conference selection and averaged 20.5 points and 3.6 assists per game, along with all his other accolades. Rose plans on pursuing a degree in education and playing baseball in college.

Brayden Sturm, Jr.,

G, Springfield

Leading the Tigers in every statistical category, Sturm averaged 18.9 points, 7.1 rebounds, 5 assists and 2.7 steals per game while shooting 42% from the 3-point line. Sturm earned himself his second All-Conference selection this season, and Springfield head coach Lance Larson said Sturm keeps getting better each year.

Blake Schueller, Jr., F., Cedar Mountain

An All-Conference player, Schueller sits 49 points away from 1,000 career points after averaging 21.4 points per game this season. Schueller also had 10.8 rebounds and 2.1 blocks this season and shot 58% from the floor as one of the area's top post players.

Blake Steffl, Jr.,

G, Cedar Mountain

An All-Conference Honorable Mention, Steffl led the Tomahawk Conference in assists with 7.1 while adding 16.7 points, 4.3 rebounds and 3 steals, shooting 33% from 3-point range. Steffl is currently 70 points away from reaching 1,000 career points.

Third Team

Conner Martens, Sr.,

G, Nicollet

Martens surpassed 1,000 career points for Nicollet as he was selected to his second Valley All-Conference team. Martens averaged 15.7 points, 8.7 rebounds and five assists per game and will be playing football at Gustavus Adolphus College this coming fall.

Noah Vogel, Sr.,

F, Springfield

Averaging 14 points, 5 rebounds, 1.5 assists and one steal per game, Vogel was a leader for the Tigers in a season where they reached the Section 2A, South Subsection finals. He also led the team with 216 made 3-pointers on 38% 3-point shooting, earning a Tomahawk All-Conference selection. Vogel finishes his career with 909 points and 304 rebounds and plans on attending South Dakota State University next year.

Jake Finstad, Jr.,

G, Cathedral

The second leading scorer for the Greyhounds this season, Finstad averaged 14.3 points, 3 rebounds and 2.2 assists on his way to an All-Conference Honorable Mention. Cathedral head coach Alan Woitas said Finstad became

a premier perimeter defender this season as well as being a top-end 3-point shooter.

Cole Jacobson, So.,

G, GFW

An All-Conference player this season, Jacobson averaged 15 points, 4.8 rebounds, 2.7 assists and 2.1 steals as the Thunderbirds' point guard. Jacobson also elevated his game in the playoffs, averaging 23.3 points in the postseason.

Nate Firle, Sr.,

C, New Ulm

Called the greatest rim protector he's ever coached by New Ulm head coach Matt Dennis, Firle made an impact with 3.2 blocks per game to go along with a solid scoring and rebounding presence. He averaged 13.3 points and 9.9 rebounds per game, shot 60.8% from the field and was named to his second All-Conference team this season.

Honorable Mention

Brayden Heiderscheidt, Fr., G, Sleepy Eye (14.5 ppg, 5 rpg, 4 apg, 3 spg)

Marcus Martinez, Sr., F, Sleepy Eye (12.8 ppg, 5.1 rpg, 2.2 apg)

Brannon Pendleton, Sr., G, Cedar Mountain (12.7 ppg, 4.6 apg, 3.3 spg)

Kyler Flunker, Sr., G, MVL (12.8 ppg, 5.3 rpg, 2 apg)

Josiah DeMaris, Jr., G/F, Madelia (12.2 ppg, 4 rpg, 2.4 apg, 41.3% from 3)