

## All-time D3football.com All-Region Honorees

### Bridgewater State University

<b>Name</b>	<b>Class</b>	<b>Pos.</b>	<b>Year</b>	<b>Region</b>	<b>Team</b>
Mike Sirignano	Junior	DT	2005	East	Second Team
Brenden Kavey	Senior	RB	2005	East	Third Team
Mike Sirignano	Senior	DT	2006	East	Second Team
Joseph Morency	Sophomore	G	2006	East	Third Team
Justin Lima	Senior	T	2008	East	Third Team
Jeff Smith	Junior	G	2008	East	Third Team
Jeff Smith	Senior	G	2009	East	Second Team
Justin Fuller	Junior	RB	2009	East	Third Team
Paul Melicharek	Sophomore	DT	2010	East	Second Team
Paul Melicharek	Senior	DT	2012	East	Second Team
Matthew Green	Junior	WR	2013	East	Second Team
Rob Ruggiero	Senior	DE	2013	East	Third Team
Matthew Green	Senior	WR	2014	East	Third Team
Elvis Romero	Junior	DT	2015	East	Second Team
Elvis Romero	Senior	DT	2016	East	Second Team
Jack Lavanchy	Senior	WR	2018	East	Second Team
Thomas Fay	Senior	P	2021	One	Second Team
Brendan Albert	Junior	LB	2021	One	Second Team
Adam Couch	Junior	RB	2021	One	Second Team
Jaren Alves	Junior	CB	2021	One	Third Team
Steven Silvia	Junior	LB	2021	One	Third Team
Jalen Kopecky	Sophomore	TE	2022	One	Second Team
Steven Silvia	Senior	LB	2022	One	Second Team
Brendan Albert	Senior	LB	2022	One	Third Team
Jaren Alves	Senior	CB	2022	One	Third Team
Matt Beyer	Senior	G	2023	One	Third Team
Shane Drake	Senior	P	2023	One	Third Team
Shane Drake	Grad.	P	2024	One	First Team
Nicolas Canales	Senior	DT	2024	One	Second Team