

Kyle Knock – Defensive Coordinator, Varsity



Kyle Knock is serving in his eleventh year coaching at Kennedy, all at the varsity level. A 1998 Kennedy alum, Knock played for his father, and Iowa High School Football Coaches Association Hall of Famer, Don Knock. Coach Knock played offensive guard, defensive end, and punted while a prep at Kennedy. He earned numerous awards for his play, including 1st Team All-Metro and 1st Team All-MVC as a junior and senior, 2nd Team All-State Defensive End as a junior and 1st Team All-State Offensive Linemen as a

senior. He was also voted Best Blocker, Team Captain and Team MVP as a senior, and was a participant in the Iowa Shrine Bowl All-Star game. Knock also played basketball for three years at Kennedy, being voted team captain his senior year, and was a member of the Track & Field team, placing 5th place in the shotput at the state tournament as a senior.

After high school, he continued his football career at Iowa St., where he played Tight End. Knock participated in three bowl games, including the Insight Bowl in 2000 vs. Pittsburgh, the Independence Bowl in 2001 vs. Alabama, and the Humanitarian Bowl in 2002 vs. Boise State. The 2000 Iowa St. team finished with a school best record of 9-3 and won the first bowl game in school history. He graduated from Iowa St. in 2003 with a B.S. in Sociology.

After graduating from Iowa St., he returned to Kennedy and began his coaching career. Knock has spent various stints at Kennedy, 2004-2006, 2008-2012, and 2014 to present. During his time at Kennedy, Knock has coached Linebackers, Hybrids, Tight Ends, and Defensive Backs, as well as serving as Special Teams Coordinator, until settling into his current role as Defensive Coordinator. He has also coached at Kickapoo High School in Missouri in 2007, and at Cedar Rapids Washington High School in 2013, both at the varsity level.

Knock has coached two state quarterfinal teams at Kennedy (2005 and 2010), an MVC Champion at CR Washington (2013), and the state runner-up at Kennedy (2015). He has coached several individuals at Kennedy that have been named all-state and/or continued playing football in college, including Luke Dolan, LB ('05), Mike Morio, LB ('05), Ben Lamaak, TE ('05), Jordan Grimm, K ('06), Tyler Sievertsen, K ('08), Christian French, LB ('10), Josh Jahlas, LB ('11), and Shaun Beyer, TE ('15).

Knock works as the Marketing Manager for SERVPRO of Cedar Rapids. He resides in Cedar Rapids with his wife, Sarah (also a Kennedy alum), two daughters, McKenna (9), and Aubrey (6), and son, Callen (1).

Coach Knock stated, "I have been around Kennedy Football since I was 7 years old. My father Don Knock was the Head Coach at Kennedy from 1987-1999. My lifelong coaching dream is to bring a State Championship to Kennedy High School."