

# 2009-10 PAC Wrestling Release

## Week 7 - January 11



Presidents' Athletic Conference  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Web: www.pacathletics.org

Contact: Joe Onderko  
(724) 933-4630  
onderko@pacathletics.org

### 2009-10 PAC STANDINGS (through January 10)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Thiel	1	0	1.00	4	2	.667
Washington & Jefferson	0	0	.000	6	1	.857
Waynesburg	0	1	.000	4	6	.400

### PAC Wrestler of the Week

#### **ROBBIE MIES** **Wash. & Jeff.**

*Freshman*  
197 pounds  
Boonsboro, Md.  
Williamsport H.S.



Mies earned pinfall victories in all three of his matches at Saturday's Washington and Lee Quadrangular ... He upped season record to 9-4 with five falls ... Last week, Mies pinned PSU-Dubois' Joe Shields in 3:31 and then topped Gettysburg's Marshall Puls in 1:29 ... Mies saved his quickest fall of the day for his final match, pinning Richard Knack of Washington and Lee in 50 seconds.

Also nominated was freshman 133-pounder **Kyle Grueninger** of Thiel and 184-pounder **Corbin Semple** of Waynesburg.

### LAST WEEK

#### **Saturday, January 9, 2010**

Thiel 36, CASE WESTERN RESERVE 11

#### **Washington & Jefferson at Washington & Lee Quad**

Wash. & Jeff 30, Penn State-DuBois 13

Wash. & Jeff. 37, Gettysburg 12

Wash. & Jeff. 42, Wash. & Lee 6

#### **Waynesburg at Pitt Quad**

Columbia 31, Waynesburg 15

Eastern Michigan 36, Waynesburg 11

Pitt 39, Waynesburg 3

### THIS WEEK

#### **Wednesday, January 13, 2010**

Waynesburg at McDaniel - 7 p.m.

#### **Friday, January 15, 2010**

Thiel at Lycoming - 9 a.m.

#### **Saturday, January 16, 2010**

Thiel at Lycoming - 9 a.m.

Wash. & Jeff., Waynesburg at Washington & Lee Invitational

#### **Sunday, January 17, 2010**

Thiel at Purple Raider Open

### **PAC Wrestling 2009-10 - Week 6 Conference Notes**

**UNDEFEATED WEEK:** Wash. & Jeff. walked away from the Washington & Lee Quad with an 3-0 record, taking the squad to 6-1 ... Thiel also picked up a non-conference win at Case Western Reserve ... W&J travels back to Washington and Lee this Saturday for the W&L Invitational ... The Presidents have been the runner-up two years in a row at the invitational ... Waynesburg will also travel to the W&L Invite.

**AROUND THE PAC:** Tomcat wrestlers carried the first three matches, including a pin by freshman 133-pounder **Kyle Grueninger** in 57 seconds pinned Case's Tim Sykes in 57 seconds ... Four Presidents won all three of their matches, including last week's PAC Wrestler of the Week **Dominick Demor** ... Waynesburg junior **Corbin Semple** led the Yellow Jacket charge by going 2-1 with a pin, a 7-0 decision and a 5-2 loss.

### **2009-10 PAC Wrestlers of the Week**

Nov. 9 - Nick Garber, 141-lbs., WAY  
Nov. 16 - Tyler Berger, 141-lbs., W&J  
Nov. 23 - Alex Crown, 125-lbs., WAY  
Dec. 7 - Corbin Semple, 184-lbs., WAY  
Dec. 14 - Nick Garber, 141-lbs., WAY  
Jan. 4 - Dominick Demor, 157-lbs., W&J  
Jan. 11 - Robbie Mies, 197 lbs., W&J  
Jan. 18  
Jan. 25  
Feb. 1  
Feb. 8

**Thiel  
Tomcats  
(4-2, 1-0 PAC)**



Thiel improved to 4-2 on the season with a, 36-11, win over Case Western Reserve at the Veale Center on Saturday afternoon... Tomcat wrestlers carried the first three matches as **Michael Gardner** and **Dan Gainey** took 125lbs and 141lbs, respectively, by forfeit ... Freshman 133-pounder **Kyle Grueninger** pinned Case's Tim Sykes in 57 seconds ... After a pair of losses, Thiel reeled off wins in the next four weight classes to cruise to the win ... **Alec Miller** needed two overtimes to pull off a, 5-4, win over Clay Criss in the 165lbs match, while **Patrick Morris** defeated Peter Heggs, 9-3, at 184lbs ... Freshmen **Brian Greenlee** and **Todd Miller** won the 174- and 197-pound matches via pinfall ... Thiel returns to action on Jan. 15 when they visit Lycoming for the Budd Whitehill National Duals.

**Washington & Jefferson  
Presidents  
(6-1, 0-0 PAC)**



W&J increased its season dual-meet record to 6-1 on Saturday after sweeping three matches at the Washington and Lee Quad in Lexington, Va. ... **Dominick Demor** upped his win streak to 10 matches at 157 pounds after posting one fall and winning his other two bouts by a combined 25-1 margin ... Freshman 197-pounder **Robbie Mies** racked up three falls in a combined 5:50 ... Sophomores **Zach Cecchetti** (125 lbs.) and **Brandon Roshon** (165 lbs.) also had three-win days ... Cecchetti posted a 2-0 victory against PSU-D's Andrew Spicer ... Roshon opened with a fall (2:15) versus DuBois and then topped Gettysburg's Ben Patten 17-0 before besting W&L's Keith Jaworski by a 15-2 margin to complete the perfect day ... W&J is looking to improve upon last year's second-place showing (8 teams) at the Wash. & Lee tournament.

**Waynesburg  
Yellow Jackets  
(4-6, 0-1 PAC)**



The Waynesburg wrestling team traveled to the Pittsburgh on Saturday for a quad-match with Division I opponents from Columbia, Eastern Michigan and Pitt ... Though the Yellow Jackets weren't able to pick up a team win in three tries, several individuals put forth winning efforts ... Junior 184-pounder **Corbin Semple** led the charge by going 2-1 with a pin, a 7-0 decision and a heart-breaking 5-2 loss to Zac Thomusseit, Pitt's regular starter ... Sophomore **Jesse Byerly** also went 2-1 and just missed out on a perfect day ... Wrestling at 141 pounds, Byerly won by forfeit and decision, but was barely edged in a 6-5 loss to EMU's David Pienaar ... Junior **Nick Garber** and freshman **Alex Crown** each added impressive wins on the day ... Garber won by second-period pin, and Crown won by technical fall.

**Thiel Tomcats  
4-2, 1-0 PAC**

**Wash. & Jeff. Presidents  
6-1, 0-0 PAC**

**Waynesburg Yellow Jackets  
2-4, 0-1 PAC**

Nov. 7	<i>Baldwin-Wallace Duals</i>	
	vs. Lycoming	L, 9-29
	at Baldwin-Wallace	W, 25-12
	vs. Mount St. Joseph	W, 36-7
Nov. 14	at Wash. & Jeff. Open	Ind. only
Nov. 17	at Mount Union	L, 14-22
Dec. 5	at RIT Invitational	8th/10
Dec. 11	WAYNESBURG*	W, 17-16
Jan. 9	at Case West. Reserve	W, 36-11
Jan. 15	at Lycoming	9 a.m.
Jan. 17	at Mount Union	9 a.m.
Jan. 23	at Eastern Michigan Duals	10 a.m.
Jan. 30	MEL BERRY DUALS	1 p.m.
Feb. 5	WASH. & JEFF.*	7 p.m.
Feb. 6	at Baldwin-Wallace	10 a.m.
Feb. 12	PAC Championships	5 p.m.
Feb. 20	at NCAA Midwest Reg.	9 a.m.
Mar. 5	at NCAA Championships	11 a.m.

Nov. 7	at Clarion Open	Ind. only
Nov. 13	WVU TECH	cld.
Nov. 14	WASH. & JEFF. OPEN	Ind. only
Nov. 19	at Scranton	W, 18-13
Nov. 21	at Springfield Invite	14th/18
Dec. 4	PENN ST.-DUBOIS	W, 28-6
Dec. 29	at Citrus Invitational	8 a.m.
Dec. 30	at Citrus Invitational	8 a.m.
Jan. 9	vs. Penn State-DuBois	W, 30-13
	vs. Gettysburg	W, 37-12
	vs. Wash. & Lee	W, 42-6
Jan. 16	at Wash. and Lee Invite	8 a.m.
Jan. 22	WAYNESBURG*	8 p.m.
Jan. 29	SETON HILL	8 p.m.
Feb. 5	at Thiel*	7 p.m.
Feb. 12	PAC Championships	5 p.m.
Feb. 20	at NCAA Midwest Reg.	9 a.m.
Mar. 5	at NCAA Championships	11 a.m.

Nov. 9	Messiah Invitational	3rd/9
Nov. 13	SHIPPENSBURG	W, 20-15
Nov. 14	at Wash. & Jeff. Open	Ind. only
Nov. 21	WAYNESBURG QUAD	Ind. only
Dec. 5	RIT Invitational	4th/10
Dec. 11	at Thiel*	L, 16-17
Dec. 15	at Muskingum	W, 46-6
Dec. 18	APPRENTICE SCHOOLW,	29-16
Jan. 9	vs. Columbia	L, 15-31
	vs. Eastern Michigan	L, 11-36
	vs. Pitt	L, 3-39
Jan. 13	at McDaniel	7 p.m.
Jan. 16	Wash. & Lee Invite	10 a.m.
Jan. 22	at Wash. & Jeff.*	7 p.m.
Jan. 23	PENN ST.-DUBOIS	6 p.m.
Jan. 30	at West Liberty State	7 p.m.
Feb. 3	at Gannon	7 p.m.
Feb. 6	at B-W Summa Tourney	10 a.m.
Feb. 12	PAC Championships	5 p.m.
Feb. 20	at NCAA Midwest Reg.	9 a.m.
Mar. 5	at NCAA Championships	11 a.m.