

2008-09 PAC Wrestling Release Week 6 - January 12



Presidents' Athletic Conference
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2008-09 PAC STANDINGS (through January 11)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Waynesburg	1	0	1.00	6	1	.857
Thiel	0	0	.000	3	10	.231
Washington & Jefferson	0	1	.000	5	3	.625

PAC Wrestler of the Week

JAKE BENCZO
Waynesburg
Senior
174 pounds
McKeesport, Pa.
McKeesport H.S.



Benczo had a memorable day at this weekend's quadrangular held at Waynesburg. The McKeesport native not only earned his first win of the season, he picked up three victories, including two by first-period pin. His first fall of the year came at the 1:40 mark of his match with W&J's **Mike Frank** and clinched Waynesburg's first PAC victory since the 2003-2004 season. His third win came by way of a 10-4 decision.

Also nominated was freshman 149-pounder **Alec Miller** of Thiel and senior 184-pounder **Andy Rose** of Washington & Jefferson.

LAST WEEK

Friday, January 9, 2009

Lycoming-Budd Whitehill Duals - Lycoming, PA
University of Wisconsin-Whitewater 40, Thiel 8
Rochester Institute of Technology 22, Thiel 19

Saturday, January 10, 2009

Lycoming-Budd Whitehill Duals - Lycoming, PA
Baldwin Wallace 25, Thiel 22
Thiel 30, Case Western Reserve 19

W&J Quad at Waynesburg - Waynesburg, PA

Washington & Jefferson 45, Gettysburg 9
Washington & Jefferson 36, Washington & Lee 12
Waynesburg 29, Washington & Jefferson 15
Waynesburg 40, Gettysburg 6
Waynesburg 40, Washington & Lee 7

THIS WEEK

Tuesday, January 13, 2009

West Liberty State/Seton Hill at Waynesburg - Waynesburg, PA - 4 p.m.

Saturday, January 17, 2009

W&J, Waynesburg at Washington & Lee Invitational - Lexington, VA - 10 a.m.

Sunday, January 18, 2009

Thiel at Mount Union - Alliance, OH - 9 a.m.

PAC Wrestling 2008-09 - Week 6 Conference Notes

WHO'S HOT: The Waynesburg wrestlers posted three victories over the weekend, including a 29-15 decision over W&J, its first conference win since 2003-04 ... **Nick Garber**, **Pat McCabe**, **Jese Byerly** and **Corbin Semple** all went undefeated for Waynesburg ... **Alec Miller** of Thiel finished a perfect 4-0 at the Lycoming-Budd Whitehill Duals ... W&J's **Andy Rose** notched three wins in a total of 1:47 at the quad-match at Waynesburg.

AROUND THE LEAGUE: Conference play began over the weekend with Waynesburg notching a win over W&J ... Thiel went 1-3 at the Budd Whitehill Duals with a win over Case Western Reserve ... Thiel's **Sean Ferguson**, **Pat Morris** and **Kraig Smith** all notched wins over Case Western ... W&J's **Zach Cecchetti** recorded three wins while **Brandon Sansom** and **Dominick Demor** won two apiece at the quad-match which saw W&J go 2-1.

2008-09 PAC Wrestlers of the Week

Nov. 10 - **Nick Garber**, 133 lbs., WAY
Nov. 17 - **Rob Miller**, 125 lbs., THI
Nov. 24 - **Corbin Semple**, 197 lbs., WAY
Dec. 8 - **Rico Borz**, 125 lbs., WAY
Jan. 5 - **Zach Cecchetti**, 125 lbs, W&J/
Nick Garber, 133 lbs, WAY
Jan. 12 - **Jake Benczo**, 174lbs, WAY
Jan. 19
Jan. 26
Feb. 2
Feb. 9

Thiel Tomcats
(3-10, 0-0 PAC)



The Thiel wrestling team ended its month-long layoff by going 1-3 at the Lycoming-Budd Whitehill Duals on Friday and Saturday... The Tomcats defeated Case Western Reserve, 30-19, in their final match of the tournament... Freshman **Alec Miller** and junior **Greg Hogan** posted the only bright spots in Thiel's tournament-opening loss to UW-Whitewater, winning in back-to-back matches... In Thiel's second match of the day, RIT overcame an early deficit for a three-point victory... Tomcat wrestlers reeled off five straight wins in their match against Baldwin-Wallace, but couldn't hang on to secure the win ... **Mason Stewart, Rob Miller, and Jeff Rockenstein** each picked up their first wins of the day ... **Miller** finished the tournament at a perfect 4-0. **Sean Ferguson** (3-1), **Pat Morris** (pin, 3:10), and **Kraig Smith** (forfeit) also won their matches against Case Western.

Washington & Jefferson Presidents (5-3, 0-1 PAC)



Senior 184-pounder **Andy Rose** highlighted the Presidents by notching three falls in a total of 1:47 ... The wins were the first of the season for Rose ... He pinned Waynesburg's Charles Thomas in 31 seconds and then used the same amount of time to pin Jim Stevenson of Gettysburg ... Rose capped his career-best day with a 45-second fall over W&L's Richard Knack ... Freshman 125-pounder **Zach Cecchetti** recorded three victories for W&J ... He opened the day with a 7-2 victory over Waynesburg's Rico Borz and then pinned Abe Evans of Gettysburg in 28 seconds ... Cecchetti ended the afternoon with another fall in 1:39 against W&L's Ben Ersing ... Sophomore 133-pounder **Brandon Sansom** collected wins against opponents from Gettysburg and W&L ... Freshman 149-pounder **Dominick Demor** also notched two victories by fall against Gettysburg and W&L.

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



After being away from competition for almost a month, the Waynesburg wrestlers rolled to a trio of victories at a home quad-match on Saturday ... Their first win, a 29-15 decision over PAC rival W&J, was a historic one, as it was their first conference victory since 2003-2004 ... Following their biggest dual win of the season, Waynesburg maintained their focus and dismantled W&L 40-7 and Gettysburg 40-6 ... Five different Jackets went a perfect 3-0 on the day, including sophomore 133-pounder **Nick Garber**, who picked up all three of his victories by first-period pin ... Sophomore 141-pounder **Pat McCabe**, freshman 149-pounder **Jesse Byerly** and first-year 197-pounder **Corbin Semple** also went undefeated ... The day belonged to senior **Jake Benczo** at 174 pounds ... Benczo earned his first three wins of the year, including a first-period fall over W&J's Mike Frank, which clinched the victory for Waynesburg.

Thiel Tomcats
3-10, 0-0 PAC

Wash. & Jeff. Presidents
5-3, 0-1 PAC

Waynesburg Yellow Jackets
6-1, 1-0 PAC

Nov. 8	at W&J Invitational	Ind. only
Nov. 8	at Baldwin-Wallace	W 32-12
Nov. 8	vs. Lycoming (at B-W)	L 18-24
Nov. 8	vs. Mt. St. Joseph (at B-W)	L 19-27
Nov. 16	at Ursinus	Ind. only
Nov. 19	MOUNT UNION	W 23-18
Nov. 22	at Olivet	L 9-41
Nov. 22	vs. Trine	L 4-39
Nov. 22	vs. Wisc.-LaCrosse	L 9-40
Nov. 22	vs. Ohio Northern	L 9-25
Dec. 3	at Seton Hill	L 9-31
Jan. 9	vs. Wisc.-Whitewater	L 8-40
Jan. 9	vs. RIT	L 19-22
Jan. 10	vs. Baldwin-Wallace	L 22-25
Jan. 10	vs. Case Western	W 30-19
Jan. 18	at Mount Union	9 a.m.
Jan. 21	at Waynesburg*	7 p.m.
Jan. 24	MEL BERRY DUALS	1 p.m.
Jan. 30	at Wash. & Jeff.*	7 p.m.
Feb. 7	at B-W Summa Inv.	10 a.m.
Feb. 14	at PAC Championships (Washington, PA)	4 p.m.
Feb. 21	at NCAA D-III Midwest Regionals (Angola, IN)	
Mar. 6-7	at NCAA D-III Nationals (Cedar Rapids, IA)	

Nov. 7	WEST VA. TECH	W 28-13
Nov. 8	W&J INVITATIONAL	Ind. only
Nov. 15	at West Virginia Open	Ind. only
Nov. 20	at Scranton	W 28-12
Nov. 22	at Springfield Invit.	12th/17
Dec. 6	at York Invitational	ppd.
Dec. 29	Florida Citrus Invitational	8th/11
Dec. 30	vs. Apprentice	W 29-15
Dec. 30	vs. McDaniel	L 24-22
Dec. 30	vs. Stevens	L 38-11
Jan. 10	vs. Gettysburg	W 45-9
Jan. 10	vs. Wash. & Lee.	W 36-12
Jan. 10	vs. Waynesburg*	L 15-29
Jan. 17	at Wash. & Lee Invit.	8 a.m.
Jan. 24	at Seton Hill	1 p.m.
Jan. 30	THIEL*	7 p.m.
Feb. 6	MOUNT UNION	7 p.m.
Feb. 14	at PAC Championships (Washington, PA)	4 p.m.
Feb. 21	at NCAA D-III Regionals (Angola, IN)	
Mar. 6-7	at NCAA D-III Nationals (Cedar Rapids, IA)	

Nov. 8	at Messiah Invit.	4th/8 (62)
Nov. 19	DUQUESNE	L 15-23
Nov. 22	at Messiah	W 26-19
Nov. 22	vs. Elizabethtown	W 27-15
Nov. 22	vs. York	W 18-16
Dec. 6	at R.I.T. Invitational T-7th/13 (60)	
Dec. 13	at Ohio Northern Invit.	12th/19
Jan. 10	WASH. & JEFF.*	W 29-15
Jan. 10	GETTYSBURG	W 40-6
Jan. 10	WASH. & LEE	W 40-7
Jan. 13	WEST LIBERTY ST.	4 p.m.
Jan. 13	SETON HILL	4 p.m.
Jan. 17	at Wash. & Lee Invit.	10 a.m.
Jan. 21	THIEL*	7 p.m.
Jan. 24	GANNON	1 p.m.
Jan. 31	WEST VA. TECH	1 p.m.
Feb. 3	at Shippensburg	7 p.m.
Feb. 5	MERCYHURST	7 p.m.
Feb. 7	at Baldwin-Wallace	10 a.m.
Feb. 14	at PAC Championships (Washington, PA)	4 p.m.
Feb. 21	at NCAA D-III Midwest Regionals (Angola, IN)	
Mar. 6-7	at NCAA D-III Nationals (Cedar Rapids, IA)	