

2009-10 PAC Wrestling Release Week 8 - January 19



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 18)

School	PAC Contests			All Contests		
	W	L	Pct.	W	L	Pct.
Thiel	1	0	1.00	5	5	.500
Washington & Jefferson	0	0	.000	6	1	.857
Waynesburg	0	1	.000	4	7	.363

PAC Wrestler of the Week

NICK GARBER
Waynesburg
Junior
141 pounds
Waynesburg Pa.
Waynesburg
Central H.S.



Garber enjoyed a 4-0 week that improved his overall season record to a team-best 19-3 with a team-high 10 wins by fall. After beating McDaniel's Mike Tancredi by decision, the nationally-ranked junior rolled to the 141-pound title at the Washington & Lee Invitational on the strength of three first-period falls. He pinned second-seeded Sam Campbell of Washington & Lee in 1:11 to clinch the title. He was named the Outstanding Wrestler of the Tournament.

Also nominated was sophomore 125-pounder **Zach Cecchetti** of Washington & Jefferson and sophomore 165-pounder **Alec Miller** of Thiel.

LAST WEEK

Wednesday, January 13, 2010

McDaniel 17, Waynesburg 15

Friday, January 15, 2010

Wilkes 34, Thiel 4

Saturday, January 16, 2010

Messiah 23, Thiel 18

Washington & Lee Invitational (nine teams)

- Waynesburg - 97.0
- Wash. & Jeff. - 81.0

Sunday, January 17, 2010

Thiel at Purple Raider Open

THIS WEEK

Friday, January 22, 2010

Waynesburg at Washington & Jefferson* - 7 p.m.

Saturday January 23, 2010

Penn State-Dubois at Waynesburg - 2 p.m.

Thiel at Eastern Michigan Duals

PAC Wrestling 2009-10 - Week 8 Conference Notes

CHAMPS AGAIN: After a heartbreaking loss against McDaniel, the Waynesburg grapplers bounced back in a big way with a first-place finish at the Washington & Lee Invitational ... Yellow Jacket junior **Nick Garber** was named the Outstanding Wrestler of the Tournament for the third straight year after rolling to the 141-pound title on three straight first-period pins ... Wash. & Jeff. also represented the PAC well, grabbing 2nd at the W&L Invite.

AROUND THE PAC: W&J's **Dominick Demor** (157) has won 13 consecutive matches and is seven wins away from becoming fifth wrestler in school history to win 30 matches in a season...Fellow President **Zach Cecchetti** (125) improved to 18-8 overall after posting two wins en route to his second consecutive W&L Invitational title...**Garrett Johnston** (149), **Corbin Semple** (184) and **Melvin Warrick** (285) also won individual titles for the Jackets.

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- Nick Garber, 141-lbs., WAY
- Jan. 25
- Feb. 1
- Feb. 8

Thiel Tomcats
(5-5, 1-0 PAC)



Thiel College earned a resounding, 50-5, victory over Rochester Institute of Technology on Saturday to wrap up its competition in the Budd Whitehill Duals at Lycoming College ... Thiel finished 1-3 at the event, bringing its season record to 5-5 ... The Tomcats fell to York College, 26-10, on Saturday and on Friday, fell to No. 16 Wilkes, 34-9, and Messiah, 23-18... Sophomore **Alec Miller** turned in a solid performance going 3-1 on the weekend ... The 165-pounder earned a 4-41 decision, a technical fall (17-1) and an 8-2 decision ... Freshman **Tommy Kozak** also has a solid outing by winning two matches on Saturday – a pin and a 3-2 decision to up his record to 14-5 on the year... Thiel returns to action next Saturday when they participate in the Eastern Michigan Duals.

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



The Presidents earned three individual champions at the Wash. & Lee Invitational on Saturday in Virginia ... W&J placed second of seven teams at the tournament behind champion Waynesburg ... The Presidents have three-straight runner-up finishes at the W&L Invitational ... Sophomores **Zach Cecchetti** (125) and **Dominick Demor** (157) and freshman **Robbie Mies** (197) all were crowned champions ... Demor has now won 13 consecutive matches and improved his season record to 23-6 overall, seven wins away from becoming only the fifth wrestler in school history to win 30 matches in a season ... Cecchetti improved to 18-8 overall after posting two wins en route to his second consecutive W&L Invitational title ... Mies has won six-straight matches after racking up three wins, including two by fall ... Mies is tied for second on the team behind Demor (8) and sophomore 133-pounder **Brandon Samson** (8) with seven falls.

Waynesburg Yellow Jackets (4-7, 0-1 PAC)



After a disappointing start to the week, the Waynesburg wrestling team finished strong by defending their team title at the Washington & Lee Invitational ... The Yellow Jackets scored 97 team points, which put them comfortably ahead of second-place Washington & Jefferson (81) ... Junior **Nick Garber** was named the Outstanding Wrestler of the Tournament after rolling to the 141-pound title on three straight first-period pins ... It was his third title in three years ... Sophomore **Garrett Johnston** (149), junior **Corbin Semple** (184) and senior **Melvin Warrick** (285) also won individual titles.

Thiel Tomcats
5-5, 1-0 PAC

Wash. & Jeff. Presidents
2-0, 0-0 PAC

Waynesburg Yellow Jackets
2-3, 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	<i>at Lycoming Duals</i>	
	Wilkes	L, 9-34
	Messiah	L, 18-23
	York	L, 10-26
	RIT	W, 50-5
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	cclcd.
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	2nd/9
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	L, 15-17
Jan. 16	Wash. & Lee Invite	1st/9
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.