

## HAMILTON WEST 2011-12 WRESTLING OUTLOOK

**Head coach:** Matt Benedetti, 2<sup>nd</sup> season

**Assistants:** Joseph Schick, Joe Benedetti

**Last season:** 13-5, CVC Valley Division champion, CJ III sectional qualifier, Jared Staub state qualifier, plus his cousin Sean got married in the fall.

**Roster:** 106 pounds-Chris Bohorquez (So.), Joe Wilk (Jr.); 113-Matt Dempsey (Fr.), Terrel Small (Fr.); 120-Jared Staub (Jr.); 126-Nick Cecala (Jr.) 132-Harold Ordonez (Jr.), Dan Cardona (Jr.); 138-Matt Bolton (Jr); Pablo Soto (Jr.); 145-Anthony Kubish (Jr.), Bill Eversberg (So.); 152-Ashton Lester (So.); 160-Darius Miller (Jr.); Ryan McKnight (Sr.); 170-Ruben Desane (Jr.); 182-Ryan Carson-Burch (Sr.); Mark McKenzie (Jr.); 220-Joe Polascios (So.); Hwt-Jaquan Picott (Jr.).

**Benedetti says:** The attitude of our team is that they're hungry. My guys' goal is to break the person they are wrestling mentally so they want to give up. All the kids are excited to be back in the wrestling room.

We want to re-capture the Valley Division and make some noise in the team sectionals this year. We also want to take the Top Three in the Mercer County Tournament and districts as a team. Our strengths will be in the lighter weights.

### SCHEDULE

Saturday 12/17	9:00AM	@ <a href="#">Nottingham HS (Nottingham Tournament-weight in 8:00 am)</a>
Wednesday 12/21	5:30PM	vs. <a href="#">Nottingham HS (weigh in 4:45 pm)</a>
Wednesday 12/21	6:30PM	vs. <a href="#">Nottingham HS</a>
Wednesday 12/28	3:30PM	@ <a href="#">Notre Dame High School (weigh in 2:30 pm)</a>
Friday 12/30	TBA	vs. <a href="#">Princeton High School</a>
Friday 12/30	10:00AM	@ <a href="#">Princeton High School (weigh in 8:00 am)</a>
Wednesday 1/4	6:30PM	vs. <a href="#">Trenton Central HS (weigh in 5:00 pm)</a>
Saturday 1/7	9:00AM	vs. <a href="#">TRI-MEET-weigh in 8:00 am</a>
Wednesday 1/11	6:30PM	vs. <a href="#">Hightstown High School (weigh in 4:45 pm)</a>
Saturday 1/14	1:00PM	@ <a href="#">TRI-MEET weigh in 12:00 pm</a>
Wednesday 1/18	6:30PM	vs. <a href="#">West Windsor-Plainsboro S. (weigh in 4:45 pm)</a>
Thursday 1/19	TBA	vs. <a href="#">TBA</a>
Saturday 1/21	8:00AM	vs. <a href="#">TBA (Frosh Tournament-weigh in 7:00 am)</a>
Tuesday 1/24	8:00AM	vs. <a href="#">TBA</a>
Friday 1/27	6:00PM	vs. <a href="#">MCT</a>
Saturday 1/28	8:00AM	vs. <a href="#">MCT</a>
Saturday 2/4	9:00AM	@ <a href="#">QUAD-MEET-weigh in 8:00 am</a>
Tuesday 2/7	TBA	@ <a href="#">SECTIONALS</a>
Wednesday 2/8	6:30PM	@ <a href="#">Hopewell Valley Central HS (weigh in 5:00 pm)</a>
Thursday 2/9	TBA	@ <a href="#">SECTIONALS</a>
Saturday 2/11	10:00AM	@ <a href="#">TRI-MEET - weigh in 9:00am</a>
Monday 2/13	TBA	@ <a href="#">SECTIONALS</a>
Friday 2/17	TBA	@ <a href="#">Districts</a>
Saturday 2/18	TBA	@ <a href="#">Districts</a>
Tuesday 2/21	TBA	@ <a href="#">Regionals</a>
Friday 2/24	TBA	@ <a href="#">Regionals</a>
Saturday 2/25	TBA	@ <a href="#">Regionals</a>
Friday 3/2	TBA	@ <a href="#">STATE GAME</a>
Saturday 3/3	TBA	@ <a href="#">STATE GAME</a>
Tuesday 3/13	TBA	vs. <a href="#">REGIONALS</a>

