

Dec. 30 Wrestling



Jared Staub puts the finishing touches on his pin of Princeton's Patrick Sockler at 126 pounds in Hamilton West's 39-36 win over the Tigers (Photo by Ken Weingartner)

Bolton helps bolt down Hamilton's first win of the young season

By Ken Weingartner

Fish4scores.com

Dec. 30: Matt Bolton has revealed his talent to Hamilton West wrestling coach Matt Benedetti during practices. Today, the Hornet junior flashed it when it mattered most.

Bolton pinned in the second period of his bout at 138 pounds, providing Hamilton with six crucial points, as the Hornets picked up their first win of the campaign, 39-36, at Princeton.

"Matt wrestles like that in the wrestling room," Benedetti said after watching Hamilton, the defending Colonial Valley Conference Valley Division champion, even its record at 1-1 this season. "I think he should be all right now. It's a mental thing. He should have some confidence now."

Bolton was 1-7 last season and entered today's match against the Tigers off two setbacks this year.

"This year, it's about picking it up and transferring what I'm doing in the room out to the mat," Bolton said. "Getting past the mental block of there being all these people and being nervous; just going out there and getting the job done."

"Sometimes I go out thinking about not making a mistake, but if you think about that, the chances are higher that you're going to make a mistake. You just have to go out there and work hard and think that if you do make a mistake you're still going to win no matter what."

Bolton's pin came during a span of six consecutive wins for the Hornets, who rallied after falling behind 30-9 when Princeton captured five straight bouts with pins.

"I was thinking I had to get a pin for the team, with the bonus points and all," Bolton said. "I went out there and had it set in my mind that I was pinning the kid. I wanted to go after him, go after it hard."

Ryan Carson-Burch got Hamilton off to a good start when he won 7-2 in the day's first bout, at

182 pounds. Alex Markley won by forfeit at 195 to give the Hornets a 9-0 advantage, but then Princeton caught fire and won the next five bouts to create its 21-point lead.

Jared Staub got the Hornets back on the winning side with a third-period pin at 126. Staub improved to 5-0 with the victory. Nick Cecala then gutted out a 12-10 triumph at 132. Despite suffering from a leg injury, Cecala scored three backpoints in the third period to pull out the win. Bolton's pin got Hamilton within 30-24 and the Hornets tied the score at 30 when Pablo Soto was awarded a forfeit at 145. Anthony Kubish's 7-6 win at 152 and Darius Miller's pin at 160 sealed the victory for Hamilton.

"I think this team has the most potential of any team in this division," Miller said. "We have a lot of young guys that work hard and, most importantly, we have heart. I think it's a matter of confidence, working hard – not coasting in practice – and heart. You have to do your best every single time. You cannot stop for a second. Ever."

Bolton's best was on display for everyone to see today at Princeton.

Bo "Wrestling is 95 percent mental and 5 percent physical," he said. "It's all in your head. If you think you can do it, you can do anything."