

## Jan. 25 Wrestling



*The spotlight was clearly on Matt McDonald as he gets ready to pin Princeton's Ben Smallzman at the 1:10 mark of their 160-pound bout tonight. Note the shrouded ref on the right ready to slam his hand (Photo by Ken Weingartner).*

### **After reading about Hopewell, Jankos didn't want to read about Steinert**

**By Ken Weingartner**  
**Fish4Scores.com**

Jan. 25: When Steinert wrestling coach Adam Jankos picked up the newspaper this morning and saw Allentown handed Hopewell Valley its first Colonial Valley Conference loss in more than a year, he was surprised.

When he saw the way his Spartans were preparing for tonight's match at Princeton, which entered the evening with a 3-11 record, he was worried.

"My kids came in here and they're just laying on the mats for warm-ups," Jankos said. "That's how teams lose, thinking they're going to lay over a team and just beat them. You can't think that. I took them inside and I let them know it.

"I don't want people picking up the paper and say 'Oh, Princeton beat Steinert,' because I was saying that about Allentown-Hopewell today. Anybody can get beat. Sometimes you're just surprised. I don't like surprises like that. I want to make sure every kid is in the zone when they step on the mat."

The Spartans were in the zone, beating shorthanded Princeton 67-10 for their ninth consecutive win to improve to 9-4. Next up for surging Steinert is the Mercer County Tournament, which begins Friday at 5 p.m. at Robbinsville High and concludes Saturday afternoon.

"We started off the season not so good, and it really fired us up to work hard in practice," said Sean McDonald, who had a 29-second pin at 170 tonight. "We've got a pretty good win streak now. It really builds our confidence a lot. We realized we weren't pushing hard enough in practice and ever since then we've been going really hard. We make each other better; we push each other every day."

McDonald, a senior who is 13-2, has won seven bouts in a row, six by pins and one by forfeit. His longest match during that span was 40 seconds. He has 10 pins for the season, all in first periods.

"My last loss really got me angry and I've been working pretty hard ever since then," McDonald said. "I've just been running and working really hard in practice, going out there really fired up. [The pins] build my confidence."

And what if he needs to go beyond the first period in an upcoming match?

"That's what I've been running for," McDonald said with a laugh.

Sophomore Matt McDonald also was among the Spartans with a first-period pin tonight. Now 12-1 at 160, he has five pins, two forfeits and a victory by disqualification in his most recent eight

victories.

“Sean and Matt McDonald, they’re like the dynamic duo,” Jankos said. “Those guys are just going out there and launching kids and pinning them. Matt McDonald is just a sophomore and is having a great year. You love seeing stuff like that. He’s just got a couple moves, but sometimes that’s all you need.”

Also getting pins tonight for Steinert were Nate Benitez (106), Joe Michel (132), Sean Augustyn (145) and Brandon Bernstein (152). Troy Flood (138) won a major decision and River Ulrich pulled out a 5-3 victory with a takedown in the final seconds of his bout at 182.

Tyler Beers (120), Terry Lee (126) and Mike Remboski (285) got forfeits.

### **Jan. 24 Wrestling**

## **Nottingham pounds Trenton to move to 14-2**

Nottingham got pins from Jacob Kouroume, Waleed Abouelela, Sidibrima Massaquoi, John Luckie and Wroway Williams in taking a 61-17 victory over Trenton Tuesday night to increase it's record to 14-2. Justin Dempsey won by technical fall, while Jancel Nunez and Kevin Meneus won by decision.