

## COLLEGE — WRESTLING

### AUGUSTANA UNIVERSITY

#### JACKSON SWEENEY

**Weight Class 184**

**Senior**

Jackson was one of the hardest workers in the room. It has been a great pleasure seeing him excel in training and bring those tools he learned to the mat. He's a natural born leader, always doing his best to help coach the younger athletes in the room. Jackson is someone who always wants to do more inside the weight room from off-season to in-season. I couldn't be prouder of him with his effort and relentlessness to use training to help him succeed in his sport and life. ~Michael DiClementi

### CAMPBELL UNIVERSITY

#### JOSH HEIL

**Senior**

Josh even as a 6th year senior is the hardest worker in the building. He has trained through and around injuries when they have presented themselves over the course of his career as to not miss time from training in the room. He spends his time in the weight room coaching up his teammates at his rack, encouraging those around him, and pushing teammates to challenge themselves physically. He has challenged himself year after year to not only be one of the elite athletes in his sport, but to also improve himself continually through training. ~Matt Rodriguez

### DUKE UNIVERSITY

#### JOSH FINESILVER

**149lb**

**Senior**

The name "Finesilver" is synonymous with Duke Wrestling. Josh has been not only a standout wrestler on the mat, qualifying for 4 NCAA tournaments, winning the Southern Scuffle to become one of only two Duke Wrestlers to ever do so, but is a true student-athlete. His commitment to excellence is something that every athlete should strive to achieve. It has been a true honor working with Josh. ~Alex Merrill

### DUKE UNIVERSITY

#### MATT FINESILVER

**174lb**

**Senior**

When I think about athletes who trust the process and the people around them, I think about Matt Finesilver. A two-time NCAAA qualifier, Matt has been a standout athlete in the weight room and on the mat. After suffering a set back in the 2020-2021 season Matt trained harder than ever and trusted the team around him (coaches, trainers, PT's) to help guide him there. Matt's leadership has been a beacon for others on the team to follow down the same path to success. ~Alex Merrill

### DUKE UNIVERSITY

#### KADEN RUSSELL

**197lb**

**Senior**

Kaden came into the weight room his first day and I knew I had an athlete on my hands. Over his time at Duke Kaden has been 100% committed to his training, espeically during tough times when he was recovering from injury. He is one of the most coachable athletes I've had in my 12 years at Duke, and I couldn't have asked for a better role model to represent Duke Wrestling. ~Alex Merrill

## COLLEGE — WRESTLING

### HUNTINGDON COLLEGE

#### JACK HAURY

285

#### Junior

Jack has displayed a high level of commitment to training, and encouraging the same mindset within those in his wrestling program and in our athletic department. His hard work has impacted his performance in a tremendous way, and has influenced those he comes in contact with in the same manner. ~Charles Goodyear

### IOWA STATE UNIVERSITY

#### JOEL DEVINE

#### Junior

Joel demonstrated consistency and leadership with his actions everyday in the weight room. Joel continued to reach new personal records in all of his strength metrics in the weight room and served as a top 25 ranked starter for Iowa State. Joel made the cut down to 174lbs this year and through his hard work and discipline with his training program and diet was able to continue to get stronger and display more power output all while under a caloric deficit. He is a great ambassador of Iowa State university and the strength and conditioning program. ~Ben Durbin

### MARYVILLE UNIVERSITY

#### JOEY WILLIAMS

#### Junior

Joey has been the definition of consistency in the weight room, classroom, and wrestling room. He has dedicated his time and effort into building strength and power and has given complete buy in. Some of his achievements include being a NWCA Scholar All-American, GLVC Academic All-Conference, and most recently becoming a D2 National Qualifier. ~Jake Fitts

### NORWICH UNIVERSITY

#### DAN CURRAN

#### Senior

Dan is a very hard worker as well as a leader both in & out of the weight room. Dan is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

### QUEEN'S UNIVERSITY OF CHARLOTTE

#### MELVIN RUBIO

#### Senior

I have had the pleasure to watch Melvin grow as a wrestler and leader at Queen's for the last 5 years. He has competed with a major injury and made a comeback. He shows up everyday and puts in consistent work to get better at his craft. ~Daniel Haas

### UNITED STATES MILITARY ACADEMY

#### DANIEL LAWRENCE

#### Sophomore

Daniel Exceeds academically as well as in the weight room. His dedication to form and passion for wrestling drive him to be the best he can be. He is an excellent example of how one conducts themselves in all aspects of college athletics. ~Peter Kenn

## COLLEGE — WRESTLING

### UNIVERSITY OF DUBUQUE

#### ZARIK ANDERSON

**157 lbs**

**Senior**

Zarik Anderson- UD Wrestling: 157lb weight class, 1RM clean 260lbs, 1 RM bench press 265lbs, 1 RM back squat 365lbs, max pull-ups 58 reps

Zarik is a standout student-athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the wrestling mat. Zarik is highly respected by his teammates and a strong leader who is an excellent example for the program. He has bought in to our program philosophy and knows that better never stops in all areas of life. Zarik is currently ranked 4th in the Lower Midwest Region and 12th in the NCAA at 157lbs. ~Nate Hansen

### UNIVERSITY OF PROVIDENCE- GREAT FALLS

#### KC BUDAY

**Sophomore**

To put it simply, KC is a beast. His athleticism on and off the mat are testament to his work ethic and dedication to getting better. KC's presence never goes unnoticed and is always going to be the hardest worker in the room. He is a rare athlete that possesses uncanny levels of power, speed, and strength. His team mates look up to him and his coaches love him. He does everything right and is always the last person to leave and clean up after team lifting. ~Will Seevers

### UNIVERSITY OF PROVIDENCE- GREAT FALLS

#### IVY NAVARRO

**Senior**

Ivy is an elite college athlete. She is currently the #1 ranked NAIA female wrestler in the country in the 101lb weight class. Ivy finished last season (20-21) as an NAIA All American and National Runner up in the 101lb weight class. In 2018-2019 she also was an WCWA All-American finishing 5th in 101lb class. Ivy is pound for pound (relative) the strongest athlete, male or female, that we have at our University. Her discipline and work ethic set her apart from all other athletes. Her presence in the weight room and on campus will be greatly missed. Ivy is one of the best athletes that we have ever had. ~Will Seevers