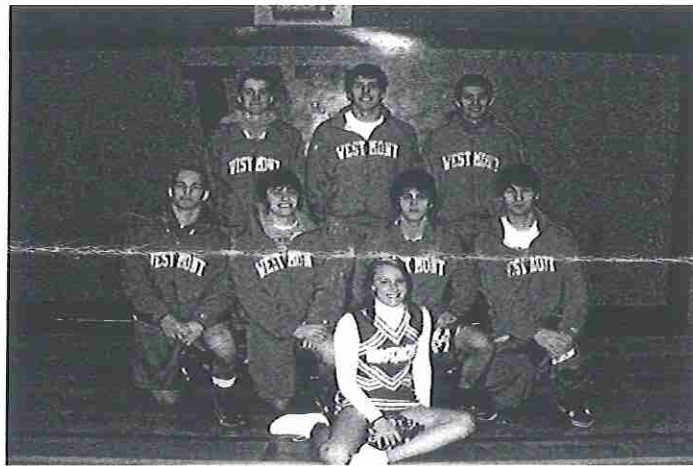


# Senior Night 2008-2009



## Westmont Wrestling





## Zachary Bennett

Zac is the son of Nick and Jana Bennett. He has been wrestling for twelve years. Some of Zac's wrestling accomplishments include 21 national tournament championships, including a PIAA state championship his Sophomore year and a second place PIAA finish his Freshman year. Zac is also a letter winner in football. Zac will be attending the University of North Carolina in the Fall.

Favorite wrestling move—Choke slam....just kidding! The cross-face cradle

Favorite food after a match—Subway

Favorite leisure activity—Jet sling and camping

Note to coaches: Thanks for being there when I needed help. You guys rock.





## Tanner Bruce

Tanner is the son of Dave and Jan Bruce. He has been wrestling for 12 years. Some of Tanner's wrestling accomplishments are District 6 3<sup>rd</sup> Place in 2008, Regional qualifier 2008 1<sup>st</sup> Place at the Conemaugh Township Tournament 2008, three year letter winner. Tanner also is a three year letter winner in soccer. Tanner plans to attend college.

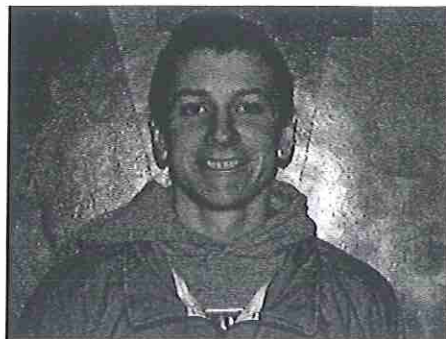
Favorite wrestling move—Snap back.

Favorite food after a match—Chicken teriyaki.

Favorite leisure activity—Relaxing on my couch.

Note to coaches: Woody is the best and my hero. Matt is okay too, I guess.





## Travis Cramer

Travis is the son of Vikki Sanford. He has been wrestling for one year. Travis participated in the Conemaugh Township and PowerADE tournaments where he recorded his first varsity win. Is was also the student representative for safe and Drug Free school Federal Program and the recipient of the National Youth Physical Fitness Program of Marine Corps Stars and Striped Award for Athletic Accomplishment. Travis is also a former member of the Westmont baseball team. Travis plans to attend college at either Penn State, Robert Morris or IUP and major in criminology.

Favorite wrestling move—The Half.

Favorite food after a match—Pizza at Pizza Man's after home matches with the team.

Favorite leisure activity—Watching sports.

Note to coaches: Thanks for the opportunity to be on the team. It was an experience I will never forget.





## Patrick Dumire

Patrick is the son of Russ and Denise Dumire. Patrick has been wrestling for 12 years. He is a Texas State Champ and runner up, two time regional qualifier, and has 88 varsity wins. Patrick is number one in his class at Johnstown Vo-Tech. Patrick plans on going to college and plans on being a business owner when he graduates.

Favorite wrestling move—Fireman's/dump.

Favorite food after a match—Subway

Favorite leisure activity—Paintballing

Note to coaches: Thanks for all the support, the coaches have put in the same amount of work we have put in this year.





## Aaron Goodwin

Aaron is the son of Joe and Jane Goodwin. He has been wrestling for 5 years. Aaron placed 3<sup>rd</sup> at the Conemaugh Township Tournament, is a three year letter winner in wrestling and has also lettered in track and football. Aaron is on the Honor Roll. Aaron plans to go to either Saint Francis or Duquesne University and study in the Physician's Assist Program.

Favorite wrestling move—FUPA!!

Favorite food after a match—Chocolate milk

Favorite leisure activity—Hanging out with friends or anything outside

Note to coaches: I just wanted to say thank you. You're the only coaches that work as hard as we do. You all helped me out and made me a fairly good wrestler. You make us work hard but you also made wrestling fun. I enjoyed wrestling for all of you and wanted to say thanks.





## Michael Johns

Mike is the son of David and Zena Johns. He has been wrestling for six years. Some of Mike's wrestling accomplishments include a second place finish at the NLWC Open, third place finish at Conemaugh Township in 2008 and a fourth place finish at Conemaugh Township in 2007. Mike is also a letter winner in football. Mike is also a former member of student council. Mike's future plans are to attend college and major in accounting.

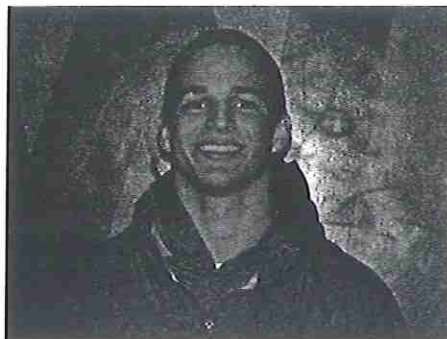
Favorite wrestling move—Headlock

Favorite food after a match—Subway, energy drinks and Valuetime

Favorite leisure activity—Play video games, run, manage Bflywrestling.com website

Note to coaches: I'd like to say thanks to all the coaches for everything throughout the years, and good luck coaching in the future.





## T. J. Keklak

T. J. is the son of Alex and Kerry Keklak. He has been wrestling for 12 years. T. J. is a PJW medalist, taking 5<sup>th</sup> in 2005, will be a four year letter winner in wrestling, he is a three time District 6 place winner and two time regional qualifier and has a 101-31 record. He has a 3.9 GPA, an academic letter, and is top 40 in his class. T. J. is also a two time selection to the PIAA All-Academic Team for wrestling. T. J. is a three year letter winner in football, two time LHAC All Conference selection for football, Southern Alleghenies Football Coaches Association Offensive Selection, All-state honorable mention, 2<sup>nd</sup> team All Area, holds the Westmont single game rushing record, and is a Ken Lantzy All Star Nominee. T. J. is also a two year letter winner in baseball.

Favorite wrestling move—High crotch

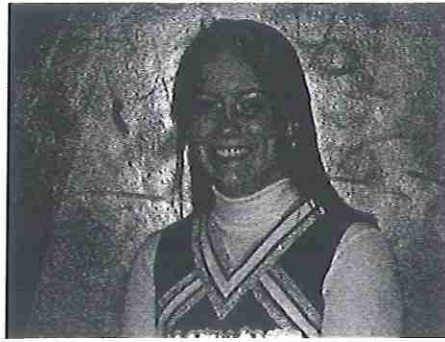
Favorite food after a match—Subway, Valuetime, and a purple rain Gatorade.

Favorite leisure activity—Lifting, rafting at the Peach Orchard and Southmont Sombreros.

Note to coaches: Over the past four years you have pushed me and encouraged me to reach my full potential as a student, a wrestler and a young man. The lessons I have learned from you will stick with me for the rest of my life, and the bond we have developed is one that I do, and will continue to cherish over the years. So Matt, Woody and Muddy, thank you for everything...once it's all said and done, my time spent with you every November to March from 5:30 sharp will be missed.

Oh yeah, Hey Woody... PUMP 4, YOU IDIOT!!!!





## Casey Miller

Casey is the daughter of Leigh and Lee Miller. She has been a cheerleader for one year. Casey is a member of National Honor Society, Co-chair of the community service committee, a member of Student Council and is on the Honor Roll. Casey made the state competition in gymnastic for right years and is a three letter winner in track. Casey plans to attend college and major in international studies.

Favorite movie—Lords of Dogtown

Favorite food—Sushi

Favorite leisure activity—Hanging with friends, reading, watching movies and road trips

Note to coach: Coach Alicia has been a great mentor and friend during my year of cheerleading. Even though I joined as a senior she still welcomed me and included me in the squad's activities. Thank you and I will miss you.



## Coaches Comments

Zac Bennett - Zac has been wrestling with the Varsity team since his freshman year, and since he joined the team he has made an impact. This season Zac is a team captain. His success as a wrestler, truly speaks for itself (State Champ, Regional Champ, 2x District Champ, etc....). The stuff that may not be so well known is the effort Zac puts forth in improving himself. Zac is a leader in the matroom and beyond, and despite his success he's always striving to improve his skills on the mat. Additionally, after suffering a season ending injury during his junior season, Zac has put forth the necessary effort to recover 100%. Anyone who has followed our results this season can clearly see Zac Bennett is back. Beyond this season, Zac's presence on this team will be missed when he continues his wrestling career as a Tar Heel.

Tanner Bruce - At times, Tanner's matches resemble more of a back alley fight, than an actual wrestling match. Do not be confused...this is a compliment. When Tanner walks on the mat his mentality and style are built to grind out 6 minutes. Yet, despite how this may look, Tanner is a very coachable young man both in the heat of a match and during practice. The combination of these attributes makes him a pleasure to coach, and is why he was selected as a team captain this season. Tanner's mindset and approach also assures his success beyond the wrestling mat in the future.

Travis Cramer - Although only joining the team this summer, Travis has made an impression on this wrestling team and the coaching staff. The weight demands of the sport, and the fact that every day Travis walks into a matroom with teammates that have MANY more years of experience, speaks volumes about his determination and grit. As with most wrestlers who join the team later in their high school career this coaching staff wishes we had Travis longer...but we're glad he joined the team this season, and we're further impressed with the effort he has given us daily.

Patrick Dumire - Pat has been wrestling with the Varsity team since his freshman year; he was an immediate impact wrestler upon his arrival. When Pat takes the mat, he works at a feverish pace; always looking to score, always looking to pin. This wrestling style is testament to the hard work he puts in during practice. Since joining the varsity, Pat has taken many steps to improve himself as a wrestler, and as an individual. I'm certain Pat will continue on this path and put in the necessary effort to reach his goals in wrestling, and in life.



Aaron Goodwin - Aaron only started wrestling in 8<sup>th</sup> grade, yet he has earned a spot in the varsity starting line-up the last two years. The success and consistent improvement Aaron has enjoyed is a testament to his hard work and determination, which are seen daily in the matroom. It's probably not a surprise that he carries such an attitude or behaves in such a manner to those who have ever witnessed any of Aaron's matches. Regardless of the score or the situation, Aaron is always giving everything he has, and more specifically, trying to win. This never-say-die attitude is something that has helped Aaron earn the respect of his teammates and the coaching staff; and a trait that will serve him well for the rest of his life.

Michael Johns - Mike has literally grown-up in front of this coaching staff, both mentally and physically...despite being a 160-lber the last three seasons. Mike is the model of determination, and he's shown tremendous initiative in preparing himself for each season he's been at the Varsity level. Due to this, each year Mike has improved greatly, and in the process become an important part of the varsity line-up. Mike's determination, however, goes beyond just preparation; Mike takes this attitude into each match he wrestles. Regardless of score, Mike is always fighting for a win...and with this style he's really never out of a match. This determination is an important part of Mike's personality and a catalyst to his success, yet it's also something that has positively rubbed off on the rest of the team.

T. J. Keklak - T. J. Has been a rock on the Varsity wrestling team since his freshman year, being the first of this class to reach 100 career wins. This distinction speaks to the success T. J. has enjoyed throughout his career. T. J. is a relentless worker at every practice...in fact, over 4 years he's only missed one...ever. This hard work and dedication is what has helped shape T. J. as a wrestler. Beyond the mat, T. J. is an exemplary student (a 2x selection to the PIAA All-Academic Team) and a dependable team captain, who truly leads through example both on and off the mat. Further, T. J. is a very coachable young man who, I know, will continue to work hard and push himself; and ultimately reach the goals he has set forth for himself this season and beyond.

Casey Miller - Casey has been a pleasure to coach this year. This has been Casey's first year as a cheerleader and she has done an excellent job picking up on everything. She has stepped up to the plate to fill in anywhere that she's needed and has been a great leader when asked to fill a job. I will truly miss her and her happiness that she brings to every practice and game.