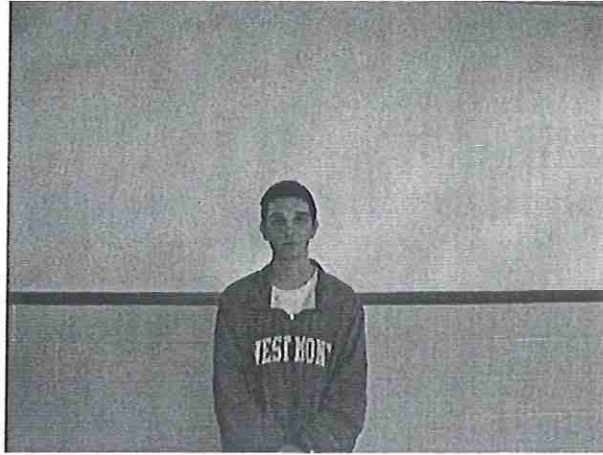


WESTMONT WRESTLING



SENIOR NIGHT 2011



Keith Garrison

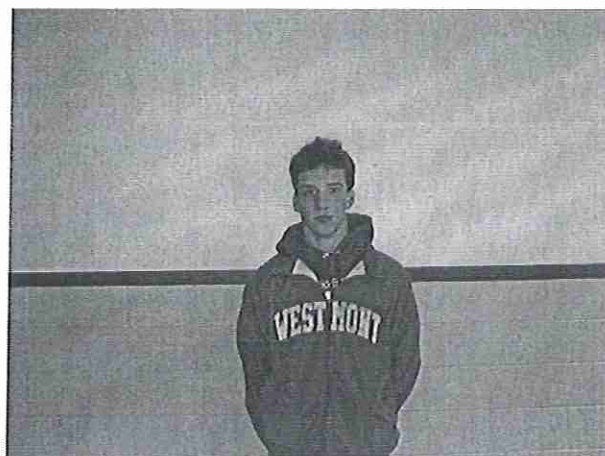
Keith is the son of Keith and Darlene Garrison. He has been wrestling for three years. Some of his accomplishments both athletically and academically include passing chemistry (barely) and having the only interception on the football team during his first year of playing. Keith plans on becoming a Navy diver and living on an island.

Favorite wrestling move – Half

Favorite food to eat after a match – Pork chops and fried potatoes.

Favorite leisure activity – Playing video games or “destroying everyone in Monopoly!”

Notes to coaches – “Thanks for all of the help over the past three years. I’ve enjoyed being on the team and wrestling for you.”



Tanner Hough

Tanner is the son of Matt and Jodi Hough. He has been wrestling since he was "knee-high to a grasshopper." Tanner's greatest academic achievement has been miserably failed eye exams. Tanner is a letter winner in soccer, a two year letter winner in cross country, and a letter winner in track. He is also a four year letter winner in wrestling. Tanner's future plans include wrestling for Brown University.

Favorite wrestling move – Bait and Switch

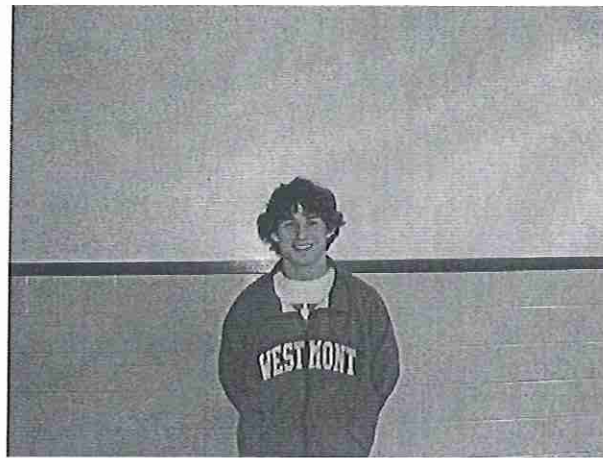
Favorite food to eat after a match – Santo's

Favorite leisure activity – Working on Jeeps with my dad

Notes to coaches – To Muddy: "Thanks for trying to make me mean, even though some of your methods are questionable!"

To Woody: "Thanks for always, well aside from my junior year, being there to make the trips more entertaining!"

To Matt: "I'll never forget being stuck in the hands of Muddy and Woody for the post-season my freshman year. I'm glad your suspension ended!! BUT REALLY... thanks to all the coaches for pushing me to be my best through the good times, but more importantly, the bad."



Corbin Nulton

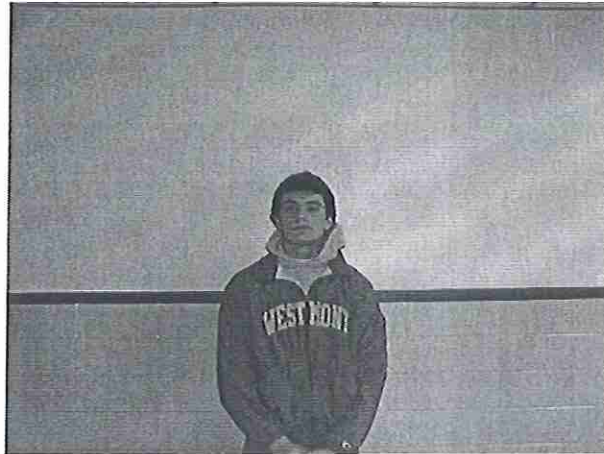
Corbin is the son of Larry and Lorraine Nulton. He has been wrestling for five years. Corbin plans to attend Seton Hill University and major in Psychology.

Favorite wrestling move – Dump

Favorite food to eat after a match – Kit-Kat bar

Favorite leisure activity – Relaxing with friends

Notes to coaches – “Matt, Muddy, and Woody... thank you for all the time, encouragement, and effort you have given to me and the entire program. I had a great time!”



Sam Patrick

Sam is the son of Jim and Renee Patrick. Sam has been wrestling for five years. Sam's most proud academic accomplishment is passing calculus class! Sam has also been the recipient of the Top 10 Physical Fitness Award. Sam plans on being part of the Air Force National Guard for six years and to also attend a four-year college.

Favorite wrestling move – Cross Face

Favorite food to eat after a match – Christmas cookies and egg nog

Favorite leisure activity – hacky sack

Notes to coaches – "I've learned a lot from you guys on the mat, as well as life lessons. Thanks for putting up with me for the last three years."



Josh Polacek

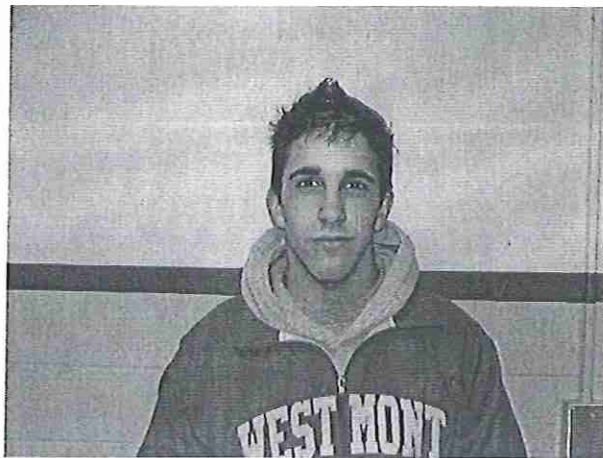
Josh is the son of Tom and Mary Polacek. According to Josh, he has been wrestling since he was "in the womb!" Some of Josh's academic accomplishments include Top 20, and PWCA All-Academic Team as well as Top 20 at the Cross Country Conference meet. Josh is also the reigning ping - pong champ. Josh's future plans are to wrestle, become an orthodontist, and to keep it fresh at the University of Maryland.

Favorite wrestling move – Standing rear double leg kick back

Favorite food to eat after a match – A Subway Melt with extra pickles

Favorite leisure activity – Playing ping -pong and skiing in Vermont.

Notes to coaches – "Thanks for everything throughout the years. I wouldn't be half the wrestler that I am today without your help. Matt...you da man!!"



Stephen Popchak

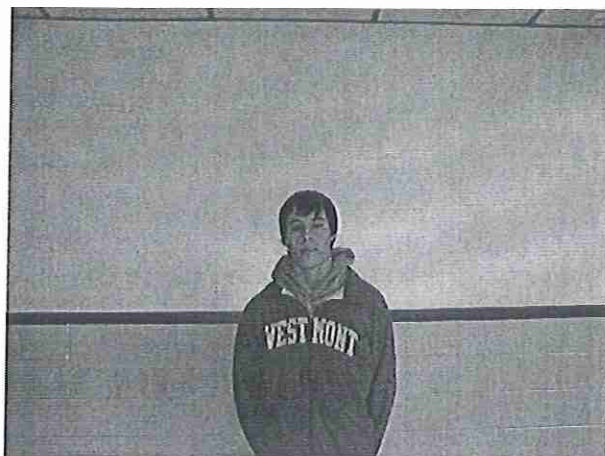
Stephan Popchak is the son of Matt and Teresa Popchak. Stephen has been wrestling for 12 years. Stephen has also been successful in football and was named to the 2009 LHAC All-Conference Football Team, the 2009 Southern Allegheny Football Coaches Association Offensive MVP, and the 2009 PFN All-State Honorable Mention defensive back. Stephen's future plans are to attend Clarion University to major in education and minor in speech therapy.

Favorite wrestling move – Bundle

Favorite food to eat after a match – Chicken Bacon Ranch sub from Subway

Favorite leisure activity – Hanging with my Wayne's, and jumping off the waterfall, and talking to Tom Polacek.

Notes to coaches – "Matt, Woody, and Muddy...thanks for everything. You taught me how to be a hard worker in everything I do and always strive to be great. We have shared laughs, blood, and tears, and because of you guys I will always remember to look both ways before I cross the street. I will also remember to lock my hotel room door so someone can't sneak in and ...well you know! So for that, I thank you."



Kevin Zipf

Kevin is the son of Ken and Betsy Zipf. Kevin has been wrestling for seven years. One of Kevin's proudest academic accomplishments is that he made the Honor Roll.

Kevin's future plans include attending IUP.

Favorite wrestling move - Dump

Favorite food to eat after a match – Two McDoubles

Favorite leisure activity – Water skiing

Notes to coaches – "Thanks for the guidance and support over the past three years."



Statistician

Miss Denae Dorian

Denae Dorian is the daughter of Dan and Dana Dorian. Denae has been doing stats for four years. Denae is a member of the National Honor Society and is also the recipient of the Academic Letter. Denae is a 4-year letter winner for girls soccer and a two-year letter winner for track. Denae's future plans include attending college to become a teacher.

Favorite movie – Dinner for Shmucks

Favorite food – Santo's

Favorite leisure activity – Playing soccer

Notes to coaches – "Thanks for putting up with me for so long...I know it was tough!"



Senior Cheerleader

Nicolle Komara

Nicolle is the daughter of Jolene Komara. Nicolle has been cheering for 11 years. Nicolle plans on attending college in the future and is undecided in her major.

Favorite movie – John Tucker Must Die

Favorite food – Chicken

Favorite leisure activity – Hanging out with friends

Note to coach – “Thanks. Without you we wouldn’t have a squad.”



Senior Cheerleader

Carly Stump

Carly is the daughter of Doug and Ronnie Stump. Carly has been cheering for 10 years. Among Carly's academic accomplishments is an Academic Letter for two years. Carly's future plans are to attend UPJ in an undecided major.

Favorite movie – Accepted

Favorite food – Buffalo chicken pizza

Favorite leisure activity – Relaxing at home

Notes to coach – "Robin, if it wasn't for you I wouldn't have been able to experience my senior year of cheering. Thank you for everything you have done."

A Note from the Coach:

Keith Garrison

Keith didn't necessarily have as much mat-time as the rest of the guys since he joined the team 3 years ago...but he toughed it out. Because of this, he has earned the respect of the coaching staff. He has seen limited varsity mat-time...regardless; the coaching staff knows Keith will be at practice tomorrow ready to improve.

Tanner Hough

A mainstay in the varsity line-up since joining the team his freshman year, Tanner is a crowd favorite because of his unorthodox flurries and aggressive style. Make no mistake though, Tanner is self-made. He works hard during the season and in the off-season, and that has gotten him to where he is today. The coaching staff is excited to see what Tanner can do this season and when continues his wrestling career at Brown University.

Corbin Nulton

Corbin wrestled his first varsity match in the Giant Center (actually in the 215 lb. weight division), and has been working to return to this venue since. Since that season Corbin lost a lot of weight through his hard work and perseverance. This approach has carried over, and continued on the mat where Corbin always gives 100%. This fact has made him a pleasure to coach, and I'm sure the best is yet to come from Corbin this season.

Sam Patrick

Sam is true a brawler and some of his matches look like a back alley fight. This has been true of Sam since he joined the team his sophomore season, he came in the mat room and wouldn't take crap from anyone...which we liked immediately. Sam has also been working his schedule around his duties in the Air National Guard, so he can be here on match days. This fact points to Sam's dedication to this team and his teammates.

Josh Polacek

Josh has a tenacious, blue-collar style that has earned him many wins over the past 4 seasons (he's actually on the verge of his 100th). This style is rooted from his year-round work ethic, which this coaching staff gets to see in the mat room and the weight room. And it is something that is obviously present in the class room (given his 4.0 GPA). The coaching staff is excited to see what Josh can do the rest of this season and when he continues his wrestling career at the University of Maryland.

Stephen Popchak

Stephen has battled through injuries throughout his entire high school athletic career. He has bounced back from all this adversity through fortitude and hard work. This approach is apparent in his daily approach within the mat room and what you see on match day. The coaching staff is certain Stephen will continue to improve as he strives to reach his goals.

Kevin Zipf

Kevin has earned varsity mat time this season, because of his hard work and dedication. This is something that is present every day Kevin steps on the mat. He has continued to improve throughout his high school career due to this approach, and I'm sure Kevin will continue with this mindset throughout the rest of this season. This mindset coupled with his coachable demeanor make Kevin a pleasure to coach.

Denae Dorian

Denae has always done a great job for this program. Although she gets a little fired up at times because of rowdy fans or a bad call, but this merely speaks to her dedication to this team and these boys.