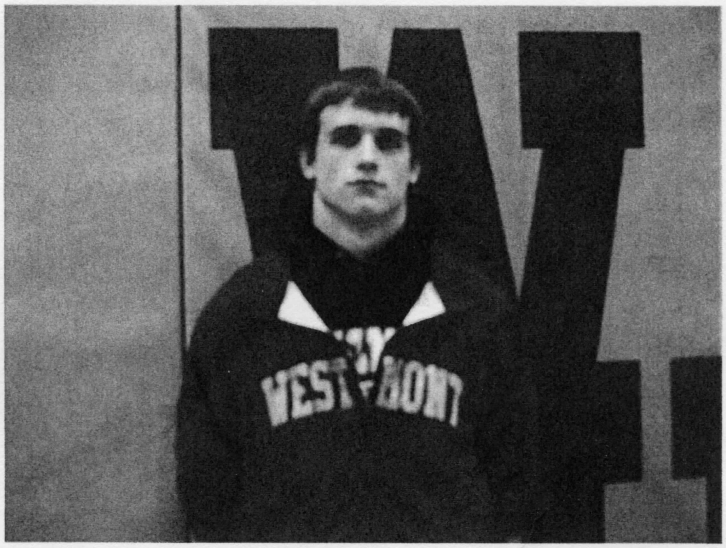
WESTMONT

WRESTLING

SENIOR NIGHT

2012



Ryan Burnheimer

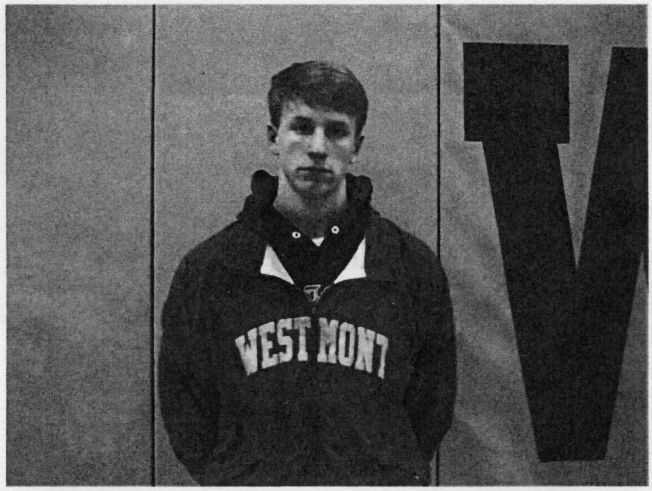
Ryan is the son of Andy and Tammy Burnheimer. He has been wrestling for thirteen years. Ryan's greatest academic achievement was bringing his English grade up from a 5% to a passing grade which, in turn, put him first in his class.

Favorite wrestling move: Arm Bar

Favorite food after a match: Anything

Favorite leisure activity: Hunting, fishing and quad riding

Note to coaches: I would like to thank the coaches for everything they have done for me – on and off the mat.



Jonah Cramer

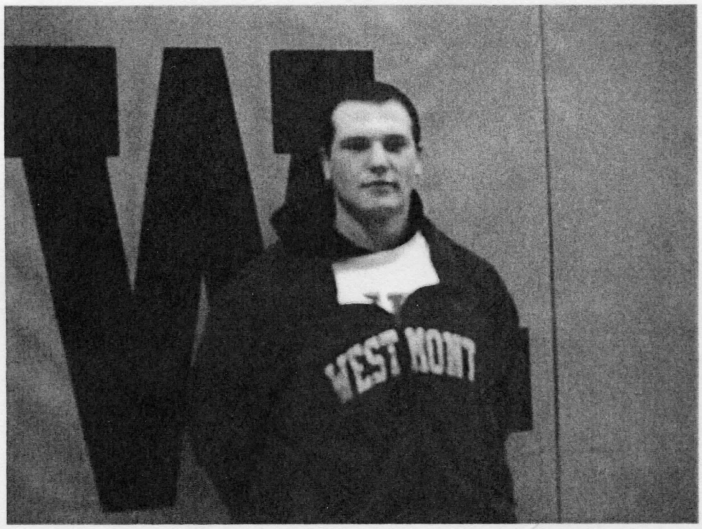
Jonah is the son of Vikki and Greg Sanford. He has been wrestling for four years. Jonah's greatest academic achievement is surviving his math classes – passing trig even though he slept in for half of the final – which made him second in his class. Jonah's future plans are to attend either Thiel College or Liberty University and study psychology and counseling.

Favorite wrestling move: Lateral Drop

Favorite food after a match: Santo's

Favorite leisure activity: Spending time with friends and family

Note to coaches: Thanks to the coaching staff for molding me into a better wrestler and to Matt for enhancing my navigation skills on the way to tournaments… "Knucklehead"



Joshua Duplin

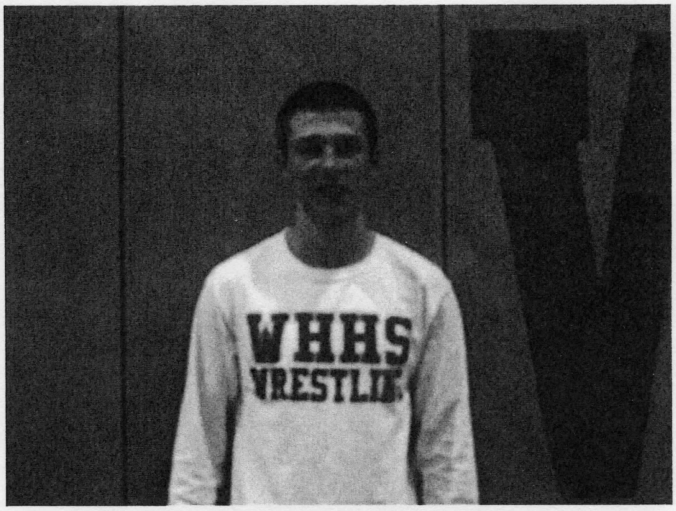
Josh is the son of Jamie Duplin. He has been wrestling for eight years. Josh's greatest academic achievement is earning 100% in Physical Education class for four years which earned him the honor of being third in his class. His future plans are to attend college and wrestle.

Favorite wrestling move: Pin

Favorite food after a match: Subway

Favorite leisure activity:
Hanging out with my friends and quad and dirt bike riding

Note to coaches: Thanks for everything you have done for me! You made me grow into a man.



Andrew Garrison

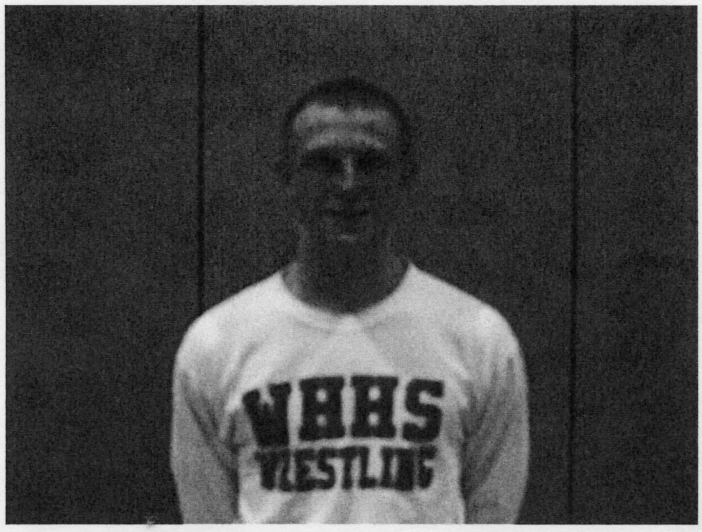
Andrew is the son of Keith and Darlene Garrison. He has been wrestling for four years. Andrew admits that his biggest academic accomplishment is that he stuck it out! His future plans are to be a Culinary Specialist in the United States Navy.

Favorite wrestling move: Cement Mixer – but Matt knew that

Favorite food after a match: Buffalo chicken sub and blue Faygo

Favorite leisure activity: Sleeping and eating

Note to coaches: Thanks for not completely killing me!



Ian Helsel

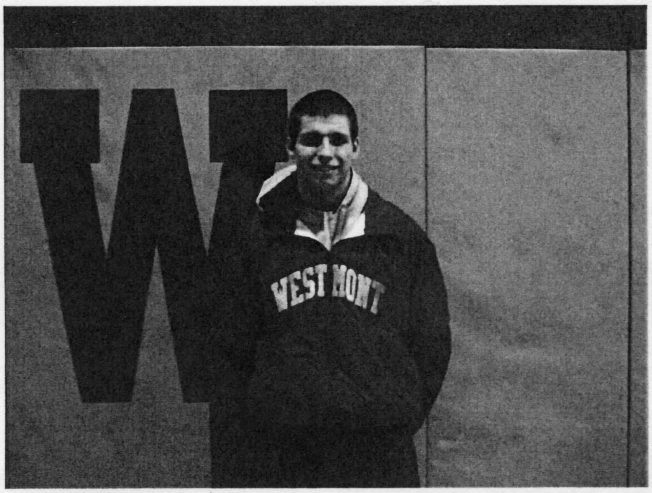
Ian is the son of Christine and Ted Helsel. He has been wrestling for thirteen years. Some of Ian's academic accomplishments are second in his class at Ferndale Area and PA State All Academic Team, junior and senior year for wrestling. Ian's future plans include attending Mount Aloysius, major in Physical Therapy and play baseball.

Favorite wrestling move: Lateral Drop

Favorite food after a match: Santo's pizza

Favorite leisure activity: Chilling with the wrestling team and most of all, going out to eat

Note to coaches: Thanks for everything you taught me Matt – not only on the mat but also off the mat. Also, thank you Metzgar for a great senior year and for teaching me the Head Chancery. I'll definitely miss all the great times wrestling brought me!



Eric Kowalewski

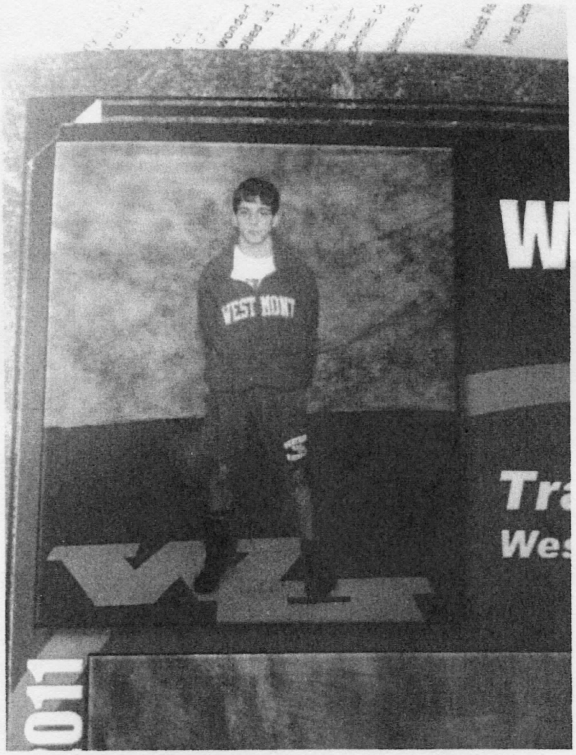
Eric is the son of Eric Kowalewski and Dawn Deitz. He has been wrestling for twelve years. His future plans are to attend a four year university and study Forestry.

Favorite wrestling move: Standing Switch

Favorite food after a match: BoomBoom's VT - not yours Drake

Favorite leisure activity: Chillin' with the F's

Note to coaches: Thanks for putting up with me over the last three years



Travis Kushner

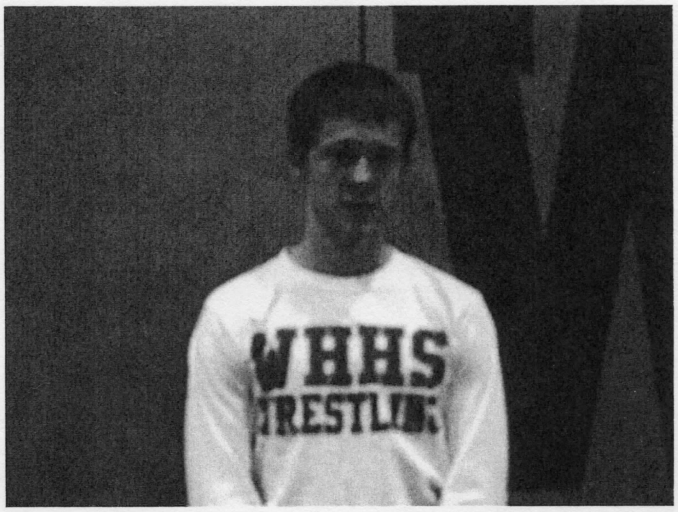
Travis is the son of Tara and Rich Kushner. He has been wrestling for nine years. Travis has been on the honor roll throughout his high school career and plans to attend UPJ and study engineering.

Favorite wrestling move: The cradle

Favorite food after a match: Chicken Teriyaki sub and pizza

Favorite leisure activity: Hang with friends and play x-box

Note to coaches: Wish I could have helped the team out more; thanks for the great memories.



Justin Mills

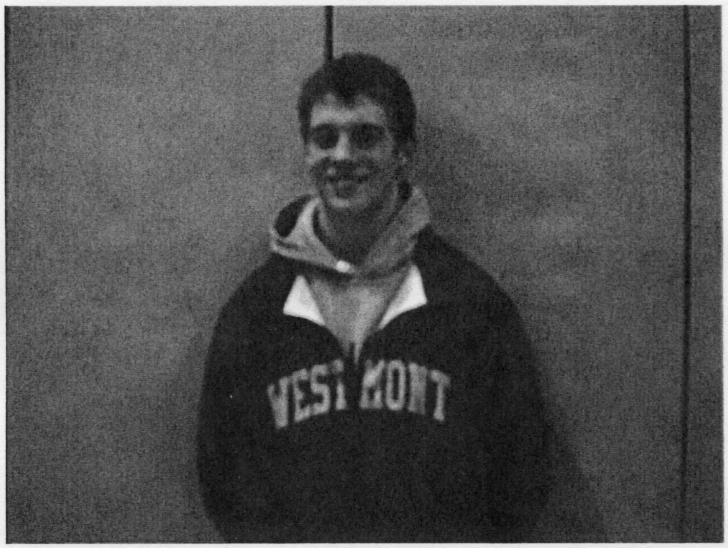
Justin is the son of Raeleen Vazquez. He has been wrestling for one year. Justin's greatest academic achievement is "passing." His future plans are to attend college and major in accounting.

Favorite wrestling move: Turk

Favorite food after a match: Cereal

Favorite leisure activity: Sleeping

Note to coaches: Thanks for teaching me how to wrestle!



Tanner Patton

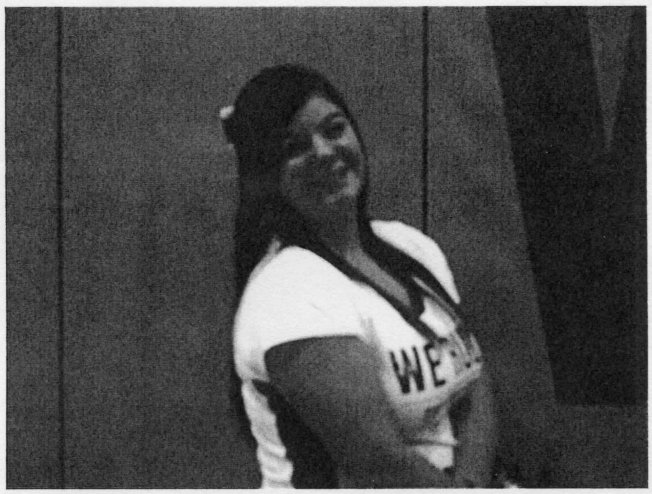
Tanner is the son of Nick and Leah Patton. He has been wrestling since kindergarten. Tanner has too many academic achievements to list so he'll just skip ahead to his future plans. He plans to attend college and major in Marketing.

Favorite wrestling move: The Funk

Favorite food after a match: Subway Melt, honey and crackers, Value Time

Favorite leisure activity: Hanging out with friends

Note to coaches: **Matt** – Thanks for everything you've done for me
Muddy – Thanks for everything – "There's no such thing as a little bit…"
Luke – Thanks for being a coach but also a brother
Metzgar – Thanks for pushing me



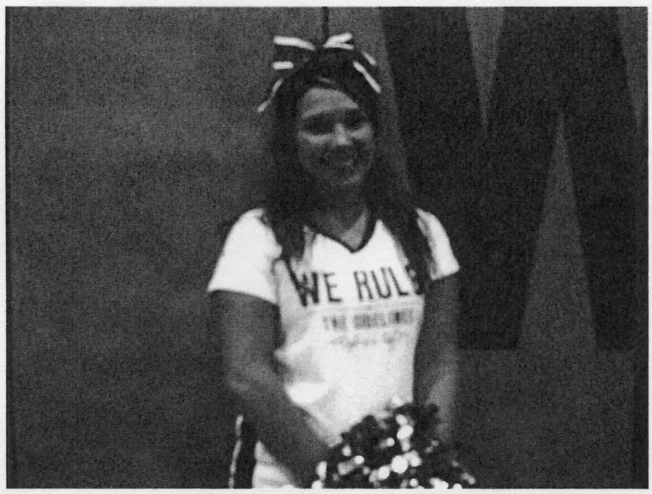
Alexyis Allen

Alexyis is the daughter of Christy and Lance Rager. She has been a cheerleader for five years. Her greatest academic achievement is placement on the honor role all four years at the high school. Her future plans are to attend UPJ and major in journalism.

Favorite Movie: Step Brothers

Favorite food: Buffalo chicken pizza

Favorite leisure activity: Hanging out with friends and watching movies



Cheyenne Kovach

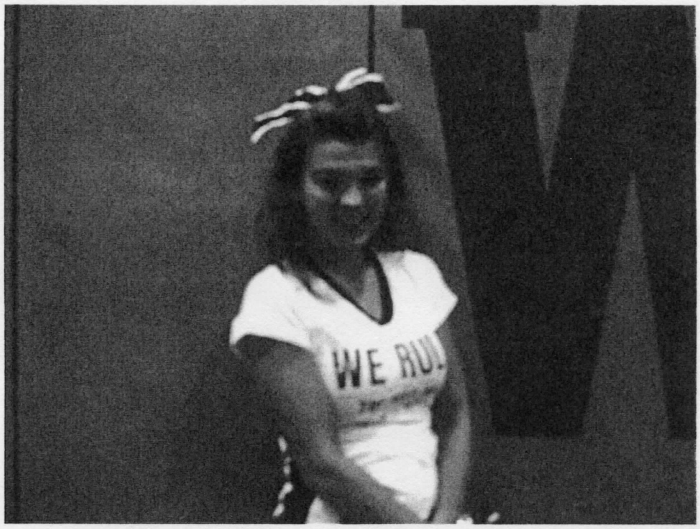
Cheyenne is the daughter of Steven Kovach and Sandy Box. She has been a Westmont cheerleader for four years. Some of her academic achievements are: a three year recipient of the academic achievement award, academic varsity letter and a three year member of student council. Cheyenne's future plans are to attend Penn State Williamsport and major in Physician's Assistant.

Favorite Movie: Water for Elephants

Favorite food: Ray Azteca chicken quesadillas

Favorite leisure activity: Hanging out with friends, driving around in my car, taking long naps

Note to coaches: Mrs. Roberts and Coach Kara – Thank you for taking over the cheerleading program so I could finish cheering throughout my senior year. I would also like to thank you for your time and support; I really appreciate it.



Tracy Yanosky

Tracy resides with her grandparents Jim and Debby Doll. She has been cheering for eight years. She is also a member of Turner's All Star Cheering Squad and was an Ambassador for AAABA. Her future plans are to attend UPJ.

Favorite Movie: Law Abiding Citizen

Favorite food: Italian wedding soup and pickles

A note from the coaching staff

Ryan Burnheimer

Ryan has been a force in the varsity line-up since joining the varsity team his freshman season. If you met Ryan and didn't know he wrestled, you'd be shocked of his wrestling success because of his extremely laid back attitude. On the mat, however, his attitude is otherwise, Ryan is a 2x District champ, 1x Regional champ, 3x state qualifier, capturing 6th at last year's PIAA tournament. This coaching staff looks forward to the post-season with Ryan, because he has put in the time and effort to put a show at the state level.

Jonah Cramer

It has been a pleasure to coach Jonah these past 3 seasons, for many facts. .but first and foremost is this...Although Jonah didn't consistently start in his first 2 seasons, he never missed a practice. Jonah's hard work in the mat room over those 2 seasons (and this year) has paid off, as he earned a starting spot on this year's varsity team Jonah's progression is the definition of hard work and perseverance, and every time he's sent on the mat he further displays these attributes. Due to these qualities, this coaching staff is positive that Jonah will have success in college, and beyond, and we wish him the best.

Josh Duplin

A rarity in varsity wrestling, Scotty has been our starting 285 lber for 4 years. A further rarity, he enjoyed success immediately, winning a district championship his freshman season and qualifying for states. Scotty's further resume includes being a 2x district champ, 3x state qualifier, and 2x state medalist (5th both times.) It will be pleasure to watch as he tries to add to that resume in the postseason, and reach for higher placement on the state podium

Andrew Garrison

Andrew is a self-made wrestle, who has earned a starting position through his own hard work and dedication. A model to younger wrestlers who may face adversity, Andrew consistently showed up in the mat room and improved over the previous 2 seasons, despite never wrestling a varsity match. This year Andrew has continued his hard work and has seized a starting position...since then, he has never looked back, as he's done an outstanding job for this team This coaching staff is pleased to have watched Andrew grow over these past 3 seasons, and we wish him the best of luck in the Navy

Ian Helsel

A 4 year varsity starter, Ian has faced a number of injuries throughout his career This year, however, Ian has come into his own. he has not only succeeded on the mat, he has also become a team leader From working hard in the mat room, to pulling out last second victories, Ian leads by example. Off the mat, Ian is model student who has twice been placed on the PWCA All-Academic Team. Ian exploits on the mat are unfinished, however With his '6 minute mentality' it will be fun to see what Ian can do in the post-season

Eric Kowalewski

Eric Kowalewski will forever be known as the guy who went on the podium at Township in a singlet and headgear .And that pretty much describes Kov off the mat. On the mat, Kov has dealt with adversity and shown great perseverance. .this year becoming an impact wrester within our line-up. Every time Kov takes the mat he is ready to be physical for the full 6 minutes...this is a great attribute to have in wrestling. Given his consistent improvement and attitude, it will be interesting to see what Kov can do in the post-season, and what he'll wear if he makes the podium

Travis Kushner

Travis' efforts for this program over the past 3 seasons have been greatly appreciated by the coaching staff Unfortunately, this year Travis' season was cut short by injury Regardless, it has been a pleasure to coach Travis because of his work ethic on the mats and engaging personality off the mat. Both qualities will serve Travis well in all his future endeavors.

Justin Mills

Justin has done an outstanding job since joining the team this season. He has no previous wrestling experience, so to join the team in this (his senior) season was a gutsy move. Justin was quick learner from the get-go, and the only regret by this coaching staff has is that he didn't join the team sooner Regardless, it has been a pleasure to watch Justin grow as a student-athlete and this coaching staff wishes him the best in the future.

Tanner Patton

Tanner has been a 4 year starter on the varsity team, and every year he has shown significant signs of improvement. .improvement that is in direct correlation with his work ethic. Be it during the season or in the off-season, Tanner is a relentless worker who is always striving to improve. As Tanner has evolved, his style he has become a bit funky, but also quite physical. .an odd mix that makes him a fun wrestler to watch. The coaching staff looks forward to Tanner improving upon his district placement last year, as he strives for Hershey over the next 2 months.