

## COLLEGE — WRESTLING

### APPALACHIAN STATE UNIVERSITY

**Cary Miller**

**Heavyweight**

**Senior**

Cary Miller was the prime example of how a senior team captain should operate on a daily basis. Cary attacked each training session with a level relentlessness and detail that set the tone for the entire room. He demanded the most out of his teammates, but did so in a positive and productive way. What impressed me the most was the consistency that Cary operated with. He trained with the same passion, intensity, and detail every single day, and brought his teammates with him. This work ethic and consistency allowed him to become a 2x Conference Champion and 2x National Qualifier. Cary was the ultimate team leader and I cannot think of anyone more deserving of this award. ~Derek Stork

### AUGUSTANA UNIVERSITY

**Daniel Bishop**

**184**

**Senior**

Daniel was a NCWA Division II Scholar. NSIC All-Academic Team of Excellence. Broke the school record with career Tech Falls. Dan leads by example no matter what he's doing. Has passion for strength and conditioning and credits it to being a better wrestler. It has been a true honor to coach Daniel and watch him grow as an athlete and person. ~Michael DiClementi

### IOWA STATE UNIVERSITY

**Marcus Coleman**

**197lb Weight Class**

**Junior**

Marcus Coleman was asked to move up two weight classes in the off season from 174lbs in the 2019-2020 season to 197lbs in the 2020-2021 season. Marcus demonstrated tremendous dedication to his strength training over the off season. Gaining 15lbs of lean muscle mass, gaining strength, and maintaining a healthy, movement patterns, flexibility, and body composition ~Ben Durbin

### MARYVILLE UNIVERSITY

**Logan Radik**

**Senior**

Logan is the definition of a leader in the weight room. He has used his time and dedication in strength and conditioning to shape the wrestler he is today. He is a leader who leads by example and takes ownership of everything he does. He has taken his skill and strength to earn a trip to the NCAA Championships, earn countless honors within the GLVC and continue to be a positive force both on and off the mat. ~Jake Fitts

### MENLO COLLEGE

**Jordan Bernal**

**174 lbs**

**Senior**

Jordan has been a source of stability and leadership for the Men's Wrestling team for the past several years. As a team captain and National Qualifier, Jordan has consistently shown his talent and work ethic by earning success on the mat as a mainstay in the lineup. Jordan also displays excellent dedication to his craft as he is often seen spending extra time in the weight room, the training field, or on the mat. His positive attitude and infectious demeanor make him a strong and reliable leader for our team. ~Jess Sayo

## COLLEGE — WRESTLING

### SPRINGFIELD COLLEGE

**Ryan Gray**

**184**

**Senior**

Ryan is a true team leader in the weight room, wrestling room, and classroom. He has worked very hard during the chaos of the past year and is an example for his teammates. He is constantly helping the younger wrestlers with their technique in the weight room and I know I can rely on him to act as an assistant coach for me. He also serves as a role model academically with a 3.8 GPA in Applied Exercise Science. ~Brian Thompson

### UNIVERSITY OF MICHIGAN

**Blake Querio**

**Heavyweight**

**Freshman**

Blake Querio, a redshirt-freshman wrestler, has continually progressed his leadership in and commitment to strength and conditioning, along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to both his physical preparation and wrestling, have been instrumental to his continued development as a wrestler. Among his numerous personal bests this year is setting the team all-time bench press record at 430lbs. Blake's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Blake has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful. ~Michael Favre

### UW-WHITEWATER

**Cole Walkington**

**Wrestler**

**Sophomore**

Cole is a WIAC Scholastic Honor Roll attendee, who also managed to place 6th in the WIAC in 2019-2020. He has posted several winning records over his first 2 years at UW-Whitewater and continues to build upon his previous success. Unfortunately, he has been plagued by several various injuries that kept him out of some meets, but what he couldn't do on the mat, he more than made up for in the weight room. Even as a sophomore he is putting up impressive numbers for his size. Constantly pushing himself to be better and get stronger so he can come back as a better athlete. He is an athlete that will give you his full attention when you are giving him advice or technique critiques. He takes those talks to heart and uses the information to drive workouts even further towards his end goals. He may be just a sophomore, but he has an amazing athletic career ahead of him. ~Jesse Koenig