All-Centennial Conference Wrestling

FEBRUARY 23, 2004
563 College Avenue, B-101, Lancaster, PA 17603
Phone: (717) 358-4463 * Fax: (717) 358-4480
www.centennial.org/wrestling/04.html

First Team

Wt / Name	Class	Hometown / High School
125-Eddie Murray, Ursinus *	So.	Lancaster, PA / Lampeter-Strasburg
133-Brian Boland, Ursinus #	So.	Turnersville, NJ / Camden Catholic
141-Mike Russo, Gettysburg	Sr.	Sewell, NJ / Peddie School
149-Dale Mills, Muhlenberg	So.	Wernersville, PA / Wilson
157-Scott Roesch, Ursinus #	Jr.	Egg Harbor Twp., NJ / Absegami
165-Sean Howard, Ursinus +	Jr.	Pennsburg, PA / Upper Perkiomen
174-Kyle Capella, Ursinus	Fr.	Egg Harbor City, NJ / Absegami
184-Mike Troutman, Ursinus *	So.	Reading, PA / Exeter
197-Matt Loesch, Muhlenberg	Fr.	Carsonville, PA / Upper Dauphin
285-Drew Reinecker, McDaniel *	Sr.	East Berlin, PA / Bermudian Springs

Honorable Mention

Wt / Name	Class	Hometown / High School
125-John Witzenbocker, Johns Hopkins #	So.	Merrick, NY / Chaminade
133-Jason Suslavich, Johns Hopkins	Jr.	Winchester, MA / Winchester
141-Dan Patterson, McDaniel +	Jr.	Sykesville, MD / South Carroll
149-Mark Nakasone, McDaniel	Fr.	Ellicott City, MD / Centennial
157-Mikey Blake, McDaniel	Jr.	Betterton, MD / Kent County
165-Joshua Kaplan, Gettysburg	So.	Canton, CT / Canton
174-David Kraus, Johns Hopkins	So.	Potomac, MD / Churchill
184-Rob Curry, Johns Hopkins	Sr.	Dayton, OH / Oakwood
197-Tony Dambro, Johns Hopkins (A)	Jr.	Glen Mills, PA / Garnet Valley
285-Karol Gryczyski, Johns Hopkins #	Sr.	Ellicott City, MD / Mount Hebron

\+ 1st team All-Centennial in 2002 and 2003
* 1st team All-Centennial in 2003
\# Honorable Mention All-Centennial in 2003
(A) Named to 2004 Conference Academic Honor Roll

Outstanding Wrestler – Scott Roesch, Ursinus

Notes

- Roesch is the third consecutive Ursinus wrestler to earn Outstanding Wrestler honors at the Centennial championship.
- Howard becomes the 11th wrestler to win three Centennial titles.
- One student was also named to the Conference Academic Honor Roll, which recognizes sophomores, junior and seniors who are key performers and have a 3.40 cumulative grade point average or higher.

Centennial Conference Outstanding Wrestlers
1994: Eric Williams, Swarthmore, 158
1995: Jake Dell, Gettysburg, 158
1996: Ted Speers, Western Maryland, 275
1997: Craig Farris, Muhlenberg, 150
1998: Josh Moyer, Ursinus, 134
1999: Josh Moyer, Ursinus, 133
2000: Charlie Conaway, Western Maryland, 184
2001: Nate Yeasted, Muhlenberg, 133
2002: Sean Howard, Ursinus, 157
2003: Mike Troutman, Ursinus, 174
2004: Scott Roesch, Ursinus, 157

Chris Clifford Award (Most Career Tournament Points)
2000: Charlie Conaway, Western Maryland
2001: Josh Moyer, Ursinus
2002: Tyler Cathey, Muhlenberg
2003: Nate Yeasted, Muhlenberg; Steve Kareha, Gettysburg
2004: Karol Gryczyski, Johns Hopkins

Four-Time First-Team All-Centennial Selections
Dan Terpstra, Muhlenberg, 1994-95-96-97
Jake Dell, Gettysburg, 1995-96-97-98
Tyler Cathey, Muhlenberg, 1999-00-01-02

Three-Time First-Team All-Centennial Selections
A.J. Bucko, Muhlenberg, 1994-95-96
Pete Shimkin, Muhlenberg, 1994-95-96
Donny Asper, Ursinus, 1997-98-99
Vinny Pedalino, McDaniel, 2000-01-02
Bill Holsinger, Muhlenberg, 1999-01-02
Chris McNally, McDaniel, 2000-01-02
Nate Yeasted, Muhlenberg, 2001-02-03

Centennial Conference Champions
1994: Ursinus
1995: Muhlenberg
1996: Ursinus
1997: Ursinus
1998: Western Maryland
1999: Ursinus
2000: Western Maryland
2001: Western Maryland
2002: Western Maryland
2003: Ursinus
2004: Ursinus